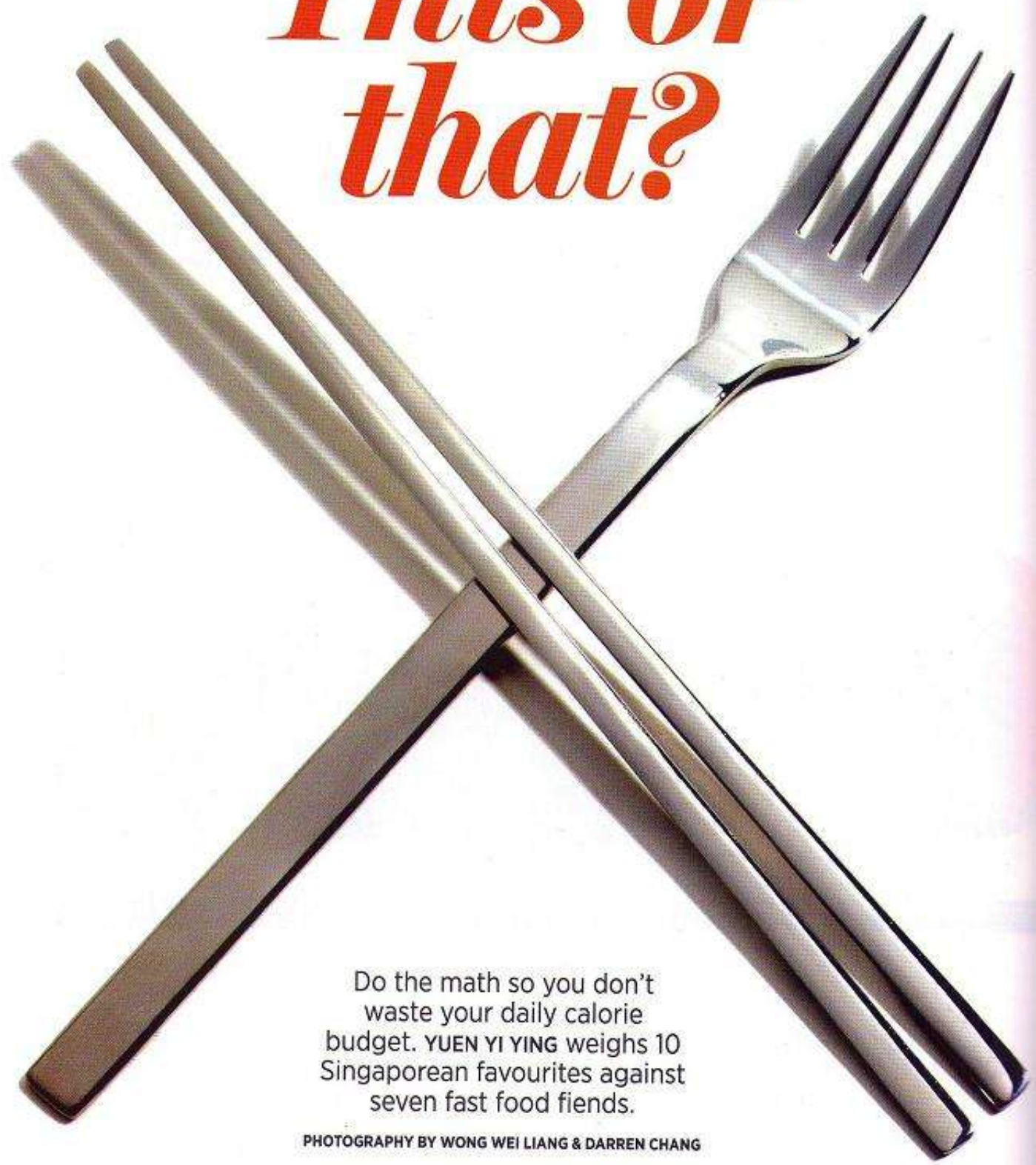


# *This or that?*



Do the math so you don't waste your daily calorie budget. YUEN YI YING weighs 10 Singaporean favourites against seven fast food fiends.

