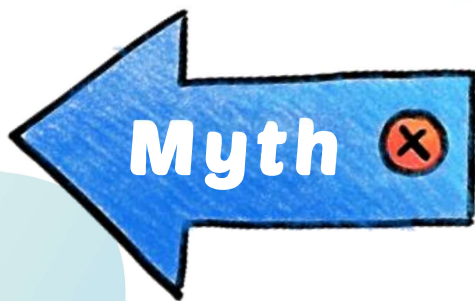




# Tips for a Healthier



## Debunking Common Myths About Nutrition

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

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

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

**Fact:** It is more important to be aware of the total amount of food eaten in a day. A well-balanced meal with a variety of vegetables, with a quarter plate of rice/noodles, and use less oil, sugar, salt or seasonings in the food.

**Myth:** Energy drinks help me focus and give extra energy

**Fact:** You may get an energy boost for a short time, but it can increase your heart rate or blood pressure and make you jittery. Drink more than 3 cans of energy drinks per week, you may not get enough sleep, exercise regularly and eat a healthy diet.

**Myth:** I can eat more white rice because I don't eat a lot of

**Fact:** You should **not** eat more white rice because it contains a lot of carbohydrates and can lead to weight gain.