

Healthy Break Manual

1.

Snacks = Hidden Risks of Obesity



2.

Stop!!

Snacking like this will eventually lead to metabolic syndrome.



Healthy Break Manual

3.



Metabolic Syndrome

is a cause of several Non-Communicable Diseases (NCD) such as:

- Cancer
- Diabetes
- Hypertention
- Arthritis
- Neuritis
- Heart Attack
- Vascular Disease
- Migrain

4.

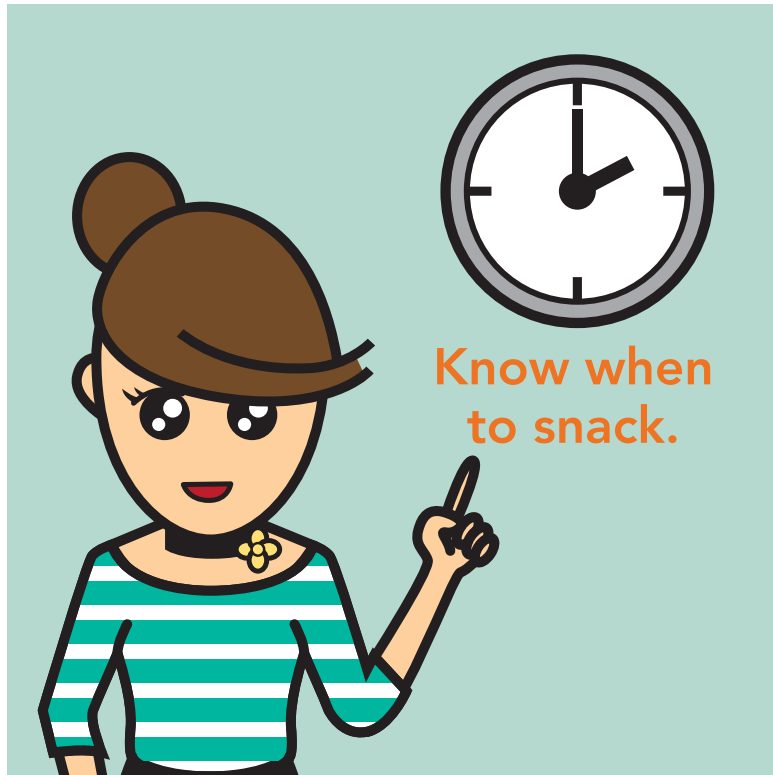


Let's change

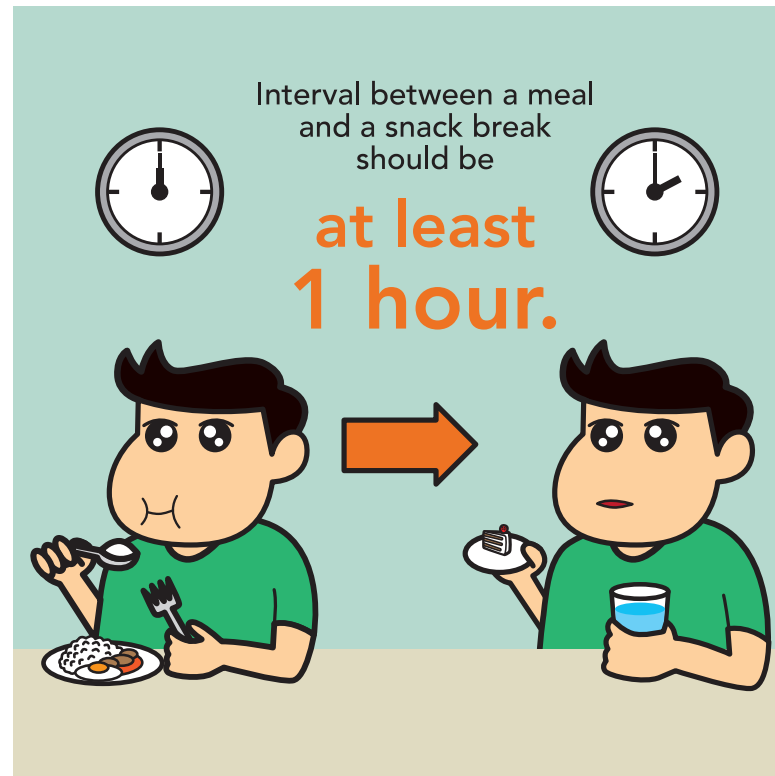
our snacking habits to stay away from metabolic syndrome.

Healthy Break Manual

5.



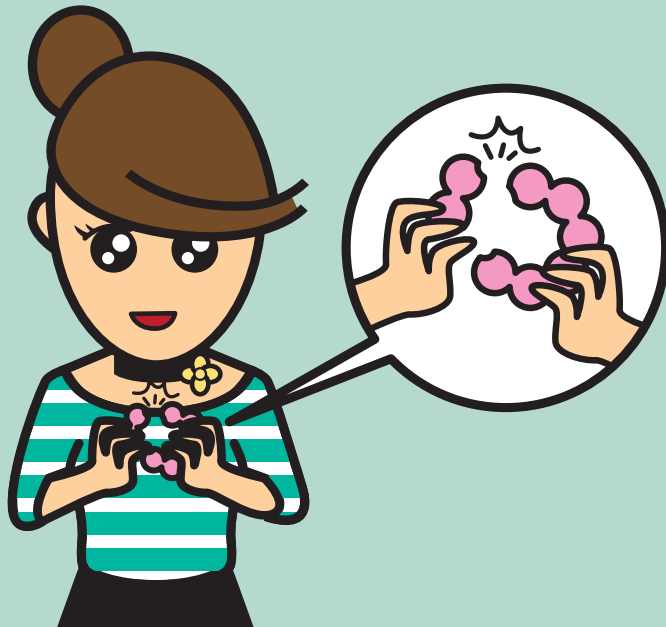
6.



