

Towards Healthy Eating Just Desserts

by Rodiah Hashim

Under the supervision of their lecturer & SIP coordinator, Ms Siti Saifa, students of Temasek Polytechnic's Applied Food Science & Nutrition Course kindly showed us how people with diabetes can enjoy simple yet nutritious desserts. At the Bedok Diabetes Education & Care Centre Activity room on 13 October 2012, the innovative team of three worked hard to prepare and present their recipes, Dessert of Eight Fortune and Soy Bean Milk Custard with Strawberry.

Participants were treated to samples of the desserts that were prepared in advance. They gave the thumbs up for the delicious taste and flavours of the desserts. Kudos to our future generation of nutritionists and dietitians! DSS thanks Equal for sponsoring the event and Temasek Polytechnic for offering their expertise.



Visit to Gardenia

by Rodiah Hashim

Wednesday, 12 September 2012, may have been a weekday but we had two busloads of people joining us for a visit to the Gardenia Bakery.

By courtesy of Temasek Polytechnic, Section Head of Nutrition Research Applied Food Science & Nutrition Miss Kalpana Bhaskaran gave a talk on 'Sticky Truths about Sweeteners' followed by a presentation and a tour of the bakery by Mr Soe Wynna, assistant manager, marketing communications department.

DSS wishes to thank Gardenia Foods (S) Pte Ltd for being our kind host and for their generous doorgifts to our participants.

Date : 26th January 2013, Saturday
 Time : 12:00pm to 4:30pm
 Venue : Orchid Country Club, Emerald Suite 1
 (Orchid Club Road Off Yishun Ave 1)

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EAT RIGHT WITH DIABETES

Program Highlights

'Label Reading'

Talk By: Mr. Won Tin Chiang, Senior Dietitian, Clinical Services, National Healthcare Group Polyclinics

Supermarket Tour

Lead By: Mr. For Wei Chek, Manager, Nutrition & Dietetics Services, Mount Alvernia Hospital and Mr. Won Tin Chiang, Senior Dietitian, Clinical Services, National Healthcare Group Polyclinics

'Choose the Right Food'

Talk By: Mr. Derrick Ong, Director, Eat Right Nutrition Consultancy, Accredited Practising Dietitian (Australia), Accredited Dietitian of Singapore, Workplace Health Programme (WHP) Consultant

'Manage Diabetes with Glycemic Index'

Talk By: Ms. Kalpana Bhaskaran, Section Head, Nutrition Research, Applied Food Science & Nutrition, Temasek Polytechnic, Nutritionist SNDA

Special Guest:

Talk By: Hj P.M Mohd Moideen, Vice President of Diabetic Society of Singapore

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