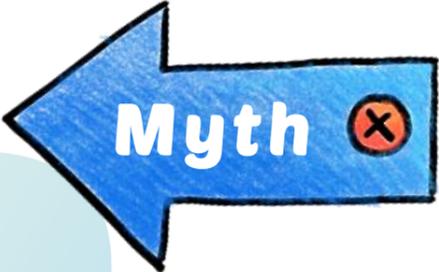




# Tips for a Healthier You



**Myth** ❌

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

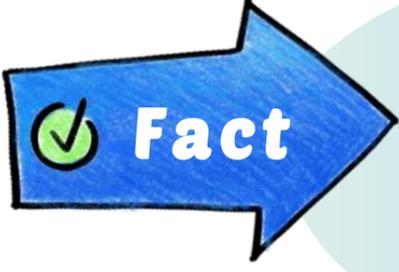
**Myth:** Eating a heavy meal in the evening will cause weight gain

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

**Myth:** I can eat more because I do a lot of manual work

**Myth:** I can drink fruit juice instead of fresh fruits

## Debunking Common Myths About Nutrition



**Fact** ✅

**Fact:** All food should be eaten in moderation. You should not eat deep-fried food daily or many times in a week.

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

**Fact:** You may get an energy boost for a short time but it may increase your heart rate or blood pressure and make you feel thirstier. Do **not** drink more than 3 cans of energy drinks per day. If you always feel tired, get enough sleep, exercise regularly and eat a healthy diet.

**Fact:** You should **not** eat more white rice/noodles because you work more. They contain a lot of carbohydrates that can increase your blood sugar level. Instead, eat more fresh vegetables and fruits and choose wholegrain rice/noodles/flour instead.

**Fact:** Fruit juices actually contain added sugar and you should limit to 1 cup of fruit juice per day. It is better to eat more fresh fruits that will give you more vitamins, minerals and dietary fibre.

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Sources:

1. 10 Nutrition and Healthy Eating Myths. HealthHub. December 2021.
2. "Debunking Food Myths: Energy Drinks". *My Alvernia Magazine: Issue 24*. Mount Alvernia Hospital.
3. "Fruit Juice vs Whole Fruits. Which is Healthier?", HealthXchange. SingHealth.