

Same same but *better*

Famous American Chef Julia Child once said, "People who love to eat are always the best people." Want to indulge but not feel obliged to exercise afterwards? Make these simple swaps so you can still enjoy your beloved foods!



Short and sweet

Say hello to sweet potatoes. Coming in enticing colours of purple and orange, these hunks of potatoes contain quercetin, which according to the American Cancer Society has antioxidant properties that limit the damage caused by dead cells in the body. Skip the oil and bake the sweet potatoes. Keep the skin intact as it is high in fibre. It is also a yummy treat as the exterior will come out of the oven all nice and crispy!



Join the dark side

Eat more chocolates. Is that the sweetest piece of news you have heard all week? Choose chocolates that contain at least 70% cocoa. A nine-year study involving over 30,000 women in Sweden revealed that those who consumed one or two servings of dark chocolate each week reduced their risks of heart failure by a third.



Flipping sides

Bliss is savouring a piece of curry-soaked prata. However, this bliss comes at a price. AsiaOne reveals that one piece of prata alone contains 18 grams of ghee —butter that is high in fat— and is loaded with 184 calories. But there is no need to avoid your favourite Indian stall just yet. Instead, order the delicate thosai, which only has 1 gram of ghee. The cooking technique for thosai is preferred too: only a dollop of oil is needed. When you opt for thosai instead of prata, you cut your calorie intake by two-thirds.



Have a Greek morning

Out: low-fat milk. In: plain Greek yoghurt. Yahoo! reports that the probiotic bacteria in yoghurt helps to maintain a healthy digestive system. You can lose abdominal fat and beat problems such as bloating and constipation. All these translate to achieving that elusive flat belly! So, fill your bowl of cornflakes with half a cup of this Greek goodness.



Eating healthily does not require making big and often miserable lifestyle changes. A healthy diet can improve your mood and make you more energetic. All these are the ingredients to becoming a happier worker!

Here's how we do it 'same same but better' at Changi!



KOPITIAM

Many of our staff have given the newly refurbished Kopitiam two thumbs up! When you dine at Kopitiam, you can savour an array of cuisines and also enjoy special staff discounts. Be sure to look out for dishes with the 'Healthier Choice' logo to get the nutrition you need while indulging! Remember to return your trays after your enjoyment so that others can have theirs!



A NEW LOOK!

CHANGI REWARDS

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For collaborative opportunities, interested tenants may contact Jennifer Fong at jennifer.fong@changiairport.com or Casey Ng at casey.ng@changiairport.com.