



NSL *Link*

Issue 28

Apr 2019



2018
REVIEW

A Note from Our **Executive Director**



Dear Colleagues

2018 was a challenging year for NSL Group's businesses.

NSL Group achieved a turnover of \$376.6 million in FY2018, a 6% increase from \$356.2 million in FY2017 contributed by both the Precast & Prefabricated Bathroom Unit (PBU) and Environmental Services divisions.

Despite the higher turnover, NSL recorded a loss before tax of \$2.6 million in FY2018 owing to the restructuring cost of \$2.1 million for the Singapore precast plant closure in June 2018, unabsorbed overhead costs of about \$1.4 million incurred prior to the plant closure, and weaker performance in the Malaysia and Dubai precast operations.

Significant Events in 2018 and Looking Ahead

As reported by Chairman in the letter to shareholders in our Annual Report 2018, the Group made new capital expenditures totaling \$45.2 million including the construction of the organic wastewater treatment plant,

a new fixation plant, acquisition of two additional slop barges and various plant automation projects. These investments would strengthen the Group's business going forward.

NSL Group will continue to step up its efforts in deploying technology as an enabler to work smarter and better. Efforts included leveraging Internet of Things (IoT) to streamline processes by digitalising the value chain for ease of monitoring, control and better customer service.

Looking ahead, the precast business in Singapore and Malaysia is expected to improve, underpinned by a strong order book secured at higher prices as compared to the depressed price level in FY2018 and lower operating cost following the relocation of its Singapore operation to Malaysia. Comparatively, Dubai operation is likely to face more challenging market conditions with downward pressure on selling price. Business outlook for the division's PBU business in Finland is expected to remain stable.

In the Environmental Services division, improvements are expected from increased slop collection contributed by the two additional slop barges and the full reinstatement of all operating licenses of the waste treatment plant. However, the current weak demand would likely to continue to dampen selling price of the Recycled Fuel Oil (RFO) business. The division's organic wastewater treatment facility in Tuas is expected to contribute to the Group's profits from 2Q2019.

Read more about each division's review and key developments on page 6 and 7.

Thank you all for the contributions to the Group the past year. 2019 should be a year of harvesting, reaping the transformation seedlings that we sowed in 2018. As we embark on this new financial year, let us work together to bring NSL to greater heights.

Dr Low Chin Nam

NSL Group

FY2018 Results

- Registered a loss before tax of \$2.6 million despite a higher turnover of \$376.6 million
- Proposed dividend of \$0.05 per share for the financial year

Group Overview

	2018 S\$'000	The Group 2017 S\$'000	Change %
Group Turnover	376,584	356,150	6
Group (Loss)/Profit Before Tax	(2,626)	5,092	n/m
Group (Loss)/Profit attributable to equity holders of the Company	(3,855)	4,363	n/m

Continuing Operations

	2018	The Group 2017	Change %
Turnover (S\$' mil)			
Precast & PBU	225.0	208.5	8
Environmental Services	129.4	124.9	4
Others	22.2	22.8	(3)
	376.6	356.2	6
Attributable profit before tax (S\$'mil)			
Precast & PBU	(3.8)	2.9	n/m
Environmental Services	(0.2)	(2.4)	n/m
Share of SMAG/PSLT results	(0.4)	0.1	n/m
Others	1.8	4.5	(60)
	(2.6)	5.1	n/m

n/m: not meaningful



NSL Group achieved a turnover of \$376.6 million in FY2018, a 6% increase from \$356.2 million in FY2017 contributed by both the Precast & Prefabricated Bathroom Unit (PBU) division and the Environmental Services division.

Despite the higher turnover, NSL recorded a loss before tax of \$2.6 million in FY2018 compared to profit before tax of \$5.1 million (which included a one-off gain of \$3.5 million from disposal of an investment property) in FY2017 owing to the restructuring cost of \$2.1 million for the Singapore precast plant closure in June 2018, unabsorbed overhead costs of about \$1.4 million incurred prior to the plant closure, and weaker performance in the Malaysia and Dubai precast operations.

