



- No sugar-coating.
- Free of unnecessary additives.
- We use only quality ingredients from the freshest sources (nutrition data from Health Promotion Board Singapore and United States Department of Agriculture).
- Created with expert advice from Shape advisory panellists Jaclyn Reutens and Pooja Vig.
- Prices do not include gym membership and medical bills.



# WESTERN



## SHAPE'S RECOMMENDATIONS (APPROVED BY OUR PANEL)

### PRICE

#### Pasta Marinara (128g)

A good source of the antioxidant lycopene, which prevents cholesterol build-up in arteries.

#### Grilled Black Pepper Steak (122g)

This is only healthy if you choose lean cuts like sirloin. Too much saturated fat ups your risk of heart disease. But as part of a balanced diet, red meat can boost your stores of zinc, vitamin B12 and iron. You can always ask to replace the fries with roasted or steamed veggies.

#### Baked potato with a touch of salt (299g)

Have your spuds whole instead of mashed as copious amounts of butter are mixed in to give the latter its creamy texture. Get more fibre by eating the skin, and go easy on the sour cream and bacon bits (no more than a teaspoon of each).

111 kcal

+ Fat Tax (FT): 3.4g

+ Gross Sodium Tax (GST): 525mg

250 kcal

+ FT: 14g fat

+ GST: 271mg

278 kcal

+ FT: 0.4g

+ GST: 30mg



## SEASONAL SPECIALS (EAT THIS ONCE IN A BLUE MOON)

### PRICE

#### Salami (28g)

There are hardly any nutrients in this. With so much fat and sodium in such a small amount, even a little is too much.

119 kcal

+ FT: 10.4g

+ GST: 529mg

#### Pork Ribs (241g)

Eating this is like downing four and a half tablespoons of oil - way over your daily (53g) fat limit.

790 kcal

+ FT: 61.1g

+ GST: 125mg

#### French Fries (208g)

Blotting them with a napkin to cut the grease won't help - so don't bother. If you're really craving some, share this finger food with friends.

607 kcal

+ FT: 30g

+ GST: 653mg



This succulent hunk helps you build muscle.





Choose thosai  
over prata to  
save calories.



**SHAPE'S  
RECOMMENDATIONS**  
(APPROVED BY  
OUR PANEL)

**PRICE**

**Plain Thosai  
(45g)**

A slimmer alternative to prata, this pancake-like staple has less ghee (clarified butter). Pair it with dhal (lentil curry) which is high in cholesterol-lowering soluble fibre.

97 kcal  
+ FT: 2g  
+ GST: 264mg

**Chickpea  
Curry (253g)**

A great source of protein, iron, soluble fibre and zinc for vegetarians. But you'll need to scale back your fat and salt intake for the rest of the day.

305 kcal  
+ FT: 15g  
+ GST:  
1,206mg



**SEASONAL  
SPECIALS**  
(EAT THIS ONCE  
IN A BLUE MOON)

**PRICE**

**Mutton  
Murtabak (211g)**

These meat-stuffed pockets are especially unhealthy for those with hypertension or high levels of fat in the blood (hyperlipidemia).

373 kcal  
+ FT: 17g  
+ GST:  
1,365mg

**Mutton Dum  
Biryani (859g)**

So rich and salty that you shouldn't be eating even half of this monster.

1,142 kcal  
+ FT: 46g  
+ GST:  
1,400mg

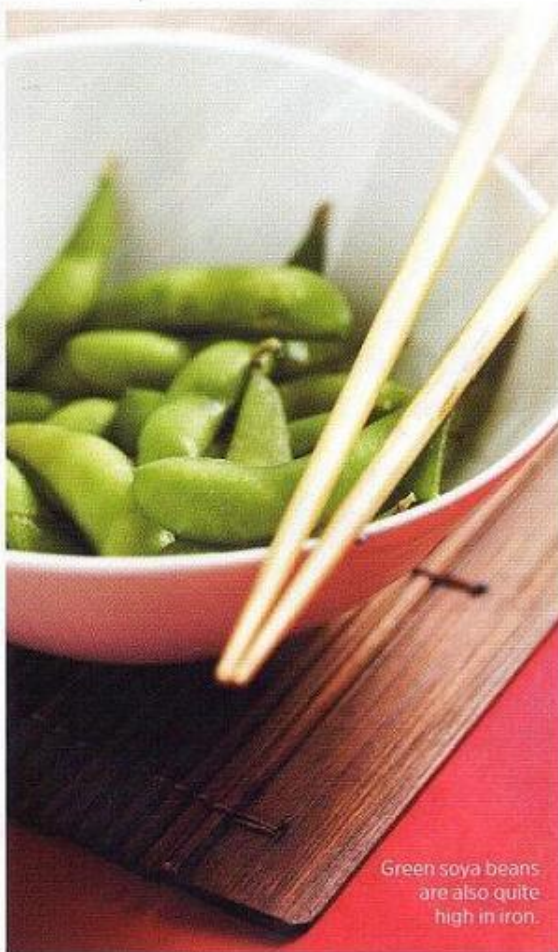
**Beef Rendang  
(859g)**

This is full of fat (mostly saturated - the worst kind) because it's made with coconut milk. Definitely not for those with diabetes and high blood cholesterol.

