

Nutrition Workshop : Understanding of Food Labels & Weight Management

The speaker will share his nutrition knowledge for the workshop on these 2 topics:

1) Eating or Fasting? - Nutrition for Weight Management

Have you tried numerous diets, pills or other ways to lose weight but it just keeps coming back? Learn how to best achieve and maintain long-term weight loss– by eating and exercising right. Find out some of the common factors that may cause you to eat more than you should, and learn effective ways to overcome them.

2) Making Sense on Food Labels – Nutrition of Processed Foods

Sorbitol, Calcium Propionate, Corn Syrup and Tartrazine. We may see them on the ingredient lists but what are they? How much do you understand about 104kcal per serving and 200mg of calcium per 100ml on the food labels? Common food labels will be provided for this practical activity for participants to learn about the knowledge on label reading, and to apply them in the selection of processed foods.

Date: 4th August 2018 (Saturday)
Time: 2 to 5pm
Target: General public
Fees: \$42.80 per person (GST Inclusive)
Venue: Blk S8 Level 3 - Executive Class Room
Faculty of Science, NUS
Registration: [Click the link here registration](#)
Enquiries: Tel: 65168990 or email: chooilan@nus.edu.sg



Speaker's Profile: Mr Chan Joy Seng is a NUS FST Alumni and the Director & Accredited Nutritionist of Alive Nutrition Consultancy. He holds a MMedSc in Human Nutrition from the University of Sheffield and a B(App)Sc in Food Science and Technology from NUS. He is an Accredited Nutritionist of Singapore and secretary of the Sports Nutrition Interest Group. He has many years experience in the training of nutrition and has given many nutrition & health talks for corporates, community groups & the public. He has also conducted many different programmes for the Singapore Health Promotion Board (HPB), including the Lose to Win[®], Health Ambassador, Health Literacy for Childcare Teachers & Childhood Obesity Phone Counselling programmes. He was also the chief administrator of the Healthier Choice Symbol programme, and a certified Workplace Health Promotion Consultant.

All proceeds will go to FST Alumni Fund