After taking into account income tax and non-controlling interests, the Group reported a loss attributable to shareholders of \$3.9 million in FY2018, compared to a profit of \$4.4 million in FY2017.

Significant Events

During the year, the Precast & PBU division clinched several notable projects that strengthened its market position in the respective operating regions. They included EXPO 2020 in Dubai, IKEA warehouse and Klang Valley Mass Rapid Transit Line 2 in Malaysia, Woodlands Health Campus and Raffles Girls' School in Singapore. The Precast & PBU division successfully restructured its Singapore's operation and relocated its Sungei Kadut production plant to Seelong, Malaysia in 2Q2018.

Environmental Services division completed the reinstatement of its incineration and fixation plants, which was disrupted by a fire incident, and resumed full operations in September 2018. During the year, the division purchased two slop barges, NOC7 and NOC8, and successfully converted them to fully equipped slop tankers, expanding its marine slop collection business.

The construction of the division's organic wastewater treatment facility in Tuas was completed in early 2019 within the approved budget. The division targets to receive full operating permit by 2Q2019.

Committed to improve productivity and efficiency, NSL Group continued to step up its efforts in deploying technology as an enabler to work smarter and better. Efforts included leveraging Internet of Things (IoT) to streamline processes by digitalizing the value chain for easier monitoring, control and better customer service.

For the year, the Group made new capital expenditures totaling \$45.2 million including the construction of the organic wastewater treatment plant, a new fixation plant, acquisition of two additional slop barges and various plant automation projects. These investments would strengthen the Group's business going forward.

Celebrating 30th Anniversary of Corporate Research & Development

NSL Group Corporate Research & Development (CRD) celebrated its 30th anniversary in November 2018, which also marked the 100th meeting of CRD Advisory Panel comprising professionals from tertiary institutions and statutory boards.

Since its inception, CRD has implemented over 50 projects. The total direct manpower cost incurred was \$30 million. Estimated total return from the completed projects, including new products sales and process improvement, amount to over \$120 million.

Looking Ahead

The precast business in Singapore and Malaysia is expected to improve, underpinned by a strong order book secured at higher prices as compared to the depressed price level in FY2018 and lower operating cost following the relocation of its Singapore operation to Malaysia. Comparatively, Dubai operation is likely to face more challenging market conditions with downward pressure on selling price. Business outlook for the division's PBU business in Finland is expected to remain stable.

In the Environmental Services division, improvements are expected from increased slop collection contributed by the two additional slop barges and the full reinstatement of all operating licenses of the waste treatment plant. However, the current weak demand would likely to continue to dampen selling price of the Recycled Fuel Oil (RFO) business. The division's organic wastewater treatment facility in Tuas is expected to contribute to the Group's profits from 2Q2019.

Dividend

Subject to the approval of shareholders at the annual general meeting of the Company to be held on 26 April 2019, the Board is recommending a final dividend of \$0.05 per share for the financial year ended 31 December 2018 to be paid on or about 23 May 2019 or such other date to be determined by the Directors.



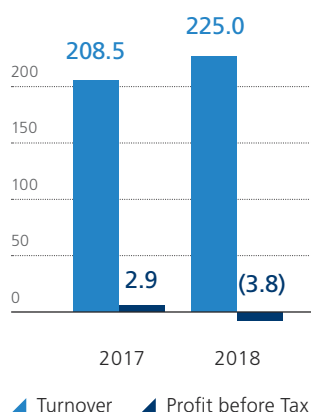
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Precast & PBU Review 2018

Turnover & Profit / (Loss)
Before Tax
(S\$million)



Performance

The Precast & Prefabricated Bathroom Unit (PBU) division's turnover improved 8% to \$225.0 million in FY2018 compared to FY2017 on the back of revenue growth in Singapore and its overseas operations.

