

what's in their grocery carts?

THESE NUTRITIONISTS DON'T JUST TALK THE TALK. WHEN WE ASKED THEM TO SHARE THEIR SUPERMARKET STAPLES, THEY REVEALED SOME SURPRISING PICKS, TIPS, AND TRICKS FOR YOU TO TRY.



JACLYN REUTENS

Sports dietitian of Aptima Nutrition & Sports Consultants

* **BROWN RICE** It contains twice the amount of fibre of white rice and has other nutrients such as B vitamins, zinc and magnesium. I make baked rice with lean meat, vegetables and low-fat mozzarella cheese sprinkled on top. Brown rice is tastier because the bran is still intact, giving the dish a delicious nutty flavour.

* **SKIM MILK** The fat content in skim milk is less than 0.5g per 100ml as compared with full cream milk, which is more – 5g per 100ml. I use it in my morning coffee and with my cereal. I also use it in cooking when I'm making stews and creamy soups.

* **SKINLESS CHICKEN BREAST** Chicken breast without skin has a much lower fat content. It also has less sodium compared with patties or sausages. I bake it whole with any sauce and usually with rosemary leaves. Or I cut it up into bite-size pieces and use them in a stir-fry.



GLADYS WONG

Chief dietitian at Alexandra Hospital, and council member of the Singapore Nutrition & Dietetics Association

* **AIR-DRIED INSTANT NOODLES** These are baked using hot-air technology and are fat free. The regular instant noodles are deep-fried, which contain a lot of fats, especially saturated fats. These are great as carbohydrate fillers and when you want to use up leftover ingredients in your fridge. Boil your meat and vegetables in a pot and throw in these noodles at the last minute to make a quick meal.

* **INSTANT ROLLED OATS** This is high in soluble fibre and great for reducing the risk of diabetes, cancer, constipation and heart diseases. Add an equal proportion of instant rolled oats to your muesli to keep you full longer, and to reduce your overall calorie intake. Rolled oats can also be used as a thickening agent like cornflour to bind meatballs and thicken gravy. Make your own three-in-one breakfast cereal drink by adding a few tablespoons of rolled oats to your coffee or tea.

* **BAKED BEANS** I buy any type, as long as it has a ring-pull lid. Baked beans are convenient as a meal on its own when I have no time to prepare a proper meal. Just pull off the ring tab, find a spoon and eat it straight off the can.



NATALIE GOH

Freelance dietitian, and member of the American Overseas Dietetic Association

* **CHEESE** It's a good source of calcium. I use them to make sandwiches, dips or as bite-size snacks served with wholegrain crackers. I also use them to prepare pasta and some seafood dishes.

* **FRESH FRUIT** It can be eaten as a snack or as fruit topping for yoghurt or cereal, and can be used to make salad. Fresh fruit is a healthier option compared with canned fruit, which contains extra calories from the sugar in the syrup.

* **LOW-FAT OR NON-FAT YOGHURT** This is a good source of calcium and probiotic, which is good for gut health. Yoghurt can be used to replace ingredients like mayonnaise and sour cream to make a healthier dip or salad – a good way to cut down some fat, yet increase your calcium intake.