Some hospitals offer plant-based menu options

Arlene Yu

Some hospitals in Singapore have started offering plant-based options on their menus in response to growing consumer demand and interest in evaluating their food for health and nutrition-related benefits.

Alexandra Hospital (AH) and Ng Teng Fong General Hospital (NTFGH) both offer plant-based menu options — considered the most in the city — for inpatients and outpatients as well as for patients seeking plant-based alternatives to gluten-free, dairy-free or other diet options. AH’s menu features plant-based meals made from soy, press.

Dr. Mensah A. Adjei, an endocrinologist at the National University Health System (NUHS), said that while plant-based diets have been around for decades, only recently have they gained more recognition as a healthy dietary option.

“Plant-based diets have been shown to offer numerous health benefits, including reducing the risk of chronic diseases such as heart disease, diabetes, and some cancers,” Dr. Adjei said.

Dr. Yeo, a neurologist at NUHS, said that plant-based diets can also improve mental health and cognitive function. “Eating a plant-based diet can help reduce inflammation and improve brain function,” she said.

At NUHS, plant-based meals are popular among patients, with some reporting a decrease in symptoms like bloating and digestive discomfort.

“Many patients have reported feeling more energized and overall better since switching to a plant-based diet,” Dr. Yeo said.

Another factor that has contributed to the popularity of plant-based diets is the increasing availability of plant-based meat alternatives. “These plant-based meats are similar in taste and texture to traditional meats, making it easier for people to incorporate them into their diets,” Dr. Adjei said.

At NUHS, the plant-based menu options are tailored to meet individual patient needs, with a focus on providing a diverse range of dishes that cater to different dietary preferences.

“By offering plant-based options, we aim to contribute to a healthier diet and lifestyle for our patients,” Dr. Adjei said.

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