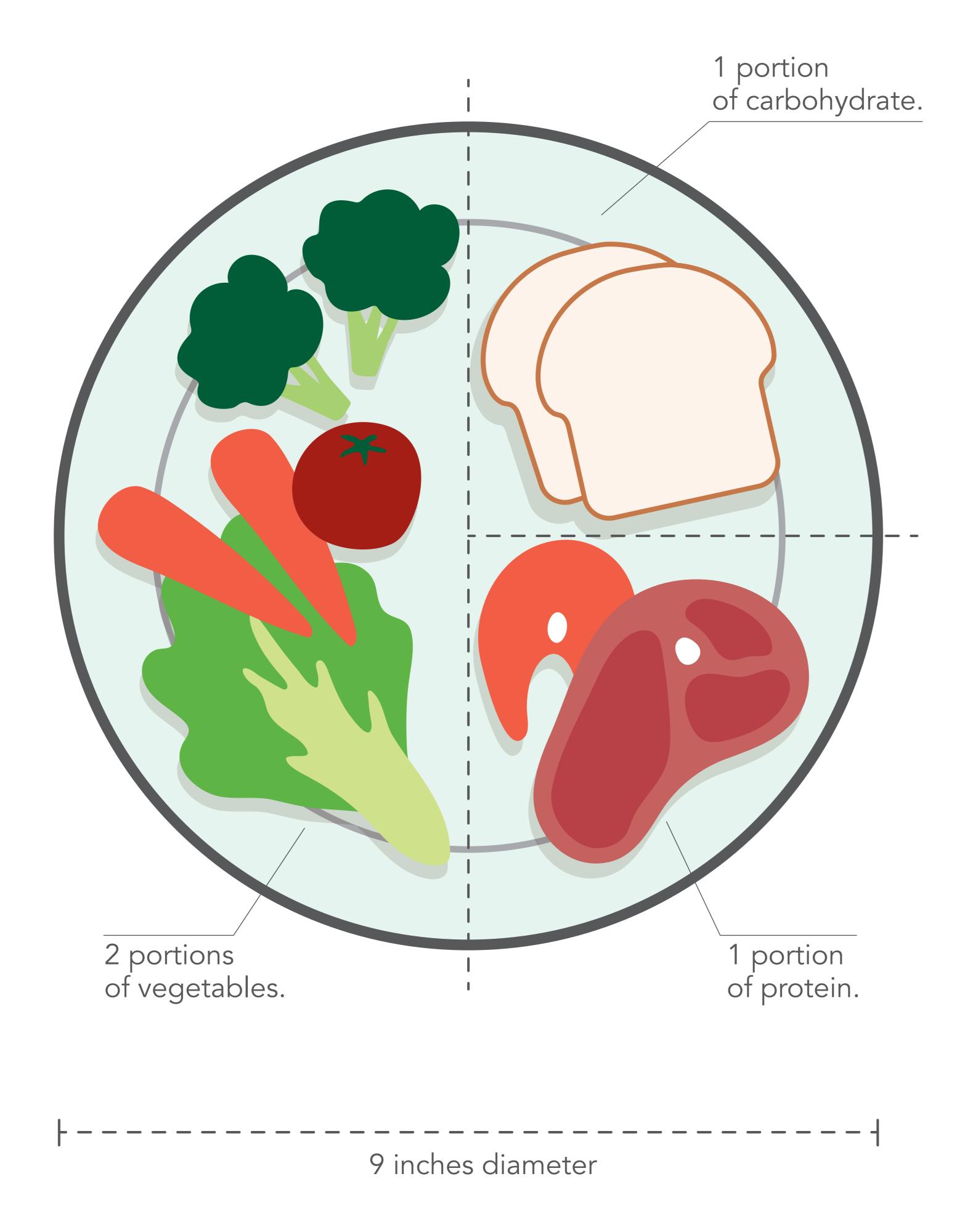
Eat the right ratio of macronutrients in each meal



Remember:

"Eat carb & meat equally, eat more veggie than carb"

2:1:1 is the perfect ratio of macronutrients that you need from each meal. To get the balanced proportion of macronutrients, divide the food into 4 portions as below

2 portions of vegetables.

Vegetables, either cooked or fresh, are a great source of fiber, vitamins and minerals.

1 portion of carbohydrate.

Unprocessed carbohydrates are preferred, e.g. brown rice, whole wheat bread, or ¼ bowl of noodle is enough for daily energy needs.

1 portion of protein.

Pick low-fat protein sources such as chicken breast, pork fillet & tenderloin, fish, or tofu.

