

CLEAN EATING MADE EASY

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Food delivery services are offering a lot more healthier choices than you think. And, no, it's not just leaves and bland peas.

You may be familiar with this scenario: Guy wants to watch his weight but is either too lazy to grab a proper meal, or frowns at the thought of queuing at a bustling salad bar. The back-up plan? Food delivery services, which have grown in popularity over the years. But herein lies the danger: There are thousands of food vendors to choose from, and often, healthy dishes tend to slip by the wayside.

A portion of quinoa and cherry tomatoes over piping hot fried chicken? A hungry dude will toss aside the former. The idea of clean eating can actually put off some people, simply due to a perception that it is not an enjoyable and easy process. "How can healthy foods be tasty? What if I don't feel full?" There are not many options to choose from anyway.

MORE CHOICES

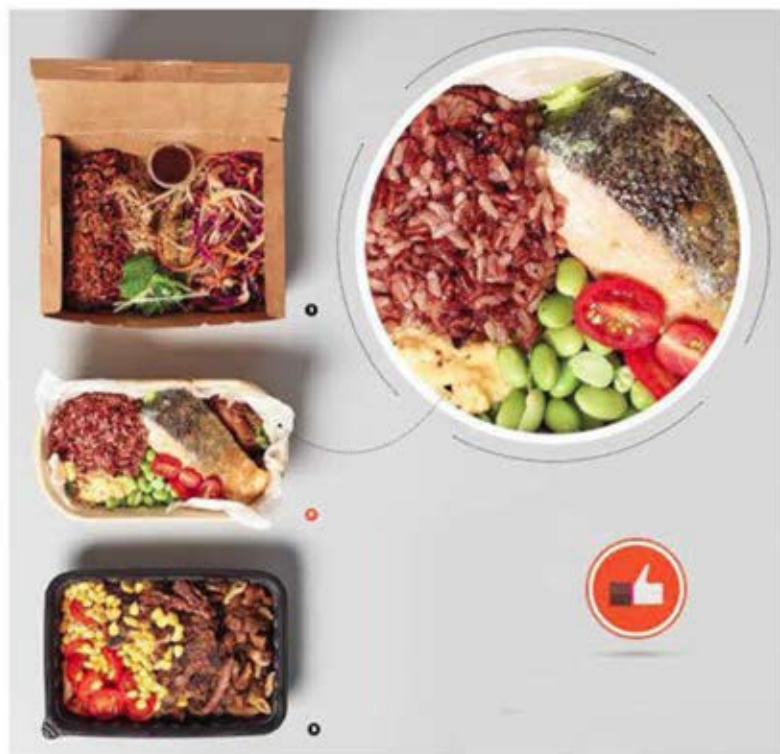
The truth is, the variety of healthy choices one can order to his doorstep is increasing rapidly. That's because such foods – salads, for example – are no longer basic bowls of raw vegetables plied with olive oil. "They can be really tasty," said Victoria Cheng, food writer and founder of Gastronommy.com. "People think salads are just lettuce and tomatoes, but what's important is the produce that goes into it. They provide an array of colours, and fresh ingredients can taste really good on its own."

One other reason is location, or rather the limitation of having a brick and mortar store. "There's certainly a demand for choices like salads," said Jaclyn Reutens, a dietician from Aptima Nutrition and Sports Consultants. "And if you realise, most are actually centralised in the Central Business District, largely to cater to the demographic working there."

Since such salad joints could be situated far away from customers who reside in other areas, food delivery services are vital in bridging the distance. Eventually, it's down to making a decision: What should you get? In a bid to ease your dilemma, we have ordered the healthiest dishes from Foodpanda and Deliveroo, two of the largest food delivery services in Singapore.

Jaclyn and Victoria were then invited to sample and rate each dish based on nutritional value as well as taste respectively. From bento sets and salads to sushi rolls and sandwiches, you'll be spoilt for choice on what to sink your teeth into.

VIDEO Watch Jaclyn and Victoria give their full verdict on the best healthy dishes you can order. Download *Men's Health Singapore* now on *Magzter*.



In terms of nutritional value, Jaclyn liked how complete the miso salmon and teriyaki chicken bento is, since the generous portion sizes of both the fish and meat would render it a high-protein meal. “The brown rice is high in iron and B vitamins as well, and overall the meal is low in fat,” Jaclyn said. Taste-wise, Victoria liked the good texture of the salmon, which was “really well-cooked.”

ALL-IN-ONE MEALS

WHAT WE ORDERED:

1 The Beebop

WHERE Grain Traders.

DELIVERY SERVICE Deliveroo.

