



These are the foods that you should EAT ON A REGULAR BASIS.



EAT: WHOLE GRAINS & STARCHY CROPS

EAT REGULARLY

Whole grains & starchy crops: regularly eat whole grains (and pseudo cereals), local starchy crops (tubers) and starchy fruits such as:

- Taro (dalo) • Sweet potato (kumala) • Cassava (including cassava flour) • Breadfruit
- Green Plantains (vudi) • Yam • Brown/red/black rice • Whole wheat (including whole wheat pasta, bread, roti and flour) • Oats (including rolled oats and low-sugar, low-fat morning cereals like granola or muesli) • Quinoa • Corn (including polenta) • Pearled barley • Rye (including rye bread)

EAT: LEGUMES

EAT REGULARLY

Freely use all kinds of LEGUMES such as:

- Dhal mix • Lentils (including moong beans, urad dhal) • Beans (including red, black or white beans and moong beans) • Chickpeas (chana) • Split peas • Legume flours such as chickpea flour (chana besan), pea flour (pea besan) and lentil flour (urdi besan)

EAT: FRUITS

EAT REGULARLY

Eat several serves of fresh whole fruit every day, such as:

- Mango • Passionfruit • Pawpaw
- Pineapple.

AVOID

Avoid fruits canned in syrup and store-bought fruits juices (they are poor in fibre and very often contain lots of added sugar).

EAT: VEGETABLES

EAT REGULARLY

Eat a variety of vegetables daily

Include leafy greens, pumpkin, carrot, long beans or cabbage.

Avoid adding store-bought dressings or other high-fat toppings. Be sure to enjoy fresh salads on a daily basis with home-made, low-calorie, low-salt and low-fat dressings.

DRINK: WATER

DRINK REGULARLY

Drink at least 8 glasses of water a day

And even more when the weather is very hot. If drinking water on its own is boring, vary the routine with a twist of lemon, lime or kumquat, or use herbal teas such as lemongrass, ginger, mint or lemon leaf.

EAT: WHOLESOME BREAKFASTS

EAT REGULARLY

Enjoy hot multigrain cereals with soy, or almond milk porridge, fresh fruit or whole grain toast with avocado or pure peanut butter, or starchy crops.

B2BH | The Optimal Diet : EAT LESS



Always read nutrition facts on products before choosing which ones to buy.

When comparing different brands of common products like cereals, baked beans and salad dressings for example, some contain a lot of added sugar and fat while others contain less.



EAT LESS: FATS & OILS

YOU SHOULD AVOID

FATTY MEATS

- Whole Chicken • Pork

DEEP-FRIED FOOD

stir-fry with water in a non-stick pan

SATURATED FAT

- Butter • Cheese • Bacon

TRANS FAT

- Chips and store-bought Cookies
- Bakery products and Crackers

STRICTLY LIMIT THE USE OF

- Oil • Ghee
- Store-bought sauces and dressing
- Shortening • Margarine • Butter

EAT LESS: CHOLESTEROL

YOU SHOULD AVOID

Foods containing cholesterol such as:

- Meat • Sausages • Liver

LIMIT THE QUANTITY

If you eat dairy, LIMIT how much you eat. Choose low-fat yoghurt or milk. If you choose to consume eggs, fish and chicken, eat only occasionally.

EAT LESS: SUGAR

LIMIT ALL SWEETENERS

- Sugar • Honey • Molasses • Syrups.
- High sugar foods such as fizzy drinks (including Sports drinks) • Desserts • Ice-creams
- Chocolates • Candies • Cookies • Cakes and Pastries.

Eat these foods occasionally and/or for special occasions only.

Your maximum consumption of sugar should not exceed 5 tsps. (or around 25g) per day. This includes all sources • Sweeteners • Desserts • Cakes and commercial foods such as: • Baked beans • Tomato sauce • Salad dressing.

EAT LESS: SALT

STRICTLY LIMIT HIGHLY SALTED PRODUCTS

Use very little salt (a pinch per person) and STRICTLY LIMIT highly salted products such as:

- Flavoured hot dogs • Processed meats (such as Corned beef, Sausages, and Burgers)
- Seasoned instant noodles • All chips (including the ones with local starchy crops)
- Salted peanuts and snacks (like Bhujia) • Soy sauce • Store-bought crackers • Bread and Pies • Restaurant meals such as Curries, Fried Rice and Noodles and be sure to order your food with less oil and less salt.

Your maximum daily consumption of salt should be 1 tsp. (or 2200 mg of sodium)

DRINK LESS: ALCOHOL & CAFFEINE

YOU SHOULD AVOID

All types of alcoholic beverages.

GRADUALLY ELIMINATE

Avoid or GRADUALLY ELIMINATE all caffeinated beverages, including Coffee, Black Tea, Caffeinated Energy Drinks and soda/soft drinks (like Cola).