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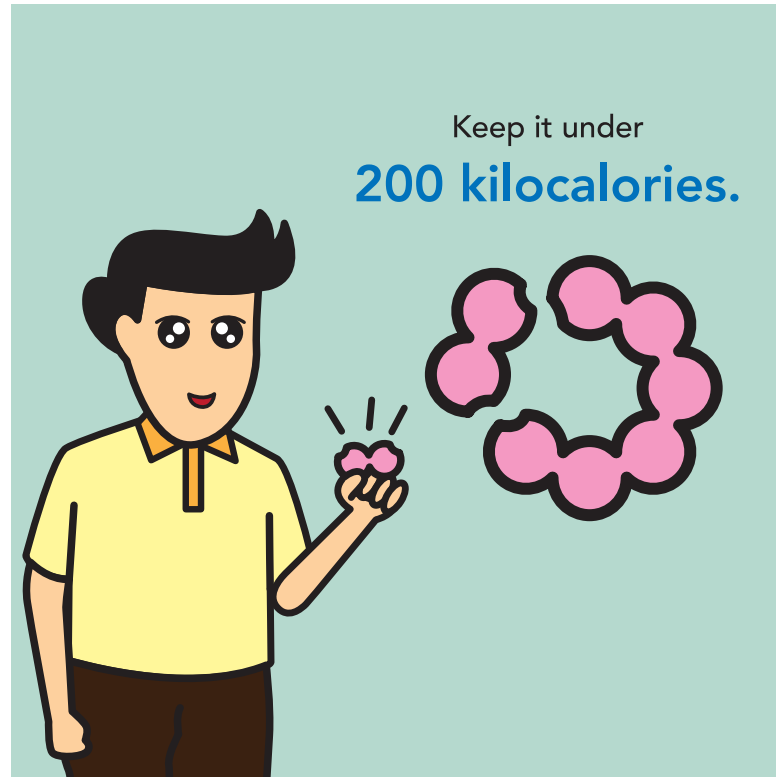
7.

Control the quantity.



8.

Keep it under
200 kilocalories.



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9.

Change your snack choices.

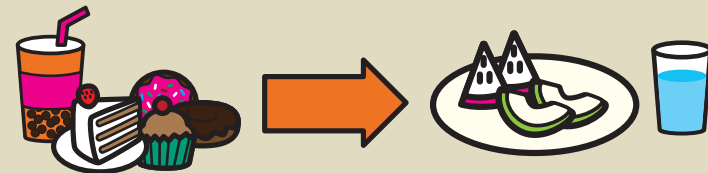
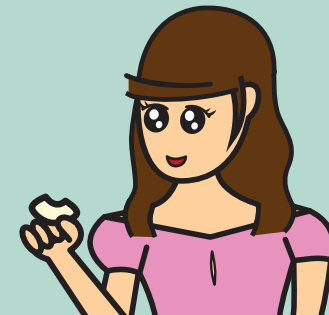


10.

Substitute regular snacks
with healthier alternatives:

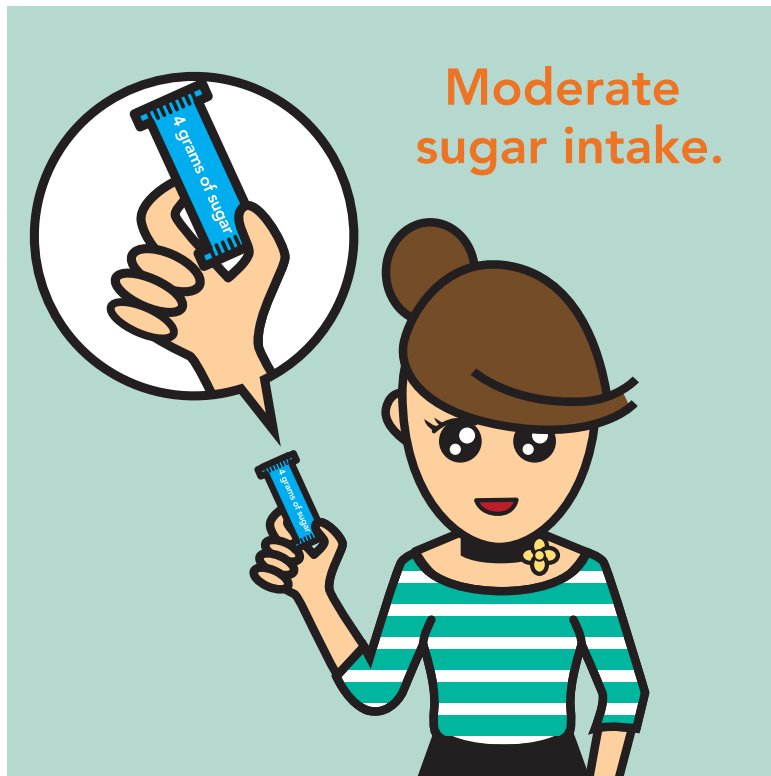
Change from cakes
to fruits.

Change from soft drinks
& bubble tea
to water.



Healthy Break Manual

11.



12.



Healthy Break Manual

13.



Change your snacking habits
during the day
and between meetings.
Opt for healthier snacks
to stay away from
**Metabolic
Syndrome.**

- ✓ Know when to snack.
- ✓ Control the quantity.
- ✓ Change your snack choices.
- ✓ Moderate sugar intake.