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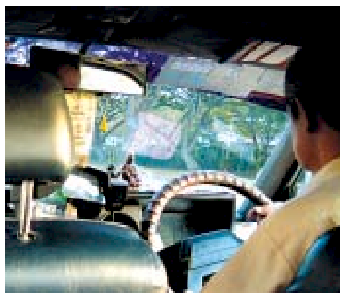
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**we want your voice**

## Voices



**THEY DRIVE HIM UP THE WALL:** Cabbies who don't know how to get around give Singapore a bad name, says one reader.

### Get lost if you don't know the way

Letter from **ACE KINDRED CHEONG**

SOME of our taxi drivers are not as familiar with Singapore as they should be.

On Monday, I took a taxi to East Coast Park lagoon to attend a sporting event.

The taxi driver asked me where that was. Since I had not been there before, I could not give him specific directions, but told him it was at East Coast. Instead, he took me to a condominium with a name ending with "lagoon".

I am disappointed there are taxi drivers such as him who are not familiar with such tourist areas. Singapore's image as a country with first-class public transportation is tarnished by such drivers.

I urge taxi companies to train their drivers so as to prevent inconvenience to local and foreign passengers alike.

**Besides achieving good grades, he's also brushing like an expert.**

He brushes with Oral-B, Singapore's No. 1\* choice. Now that's an A+.

\* AC Nielsen Retail Audit Full Year 2005 (Value and Volume Shares) – No.1 best selling manual and power toothbrushes. \* AC Nielsen Brand Study conducted amongst dentists in 2004 – No.1 choice and most recommended amongst dentists for manual and power toothbrushes, dental floss and mouth rinse. \* AC Nielsen Brand Study conducted amongst dentists in 2004 – No.1 choice amongst dentists in considering Oral-B as the leader in oral-care.

## Cut down on trans and saturated fat

Letter from **DR ANNIE LING**  
Head, Nutrition Department  
Health Promotion Board

WE REFER to the article, "Good hearts, fat hope" by Ms Tan Hui Leng (Jan 21-22).

The Health Promotion Board (HPB) would like to clarify that the board does consider trans fat a source of concern, given that Singaporeans are eating increasingly more processed food and fast food.

The article correctly pointed out that trans fat is not the only type of fat of concern and that one should also look at one's intake of saturated fat.

Nevertheless, it is important to reduce one's daily intake of trans fat as both trans fat and saturated fat increase one's risk of coronary heart disease.

The recommended daily intake of trans fat is no more than 1 per cent of one's daily dietary energy.

If the average trans fat intake of Sin-

gaporeans is 2 to 3 per cent of dietary energy (using the United States as a comparison), this level of trans fat intake is high when compared to the recommended level.

On another point, palm oil contains a high level of saturated fats.

However, it is still a healthier alternative to vegetable shortening for food manufacturing.

Palm oil requires no hydrogenation and contains no trans fat.

Unsaturated oils such as corn or soy bean oil, when used for commercial food purposes – such as that used for deep-frying in fast food restaurants – require varying degrees of hydrogenation.

Deep-fried fast foods are becoming a major and increasing source of trans fat in our diet.

The HPB recommends eating out in fast food restaurants no more than twice a week.

Oils for home cooking are rarely hydrogenated.



JAN 21-22

Therefore, for home cooking, the HPB recommends vegetable oil such as corn or soy bean oil as a healthier alternative to palm-oil-based cooking oil.

Pure corn or soy bean oil has less saturated fat than palm-oil-based cooking oil. Consumers can choose from a range of cooking oils carrying the HPB-administered Healthier Choice Symbol as these oils contain low levels of saturated fat.

We would like to invite the public to refer to HPB's website at [www.hpb.gov.sg](http://www.hpb.gov.sg) to find out more about trans fat and the trans fat information of commonly eaten foods.

## Open hearts and minds to training

Letter from **COLIN ONG TAU SHIEN**

IN THE just-released Ministry of Manpower's (MOM) Adult Training 2005 Report, it was reflected that only 4.9 per cent of training respondents believed training could help them obtain a pay rise and 4.3 per cent, a promotion.

These are very worrying figures.

The statistics could reflect that the workplace does not adequately recognise and reward workers who go for training – or worse, that many workers treat training as a matter of routine and are not informed about the long-term impact that training has.

This misconception has to be seriously looked into by the MOM if the Singapore workforce is going to be the most dynamic and talented in the world.

We should go for training with our hearts and minds.

**THE SCIENCE BEHIND THE ART**