Despite the higher turnover, profit before tax fell significantly from \$2.9 million in FY2017 to a loss of \$3.8 million in FY2018 due to increased losses from the Singapore and Malaysia precast operations. Losses in the Singapore and Malaysia operations were due to low project margin amidst very competitive market conditions, and exacerbated by one-off restructuring cost of \$2.1 million and unabsorbed overhead costs of about \$1.4 million incurred prior to the Singapore plant closure. In Dubai, the precast operation reported weaker pre-tax performance due to lower operating margin, especially in the last quarter.

However, the performance of the division's PBU business in Finland improved for FY2018.

Development Highlights

During the year, Dubai Precast LLC successfully completed the supply and installation of precast coloured concrete panels for EXPO 2020 Thematic District as well as production and delivery of concrete tunnel segment project for Dubai Metro Route 2020.

Together with Aqua Green team from Ajman Academy, Dubai Precast developed a new type of insulated sandwich wall that enable passive cooling. The innovation was awarded first prize in "Energy Management" and "Engineering and Construction" in the Global Solar Decathlon competition.

Eastern Pretech Malaysia completed the supply and installation of precast



components for its fourth IKEA warehouse project in Penang and achieved the highest industrialised building system award from Malaysia's Construction Industry Development Board for its adoption of modern construction methods. Other notable projects clinched during the year were SP Setia Sky Seputeh, Klang Valley Mass Rapid Transit and Sunway Big Box Village. In addition, it has set up a dedicated PBU plant in Malaysia, which is scheduled to commence production in 1Q2019 under the Parmarine brand name, to supply to the Singapore, Malaysia and Oceania markets.

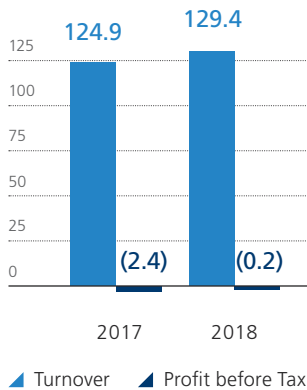
In 2Q2018, Eastern Pretech Singapore relocated its production operation to its plant in Seelong, Malaysia. The Singapore office continued to secure school, community club and healthcare projects such as Woodlands Health Campus and National Skin Centre.

Going Forward

The precast business in Singapore and Malaysia is expected to improve, underpinned by a strong order book secured at higher prices compared to the depressed price level in FY2018, and lower costs following the relocation of its Singapore operation to Malaysia. Dubai operation is expected to face more challenging market conditions with downward pressure on selling price. Business outlook for the division's PBU business in Finland is expected to remain stable.

Environmental Services Review 2018

Turnover & Loss
Before Tax
(S\$million)



Performance

Turnover of Environmental Services division increased 4% from \$124.9 million in FY2017 to \$129.4 million in FY2018 due mainly to higher revenue from slop collection, recycled fuel oil (RFO) and waste treatment services.

The division registered a lower loss before tax of \$0.2 million in FY2018 as compared to a loss before tax of \$2.4 million in FY2017. The better performance was partly attributable to the improved performance in the division's waste treatment business following the full resumption of its operation in September 2018 after 18 months of disruption, and the recognition of \$3.4 million of insurance income for business interruption during the year. However, the division's RFO business reported weaker performance due to weak RFO price in the last quarter of the financial year.

Development Highlights

During the year, the Environmental Services division completed the reinstatement of the incineration and fixation plants, which was damaged by a fire incident in 2017, and resumed full operations.

The division's oily wastewater removal ("deslopping") service was expanded when it added two slop barges, which were converted to fully equipped Class A slop tankers, to its fleet. Named NOC 7 and NOC 8, these new additions to the fleet demonstrated the division's commitment to provide marine customers with better, more timely and reliable customer experience.



The construction of the division's new \$40 million organic wastewater treatment facility in Tuas was completed in early 2019 and is scheduled to receive full operating permit by 2Q2019. The new plant is equipped with advanced treatment technologies that are capable of treating a wide range of industrial wastewater to support Singapore's high-value chemical industry sector.

