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# Wholesome, healthy fare added to SIA flights

By **Rick Lundstrom** on April, 22 2016 | Catering



Singapore Airlines this month launched a new program to offer its 'Deliciously Wholesome' meals, catering to the needs of a growing number of health-conscious travelers.

A range of new gourmet dishes, including hearty salads, rich in nutrients, vitamins and essential minerals, are now offered on Singapore Airlines flights as well as in SilverKris Lounges at Singapore's Changi Airport. Some dishes have been specially created by the eight chefs that make up the Airline's International Culinary Panel.

The launch of the 'Deliciously Wholesome' program is the result of a meal development process, during which Singapore Airlines conducted focus group and food tasting sessions with frequent flyers.

Feedback about the current range of in-flight meals was also taken into consideration. In addition, the airline consulted nutrition expert, Mayura Mohta, to review the recipes and analyse the nutritional properties of each dish. She is the author of *The Heart Smart Oil Free Cookbook* and *The Wholefood*



“The new ‘Deliciously Wholesome’ meals are designed to restore and rejuvenate the body, especially on long-haul flights. They are prepared using a wide variety of carefully selected ingredients such as whole grains, fresh fruits and vegetables, lean meats, fish, seeds, nuts, herbs and spices. These foods are rich in macronutrients such as complex carbohydrates, lean protein, good fats, fiber and healing phytonutrients that nourish the body. The dishes also contain special active micronutrients which can help alleviate travel-induced stresses such as dehydration, fatigue and jetlag,” said Mohta.

‘Deliciously Wholesome’ was served on selected flights departing from Singapore starting this month. Selected main courses will also be made available for pre-ordering by Suites, First Class and Business Class customers through the Airline’s “Book the Cook” service. Meat-free options will also be available.

Premium Economy Class and Economy Class customers can look forward to quinoa served with ratatouille and chickpeas - an appealing gluten-free dish that is high in protein, antioxidants and essential amino acids. Customers can also savor the diverse flavors and textures of Oriental-style Steamed Fish in Wolfberry Sauce, rich in omega 3, vitamin C, iron and fiber.