



## PRESS RELEASE

### HALE AND HEARTY EATING OUT and EATING RIGHT

*A brand new **HEALTHY MENU** is available at all Food & Beverage outlets from 1 July 2010.*

**Singapore, June 2010** – Healthy eating doesn't mean boring meals. Watching your nutrition need not mean you can't eat out. Imagine eating spaghetti when you are monitoring your cholesterol level. Imagine enjoying beef tenderloin when you are watching your weight. It is all possible starting from 1 July 2010, at all four dining outlets (**AquaMarine, Ristorante Bologna, Peach Blossoms and Atrium Lounge**) at Marina Mandarin Singapore.

In consultation with the **renowned nutrition and dietetics consultant Bibi Chia, our award-winning Executive Chef Tony Khoo and his team** have created a new **Healthy Menu** to address the four common health concerns in Singapore – **Weight Management, Hypertension, Diabetes and Hypercholesterolemia**. For each of the health concerns, we present 2 breakfast options, 2 lunch and dinner options, and 2 drink options, so there is always a healthier choice when dining in our hotel.

We offer a **Healthy Menu** that is Heart Healthy, Low Glycemic Index (GI), Low Sodium and Low Fat. Dishes in the various categories are selected to cater to people with conditions such as cardiovascular risks, diabetes, hypertension, and even those seeking to maintain a healthy weight. The nutrient content of the dishes are analyzed and served according to their correct portion sizes.

From Chinese to Mediterranean to Italian, choose from a wide variety of dishes to satisfy your taste buds without compromising your health. Improve your food choices and lead a healthier life!

#### **The Inspiration**

With more and more people eating out, concerns regarding the healthiness of food offered by restaurants have been raised. Statistics have also shown that many locals have lost their loved ones to complications resulting from medical conditions such as weight problems, hypertension, diabetes and hypercholesterolemia.

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A healthy eating regime does not necessarily mean one has to reduce the pleasure or gratification of eating out or selecting an appealing meal in a 5-star restaurant. Although the risk factors for these four medical conditions are usually non-changeable - for example, they can be passed down to a person through family genetics - however, the process of these conditions can be slowed down or managed through one's diet, and in certain cases, one might even be able to recover - for example, one's cholesterol level can fall from a high to a healthy level. Here at the Marina Mandarin we believe in the quality of life, hence, we are presenting healthier options so that people with health issues can enjoy quality food without having to compromise on the taste.

### The Experiment

Chef Tony Khoo and Bibi Chia worked alongside each other to study dishes on the existing ala carte menus at all our F&B outlets. From there, short-listed dishes had their nutrients content analysed by Bibi. The team of two initially faced challenges such as having to create sustainable set meals but maintaining the calories under a manageable amount, sizing the portions of the meal items so that the diner would feel full, and creating a variety of items on the menu which would appeal to our guests. After six months of hard work and experimentation, our award-winning team of chefs have successfully developed an array of gourmet dishes prepared in a healthy method, promising no less than first-class quality and taste for the discerning diner!

### The Result

From Chinese to Mediterranean, choose to lead a healthier lifestyle by selecting from a variety of Healthy Menu dishes available at all our food & beverage outlets to satisfy your tastebuds.

**AquaMarine** serves 2 breakfast options for Weight Management, 2 breakfast options and a lunch/dinner set meal for Hypertension, 2 breakfast options and a lunch/dinner set meal for Hypercholesterolemia, and 2 breakfast options for Diabetes.

**Ristorante Bologna** serves a lunch/dinner set meal for Weight Management, a lunch/dinner set meal for Hypercholesterolemia, and a lunch/dinner set meal for Diabetes.

**Peach Blossoms** serves a lunch/dinner set meal for Weight Management, a lunch/dinner set meal for Hypertension, and a lunch/dinner set meal for Diabetes.

At the **Atrium Lounge**, one can find 2 drinks each for Weight Management, Hypertension, Hypercholesterolemia and Diabetes.

Prices start from \$10++.

*Full set of the Healthy Menu is attached at the back.*

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### Highlights from the Healthy Menu

Presenting Outlet	Condition	Set Meal	Nutritional Facts
<b>Atrium Lounge</b>	Weight Management	Mocktail: Passion Spritz \$15++ per drink	37 calories per serving
<b>AquaMarine</b>	Hypertension	1. Salmon Tataki 2. Bowling Bowl Vegetable Broth 3. Fruit \$32++ per set	488 calories per serving
<b>Peach Blossoms</b>	Diabetes	1. Seafood Soup 2. Grilled Lamb \$36++ per set	448 calories per serving
<b>Ristorante Bologna</b>	Hypercholesterolemia	1. Sautéed Broccoli 2. Spicy Whole-Wheat Spaghetti 3. Fruit \$26++ per set	410 calories per serving

### The Analysis

**From Atrium Lounge / Health Concern: Weight Management** – Our Passion Spritz mocktail is a tasty and refreshing drink that contains only 37 calories and no fat. It is a great mocktail for those who are weight-conscious as this drink can also be used to replace sugary fizzy drinks as well as high-calorie alcoholic cocktails.