PHOTOGRAPHY BY WONG WEI LIANG & DARREN CHANG





For the average woman with a daily 1,600 calorie limit, every mouthful of food must count. (We bet you didn't know a bowl of fried fish bee hoon soup packs 730 calories – nearly half your allowance!) To make things easier for you, we've done the number crunching – and asked Shape advisory board panellist, Jaclyn Reutens, for additional nutritional insight.

## FAST FOOD FIENDS



**Pizza** (78g) Topped with ground beef, sausages, various hams, capsicums, olives, mushrooms, onions, and pineapple chunks.  
• 195kcal, 8g fat



**Fish burger** (135g) Bun, fried fish fillet, cheese, and tartar sauce.  
• 350kcal, 15g fat



**Fried chicken drumstick** (86g)  
• 212kcal, 13g fat



**Small packet of fries** (80g)  
• 239kcal, 12g fat



**Cola** (453.6g)  
• 153kcal, 0g fat



**10 candy-coated chocolate buttons** (7g)  
• 35kcal, 1.5g fat



**Soft-serve ice cream cone** (85g)  
• 140kcal, 4g fat

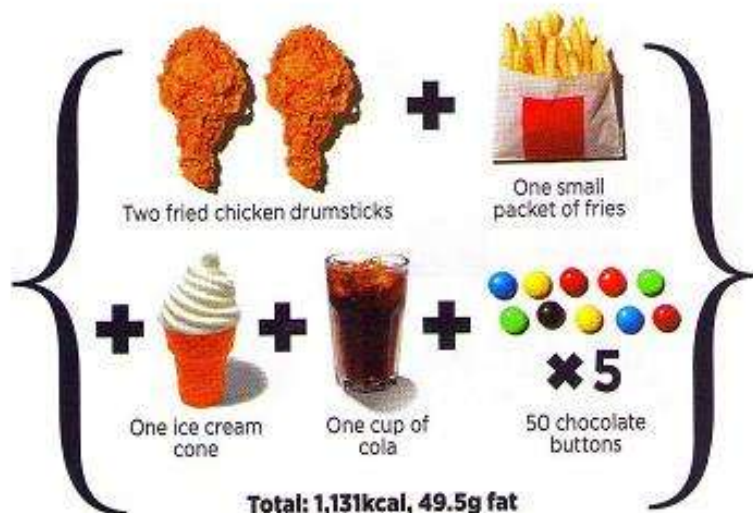
\* Nutritional values obtained from Health Promotion Board Singapore.



**One plate of chilli crab (1.6kg)**

(CRAB COOKED IN A SWEET CHILLI GRAVY)

**1,128kcal, 68g fat**



### THE DIETITIAN SAYS

While the calorie content is extremely high for the chilli crab, most of it comes from the gravy. Crabmeat on its own is lower in calories than the chicken, ice cream, candy, and cola put together.

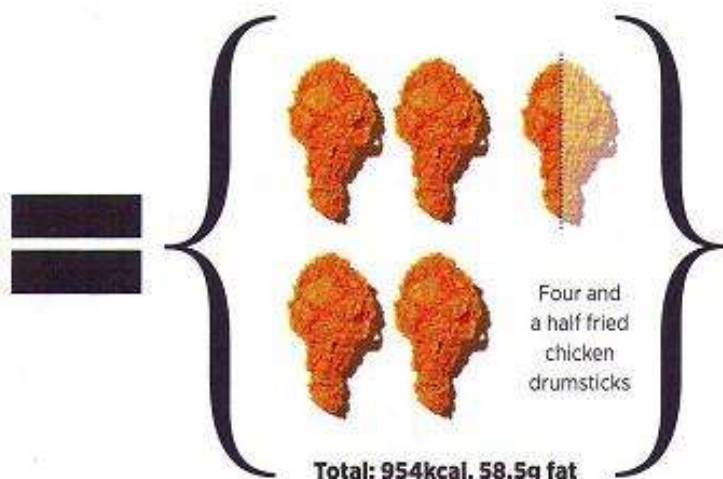




**One bowl of chicken curry (706g)**

(CHICKEN AND POTATOES COOKED  
WITH CURRY PASTE AND COCONUT MILK)

