

# Choose Healthy Kai

## Chicken Fillet Burger

2 teaspoons of fat



## Meat Sandwich/ Filled Rolls

2 teaspoons of fat



## Grilled Fish

3 teaspoons of fat (2 pieces)



## Meat & Vege Stir-Fry or Chop Suey

4 teaspoons of fat (1 serving)



## Scone

1 teaspoon  
of fat



## Fresh Fruit

no fat



**Soups** and **salads** are also healthy choices!

# STOP!

turn over to



## Hot Chips

6 teaspoons of fat



## Meat Pie

7 teaspoons of fat



## Battered/Deep-Fried Fish

12 teaspoons of fat (2 pieces)



## Deep-Fried Chicken

8 teaspoons of fat (2 pieces)



## Cake or Cookie

5 teaspoon of fat +  
9 teaspoons of sugar

