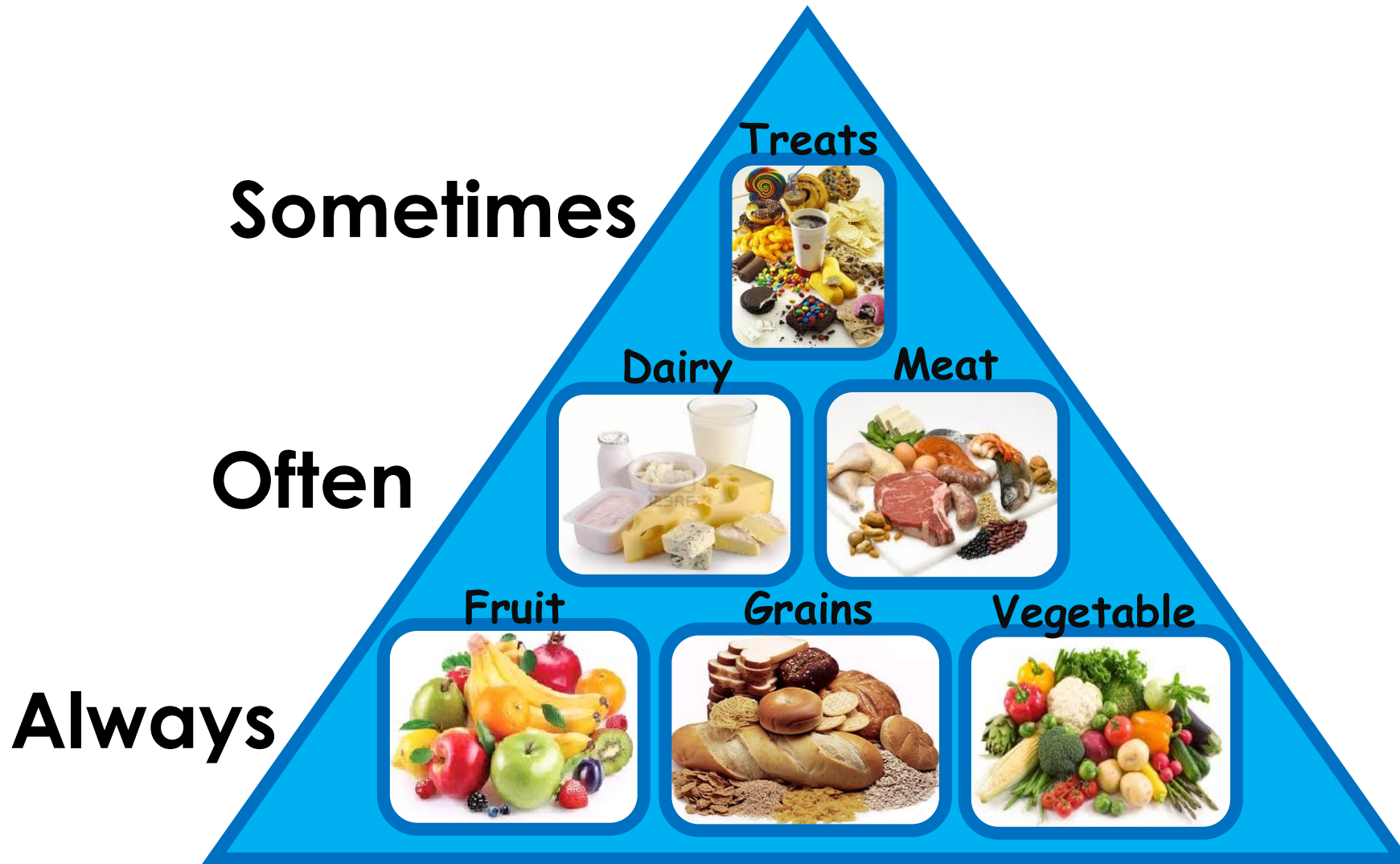


# Healthy Eating





# Grains



White Rice



Brown Rice



Asian Bakery Bun



Chinese Donut



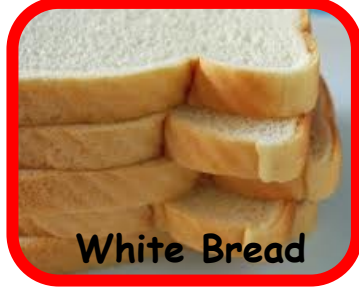
Steam Bun



Wholegrain Bread



Weet-Bix



White Bread



Instant Noodles



Egg Noodles



Rice Noodles



Rice/Corn Thin



Papadum



Nutrigrain



Coconut Glutinous Rice



Glutinous Rice



Oats



Wrap



Coco Pops



Cornflakes







# Vegetable



Chinese Cabbage



Rosella Leaves



Mustard Greens



Bok Choy



Tofu



Carrot



Spring Onion



Burmese Eggplant



Canned Vegetable



Cabbage



Chinese Mushroom



Frozen Vegetable



Spinach



Bean Sprout



Canned Beans



Dried Beans



Broccoli



Tomato



Corn



Sweet Potato



Potato







# Fruit



Rock melon



Lychee



Jam



Dried Fruit



Mango



Grape



Banana



fruit ice



Canned fruit In Syrup



Packaged Fruit



Honey Dew



Watermelon



Pineapple



Durian



Juice



Fruit Drink



Apple



Strawberry



Pear





# Dairy



Cream Cheese



Evaporated Milk



Fresh Milk



Condensed Milk



