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PUBLISHED DECEMBER 01, 2012

DINING

## Springing to health

BT Weekend looks at the changing appetite for healthy food in Singapore and challenges that lie ahead for health food restaurants. By Debbie Yong

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### EAT FRESH

Chicken Tarragon Feta Salad from Toss & Turn - PHOTO: CEDELE

EATING healthy has never been more critical. According to statistics shared at the inaugural Worlds of Healthy Flavours Asia conference held in Singapore earlier this week, if our nation's eating habits remain unchanged, half a million people in Singapore are expected to have diabetes by 2020. Among this, 200,000 working adults - or 13 per cent of the nation's workforce - will be affected.

Pair this with the growing rate of obesity in Singapore (now at 11 per cent) and our increasing propensity to eat out (60 per cent of Singaporeans eat out four times or more weekly, up from 49 per cent in 2004), and what you get is a timely call for our nation to re-examine its food consumption patterns.

But even as the advocacy for healthier food options by governmental bodies such as the Health Promotion Board grows stronger, local food providers, it seems, are still slow to take heed.

The obstinance can stem from all segments of the food provider spectrum: from the aged hawker who fears that incorporating brown rice into his decades-old chicken rice recipe may turn off loyal customers, to the labour-strapped restaurant loathe to hire one more kitchen hand to man an expanded salad station.

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- 1:12 pm** [US House votes to expand visas for high-tech foreign workers](#)
- 11:27 am** [FedEx to hike ground shipping rates 4.9% in 2013](#)
- 11:15 am** [Electronic braking system in vehicles saves thousands: US study](#)

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The 29 Service Leaders will be repatriated will be paid, before they leave the country, all salaries for 1 December 2012, all claims owed to them...

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MONDAY, DECEMBER 03, 11:38		
KLCI	1,609.4	-1.44
HSI	22,049.8	+19.38
NIKKEI	9,508.3	+62.25
DOW	13,025.6	+3.76
NASDAQ	3,010.2	-1.79
S&P	1,416.2	+0.23

Asian Indices delayed. US Indices updated daily at 7:30am.

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