Switching to healthier fare just got easier for eateries

By OLIVIA HO

HPB offering subsidy to suppliers stocking healthier oil

“More than 60 per cent of our food operators use high saturated-fat cooking oil,” said Dr Annie Ling, director of HPB's Obesity Prevention and Management Division, at a press conference yesterday. “Cooking oil is an essential part of our diet and contributes to the amount of fat in our diet.”

“We are particularly concerned with the way cooking oil is used in preparing food away from home, as consumers have very little control over what is used,” she added.

The subsidy will encourage food operators and caterers, such as restaurants, hawker centres and caterers, to use healthier cooking oil. The subsidy is an initiative by the Health Promotion Board (HPB) to encourage the switch to healthier oil. The subsidy will be available from today to March 20.

“The switch to healthier oil would result in a 15 per cent reduction in overall saturated-fat intake, lowering the risk of cardiovascular heart disease among Singaporeans by 1 per cent per year,” said Mr Lua Eng Jee, general manager of oil supplier Ngo Chew Peng, said: “There is a big demand for healthier oil, but customers are conscious of having to bear additional cost and are concerned about the taste.”

Mr Kwee Chin Peng, director of vegan fast food chain Loving Hut, said: “More customers are demanding healthier dishes. We are already serving more than 60 per cent of our customers who request the healthier-choice meals now,” said the 52-year-old.

For health-conscious consumers like fitness trainer Linda Oh, the subsidy is encouraging. Ms Oh, who is in her 20s, normally avoids eating out. “It’s only that I cannot avoid eating out when they are putting their food on the plate,” she said.

“Switching to healthier fare just got easier for eateries,” she added.

By MELISSA ZACHARUS

No home yet for treasure trove of WWII artefacts

The artefacts that have been uncovered are a metal plaque (above), which possibly held information about the artefacts, a metal plaque (right) and a grave marker in the shape of a cross. The site is also home to a variety of animals, including birds and insects.

Mr Cooper hopes his project will help ensure that the artefacts are properly looked after. He wants to see the artefacts displayed in a museum or other public space. He also wants to see the artefacts made available to the public through exhibitions or other events.

The artefacts are a metal plaque (left), which is a metal plaque (right) and a grave marker in the shape of a cross.