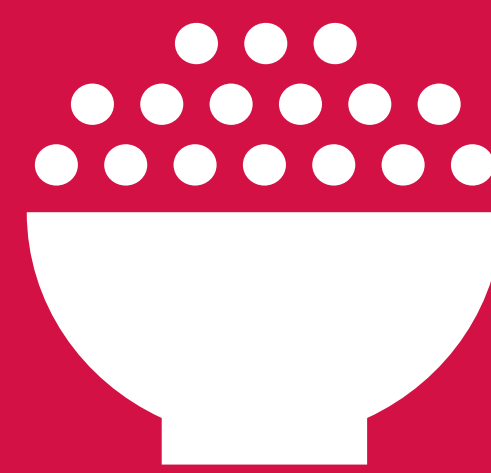


# BROWN RICE GUIDE 2017



Brought to you by:



THE REAL LIFE  
COMPANY

Do you live to eat, like us? Being an overindulgent eater comes with numerous health hazards like diabetes, obesity and digestive problems. Eating to your heart's content while keeping your health in check is easier than you think. All you have to do is make healthier food choices wherever possible.

Opt for brown instead of white rice, say no to sugar, and always pick whole grains, high fibre and nutrient-dense foods for your meals.

Lucky for us, several of Singapore's restaurants offer meal options that are delicious and healthy. The easiest switch we made was to opt for the nutty, wholesome brown rice to pair with our vegetables, meats and curries. We have curated 26 of the best places in Singapore that use brown rice to its best advantage. Flavourful, filling and so good for you!



# BROWNICE

Yes, ice-cream made with organic brown rice milk is a real thing, and it's delicious. These icy treats are perfect for vegans and those with food intolerance since they are dairy-free, egg-free and all natural. We love a dessert that is low-fat and guilt-free without compromising on flavour. Their D24 durian ice-cream is among the best we have had.



8 Sin Ming Road, #01-03 Sin Ming Centre,  
Singapore 575628 | Contact: 6456 6431 |  
Opening Hours: 12pm – 10pm (Sun to Thu)  
& 12pm – 1030pm (Fri & Sat) | [Website](#)

# JUMI'S KITCHEN

This muslim-owned stall serves a brown rice-white rice mix nasi lemak and this lighter, cleaner meal sells out by 9am every day. The \$3 set uses the 'light brown rice' variety, but it is still cooked in coconut milk, so the flavour is not compromised.



Blk 318 Jurong East Street 31, PDSS 318 Cafeteria,  
Stall 3, Singapore 600318 | Opening Hours: 6am – 4pm  
(Mon to Fri) & 6am – 2pm (Sat & Sun) | [Instagram](#)

# GRAIN TRADERS

A DIY bowl goes for \$16 nett, and ingredients like grilled striploin, roasted vegetables smothered in coconut curry sauce, and slow-roasted pork are all well executed and full on flavour.



138 Market Street, CapitaGreen #01-01/02/03, Singapore  
048946 | Opening Hours: 8am – 8pm (Mon to Fri) | [Website](#)

# NINJA BOWL

The menu offerings are 'on trend' — wholesome bowls with ingredients that are Japanese-inspired. Our top pick is the Genki (\$14), where yaki unagi is served with tons of veggies; pickled beetroot, Korean bean sprouts, roasted pumpkin and an onsen egg. For some healthy carbs, top-up \$2 for Ninja rice (vinegared white and brown rice).



15 Duxton Road, Singapore 089481 | Contact: 6222 8055 |  
Opening Hours: 930am – 9pm (Mon to Fri) & 9am – 6pm  
(Sat & Sun) | [Website](#)

# SUMMER PALACE, THE REGENT SINGAPORE



If you eat the right things, fine Cantonese fare can actually be quite healthy. The focus here is on fresh veggies, quality proteins and healthy, unpolished rice that isn't loaded with starchy gravies or cloying sauces. They also have a whole selection of a la carte menu options that are entirely gluten-free.

