

As the saying goes "One should eat to live, not live to eat." In today's ever-evolving society, one has ^{increasingly} more choices ~~at hand~~ to choose from when they wish to eat. Gone are the days ~~we~~ where people were limited to bread and potatoes to satiate their hunger — in fact, it is quite the opposite today. One can order a wide range of cuisines from all parts of the world using food delivery services today. However, the choice of food we make may not be the best for our health. Such easy access to different dishes has caused many to forgo healthier dining in favour of flavourful food loaded with salt and sugar. Therefore, there has been heated discussion on how people can be encouraged to eat more healthily — and some argue that the only effective way to encourage people to make healthy food choices is through education. However, I disagree with this assertion, as I believe that there are other ways to encourage people to make healthy food choices, such as increasing access to healthier food and ~~not incentivising making food healthier for~~ incentivising companies and eateries to sell healthier food.

Increasing access to healthier food is one way which can motivate people to make healthy food choices. Although there has been efforts to ~~increase~~ make healthier food more accessible to everyone such as selling organic produce in supermarkets, I feel that more can be done. In Singapore's fast-paced economy, ~~and~~ people are often overwhelmed by work. The average Singaporean works from 9am - 6pm, 5 days a week, not accounting for overtime. Therefore, ~~most~~ Singaporeans are very busy and may not have the time to cook at home. This leads them to turn to hawker centres or food courts, where the food may not be as healthy as



homemade dishes. Some may even forgo ^{full} meals, instead opting for a high-calorie, low nutrition snack such as a burger or a small cake to satisfy hunger while saving time. It is simply not enough to educate these people to "eat healthier" when they are unable to do so due to their schedule. Instead, since Singapore relies on her workers for ~~the~~ help for her economy, the government should increase access to healthy food in eateries and hawker centres so that ~~these work~~ Singaporeans need not forgo health for convenience. This can be done by banning eateries from using oil which is too high in trans fat and limiting sugar levels of drinks and desserts sold in hawker centres. Such actions would be more useful on a larger scale as it would help to improve the diets of many Singaporeans who depend on these eateries for their meals. Therefore, increasing access to healthier food ~~options~~ is an alternative way to encourage people to make healthier food choices, further healthier food choices are now more accessible and affordable to the public.

Furthermore, incentivising companies who sell ~~healthier~~ healthier food is also a good way to encourage people to make healthier food choices. For instance, the Singapore Health Promotion Board rolled out a series of rating from "A to D" showing fat ~~and~~ and sugar content of drinks sold in supermarkets. Drinks with label A are considered to be healthier, while drinks with label D are considered least healthy, and cannot be advertised on national television. The Health Promotion Board encourages people to purchase drinks with "A" and "B" labels as they contain less fat and sugar. Therefore, such a measure which rewards companies ~~for~~ that

produce healthier drinks with the label as a "seal of approval" would encourage companies to produce healthier drinks. Members of the public would also be more likely to purchase ~~healthier~~ healthier drinks as they have been endorsed by the government. Incentivising companies who sell healthier food products would also help the company to continue producing healthier food products, which will in turn be consumed by the people as they trust the company. Therefore, incentivising companies who sell healthier food products would encourage people to make healthier food choices as such companies would be known to be more credible.

Some argue that education is the only way to encourage people to make healthy food choices is through education. They argue that without the education regarding good diet choices, people will not understand why they should eat healthier. They ~~may~~ also hold the viewpoint that education will lead to people boycotting ~~un~~ unhealthy food, but if there is no education, people will still seek out unhealthy food choices even if there is greater access to healthy food. While I do acknowledge this viewpoint, I feel ~~that~~ that education alone is insufficient as some people may have the intention to make healthier diet ~~decisions~~ decisions but are unable to do so due to ~~conflicting~~ conflicting life time and lack of access. Therefore I feel that apart from education, we should also make it easier for people to make healthier food choices so that they will be more inclined to do so.

In conclusion, I believe that making healthy



food choices is ^{not} something that one can do ~~overnight~~ overnight. Apart from public education, multiple sectors such as governments, businesses and the people should work together to ensure that everyone makes the best diet choices for themselves.