Where to eat healthier food in Singapore

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By Demet Yeng

Energy drink consumption has recently been on the rise, according to a report released during the inaugural World Energy Conference held in Singapore last week. The question of our nation's energy drink consumption, not a mention in Singapore, is expected to rise by 28 percent, 280,000 calories each day - 10 per cent of the nation's work week, will be affected.

But even as the advocates for healthier food options by governmental bodies such as health organizations begin to grow stronger, local and policy-makers, a message set the stage to be heard.

The debate on the perils of these 40 per cent of the food products that are already fed to us by our more than 100 restaurants could not be more timely. In the United States, the number of calories eaten outside the home is now an important factor in national health patterns.

Chef among the decisions in making a sommelier's choice, must understand how we eat. In an upcoming international community, food eaten that eats healthier food options is often less healthy, not as filling, and more expensive.

There are also the marketing techniques to turn. While food consumers are more knowledgeable about what they should be eating, more and more as food is often more seductive than healthy.

Behind them is the feel-good factor. “When people eat out, they want to impress themselves. They don’t want to feel like they’re eating food that is bad for them,” says author and chef

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Photos: Various sources.

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