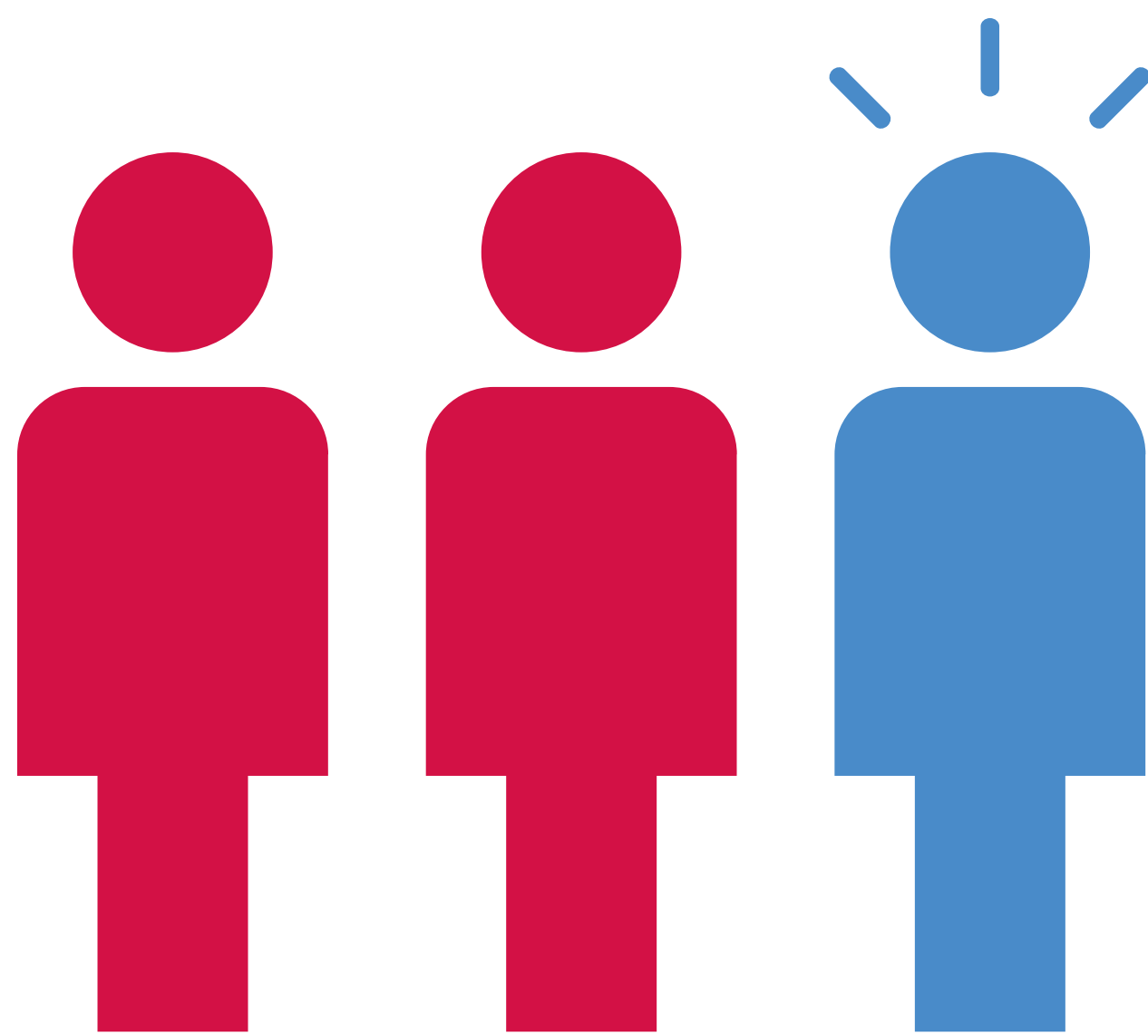
1 Cuscaden Road, Regent Singapore, Level 3,  
Singapore 249715 | Contact: 6725 3288 |  
12pm – 230pm, 630pm – 1030pm (Mon to Fri),  
1130am – 230pm, 630pm – 1030pm (Sat & Sun)  
| [Website](#)

SCORE  
AGAINST  
DIABETES  
WITH AIA



There's no point sugarcoating the truth: diabetes is a big problem in Singapore. You might even have the disease without being aware of it.

While other medical conditions, such as cancer, get the lion's share of media attention, it is diabetes that afflicts more than 400,000<sup>1</sup> people here. Of these, one in three do not even know they have the disease<sup>1</sup>.



