



## Reset Lifestyle

### Project RESET Newsletter

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Hi there!

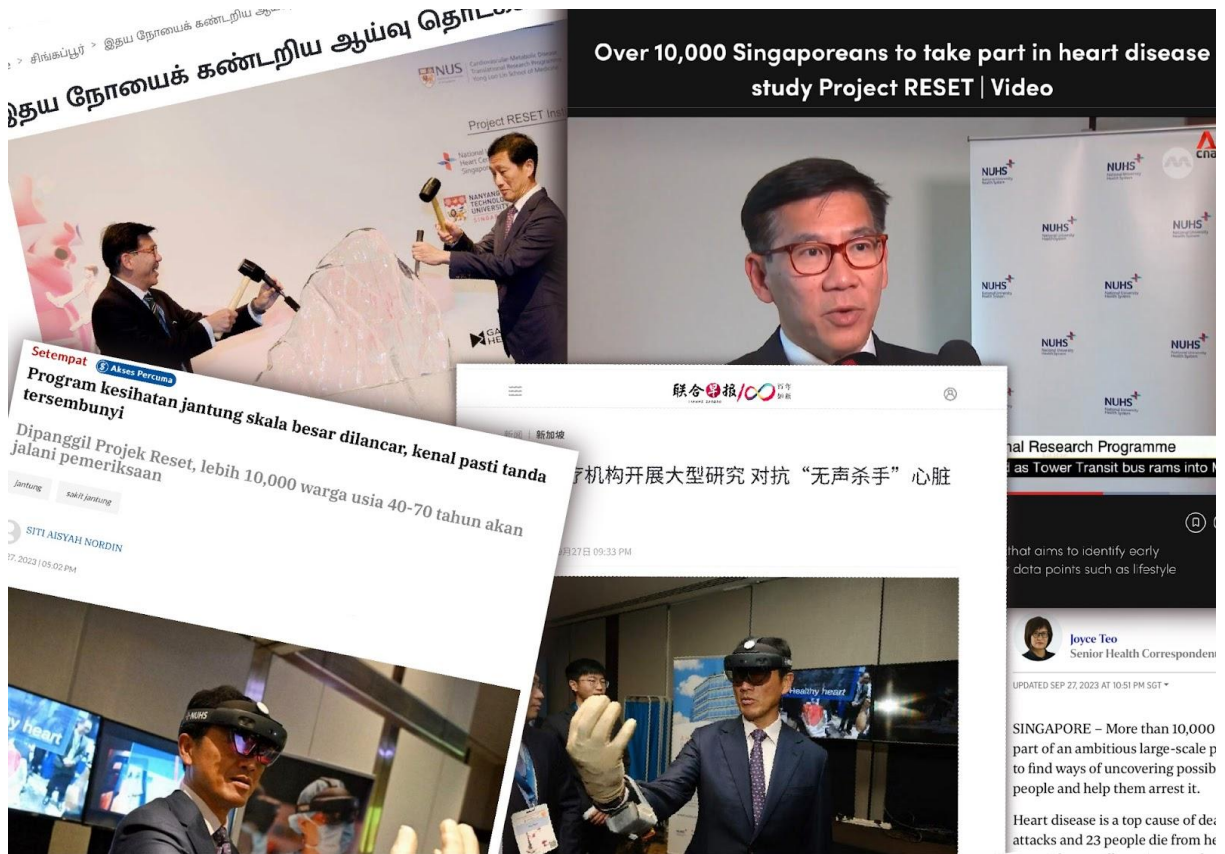
Welcome to the inaugural edition of the quarterly "Reset Lifestyle" newsletter presented by the Project RESET team. We're thrilled to have you on board as we embark on this exciting journey together. Here we share a sneak peek of the newest developments in the world of health and heart research. Your support and interest are integral to our success, and we can't wait to update you on all the latest findings and insights.