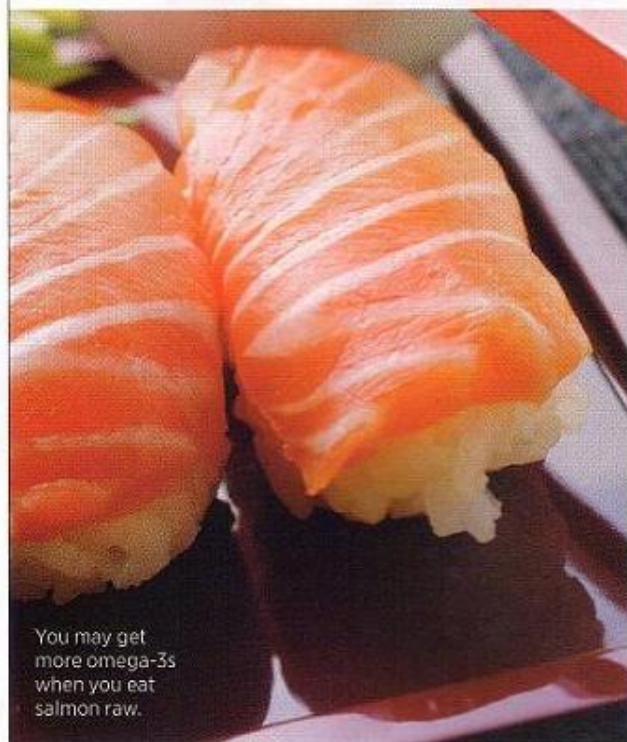
312 kcal  
+ FT: 20g  
+ GST:  
959mg



# JAPANESE



Green soya beans are also quite high in iron.



You may get more omega-3s when you eat salmon raw.



## SHAPE'S RECOMMENDATIONS (APPROVED BY OUR PANEL)

### PRICE

#### Edamame (155g)

Start your meal with these high-fibre pods – they'll fill you quickly so you're less likely to overeat. They're a good vegetarian source of omega-3 fatty acids too.

189 kcal  
+ FT: 8.1g  
+ GST: 9mg

#### Soba Noodles (114g)

Ranks low on the glycaemic index so your blood sugar levels won't spike and crash quickly. We've put the dipping sauce on the side to help you moderate your sodium intake.

113 kcal  
+ FT: 0.1g  
+ GST: 68mg

#### Salmon Sushi

(One piece)

For relatively few calories, these tasty morsels pack a good dose of omega-3 and protein. Add a smear of wasabi (Japanese scientists say horseradish helps prevent cancer).

59 kcal  
+ FT: 1g  
+ GST: 115mg



## SEASONAL SPECIALS (EAT THIS ONCE IN A BLUE MOON)

### PRICE

#### Mixed Tempura

(Eggplant, okra and prawn tempura – two pieces each)

Unless you've been good all day, avoid these fritters. There's plenty of grease in the batter.

113 kcal  
+ FT: 0.1g  
+ GST: 68mg

#### Teriyaki Chicken Don

(406g)

The sauce is high in sugar, which inflates the calorie count. You know why it's tender? The recipe calls for thigh meat, one of the fattiest parts of the bird.

113 kcal  
+ FT: 0.1g  
+ GST: 68mg

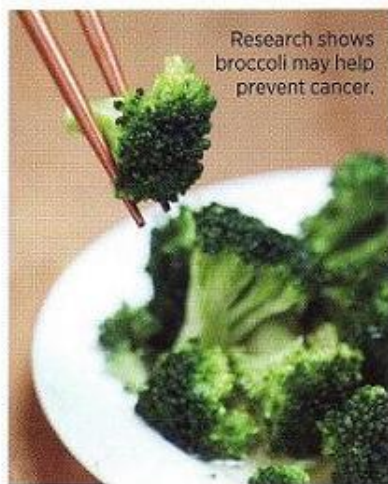
#### Futomaki Sushi Roll

(Per roll)

