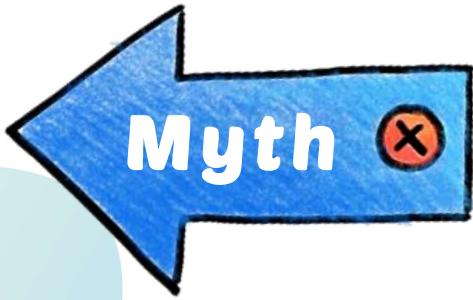




Tips for a Healthier



Myth: All deep-fried food is bad for my health

Myth: Eating a heavy meal in the evening will cause weight gain

Myth: Energy drinks help me focus and give extra energy

Myth: I can eat more because I do a lot of

Debunking Common Myths About Nutrition

Fact: All food should be eaten in moderation. Avoid fried food daily or many times in a week.

Fact: It is more important to be aware of the amount of food eaten in a day. A well-balanced meal includes protein, carbohydrates, vegetables, with a quarter plate of rice/noodles. Try to use less oil, sugar, salt or seasonings in your cooking.

Fact: You may get an energy boost for a short time, but it can also raise your heart rate or blood pressure and make you feel tired. Try not to drink more than 3 cans of energy drinks per day. Instead, try to get enough sleep, exercise regularly and eat healthy foods.

Fact: You should **not** eat more white rice, bread, pasta or potatoes. They contain a lot of carbohydrates, which can lead to weight gain.