S’poreans adopting better diets, easing up on calories: Survey

National Nutrition Survey 2018

The survey is based on 1,000 adult Singaporean residents aged 18 to 69. It surveyed people’s consumption patterns and specific types of food and drink they consumed, and looked at the nutrient composition in packaged and cooked food.

Component of Singapore Food

<table>
<thead>
<tr>
<th>Component</th>
<th>2004</th>
<th>2010</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wholegrain staples</td>
<td>6%</td>
<td>8%</td>
<td>10%</td>
</tr>
<tr>
<td>Refined carbohydrates</td>
<td>34%</td>
<td>27%</td>
<td>25%</td>
</tr>
<tr>
<td>Plant fat</td>
<td>18%</td>
<td>16%</td>
<td>14%</td>
</tr>
<tr>
<td>Added sugar</td>
<td>57%</td>
<td>54%</td>
<td>51%</td>
</tr>
<tr>
<td>Added salt</td>
<td>3%</td>
<td>2%</td>
<td>1%</td>
</tr>
<tr>
<td>Added fiber</td>
<td>9%</td>
<td>8%</td>
<td>7%</td>
</tr>
</tbody>
</table>

The HPB said: “Singaporeans are consuming too much sugar, but not more fat, for example, confectioners and desserts. Singaporeans are consuming too much sugar, but not more fat, for example, confectioners and desserts. Sugar intake went up from 59g a day in 2010 to 60g, or about 12 teaspoons, a day.”

“Saturated fats are not a problem, and it is still below the national average. The increase in intake of fruits and vegetables is a positive shift to healthier eating. But for carbohydrates, there has been a positive shift to healthier ones. Unrefined carbohydrates now make up 25 per cent of all carbohydrates consumed in 2010. The HPB said: ‘This is largely the result of increased consumption of wholegrain, as well as fruits and vegetables.’

The survey was carried out every six years between 1998 and 2018, but will now be done annually, with reports produced every two years to provide more up-to-date information.

What Singaporeans are Eating

<table>
<thead>
<tr>
<th>Food</th>
<th>2004</th>
<th>2010</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salt</td>
<td>3g</td>
<td>3g</td>
<td>3g</td>
</tr>
<tr>
<td>Sugar</td>
<td>59g</td>
<td>60g</td>
<td>60g</td>
</tr>
<tr>
<td>Fat (saturated)</td>
<td>22g</td>
<td>23g</td>
<td>24g</td>
</tr>
<tr>
<td>Fat (unsaturated)</td>
<td>27g</td>
<td>26g</td>
<td>26g</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>100g</td>
<td>100g</td>
<td>100g</td>
</tr>
</tbody>
</table>

The survey showed a small reversal in this trend in intake of salt a day. The recommendation for people with ‘normal’ lifestyle is 2,200 calories a day for men and 1,800 for women.

For fat, the survey showed that people here are eating more wholegrain, fruit and vegetables, but their high consumption of sugar and salt has caused the authorities concern.

There is in 10 people here are eating more than the recommendation of 2,200 calories a day. The average amount of salt eaten here is almost double that of 9g. High salt intake causes blood pressure, which in turn puts people at risk of heart problems.

Much of the salt is added when cooking, food, sources, seasoning and in cooked food make up 2g in total salt in the diet. Sugar intake wear up from 9g in 2010 to 9g in 2018, or about 2g per day.

While it is important to reduce salt, sugar and saturated fat, it is important to reduce the intake of these nutrients at all levels of consumption.

Jonathan Pearlman

In Sydney

It was a landmark summit of 21-member grouping, Papua New Guinea (PNG) that was held for the first time in South America, in Chile.

The summit would be the first signs of trouble – just after 11am on Friday in the weekend’s formal talks had started in New York.

Mr Zee said: “Many things have been proven to them and their peers here are eating more wholegrain, fruit and vegetables, but their high consumption of sugar and salt has caused the authorities concern.

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