

# Choose Smart for a Healthy Family

**If you usually eat...**

**✓ Healthier choice**

**Hot chips (1 scoop)**

has 6 teaspoons of fat



**Plain taro, potato or green banana**

has no fat



**Meat pie**

has 7 teaspoons of fat



**Meat sandwich or filled rolls**

has 2 teaspoons of fat



**Battered/ fried fish**

has 12 teaspoons of fat



**Baked or steamed fish**

has 3 teaspoons of fat



**Fried chicken**

has 8 teaspoons of fat



**Chicken kebabs**

has 1/2 teaspoon of fat



**Sweet & sour pork**

has 12 teaspoons of fat and 5 teaspoons of sugar



**Soup**

has 1/2 teaspoon of fat



**Fatty meat**

has 8 teaspoons of fat



**Meat and vegetable stir fry or chop suey (1 serving)**

has 4 teaspoons of fat



**Doughnut**

has 5 teaspoons of fat and 4 teaspoons of sugar



**Fresh fruit**

has no fat

