Progress on eating healthier, but there’s room to do more

A push to eat more wholegrains and veggies. A blitz to cut down on oil and sugar intake. And now, the target is trans fats. Insight looks at the effort to get Singaporeans eating healthier and the impact they’ve had.

When you eat is a fat lot of good

The fats we eat can generally be divided into three types: Saturated fats, which are considered unhealthy; unsaturated fats, which are considered healthy; and trans fats, which are even more unhealthy than saturated fats.

Saturated fats

These fats are solid at room temperature. Some examples include coconut oil, butter, palm oil, and lard. They are considered unhealthy because they raise the levels of a type of fat in your blood that contributes to heart disease.

Unsaturated fats

These fats are liquid at room temperature. They are divided into two main types: mono-unsaturated and polyunsaturated. The former include olive oil, safflower oil, and canola oil, while the latter include flaxseed oil, soybean oil, and walnuts.

Trans fats

These fats are solid at room temperature and are considered the most unhealthy type of fat. They can be found in partially hydrogenated oils, which are often used in processed foods to extend shelf life.

The skinny on the fats we eat

Saturated fats: The most unhealthy type of fat. As they are solid at room temperature, they can raise the levels of a type of fat in your blood that contributes to heart disease. They are found in dairy products, meat, and full-fat cheeses.

Unsaturated fats: The healthy type of fat. They are liquid at room temperature and are divided into two main types: mono-unsaturated and polyunsaturated. The former include olive oil, safflower oil, and canola oil, while the latter include flaxseed oil, soybean oil, and walnuts.

Trans fats: In general, they are considered the most unhealthy type of fat. They are solid at room temperature and can be found in partially hydrogenated oils, which are often used in processed foods to extend shelf life.

The government in Singapore is trying to encourage people to eat healthier by promoting the consumption of wholefoods and vegetables. This is because they are rich in fibre and other nutrients that are essential for a healthy diet. Some wholefoods that are recommended by the government include brown rice, wholemeal bread, and nuts.

In addition, the government has also introduced initiatives to encourage people to eat less sugar and salt. This is because these two substances are often added to processed foods to enhance their taste and shelf life. The government is working with food manufacturers to reduce the amount of sugar and salt added to their products.

Overall, the government is aiming to help Singaporeans eat healthier by providing them with the knowledge and resources they need to make better food choices.