References

Healthy Eating

- 1. Alcohol units and guidelines explained: Drinkiq SG. DRINKiQ. (n.d.). Retrieved February 24, 2023, from https://www.drinkiq.com/en-sg/about-alcohol/standard-drinks-and-guidelines-explained/
- Carbohydrates and blood sugar. The Nutrition Source. (2016, July 25). Retrieved February 24, 2023, from https://www.hsph.harvard.edu/nutritionsource/carbohydrates/carbohydrates-and-blood-sugar/
- 3. Decoding food labels. Crunch&Sip®. (n.d.). Retrieved February 24, 2023, from https://www.crunchandsip.com.au/healthy-lunchboxes/decoding-food-labels
- 4. Do natural sugars count toward your daily sugar intake? dr. Jan McBarron weighs in. Dr. Jan McBarron. (2020, February 5). Retrieved February 24, 2023, from https://www.drjanmcbarron.com/2020/02/10/do-natural-sugars-count-toward-your-daily-sugar-intake-dr-jan-mcbarron-weighs-in/
- 5. Eating light at a hawker centre is possible. HealthHub. (2022, December 1). Retrieved February 24, 2023, from https://www.healthhub.sg/live-healthy/1463/eating-light-at-a-hawker-centre-is-possible
- 6. Easy healthy recipes. HealthHub. (n.d.). Retrieved February 24, 2023, from https://www.healthhub.sg/programmes/191/nutrition-hub/healthy-recipes
- 7. Gan, E. (2023, January 4). What is the caloric damage of your favourite CNY snacks? CNA Lifestyle. Retrieved February 24, 2023, from https://www.channelnewsasia.com/health/chinese-new-year-snacks-what-is-the-caloric-damage-diet-1422681
- 8. Healthier choice symbol. Health Promotion Board. (2023, February 14). Retrieved February 24, 2023, from https://www.hpb.gov.sg/food-beverage/healthier-choice-symbol
- 9. Healthier dining programme. (2023, March 2). Retrieved February 24, 2023, from https://www.hpb.gov.sg/healthy-living/food-beverage/healthier-dining-programme
- 10. Holterman, A. (2015, May 14). Here's why you should never go shopping when you're hungry. Healthline. Retrieved February 24, 2023, from https://www.healthline.com/health-news/why-you-should-never-go-shopping-when-hungry-021715
- 11. Hugues, S. (2021, September 14). 5 best sugar substitutes for people with type 2 diabetes. Verywell Health. Retrieved February 24, 2023, from https://www.verywellhealth.com/sugar-replacements-for-diabetics-1087191