

Championing:

Supported by:



**This meal is higher in
wholegrains, and lower in
sugar, sodium and
saturated fat.**

The average recommended number of daily calories is 2200* kcal for males and 1800* kcal for females.

*The values indicated are calculated based on the average weight and physical activity level of the average Singaporean male and female. Your daily requirement may vary depending on factors such as age, gender, height, weight and activity level.

Download the Healthy 365 app now to calculate your daily energy requirements.