1 in 3 people do not know they have diabetes.

And lest the young scoff and think they're invincible, the sobering fact is that three in ten Singapore patients developed diabetes before turning 40<sup>2</sup>.

As a Real Life Company, AIA is committed to helping people, and their loved ones lead longer, healthier and better lives by offering solutions that address the real needs of our customers.

**Singapore's first  
insurance plan  
designed for  
Type 2 diabetics  
and pre-diabetics**

Because they know being diabetic is life-changing in every sense, even getting new insurance coverage can be a challenge. AIA has specially designed AIA Diabetes Care to protect Type 2 diabetics and pre-diabetics aged 30-65 years old<sup>3</sup>, with coverage for 5 diabetes-related conditions and optional cancer protection.

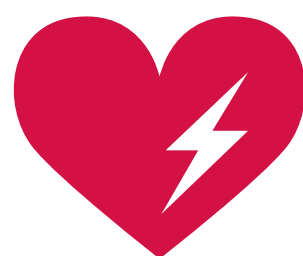
5 diabetes-related critical illnesses covered:



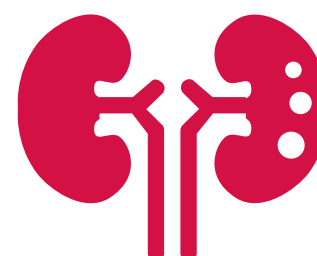
Blindness



Coronary  
Artery By-pass  
Surgery



Heart Attack  
of Specified  
Severity



Kidney  
Failure



Stroke

Knowing how hard it is for diabetics to apply for new insurance coverage, we have dispensed with

the need for medical examinations, so you just need to answer 5 simple questions for access to the coverage you need.

What's more, AIA Diabetes Care is guaranteed renewable with a level premium.

POWERED BY **AIA Vitality**

As diabetes can be managed with lifestyle changes, AIA's innovative wellness programme - AIA Vitality, helps you live a better lifestyle by rewarding your healthier choices. It equips you with tools and benefits to help you to improve your diet and even check your progress with exclusive health screening packages.

Best of all, as your AIA Vitality status improves, you'll get up to 15% off<sup>5</sup> your future premiums.

Apply before 31 May 2017  
and get 10% off your  
1st year annual premium<sup>4</sup>  
+  
Sign-up for AIA Vitality and  
AIA Diabetes Care to enjoy  
an additional 10% off your  
1st year annual premium plus  
amazing prizes to be won<sup>4</sup>

Knowing how Singaporeans love to eat, AIA has also partnered with HungryGoWhere to develop this 1st edition of the Brown Rice Guide. Healthy food doesn't need to mean boring food — these nourishing brown rice eats may just make you a fan.

For coverage for diabetes that is this extensive, we can only say one word: sweeeet!

Chat with us and start scoring against diabetes today.

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**1** Source: <http://www.straitstimes.com/singapore/health/moh-declares-war-against-diabetes>

**2** Source: <http://www.todayonline.com/daily-focus/health/3-10-singaporeans-have-diabetes-turning-40>

**3** To be eligible for coverage, the insured must be a non-smoker, whose diabetic condition was diagnosed after age 25, with no pre-existing diabetes-related complications.

**4** Promotion is valid till 31 May 2017. Please refer to [www.aia.com.sg/aiasavenjoy](http://www.aia.com.sg/aiasavenjoy) for more details.

**5** Discount applicable from the second policy year onwards will depend on the AIA Vitality Status attained. The discount is capped at 15%.

**Important Notes:**

These insurance plans are underwritten by AIA Singapore Private Limited (Reg. No. 201106386R) (AIA). All insurance applications are subject to AIA's underwriting and acceptance. The information is correct as at 17 March 2017.

1 Robinson Road, AIA Tower, Singapore 048542  
Monday – Friday: 8.45am – 5.30pm  
AIA Customer Care Hotline 1800 248 8000

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To get the full version of  
the Brown Rice Guide  
with 21 other  
recommendations, go to  
[www.aia.com.sg/scoreagainstdiabetes](http://www.aia.com.sg/scoreagainstdiabetes)