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 Yang

EATING healthy has never been more critical. According to statistics shared at the inaugural World of Healthy Flavours Asia conference held in Singapore this week, if the nation’s eating habits remain unchanged, half a million people in Singapore are expected to fall below the poverty line by 2030. 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 (51 per cent of Singaporeans eat out at least five times or more weekly, up from 49 per cent in 2008), and you get 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, if honest, are still too close to home.

The obstacle can stem from all segments of the food provider spectrum: from the aged hawkers who fear that incorporating lower salt meats into their dishes will make their chicken rice recipe have all-day favorable customers, to the latest-chic restaurant razóner to have more kitchen hand to man an expanded menu station.

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SINGAPORE, DEC 2, 2012 - 6:56 AM

STI: -6.65

MCE: 5,468.6 - 3.63

HDF: 22.810.6 - 19.90

WBC: 5,503.2 - 60.25

DOW: 13,825.6 - 57.76

MDIG: 3,489.2 - 7.79

SAP: 5,982.2 - 42.13

Asian indexes declined, US index up strongly only of 7.79.

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