Flavoured Milk



Cheesecake



Cheese



Dairy Dips



Yoghurt



Custard



UHT Milk



Milkshake



Frozen Yoghurt



Cream



Cheese Spread

## Calcium Sources



1 Glass of Milk



Mustard Green



2



Sardine

100g



Sesame Seed



1/4



Soy Milk



1



Tofu



2



Almond



1







# Meat



Fish



Dried Lentils



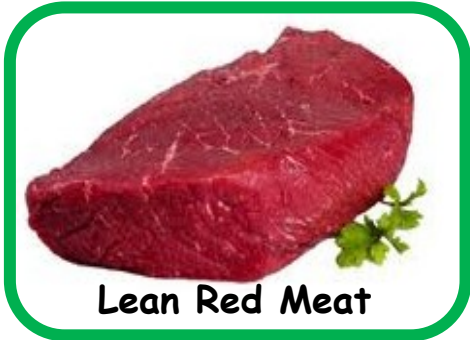
Fried Nuts



Fatty Red Meat



Tuna in Oil



Lean Red Meat



Chicken Breast



Luncheon Meat



Fried Tofu



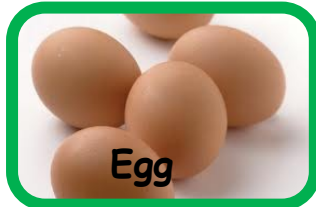
Bacon



Tofu



Tuna in Spring water



Egg



Fried Chicken Wing



Sausage & Frankfurt



Chinese Sausage



Unsalted Nuts



Vietnamese Pork Loaf



Canned Beans



Pork Belly



Fried Octopus







# Treats



Plain Popcorn



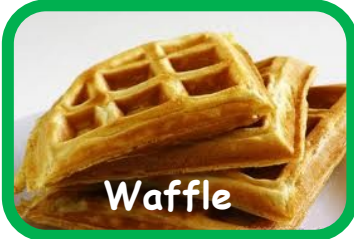
Paddle Pop



Soft drink



Sugary Bar



Waffle



Milk Arrowroot Biscuit



Chocolate



Ice-cream



Prawn Cracker



Sweets



Muesli Bar



Grain Chips



Teddy Milk Biscuit



Cream Biscuit



Flavoured Popcorn



Donut



Rice Crackers



Rice Crackers



Potato Chips



Take-away

