**Supplementary table 1: Healthier food options listed in the prescribed diet chart**

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| --- | --- | --- | --- |
| **Food category** | **Less favourable option** | **Favourable option** | **Most favourable option** |
| **Cereals and breads** | Chocolate-filled bun | White bread | Whole meal bread |
|  | Sugar-coated breakfast cereal (e.g. granola) with dried fruits and nuts | Sugar added whole grain cereals (e.g. bran flake) | No sugar added muesli/ oat |
|  | Roti canai | Chapatti | Thosai /Idli |
| **Rice and noodles** | Nasi lemak (rice with coconut milk/santan) | Nasi kerabu (rice with fresh herb) | White rice |
|  | Fried rice | White rice | Brown rice |
|  | Fried noodle | Curry noodle/ Asam-laksa noodle | Clear soup noodle |
| **Dairy products** | Whole milk | Semi-skimmed milk | Skimmed milk |
|  | Full-fat flavoured yogurt | Low-fat flavoured yogurt | Low-fat plain yogurt/ Greek yogurt |
|  | Butter | Margarine | Low-fat margarine |
|  | Hard cheese (e.g. Cheddar) | Reduced-fat hard cheese | Soft cheese spread (e.g. Cottage cheese) |
| **Meat and meat products** | Sambal fried chicken | Grilled/roasted chicken | Steamed/boiled chicken |
|  | Sambal fried fish | Grilled/roasted fish | Steamed/boiled fish |
| **Egg and egg products** | Fried/scrambled egg | Baked egg | Poached/boiled egg |
| **Vegetables** | Sambal or curry vegetables | Stir-fried vegetables | Raw vegetables (e.g. salad or Ulam) |
| **Beverages** | Cappuccino/latte | Black coffee with sugar | Black coffee without sugar |
|  | Teh-tarik (Teh with condensed milk and sugar) | Teh-O (tea with sugar) | Teh without sugar |
|  | Sweetened beverage/ carbonated-drink | Fresh fruit juice without sugar | Water |
| **Snacks and biscuits** | Dried fruit | Unsweetened, tinned fruit | Fresh fruit |
|  | Honey-roasted nuts | Salted and roasted nuts | Unsalted nuts/ raw nuts |
|  | Cream-filled sandwich cookies | Plain biscuit | Whole grain biscuits (e.g. digestive biscuit) |