**967kcal, 62g fat**



**THE DIETITIAN SAYS**

Chicken curry contains carbohydrates from the potatoes, protein from the chicken, and maybe even fibre (if vegetables are added). This makes it a more complete meal than fried chicken drumsticks.



**One bowl of duck porridge (573g)**

(BOILED RICE WITH BONELESS DUCK AND SOYA SAUCE)

**596kcal, 17g fat**



**THE DIETITIAN SAYS**

Duck porridge contains better quality protein than pizza, which typically uses processed meat. It's also much lower in total fat. To further reduce the fat content, remove the skin from the duck.

**One plate of seafood yee mee (685g)**

(EGG NOODLES BOILED WITH MIXED SEAFOOD AND VEGETABLES)

**1,007kcal, 61g fat**



**THE DIETITIAN SAYS**

In terms of fat, the noodles fall when compared to the burger and fries. However, it contains more fibre and protein.





**One plate of  
chicken roti  
john (252.5g)**  
(BREAD FRIED WITH EGG,  
MEAT, AND ONIONS)  
**721kcal, 35g fat**



**THE DIETITIAN SAYS**

Eating roti john may help you feel full for longer because it contains more starchy carbohydrates than the fast food meal. The high sugar content of the latter may also leave you craving for sweet food after two hours.



**One plate of  
egg fu yung  
(256g)**  
(EGG OMELETTE WITH  
VEGETABLES AND  
PRAWNS)  
**660kcal, 58g fat**

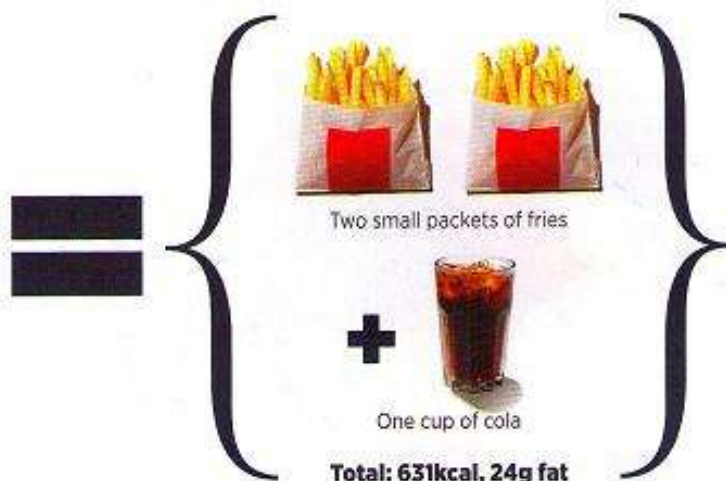


**THE DIETITIAN SAYS**

Compared to the egg omelette, pizza has less cholesterol and about half the fat content. It's also more balanced in terms of carbs, protein, and fibre.



**One plate of mee siam (655g)**  
(THIN RICE NOODLES SERVED IN A TANGY SAUCE WITH  
FRIED BEAN CURDS, HARD-BOILED EGG,  
AND BEANSPROUTS)  
**694kcal, 24g fat**



**THE DIETITIAN SAYS**

Mee siam is a more complete meal than fries and cola. It has fibre from the bean sprouts, as well as carbohydrates and protein. The fast food has only carbs (lots of it from sugar) and fat.





**One plate of rojak (315g)**

(CHOPPED FRUITS AND VEGETABLES IN SWEET PRAWN PASTE)

**559kcal, 25g fat**



**THE DIETITIAN SAYS**

Go for rojak. It has fibre, vitamin C from the pineapple, and protein from the tau pok (fried bean curd).

