

# PICK THE RIGHT HAWKER DESSERT

Yes, you can indulge in these local sweet treats. We tell you which are better for your waistline.

PICK!



**TAU HUAY,  
LESS SYRUP,  
199 KCAL**  
(1 small bowl, 377g)



1 bowl of white rice



4 teaspoons of sugar

High in protein, calcium and vitamin B12, the dairy from the soy is also satisfying and has a low glycaemic index, which means it'll keep your blood sugar levels stable for longer – you're less likely to feel hungry after.



**CHENG TNG,  
218 KCAL**  
(1 small bowl, 496g)



1 1/2 bowls of white rice



2 teaspoons of sugar

A mixture of nuts, barley and white fungus, this treat is high in soluble fibre and low in glycaemic index – do ask for less syrup!



**TAU SUAN  
WITHOUT  
YOU TIAO,  
290 KCAL**  
(1 small bowl, 320g)



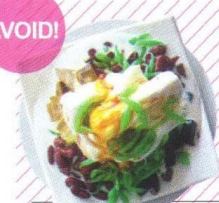
1 1/2 bowls of white rice



5 teaspoons of sugar

This is a good choice if you're feeling peckish, because fibre from the beans will fill you up. Other foods that are rich in fibre include corn, nuts and sesame seeds.

AVOID!



**CHENDOL,  
386 KCAL**  
(1 small bowl, 368g)

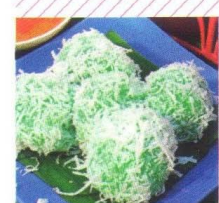


2 bowls of white rice



9 teaspoons of sugar

This contains a high level of saturated fat and can raise your cholesterol levels. If you can't fight the craving, ask for less syrup and coconut milk.



**ONDEH ONDEH,  
528 KCAL**  
(3 balls, 330g)

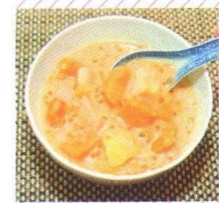


1 1/2 bowls of white rice



10 1/2 teaspoons of sugar

Aside from being high in saturated fat, courtesy of the coconut milk, this dish also has a high glycaemic index from the gula melaka (palm sugar) filling and glutinous rice flour.



**BUBOH  
CHA CHA,  
536 KCAL**  
(1 small bowl, 355g)



2 1/2 bowls of white rice



8 teaspoons of sugar

Not only is this high in saturated fat, courtesy of the coconut milk, it is high in sugar content. But the sweet potatoes are high in soluble fibre, so ask for more if you must indulge.

Expert sources: Jaclyn Reutens, clinical dietitian at nutrition consultancy Aptima Nutrition & Sports Consultants; Vivianna Wou, nutritionist and founder of health consultancy Food Advisory Group; and Vanessa McNamara, lead dietitian and founder of nutrition consultancy thetravellingdietitian.com.

  
ONE BOWL OF  
WHITE RICE =  
200 CALORIES

  
ONE  
TEASPOON OF  
SUGAR = 20  
CALORIES