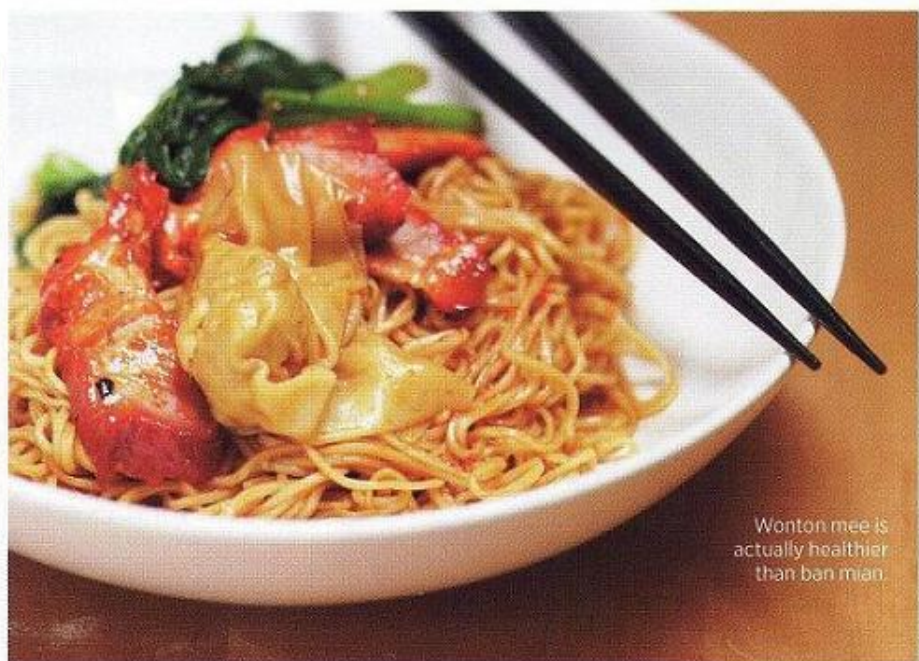
These rice rolls filled with crabstick, egg and radish come at a surprisingly salty cost. How about ordering salmon sushi instead?

113 kcal  
+ FT: 0.1g  
+ GST: 68mg





Research shows broccoli may help prevent cancer.



Wonton mee is actually healthier than ban mian.



**SHAPE'S  
RECOMMENDATIONS**  
(APPROVED BY  
OUR PANEL)

**PRICE**

**Wonton Noodles**

(Soup, 545g or dry, 330g)

With this, you get a mix of carbohydrates, protein, and nutrients like zinc, vitamin B12 and iron. Ask for more veggies and less lard. Don't slurp up all the soup – no matter how savoury it is!

(Soup) 290kcal  
+ FT: 5g  
+ GST: 1,804mg

(Dry) 411 kcal  
+ FT: 12g  
+ GST: 1,502mg

**Braised Soya Sauce  
Chicken (34g)**

A protein-rich dish that refuels you after exercise. We suggest you remove the skin where all the fat is hidden.

50 kcal  
+ FT: 3g  
+ GST: 144mg

**Steamed Pomfret  
(1 whole fish, 168g)**

This dish is so lean it contains less calories than a glass of low-fat milk – but almost twice the amount of protein. Ideal for weight-watchers.

114 kcal  
+ FT: 5g  
+ GST: 722mg

**Stir-Fried Broccoli  
(173g)**

Loaded with vitamins A, C and K, don't underestimate this simple, immunity-boosting dish.

98 kcal  
+ FT: 7g  
+ GST: 318mg

**Steamed Prawns (79g)**

These crustaceans are low-fat sources of essential minerals like zinc and potassium, which regulate numerous body functions. Unfortunately, they are also high in cholesterol so you can't have them every day.

100 kcal  
+ FT: 2g  
+ GST: 156mg



**SEASONAL  
SPECIALS**  
(EAT THIS ONCE  
IN A BLUE MOON)

**PRICE**

**Kang Kong Belacan  
(300g)**

Probably the worst way to eat your greens as the spicy paste is fried with lots of oil to bring out the chilli's flavour.

396 kcal  
+ FT: 31g  
+ GST:  
2,184mg

**Deep-Fried Baby  
Squid (221g)**

There's so much cholesterol (1,048mg) in this that you'll probably have to go on a raw veggie diet for four days to break even (the recommended daily limit is 300mg).

924 kcal  
+ FT: 61g  
+ GST:  
1,638mg

**Kung Po  
Chicken (165g)**

Truth is, the meat is deep-fried with the skin on, and refried with the sauce. You can hardly tell, but this sweet and spicy dish is really fatty.

363 kcal  
+ FT: 26g  
+ GST: 551mg

**Ban Mian Handmade  
Noodle Soup (528mg)**

You were wrong to think this is diet food. There's too much grease (minced meat) and way too much salt (the anchovies and broth) in it. In fact, the fat content in this is equal to that in a plate of fried chicken. The horror!

475 kcal  
+ FT: 22g  
+ GST:  
2,196mg