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### RESET News

## The Minister of Health launched Project RESET!

On 27th of September 2023, the Minister of Health, Mr. Ong Ye Kung launched our Project RESET at the Heart Disease Prevention Symposium 2023. The Project RESET is a 5-year government-funded research initiative. It aims to gain a deeper understanding about the population's metabolism, heart, and liver health as well as lifestyle behavior to prevent heart diseases, including heart attack and stroke.



A collage of many news articles on the Project RESET launch

During this symposium, Mr. Ong Ye Kung gave a speech on the launch of the Project RESET and kickstarted discussion on how we should tackle heart disease prevention in our population and societies. Health experts all over the world gathered here to share the latest insights on heart disease prevention and to learn, collaborate and engage in meaningful connections.

Concurrently, we have received the ethical approval from the National University of Singapore to proceed with the recruitment. Therefore, the recruitment of the participants for the Project RESET will soon begin! Our clinical research coordinators are here to promptly answer any questions on the participation for the Project RESET.

## Health Myth Buster

**MYTH: Is drinking fresh fruit juice on a daily basis healthy?**

## Fruit juice vs. soft drinks

Juice enjoys the reputation of a health food, but critics say its calorie and sugar content are on a par with soda and other more vilified beverages.

### Calorie and sugar counts of selected beverages

(Per 8-ounce serving; all juices are unsweetened)

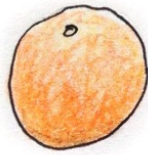
Beverage	Calories	Grams of total sugar
Sprite	100	26
Pepsi	100	28
Coca-Cola classic	97	27
Gatorade G Cool Blue	50	14
Grape juice	152	36
Pineapple juice	132	25
Cranberry juice	116	31
Apple juice	114	24
Orange juice	112	21
Grapefruit juice	96	22

Sources: U.S. Department of Agriculture Nutrient Data Laboratory; company information  
Graphics reporting by **KAREN KAPLAN**

Los Angeles Times

- **Freshly squeezed** fruit juice may contain high **sugar** and **calories**, as much as non-fresh fruit juice or other sugar-rich processed drinks. Therefore, it results in a similar negative impact on the heart and metabolic health.
- Eating fresh fruit in its **whole-food form** is a better option than juice, because it contains **fiber** (fills you up and keeps you away from overeating) and **less sugar intake** (you aren't likely to eat three apples in one sitting while it's easy to drink the equivalent in 237ml).
- **Water** is a great alternative for fruit juice for hydration on a daily basis!

**FACT: Drinking fresh fruit juice on a daily basis is NOT healthy**



	Medium orange	16oz orange juice	16oz orange soda	Diet orange soda
<b>Sugar</b>	10-13 g	48 g	58 g	0 g
<b>Fiber</b>	++	+/-	-	-
<b>Vitamins</b>	++	++	-	-
<b>Satiety</b>	++	+/-	-	-
<b>Effect on blood sugar</b>	Slow, controlled rise in blood sugar	Rapid blood sugar spike and fall	Rapid blood sugar spike and fall	May alter how body reacts to sugar

An overview of the metabolic effects of orange-related products. A - indicates little to no effect in a given category, while a ++ indicates an important effect.

Source: <https://sitn.hms.harvard.edu/flash/2015/natural-and-added-sugars-two-sides-of-the-same-coin/>

Stay tuned for the next health myth buster:  
Is drinking small quantities of alcohol regularly  
good for your heart?

**Do you have any questions?**

We're here to assist you. Please don't hesitate to get in touch with us via [pollev.com](http://pollev.com) if you'd like to delve deeper into Project RESET or if there are any burning topics you'd like us to explore in our newsletter. Your inquiries and suggestions are important to us, and we eagerly await your message.

[Read more on our website](#)



## Project RESET

Redirecting immune, lipid and metabolic drivers of early cardiovascular disease



Cardiovascular-Metabolic Disease  
Translational Research Programme  
Yong Loo Lin School of Medicine

Disclaimer: The information provided in this newsletter is for general information purposes only as part of a general discussion on public health. The information is not intended to be a substitute for professional medical advice, diagnosis or treatment; and cannot be relied on in place of consultation with your licensed healthcare provider.

