



Myrecess Time

# Healthy Kids

Newsletter - Nov 2024

## Eat Right, Live More

In the book "Ikigai: The Japanese Secret to a Long and Happy Life", authors Hector Garcia and Francesc Miralles shared on the powerful combination of nutritious eating and mindful consumption. This holistic approach has been embraced by the people of Okinawa, renowned for their remarkable longevity and vitality.

At the heart of the Okinawa Diet are simple and yet effective principles. Locals enjoy a diverse and vibrant diet, indulging in a wide variety of foods. Fresh fruits and vegetables are abundant, with a recommended five or more servings daily. Whole grains form the foundation of every meal, while sugar and salt intake are kept to a minimum. Perhaps most intriguing is the concept of "*Hara Hachi Bu*," or the 80% rule – eating until almost full, rather than completely satiated.

A study by FairPrice Group in April 2024 revealed that fewer than 1 in 4 adults understand what makes a balanced meal. Parents prioritize nutrition, but their kids focus on taste, leading 7 in 10 parents to serve popular, less healthy options like nuggets, sausages, and fries to avoid mealtime battles.

By embracing correct nutrition principles, our students can develop a lifelong appreciation for nutritious eating and mindful consumption. Cultivating healthy habits from a young age sets them up for a lifetime of vitality, energy, and well-being. As we often say, "Eat Healthy, Live Healthy!"

We are committed to nurturing the minds and bodies of our students. We work closely with our caterer to ensure every main meal includes balanced servings from My Healthy Plate's three essential food groups: whole grains, vegetables, and protein. Students are encouraged to opt for water as their preferred beverage, aligning with Health Promotion Board (HPB) guidelines.



SATS Dietician sharing "My Healthy Plate" with our P1 students during their Bento Making session.

## Not All Salts Are Created Equal

Many believe gourmet salts like sea salt and Himalayan pink salt have lower sodium content and higher mineral levels due to their "all-natural" claims. However, this isn't entirely accurate. While these salts do contain trace amounts of additional minerals, they offer no significant health benefits compared to regular table salt. Moreover, they have comparable sodium content by weight.

**The Bottom Line:** Excessive consumption of any salt type increases the risk of high blood pressure and other health issues.

**To Reduce Sodium Intake:** Check the Nutrition Information Panel. Opt for lower-sodium salts. Remember, moderation is key, regardless of the salt type.

Not sure how much sodium is in your food? Find out with the [Sodium Calculator](#) to check your daily sodium intake and stay healthy.



Image credits: Healthhub.sg

## Do you know

that you can easily consume more sodium than the recommended daily amount of 2,000mg in just a single meal?

# Spot the Difference!

Smart picks: with Healthier Choice Symbols

1

## What are the Healthier Choice Symbols (HCS)?

HCS logos are found on packaged food products that tell you which foods are better for your diet



2

## What makes these products healthier?

Verified against Health Promotion Board's HCS nutritional criteria (e.g. lower in sugar)



3

## Are foods without the HCS unhealthy?

No. There are many healthy foods that do not have HCS e.g. fruits & vegetables, tofu, meat & fish



When grocery shopping, all you have to do is look out for these symbols!



Lower in Sugar



Lower in Saturated Fat



Lower in Sodium



Higher in Wholegrains



Higher in Calcium



Generally lower in sugar, saturated fat & sodium

- Reduces risks of childhood obesity & high blood pressure



Higher in wholegrains & calcium

- Promotes healthy bowel movement
- Promotes healthy bone growth

\*It is important to consume all foods in moderation regardless of HCS logos

SATS Educare serves 300+ pre-schools & schools with delicious and nutritious food, meeting HPB's **Healthy Meals in Pre-schools & Schools Programmes** (HMPP & HMSP) standards



Higher in wholegrains, fruits & vegetables



Lower in Fat, Sugar & Sodium



Incorporates the 4 main food groups



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](mailto:sats_schoolmeals@sats.com.sg)  
Have enquiries? Call us at 62717387 or email us at [brps@moe.edu.sg](mailto:brps@moe.edu.sg)



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