

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