**From AquaMarine / Health Concern : Hypertension** - The 'DASH' Diet stands for Dietary Approaches to Stop Hypertension and one of its guidelines is to introduce more fruits and vegetables in your diet. Our Salmon Tataki set meal gives you 2 servings of vegetables and over 140% of your vitamin C needs. It also has reduced sodium to compliment your hypertension treatment.

**From Peach Blossoms/ Health Concern : Diabetes** – For those who need to reduce their carbohydrate intake, our Grilled Lamb set meal is a good choice as it is nutritionally balanced with vegetables, fruits and protein, yet yielding only 2 carbohydrate exchanges. The fat content of this meal has also been reduced to only 16 grams.

**From Ristorante Bologna / Health Concern : Hypercholesterolemia** – The current recommendation for the general public is no more than 300 milligrams of cholesterol per day whilst people with hypercholesterolemia should aim for less than 200 milligrams of cholesterol per day. Our Spicy Whole Wheat Spaghetti set meal is low in saturated fat and has neither transfat nor cholesterol, and is a good source of fibre from whole-wheat pasta and vegetables as well as heart-healthy polyphenols from grapes. It is an all-in-one meal to combat high cholesterol!

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For reservations, please call 6845 1111 or email Dining Express at [diningexpress.marina@meritus-hotels.com](mailto:diningexpress.marina@meritus-hotels.com)

**MARINA MANDARIN SINGAPORE**  
**6 RAFFLES BOULEVARD, MARINA SQUARE**  
**SINGAPORE 039594**

### **About Executive Chef Tony Khoo**

A respected chef in his own right, Chef Tony Khoo, a 49-year old Singaporean, first forayed into the industry as a Commis Cook at the tender age of 16 and worked his way up, amassing 30 years of experience in various 5-star hotels and renowned culinary institutions in the process. Prior to joining the Marina Mandarin in 2007, Chef Tony was steering the culinary operations at Kempinski Hotel, Dalian, China.

Bearing testimonial to Chef Khoo's illustrious career is the string of awards under his belt. The recipient of the prestigious Golden Feather awarded by Gastronomic Academy of Germany in 1996 and Most Outstanding Chef in the 7<sup>th</sup> Food and Hotel Asia (FHA) International Salon Culinaire 1990 has also garnered numerous gold medals at a multitude of culinary events, some of which he participated as representative of the Singapore Chef's Association.

An accomplished and recognised chef worldwide, the World Association of Cooks Society (WACS) approved member of International jury has also judged in more than 20 culinary contests in various parts of the world, such as Germany, Japan, South Africa, Thailand and Turkey.

Most recently, Chef Tony was the mentor Chef who helped the Singapore National Culinary Team clinch the coveted Lion Trophy at the Food & Hotel Asia 2010.

### **About Ms. Bibi Chia**

Bibi Chia, director of the professional nutrition and dietetics consultancy, Eat Wise Pte Ltd, graduated in Australia with a degree in Nutrition and Dietetics. She is a member of SNDA (Singapore Nutrition and Dietetics Association), World Anti-aging Association, and Study of Obesity Association.

Bibi is a consulting dietitian for *Raffles Aesthetic*, and provides nutritional planning, diet analysis, weight management, and anti-aging consultation to clients. She is also the director of VESTA, a kitchen and dining ware brand.

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### Notes to Editors

#### About Marina Mandarin Singapore

The Marina Mandarin Singapore is a world-class, 5-star luxury hotel enhanced recently by a S\$25 million remodeling exercise. Located at Marina Bay with convenient access to the Marina Square Shopping Mall, it is directly opposite the Suntec Convention & Exhibition Centre and The Esplanade – Singapore's Performing Arts Centre. The financial and business district is only a three-minute drive away, while the journey to the airport is just 20 minutes by car. The hotel is imbued with a philosophy of providing Asian grace, warmth and care in an atmosphere of relaxed elegance.

#### About Meritus Hotels & Resorts Home of Asian grace, warmth and care.

Meritus is a luxury Asian brand that prides itself in offering the finest hospitality for both the business and leisure traveller.

Trading under a Latin name that denotes 'deserving of merit' fused into an Asian mark that depicts quality of excellence and worth, portraying a true representation of our eastern roots with respect towards western sophistication.

We are a Singapore based hotel management company, owned by Overseas Union Enterprise Ltd, with a focus on delivering our signature Asian grace and hospitality promise.

Meritus Hotels & Resorts is one of the five Founding Members of **Asian Hotels Alliance** ([www.ahahotels.com](http://www.ahahotels.com)).

For more information, visit us at [www.meritus-hotels.com](http://www.meritus-hotels.com)