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# 重置您的生活方式

## RESET 项目新闻季刊

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您好！

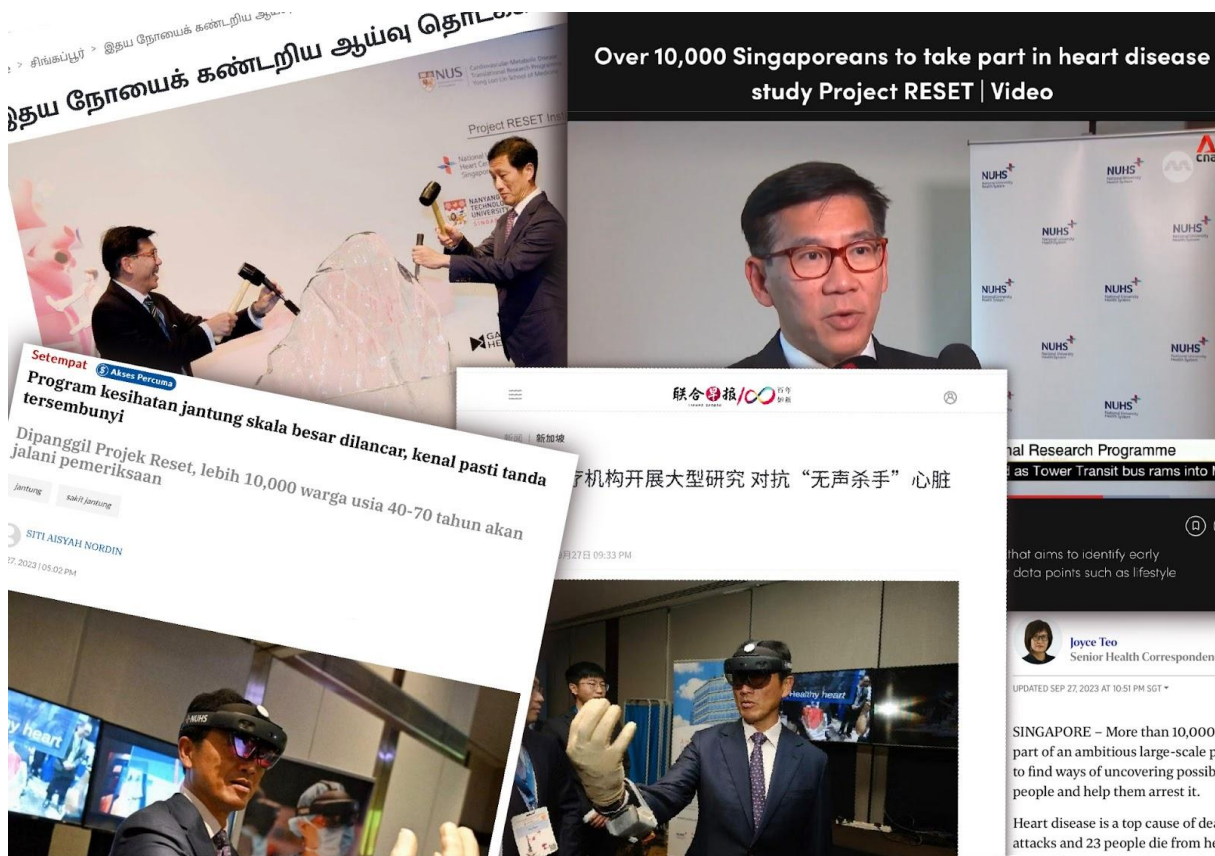
欢迎阅读由 RESET 项目团队撰写的首期新闻季刊。感谢您的加入，同我们一起踏上这段激动人心的旅程。我们将在这里分享心脏病学和医疗健康领域的最新研究进展。您的兴趣和支持是 RESET 项目成功的关键，因此，我们迫不及待地想在此和您分享相关动态和观点。

