More resale flats sold in May but price dips slightly

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Move part of push for healthier eating; most of the food's likely to be affected are imported

What you need to know

BAN ON PARTIALLY HYDROGENATED OILS

What are they? • Partially hydrogenated vegetable oil (PHO) • Partially hydrogenated oil (PHO) is used at room temperature and is the main source of fats in pre-packaged fried foods. When will the ban take effect? June 2021

The ban includes all foods sold in Singapore manufactured locally or imported.

Where trans fat is found

• Spreads and other spreads
• Fatty snacks
• Pre-packaged foods
• Pastries, cakes, muffins, donuts
• Fried food
• Unhydrogenated oil

About 10% of pre-packaged food products in Singapore contain PHOs

Indulge in your own risk

• Trans fat increases the risk of developing heart disease and stroke
• Trans fat causes a higher risk of developing Type 2 diabetes

S’pore to ban key source of artificial trans fats by 2021

They are not a natural part of the human diet and are fully replaceable.

World Health Organization, on why trans fat is bad.

Finding substitutes

Various fats and oils from plants and animals can replace trans fats.

Alternatives to PHOs

• Soybean oil, corn oil, safflower oil, or olive oil
• Unhydrogenated or hydrogenated vegetable oil or saturated fat

We do not expect any price increases for consumers as there are enough alternatives to PHOs readily available.

This is part of an ongoing initiative to encourage healthier eating among Singaporeans and to improve the quality of Singaporeans’ diets...

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There were more Housing Board resale flats sold in May than any other month last year, according to a flash estimate from the Urban Redevelopment Authority (URA).

Last month, 2,075 HDB resale flats changed hands, a 7.2% rise from the 1,957 transactions in the same month last year. In addition, data from ISRE showed a 0.2% drop in the median resale price.