

A HEALTHY OUTSIDE STARTS FROM INSIDE

EAT LESS OIL, SALT AND SUGAR

OPT FOR LESS SUGAR



Donut



Wholemeal cracker



Sweet kuih



Fruits



Carbonated drink



Plain water

OPT FOR LESS SALT



Salt



Herbs & spices



Sauces



Lemon juice



Keropok lekor



Chickpeas

OPT FOR LESS OIL



Roti canai with dhal curry



Tosai with dhal curry



Coconut milk



Low fat milk



Fried chicken



Roasted chicken



Fried noodles



Noodles soup

Adapted from Nutrition Month Malaysia (NMM) 2017 Info Graphic Book

PRESENTED TO YOU BY:



Cooking With Less Salt Less Sugar And Less Fat In Less Time

Lingsheng Yao



Cooking With Less Salt Less Sugar And Less Fat In Less Time:

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