Going Forward

In the Environmental Services division, improvements are expected from increased slop collection with the two additional slop barges and the full reinstatement of all operating licenses of the waste treatment plant. However, the current weak demand is likely to continue to dampen selling price of the RFO business. The division's organic wastewater treatment facility in Tuas is expected to contribute to the Group's profits from 2Q2019.



Raffles Marina Review 2018



For Raffles Marina, 2018 was far from easy year.

After a few early hiccups, the new MRT link stabilised around mid-year and we hope to see more members and visitors taking advantage of the close locality of Tuas Link Station.

Whilst our team did a good job of containing costs and managing resources, the lack of visiting boats to Singapore, along with more frugal spending from local businesses and members impacted heavily on our revenue.

We are hopeful that with the reintroduction of Customs Immigration and Quarantine Procedures (CIQP), scheduled to start again around mid 2019 and an increasing business community presence in Tuas, we can increase patronage.

On the F&B side, the Club recovered well from a poor second quarter but were unable to claw back all that we hoped we could. An increase in wedding business is a positive sign of better times to come.



One of this year's highlights was our first Anchors Away, annual party night. We had the pleasure of inviting Kumar to entertain and amuse our members and their guests in his usual outlandish style.

Social media played an ever increasing role in our business. Posts on Instagram, Facebook and the likes have become critical to getting our message out. Inward posts from members and visitors provide for almost instant feedback on how we are doing. We have put a lot of emphasis onto how quickly and professionally we respond. It is an ever changing environment and we have to be ready to adapt accordingly.



During the year we saw the arrival of a few families of otters on our shoreline. Their day to day activities are now followed and posts featuring them always draw big numbers.

We are fortunate to have our own lighthouse and that, along with our wonderful sunsets drew many visitors and amateur photographers throughout the year.

Our concessioners continued to support the Club with increased levels of water sports, boat sales and repair opportunities offered to our guests.

Our loyal staff continued to take pride on services offered and we plan to continue doing this in the future.

Enterprise Singapore visits NSL FMS

On 12 March, management of NSL Fuel Management Services (FMS) hosted a visit by representatives from Enterprise Singapore, led by Deputy CEO Mr Ted Tan. Guests were briefed on NSL's refuelling solutions while CEO of NSL Fuel Management, Mr Sean Chua provided insight into the company's future plans. They were also given a walking tour of the various products and services at Penjuru jetty, such as the Aero Truck, Harlequin tanks and automated fuel dispensing technology that is an answer to modern fuel solutions.

Enterprise Singapore shared with the management about the new initiatives that are recently launched at the Budget Measures such as the Scale-up SG programme. In line with NSL's core value of Innovation, NSL FMS continues to work closely with government agencies to deploy technology in its products and services as an enabler to enhance productivity and customer experience.



Representatives from Enterprise Singapore with the NSL Fuel Management Services team



Enterprise Singapore Deputy CEO Mr Ted Tan (right) was introduced to Harlequin tanks, a modern solution to fuel needs as it enables remote monitoring systems.



CEO of NSL Fuel Management, Mr Sean Chua (left) shows how trucks have in-built systems that deter fuel siphoning, giving customers' accountability and a peace of mind.



Eastern Pretech Group Updates

Singapore By Wilson Chong

EPS Awarded Contract for JTC's Nine-storey Industrial Development

Eastern Pretech Singapore (EPS) was awarded the contract to supply and deliver precast column, pre-stressed beam, precast beam, hollow-core slab, T-slab, façade wall, stair flight & refuse chute for JTC's new nine-storey industrial development at Woodlands North Coast. Total volume is 16,700m³, including a hollow-core slab area of 24,000m². The contractor is Lum Chang Building Contractors Pte Ltd.

Delivery starts from May 2019 and total delivery duration is approximately six months.



Dubai

DPC Develops New Cavity Insulated Sandwich Walls

Dubai Precast (DPC), together with Aqua Green team from Ajman Academy, developed a new type of insulated sandwich walls to enable a passive cooling system and won first place in energy management and engineering and construction in the Global Solar Decathlon competition.

