**Tobacco Show Card**

**Smoked tobacco products**

- Manufactured cigarettes

- Hand-rolled cigarettes

- Pipe

- Cigars, e.g., cigarillos, double coronas, cheroots, stumpen, chutts and dhumtis

- Shisha
Smokeless tobacco products

Snuff, available in wet and dry form

Chewing tobacco

Betel nut, quid
Alcohol - Standard drink

1 standard drink =

- 1 standard bottle of regular beer (285ml)
- 1 single measure of spirits (30ml)
- 1 medium size glass of wine (120ml)
- 1 measure of aperitif (60ml)

Note: net alcohol content of a standard drink is approximately 10g of ethanol.
### Typical Fruit and Vegetables and Serving Sizes

<table>
<thead>
<tr>
<th>VEGETABLES are considered to be:</th>
<th>1 Serving =</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raw green leafy vegetables</td>
<td>1 cup</td>
<td>Spinach, salad, etc.</td>
</tr>
<tr>
<td>Other vegetables, cooked or chopped raw</td>
<td>½ cup</td>
<td>Tomatoes, carrots, pumpkin, corn, Chinese cabbage, fresh beans, onion, etc.</td>
</tr>
<tr>
<td>Vegetable juice</td>
<td>½ cup</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FRUIT Is considered to be:</th>
<th>1 Serving =</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple, banana, orange</td>
<td>1 medium size piece</td>
<td></td>
</tr>
<tr>
<td>Chopped, cooked, canned fruit</td>
<td>½ cup</td>
<td></td>
</tr>
<tr>
<td>Fruit juice</td>
<td>½ cup</td>
<td>Juice from fruit, not artificially flavoured</td>
</tr>
</tbody>
</table>

**Serving size**

One standard serving = 80 grams (translated into different units of cups depending on type of vegetable and standard cup measures available in the country).

**Note:** Tubers such as potatoes and cassava should not be included.
Dietary Salt

Table salt and sea salt

Salty stock cubes and powders

Soya sauce and fish sauce
Examples for processed food high in salt

Packaged salty food and snacks, canned salty food, salty food prepared at a fast food restaurant.
Physical Activity

Vigorous Physical Activity at Work

Examples for vigorous activities at WORK

VIGOROUS Intensity Activities
Make you breathe much harder than normal
Other examples for VIGOROUS activities at WORK

• Forestry (cutting, chopping, carrying wood)
• Sawing hardwood
• Ploughing
• Cutting crops (sugar cane)
• Gardening (digging)
• Grinding (with pestle)
• Labouring (shovelling sand)
• Loading furniture (stoves, fridge)
• Instructing spinning (fitness)
• Instructing sports aerobics
• Sorting postal parcels (fast pace)
• Cycle rickshaw driving

Moderate Physical Activity at Work

Examples for MODERATE activities at work

MODERATE Intensity Activities
Make you breathe somewhat harder than normal
Other examples for MODERATE activities at WORK

• Cleaning (vacuuming, mopping, polishing, scrubbing, sweeping, ironing)
• Washing (beating and brushing carpets, wringing clothes (by hand)
• Gardening
• Milking cows (by hand)
• Planting and harvesting crops
• Digging dry soil (with spade)
• Weaving
• Woodwork (chiselling, sawing softwood)
• Mixing cement (with shovel)
• Labouring (pushing loaded wheelbarrow, operating jackhammer)
• Walking with load on head
• Drawing water
• Tending animals

Vigorous Physical Activity during Leisure Time

Examples for VIGOROUS activities during LEISURE TIME

VIGOROUS Intensity Activities
Make you breathe much harder than normal

• Soccer
• Rugby
• Tennis
• High-impact aerobics
• Aqua aerobics
• Ballet dancing
• Fast swimming
Moderate Physical Activity during Leisure Time

Examples for MODERATE activities during LEISURE TIME

MODERATE Intensity Activities
Make you breathe somewhat harder than normal

- Cycling
- Jogging
- Dancing
- Horse-riding
- Tai chi
- Yoga
- Pilates
- Low-impact aerobics
- Cricket

Other examples for MODERATE activities at WORK