

## Malay Community Health Figures

The 2010 National Health Survey (NHS) found that 24% of the Malay community are obese, a figure which is double the national average.

The 2010 National Nutrition Survey showed that the Malay community consumes more calories, total and saturated fat, and less whole-grains than other Singapore residents.

28% of the Malay community have high blood pressure and 23% have high blood cholesterol, which are also the highest percentages across all races.

The incidences for stroke and heart attack in the Malay community are about 240 and 404 respectively per 100,000, compared to about 155 and 207 per 100,000 across all races.

Deep-fried snacks and fast foods, fried rice and stir-fried vegetables, coconut dishes and flavoured dishes such as nasi briyani, nasi lemak and chicken rice, contribute up to 50% of saturated fat intake by the Malay community.

The Malay community consumes about a third more salt than the recommended amount.

## Healthy Hawker Fare at Geylang Serai

### Have your kueh and eat it!

Selected hawker centres at Geylang Serai now offer healthier versions of their famously delectable local delights - without compromising on price, taste or enjoyment.

Participating stalls use whole-grain noodles, brown rice bee hoon, healthier oil and salt, and sell drinks with lower sugar content.

These stalls serving traditional Malay dishes such as *mee siam*, *mee rebus*, *nasi lemak* and *nasi padang* are located at:

- Eunos Crescent Block 4A Market and Food Centre
- Haig Road Market and Cooked Food Centre
- Geylang Serai Market and Food Centre