During the competition, energy savings totaled up to about 20% to 40% as compared to other teams. More importantly, savings during the summer were 30% to 57%.



Students from Ajman Academy participating in the competition



SGP 4415, Lim Yuting Elisha, leading the pack in the Gold Fleet

Bright Skies and Memorable Sailing in the West by 190 Sailors

By Ng Ai Li

The two-day Raffles Marina Optimist (Ranking) Regatta was held on 23 and 24 February. To promote sailing for young enthusiasts, the annual event drew in 190 sailors racing on the waters at the dynamic western tip of Singapore. This sailing event is organised by Raffles Marina (RM), sanctioned by the Singapore Sailing Federation and sponsored by NSL Ltd.

The Optimist, a small bathtub-like boat, is sailed single-handedly and suitable for children between 7 and 15 years old. Be it for leisure or competitively, facing the uncertainties of nature on open waters teaches these young sailors the importance of independence, resilience and courage.

The RMOR was a roaring success and aims to be a regular feature on the Singapore sailing circuit. With that, RM looks forward to RMOR 2020!



Jayson Tan launching it downwind



Conducting an on water briefing



Singapore National Training Squad briefing on the lawn at Raffles Marina



SPARK JOY MOMENT

As we embark into the new year, we want you to capture your spark joy moments at NSL! Snap a photo of your colleagues at work or happy moments at a company event or training.

These photos will be an ode to the people who have made your time in NSL enjoyable.

Submit your entries by **1 May 2019** to win attractive prizes!



Xbox One S 1TB Two-Controller Bundle



Fitbit Charge 3
Fitness Tracker



Sudio Niva
Wireless Earphones



We are on the lookout for photos depicting of NSL staff at work, having fun with colleagues or attending company related events:

- People
- Teamwork
- Company events

PRIZES

- 1st Prize – Xbox One S 1TB Two-Controller Bundle
2nd Prize – Fitbit Charge 3 Fitness Tracker
3rd Prize – Sudio Niva Wireless Earphones
5 Consolation Prizes – Google Home Mini

CRITERIA

Photos will be judged on relevance (40%), technical skill (20%), creativity (20%), and composition (20%).

SUBMISSION DETAILS

Include your name, title, department and a brief description of the event or activity in your submission to nslink@nsl.com.sg by 1 May 2019.

TERMS AND CONDITIONS

- Photo size – Minimum 3MB, maximum 5MB file size, resolution 300 dpi. Photo format – JPEG

- Each image submitted must be the original and unpublished work of the participant.

- Confidentiality/Sensitivity clause: Photos taken in the factories must be cleared with Manager or Supervisor for sensitive elements before submission.

- Maximum 5 entries per staff are allowed

- By submitting an image for the competition, the participant will be regarded as having granted NSL Corporate Communications the right to use the image

- Photos which fail to adhere to the terms and conditions will be rejected.



Dubai Precast Events

By Henrik Jensen

Annual Workers' Gathering

The most awaited annual Dubai Precast Workers' Gathering was held on 15 November 2018 at Etisalat Academy Dubai. The event is held in appreciation towards all workers for their hard work during the year, as well as an opportunity for management to interact with staff beyond work.

Mr Henrik Jensen, Country Director and Mr Aniruddha Banerjee, Chief Financial Officer kicked off the celebration. It was a day of fun-

filled sports activities, as well as engaging song and dance performances. 52 workers were presented with certificates and cash prizes for their 10 years of service. Winners from the raffle draw and sports categories were also awarded medals and cash prizes.

Kudos to the Human Resources department, event committee, inter-department supervisors and engineers who made the event a success!



▲ An exhilarating day for all!



It's Badminton Time!

On 23 November 2018, Dubai Precast held a badminton tournament at Engage Sports Academy as part of its team building efforts. Featuring 30 teams, everyone played their best in each game. Camaraderie between teammates was formed, as they cheered each other on.

