

HEALTHY KIDS

Newsletter - November 2022



Less Salt Less Worries

Salt is a much talk about topic lately. Salt, also known as sodium chloride, is a compound comprising about 40% sodium and 60% chloride. It is often referred to as table salt. The National Nutrition Survey 2018/19 findings showed that Singaporeans consumed more sodium than the World Health Organization (WHO)'s recommendation (average intake of 3600mg sodium per day vs recommendation of 2000 mg sodium per day by WHO). While it is an essential nutrient to help us maintain fluid & electrolyte balance, excessive consumption can lead to high blood pressure, which in turn leads to heart disease and stroke. According to American Heart Association (AHA), children with high sodium diets are 40% more likely to have high blood pressure that may carry over to adulthood!

Health Promotion Board (HPB) recommends that children aged 1-6 years old should consume no more than 1000mg of sodium per day (2.5g salt/day). When a child reaches 7 years old and above, the recommended intake for sodium is the same as that of an adult, at no more than 2000 mg /day (≤5g salt/day).

In the school meals provided in BRPS, SATS Dietitians ensure that meals comply to "Healthy Meals in School Programme (HMSP)" Guideline developed by HPB. SATS makes a conscious effort to use ingredients that are endorsed with the Healthier Choice (HCS) logo with reduced sodium, fat and sugar content. Additionally, instead of depending on the use of salt for flavor, SATS chefs use herbs, spices and natural umami rich ingredients like tomatoes and mushrooms to boost and enhance the dishes.



SATS' Honey Chicken Noodles & Cheesy Chicken Wrap



Did Anyone Say More Sugar?

Sugar is the simplest form of carbohydrate called glucose. While it is a source of energy, research have shown that overconsumption of foods and drinks that are high in sugar can lead to obesity, diabetes, heart disease and other health problems. For children aged 7 years and above, HPB recommends to limit sugar intake to no more than 10 teaspoon (50g) per day. For example, one can of classic soft drink contains 33.9g of sugar (approx 7 teaspoons). This is equivalent to 67% of daily sugar intake allowed for children.

In the SATS School Meals Programme, all the main meals are prepared with minimal added sugar, following strictly to HPB's Healthy Meals in School Programme guidelines. Sugar is only added to enhance or balance the flavor profile of a dish. Sometimes sugar is judiciously added to boost the overall appearance of a dish through browning process. For example: teriyaki chicken and bakery goods. Our vending machines in school only carry drinks with HCS logo. Plain water is the best. When dining out, do remember to order less sugar for the family, "Siew Dai please!"



"One can of classic soft drink contains 33.9g of sugar (approx 7 teaspoons)."

Be an Influencer!

Health Promotion Board (HPB) has launched its inaugural parent engagement campaign - "You are your child's first influencer"! The campaign aims to encourage parents to reassess their own health behaviors to become better role models for their children. By making healthier decisions themselves, parents can inspire their children to do the same. Parents can influence their children in many positive ways, whether be it through a healthy diet, managing their screen time, better sleep habits or even practicing self-care.

As part of the campaign, HPB has prepared several resources to support parents. Soft copies of these resources are available at the following Parent Hub Links. Do check them out!

Topic	Link / QR
Nutrition Yummy Kitchen	
Screen Time Bingo	
Physical Activity Who's the Active Winner	

More & More

One of the best gifts that we can give our children is to stay healthy ourselves. We can do so by exercising regularly and eating well. Do you know that Singaporeans have been eating more and more over the past two decades? Busy lifestyles mean that many eat out or opt for easy-to-prepare processed food, which is typically higher in calories. It is typically recommended that men consume no more than 2,200 calories a day. The corresponding limit for women is 1,800.

Mr Louis Yap, a dietitian at Parkway East Hospital, added that many people also do not know that they need less as they grow older. "As we age, the required amount of calories is reduced as our metabolism drops. People may continue to eat as they did when they were younger, which may result in gradual weight gain."

The good news is, keeping within your daily limits does not necessarily mean calculating the caloric value of every bite. It can simply mean having the discipline to forgo dessert or refrain from snacking. If hunger pangs strike before a meal, do not give in, said Dr Ang Poon Liat, a consultant pediatrician at Thomson Pediatric Centre.

"Eat only if you are hungry, and stop eating when you feel satisfied, not full," he said. "If hunger pangs surge before the defined mealtime, go for a brief walk or drink a glass of water."

(Adapted with permission from Healthxchange.sg. Read the full article "Singaporeans eating more due to busy lifestyles" [here](#))

"Eat only if you are hungry, and stop when you feel satisfied, not full"



Healthier hawkker food

These are some of the meals on the Health Promotion Board's list of low-calorie dishes



Want to know more about the Be Bright Eat Right Programme? Find out more [here](#)!


Need more information on our programme or how healthily your child is eating? Ask our panel of Dietary & Culinary Experts at sats_schoolmeals@sats.com.sg

Have enquiries? Call us at 62717387 or email us at brps@moe.edu.sg!

Brought to you by:



Sekolah Sedia!!

 We would be working to reduce the use of disposables in our canteen with SATS. Watch this space!

 Reading a hardcopy? Access the weblinks in the digital copy here: <https://go.gov.sg/healthykids>

