


HEADS-UPP Nutrition Suggestion List for Families

The items below are healthier choices suggested by a dietician.

 For a well-balanced meal, the suggestion is to purchase **two food items** from each food category below.

Grains	Brand	Unit
White Rice	House brand Eg. Fairprice	5kg
Noodle- Rice vermicelli	Tai Sun	1 Packet
Noodle Plain	Koka	375g
Instant Oats	Nestum	500g
Pasta Macaroni	House brand Eg. Fairprice Elbow Pasta	500g
White bread	Smartchoice	600g
Cereal-Plain cornflakes	House brand Eg. Fairprice	500g
Golden cornflakes	Nestle	500g
Protein	Brand	Unit
Eggs	Smart choice	10 eggs
Canned Tuna in water	House brand Eg. Fairprice	185g (Flakes)
Chickpeas	Hosen	425g
Sardines	House brand Eg. Fairprice or Battleship	425g
Lentils	Cirio	410g
Dairy	Brand	Unit
UHT Milk – FULL CREAM or LOW FAT	House brand Eg. Fairprice	1 litre
	House brand Eg. Fairprice	6 x 200ml
	Marigold	1 litre
	Marigold	6 x 200ml
Milk Powder- SOY	Polleney	500g
Milk Powder- FULL CREAM	Nespray	550g
Milk Powder- LOW FAT	Cowhead	500g

Vegetables	Brand	Unit
Carrot	House brand Eg. Pasar	3pcs
Corn	House brand Eg. Pasar	2pcs
Cabbage	House brand Eg. Pasar	1 pc
Fresh spinach	House brand Eg. Pasar	250g
Fresh kailan	House brand Eg. Pasar	300g
Fresh xiao bai cai	House brand Eg. Pasar	250g
Fresh kang kong	House brand Eg. Pasar	220g
Broccoli	House brand Eg. Pasar	2 pcs
Fruits	Brand	Unit
Apple	Kromco	6/pack
Apple	House brand Eg. Pasar	800g
Green Pear	Xiaosan	5 x 250g
Guava	YayaPapaya	3pcs
Orange	YayaPapaya	4pcs
Snacks	Brand	Unit
Wholemeal biscuit	Hupseng	225g (10pkt/pack)
Wholemeal biscuit	Munchy's	300g
Peanut butter	Highway or House brand Eg. Fairprice	510g/ 500g
Milo Kosong	Milo powder packet	450g