During the Men's Doubles finals, it was a tight match as each stroke served was met with unrivalled skill and precision. The winners were finally unveiled for each category after a thrilling display of technique and sportsmanship.

Winners

Women's Doubles Category –
Ms Mylene Manalo &
Ms Mariz Manievo

Men's Doubles Category –
Mr Saseiharan Veerasingham &
Mr Jomar Duyao

Congratulations to all winners!



Ready, get set, score!

Gone to the Beach!

Starting 2019 with a bang, Singapore companies in NSL Group held its annual Dinner & Dance at Raffles Marina's ballroom on 18 January. Themed as "Life's a Beach!", 370 staff attended this annual event whilst clad in their beachwear. This is also the first time that all SBUs in Singapore gathered together for this yearly event.

Dr Low Chin Nam, Executive Director of NSL Group greeted everyone in his opening speech and also presented 44 Long Service Awards to staff that were recognised for their dedication and commitment to the company.

The night proceeded with song performances and interactive games that kept everyone entertained. One of the highlights for the night included the Best Dressed Couple and the lucky draw segment. The grand prize winner walked away with an Apple iPhone XS.



Best Dressed Couple



Top prize winner!







新年快乐, 恭喜发财 from All of Us at Raffles Marina!

To mark the beginning of the New Year and to celebrate the upcoming festivities, Raffles Marina (RM) organised an annual Chinese New Year staff Lou Hei on 28 January at its Compass Ballroom.

Mr Ray Parry, CEO of RM gave an opening speech to thank all staff for their hard work in the past year. This was followed by the tossing of the Yusheng (or Prosperity Toss) and a prize giving ceremony. Congratulations to 41 staff that were awarded Perfect Medical and Attendance certificates. Nine Honesty Awards were also presented.

Running Man-inspired games kicked off as teams formed to finish a series of challenges. The top two teams walked away with cash vouchers. The event rounded off with RM's President, Mr Peter Lim distributing red packets to all staff.

Best Employee Award for 4Q2018:

- Parthiban A/L Subramaniam (DMO)
- Nashpal Singh Dhanoa A/L Hardial Singh (Bistro Kitchen)
- Thanan A/L Velu (Banquet Ops)



Let me take a selfie!



Mr YP Loke, Vice President of RM handing out lucky draw prizes

Keep Calm and Play Futsal!

On 23 Nov 2018, 34 staff participated in the 5 v 5 Futsal Soccer Competition. The event was held at Ark @ Taman Jurong. After several matches, two teams, comprising staff from NSL OilChem Waste Management, emerged as winners. They walked away with cash vouchers.

Well done to all!



It's Laser Tag Time!

On 28 Dec 2018, 36 staff gathered at Hometeam NS Bukit Batok to have a go at laser tag. This event was organised by NSL SRC as part of the NSL Active Day lineup. Participants battled it out in virtual combat in a Sci-Fi environment full of psychedelic lights and pulsating music beats. Besides having an enjoyable time bonding with their teammates, participants were also treated to a special tea reception.



Congratulations to all winners!



Safe Loading on Vehicles



Transportation between customer sites and facilities is an integral part of our environmental and precast business operations. Hence, it is imperative to assess transportation related risks and implement control measures to mitigate the risks.

This article covers good practices for securing of loads, extracted from Safe Loading on Vehicles, Workplace Safety and Health Guidelines.

Hazards of poorly secured cargo

Poorly secured cargo may be dislodged from the vehicle, endangering other road users, resulting in damage to vehicles or public property, loss of life or injuries. In a Straits Times article published on 14 November 2014, a driver escapes serious accident as metal sheets slide off the back of a trailer in Punggol. More recently, on 14 July 2018, a trailer driver was arrested after precast concrete components fell off his trailer in Bidadari.

