

EAT, DRINK & BE HEALTHY

By Joan Choo

A cooking demonstration was held at the DSS Activity Room, Bedok headquarters, on 30 January. Ms Chionh Lay Keng, a diabetes nurse educator from DSS, kicked off the session with a talk on how to enjoy good food and stay healthy during the Chinese New Year.

Paradoxical, you say? Not so, Ms Chionh refutes. Since Chinese New Year is often celebrated with food, one way to avoid over-indulgence is to engage in more conversation amidst the feasting. Another would be to eat more vegetables and to drink lots of water after eating the festive cookies. Good tips to bear in mind!

The interesting talk was followed by the eagerly-anticipated cooking demonstration. Member Juliana found the dishes presented by the Applied Science School of Temasek Polytechnic not only healthy, but also easy to prepare. She also liked the talk and said it was timely as the Chinese New Year season was around the corner. "A simple reminder is often essential, especially for diabetics, who need to control their blood sugar well, but still want to enjoy the festive fare," she said.

The day ended with each member receiving a hong bao in advance from DSS in the form of a goodie-bag with lots of good wishes to stay healthy for the New Year.



Trip to Gardenia Bakery 5 May 2010, Wednesday 1pm to 4.30pm

Don't miss the talk by a dietitian on Dietary Management featuring a segment on Low Glycaemic Index
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Program

- 1.00pm** Gather at Newton Hawker Centre Carpark
- 1.15pm** Leave for Gardenia Bakery
- 2.00pm** Talk by dietitian
- 3.00pm** Guided Bakery Tour @ Gardenia
- 4.00pm** End of tour; followed by refreshments and shopping
- 4.30pm** Leave for Newton Hawker Centre

Gardenia Bakery Tour

Registration Fee:
DSS Member \$5.00
Non-Member \$10.00

Name: _____

Membership No./NRIC: _____

Address: _____

Contact No: _____

(Home) _____

(Mobile) _____

No. of people attending: _____

Please make cheque payable to:
Diabetic Society of Singapore

Attach payment to this form and send to:
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