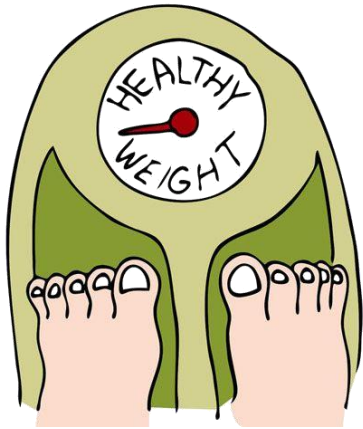


# 5 Tips for Weight Management

English Version

1

Maintain your Body Mass Index (BMI) at healthy range ( $18.5 - 22.9 \text{ kg/m}^2$ ) (weight in kg/ (height in meters)<sup>2</sup>). Understanding your body fat % and muscle also assist to determine your body composition.



2

Fruits and vegetables are high in fiber and water content which increase satiety. Eat at least 2 medium size fruits and 1.5 bowl cooked vegetables daily. Try to select different colors throughout the day to maximize nutrients and antioxidants intake.



3

Water is the best choice for drinks. Soft drinks, bottled juices or packaged drinks are high in sugar and provide extra calories. Try to choose tea/drinks without added sugar to supplement water.



4

Animal fats and skin are high in calorie which will increase body weight. Remember to trim them out before cooking or eating. Replacing full cream dairy products with low fat/skim version assist to reduce calorie intake.



5

Steaming, boiling, baking and stir-frying foods with less oil are better cooking methods. Swapping coconut cream or ghee with skim milk or low fat yoghurt for cooking curry can help to lower fat and calorie intake.