Securing of loads

Cargo loaded onto the vehicle may shift during transportation when the vehicle turns, accelerates, brakes or travels on uneven ground. Hence, loads must always be secured to the vehicle. Three commonly used securing methods are:

Lashing method

- Commonly used lashing devices include rope, webbing and chains. The type of lashing devices used must be assessed for its suitability. For example, webbing lashing should not be used if the load has sharp edges that may cut the webbing. Instead, chains should be used. In addition, the safe working load of the lashing devices must be considered.

Locking Method

- Locking method is typically used in ISO tankers which come with twistlock mechanism to secure to the trailer chassis.

Blocking Method

- Cargo that is rigid enough can be secured by blocking it with other cargo, fittings or customised frames fixed onto the trailer or vehicle.

Good practices when transporting cargo

Following are some good practices that is applicable for our operations:

Cargo with curvature or cylindrical cargo

- Cylindrical cargo or cargo with curvature e.g. tunnel segment, should be transported on trailers with customised frames fixed on the trailer chassis. The tunnel segments should be securely fastened to these customised frames with lashings or other suitable fixtures to prevent or restrict movement during transportation.
- Drums may be transported standing or lying down. If drums are standing, they should be pushed up against the headboard and tied together to prevent them from toppling over. If drums are lying down, they must be transported in vehicles with front, back and side guards and must not be stacked higher than the guarding. They should also be restrained or blocked to limit their movement during transportation.

8 Tips to Eat Well Without Guilt

Want to learn how to eat well without feeling guilty? The Department of Dietetics at Singapore General Hospital (SGH) shares 8 simple tips.



Eating well: tips from our dietitians

Singaporeans love their food, and it's possible to eat well without feeling guilty with these eight golden rules from the dietitians at Singapore General Hospital (SGH), a member of the SingHealth group.

Variety is the spice of life

No single food can provide all the nutrients your body requires every day. Select a variety of foods from the different food groups. Eat more rice and foods that provide carbohydrates and dietary fibre, a moderate portion of fruits and vegetables, a small amount of meat and protein-rich foods, and minimal fat, oil, sugar and salt.

Forget extremes, eat sensibly and in moderation

Do not go to extremes if you want to achieve and maintain a body weight that falls within the normal range. Food provides us with the energy to perform a full range of daily activities. To help us stay trim and fit, our energy input (what we eat) should be balanced by our energy output (what we do).

Enjoy grains

Enjoy foods that are rich in carbohydrates or starch, dietary fibre, vitamins and minerals. Grains and grain products make up some of Singapore's favourite foods, including noodles, pasta, chapati, lontong and porridge.

Remember your fruits and vegetables

Most vegetables and fruits are low in calories and high in dietary fibre, vitamins and minerals. Eat two portions of fruits and two portions of vegetables every day. Add colour, taste and health to your meals with bright green, leafy vegetables, red chillies and tomatoes, as well as fruits like papaya, banana, watermelon, starfruit and longan.

Cut down on fats

Choose and prepare dishes that are low in fat, especially saturated fats. Weight for weight, all types of fat have more than double the caloric value of carbohydrates and proteins. Cut down on your fat intake to significantly reduce your total caloric consumption.

Reduce salt, go natural

Use less salt and sauces. Salt or sodium occurs naturally in all foods as well as in table salt, seasonings, ready-made sauces, preserved and processed foods. Reduce your salt intake gradually and you will soon begin to appreciate new tastes and subtle flavours that would otherwise have been overwhelmed by salt.

Go easy on the sugar

A good way to reduce calories is to cut out sugar by taking fewer sweet drinks. A can of soft drink consumed twice a day adds to your sugar intake by about 15 teaspoons of sugar or 280kcal a day!

Alcohol in moderation

Alcohol contains calories and excessive drinking can lead to weight gain, heart problems and alcohol dependency. If you must, take no more than two standard drinks for women and no more than three for men.

Information adapted from Where is the Fat? Cookbook, which is available at SGH Pharmacy, Block 4.

Reproduced with permission from HealthXchange.sg: Trusted health tips tailored for Asia, by Singapore's largest academic medical centre, SingHealth.