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## RESET 项目新闻

# 卫生部长启动了“RESET 项目”！

9月27日，卫生部长王乙康先生在2023心脏病预防研讨会上，正式启动了我们的RESET项目。RESET项目是一项由政府资助、为期5年的研究计划。本项目旨在深入了解人们的代谢、心脏与肝脏健康以及生活方式，以更好地预防包括心脏病和中风在内的疾病发生。



关于Project RESET启动的许多新闻文章的拼贴。

在此次研讨会上，王乙康部长就RESET项目的启动发表了讲话，并引出了关于如何在我们的人群中预防心脏病的讨论。同时，世界各地的医学专家齐聚一堂，交流互动，分享有关心脏病预防的最新观点，建立起积极的学习关系。

与此同时，我们的项目已通过新加坡国立大学的医学伦理相关审查。因此，RESET 项目即将开始招募参与者！在招募过程中，我们的临床研究协调员将会为您解答任何有关参与 RESET 项目的问题并提供帮助。

## 养生谣言终结者

### 谣言：每天喝新鲜果汁有助健康

#### Fruit juice vs. soft drinks

Juice enjoys the reputation of a health food, but critics say its calorie and sugar content are on a par with soda and other more vilified beverages.

#### Calorie and sugar counts of selected beverages

(Per 8-ounce serving; all juices are unsweetened)

Beverage	Calories	Grams of total sugar
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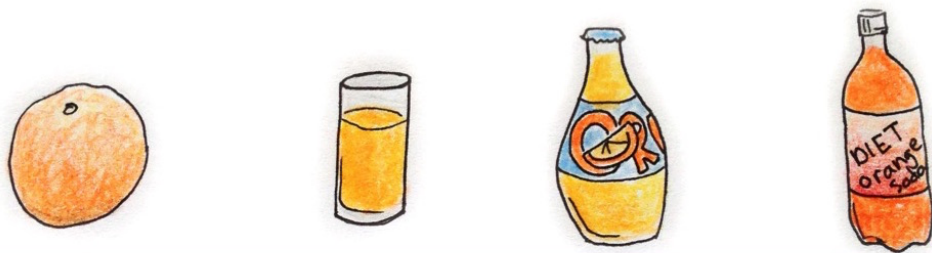
Sources: U.S. Department of Agriculture Nutrient Data Laboratory; company information  
Graphics reporting by KAREN KAPLAN

Los Angeles Times

鲜榨果汁可能含有高糖分和高热量，其含量甚至与非新鲜果汁或其他富含糖分的加工饮料一样多。因此，饮用鲜榨果汁也会对心脏和代谢健康产生负面影响。

- 吃未加工的新鲜水果比果汁更好，因为它富含纤维（让你有饱腹感并避免暴饮暴食）并有助于减少糖摄入量（比如，你不太可能一次吃三立苹果苹果，而喝掉与之等量的 237 毫升苹果汁却很轻松）。
- 水，是果汁在日常补水方面的绝佳替代！

## 事实：每天喝新鲜果汁并不健康



	Medium orange	16oz orange juice	16oz orange soda	Diet orange soda
<b>Sugar</b>	10-13 g	48 g	58 g	0 g
<b>Fiber</b>	++	+/-	-	-
<b>Vitamins</b>	++	++	-	-
<b>Satiety</b>	++	+/-	-	-
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橘子及橘子饮品对代谢的影响。其中，- 表示在给定类别中几乎没有影响，而++ 表示有重要影响。

来源: <https://sitn.hms.harvard.edu/flash/2015/natural-and-added-sugars-two-sides-of-the-same-coin/>

下一期养生谣言终结者：



# 经常少量饮酒对心脏有益吗？

如果您有任何疑问我们随时为您提供帮助。如果您想更深入地了解 RESET 项目，或是希望我们在新闻中探讨您所关心的话题，请随时通过 [pollev.com](http://pollev.com) 与我们联系。您的询问和建议十分重要，我们热切期待您的留言。

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