

Cheap, Good and Healthy ?

Cheap, good and healthy seem like an unlikely combination. The saying "Yucky is Yummy" attests to the fact that unhealthy food is often the tastiest. Think the perennial local favourites - chicken rice, char kway teow, nasi lemak I should stop before I am tempted beyond my strength and head out for an unhealthy supper.

The impression seems to be that a lot of us who work long hours invariably eat out for most meals in the veritable Singapore food institution - the hawker centre.

A recently convened public consultation panel drew up battle plans for the next generation of hawker centres. The well-meaning panel members must be commended for calling for a whole new way of running hawker centres to cut out profiteering and keep rentals and food prices affordable. However, there seems to be a silence at the helm when it comes to healthy food. This looks like a wasted opportunity to cultivate healthy taste buds in food-mad diabetes-prone Singapore.

With 1 in 9 adults and 1 in 3 retirees affected, diabetes has already reached epidemic proportion in Singapore. Ask any one with diabetes (who often has high blood pressure as well) and they will tell you how difficult it is to find reasonably priced "diabetes-friendly" food.

A taxi-driver patient of mine quipped when I enquired about his diet: "I eat out and stop when I have time, so how to find healthy food?" Suggestions anyone? For now, here's one before I head out for my (occasional?) indulgence. How about having a healthy and diabetes-friendly food corner in every hawker centre and a much lower rental for these hawkers, please?

Ultimately our diet is our personal responsibility and choice but it will help if specially designated healthy food stalls can be found in every hawker centre. Can cheap and good food be cheap, good and healthy food as well?



Dr Yeo Kim Teck
Senior Consultant
Apple Eye Centre

Diabetes Singapore

Editorial Team

Editor

Dr Yeo Kim Teck

Managing Editor

Charlotte Lim

Editor (Dietetics)

Janie Chua

Editorial Consultants

DSS Management Committee
Charlotte's Web Communications

Contributors

Dr Jason Chia, Dr Yeo Kim Teck, Janie Chua, Zoe Chiang,
Henry Lew, Marco Aizawa, Rodiah Hashim, Chionh Lay
Keng, Angie Lee, Juliana Lim

Photography:

Drremstime.com
sxu.hu

Production/Advertising Manager

George Neo

Advertising Coordinator

Esther Ng

Publishing Services

Stamford Press Pte Ltd

Booking for Advertisements

Tel: 6842 3382

Email: editor@diabetes.org.sg

Address feedback to

Managing Editor
Diabetes Singapore

Email: editor@diabetes.org.sg

For past issues of Diabetes Singapore, log onto
<http://www.diabetes.org.sg/publication.html>

Diabetic Society of Singapore HQ

Blk 141 Bedok Reservoir Road
#01-1529 Singapore 470141

Tel: (65) 6842 6019 /3382

DSS website: www.diabetes.org.sg

Disclaimer

The views, opinions and recommendations given by the contributors of Diabetes Singapore or are merely for general reference. All materials in this newsletter are for informational purposes only. The individual reader should consult his own doctor or specialist for his personal treatment or other medical advice. Diabetic Society of Singapore and Diabetes Singapore Editorial Board disclaim all responsibilities and liabilities for content expressed in this newsletter including advertisements herein. All contents of the newsletter are the copyright of the contributors and newsletter. Reproduction in any form is strictly prohibited unless with written permission.