

## Ling Ping Sing

**Principal Dietitian**

**Bachelor of Food and Nutrition (United States)**

**Accredited Dietitian of Singapore**

Ping Sing graduated from the Southern Illinois University of Carbondale, United States of America, with a degree in Food and Nutrition, and received her certification as a registered dietitian (RD) in 2000. She is an Accredited Dietitian of Singapore (ADS) as well as a member for the Singapore Nutritionist and Dietetics Association (SNDA).

She has been working at Changi General Hospital since January 2001. As part of her continuing education, Ping Sing completed a Health Manpower Development Programme (HMDP) attachment in Leeds, United Kingdom on Weight Management in 2004 and successfully completed an education course in Sport Nutrition for Dietitians conducted by the Sports Dietitians Australia (SDA) in 2006.

She has been working with Changi Sports Medicine Center (CSMC) to improve the performance of athletes in various sports as well as providing dietary advice for patients with weight management issues and chronic diseases. She is also actively participating in clinical research besides clinical work.