2 Miso Salmon and Teriyaki Chicken Bento

WHERE Lean Bento.

DELIVERY SERVICE Deliveroo.

3 Ribeye Steak

WHERE The Daily Cut.

DELIVERY SERVICE Deliveroo.



Eelin' Happy

Ingredients: Mixed veggie base, grilled unagi (eel), smoked salmon, yuzu honey vinaigrette dressing, edamame beans, sweet corn, shredded carrot, kani stick (crab stick), ebiko (prawn roe), boiled egg, spring onion.

Nutritional Value: 331 calories, 16g protein, 21g fat, 12g carbohydrate.

How Much: \$11.90.

Jaclyn was impressed by the high nutritional content of the salmon salad from Snatch. "If you're looking for a high-protein salad, this will do the trick," she said. "You have protein from your salmon, kidney beans and chickpeas. The latter two offer soluble fibre, which is good for lowering your cholesterol level."

In terms of taste, Eelin' Happy – an unagibased salad from Maki-San – was rated highly by Victoria. "As far as salads go, this is more interesting," she said. "The smoked salmon is generous and not overly salty. There's more flavour for this one." As for Jaclyn, her only gripe was the inclusion of the "highly processed" crab stick in the dish.

SOUPS AND SALADS

WHAT WE ORDERED:

1 Premium Tokyo Chicken Stew

- **WHERE** The Soup Spoon.
- **DELIVERY SERVICE** Foodpanda.

2 Eelin' Happy

- **WHERE** Maki-San.
- **DELIVERY SERVICE** Foodpanda.

3 Omega 3 Baby!

- **WHERE** Salad Stop.
- **DELIVERY SERVICE** Deliveroo.

4 Salmonlicious

- **WHERE** Swag Salad Bar
- **DELIVERY SERVICE** Deliveroo

5 Oven Baked Salmon Hot Salad

- **WHERE** Kraftwich by Swiss Bake.
- **DELIVERY SERVICE** Foodpanda.

6 Grilled Chicken Low GI

- **WHERE** Sumo Salad.
- **DELIVERY SERVICE** Foodpanda.

7 Salmon Salad



Salmon Salad

Ingredients: Grilled salmon, baby spinach, cherry tomato, kidney beans, cucumber, chickpeas, balsamic vinaigrette.

Nutritional Value: 877 calories, 57g protein, 38g fat, 82g carbohydrate.

How Much: From \$12.



Mega San D.I.Y Sushi

Ingredients: Nori seaweed, healthy brown rice, avocado, ebiko, shredded carrot, shredded cucumber, tamagoyaki, bonito, smoked Salmon, Japanese mayo.

Nutritional Value: 374 calories, 12g protein, 21g fat, 35g carbohydrate.

How Much: From \$9.90.

In this category, sushi rolls seem to be popular as a healthy and tasty go-to option. But be wary. “Sushi can be unhealthy if too much mayonnaise is used or you dip it in too much soya sauce,” Jaclyn said. “Apart from that, it usually contains ingredients that are raw and fresh, which makes it healthier.”

Both Jaclyn and Victoria picked Maki-San’s D.I.Y sushi as their favourite, while the Vegetarian Sunshine Pizza Roll (right) stood out as a unique combination due to the presence of cheese wrapped in wholemeal flatbread, paired with truffle-infused edamame. “You get enough carbs and vegetables from Maki-San’s sushi, as well as protein from the salmon and egg,” Jaclyn said.

“They are also generous with the cucumber, which is high in vitamin K.” Victoria agreed, as she enjoyed the little sparks of flavour that went with each bite. “I like the bonito flakes, which add some umami to something that can seem ordinary,” she said. “The cucumber adds a little crunch as well.”



Vegetarian Sunshine Pizza Roll

Ingredients: Truffle-infused edamame, roasted spiced chickpeas, wholemeal flatbread, Mesclun salad, homemade air-fried Tater Tots.

Nutritional Value: 232 calories, 14g protein, 17.2g fat, 26.4g carbohydrate.

How Much: \$10.95.

ROLLS AND WRAPS

WHAT WE ORDERED:

1 Tuna Salad Roll

- **WHERE** Seoul Roll.
- **DELIVERY SERVICE** Foodpanda.

2 Mega San D.I.Y Sushi

- **WHERE** Maki-San.
- **DELIVERY SERVICE** Foodpanda.

3 Vegetarian Sunshine Pizza Roll

- **WHERE** Lean Bento.
- **DELIVERY SERVICE** Deliveroo.

4 Turkey Sub

- **WHERE** Subway.
- **DELIVERY SERVICE** Foodpanda.