**One bowl of fried fish bee hoon soup (785g)**

(FRIED FISH SLICES, VEGETABLES, AND THICK RICE NOODLES IN A MILKY BROTH)

**730kcal, 28g fat**



**THE DIETITIAN SAYS**

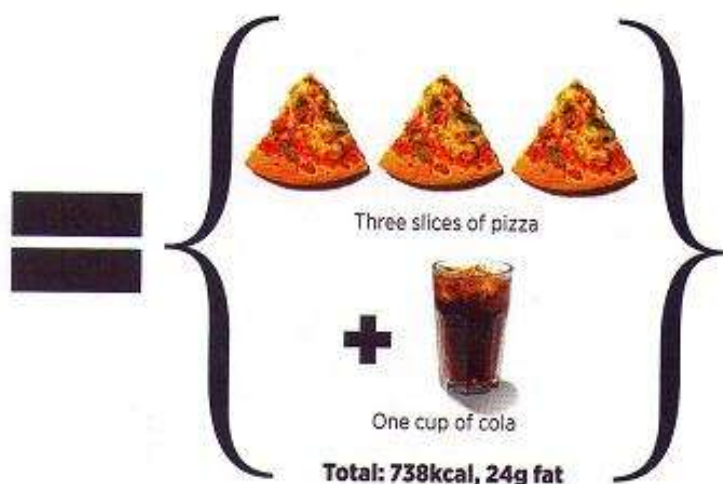
The processed fillet used in the burger tends to be made with flour, additives, binders, and very little fish meat. At least the bee hoon dish uses whole fish slices.



**One plate of mutton nasi biryani (505g)**

(SPICED BASMATI RICE WITH MUTTON IN SPICY SAUCE)

**752kcal, 25g fat**



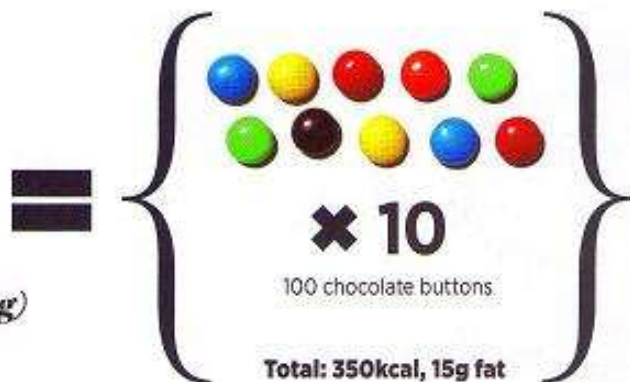
**THE DIETITIAN SAYS**

Compared to biryani, pizza has more fibre from the toppings, and has a lower fat, cholesterol, and calorie content.





**One char siu pau (120g)**  
(STEAMED PORK BUN)  
363kcal, 15g fat



**THE DIETITIAN SAYS**

The chocolate buttons will give you more hunger pangs throughout the day because it causes a steep rise in your blood sugar levels, followed by a sudden dip.



**Two pieces of fried vegetable samosa (68g each)**  
(MIXED VEGETABLES WRAPPED IN DOUGH AND FRIED)  
412kcal, 22g fat



**THE DIETITIAN SAYS**

Unlike ice cream, samosa contains fibre.



**One bowl of pulut hitam (418g)**  
(BOILED BLACK GLUTINOUS RICE TOPPED WITH COCONUT MILK)  
397kcal, 11g fat



**THE DIETITIAN SAYS**

Unpolished rice has a higher fibre content than the chocolate buttons (which has zero). To reduce the fat content of pulut hitam, reduce or eliminate the coconut milk.



**One bowl of chendol (368g)**  
(JELLIES AND RED BEANS IN SWEETENED COCONUT MILK)  
386kcal, 15g fat



**THE DIETITIAN SAYS**

Both are high in sugar and fat. The ice cream has more calcium though.