

# CNY game plan

*The best tips for enjoying  
festive feasting!*

## HOW TO EAT SMARTER

● Scrutinise the goodies carefully, says Jaclyn Reutens, the clinical dietitian at Aptima Nutrition & Sports Consultants. "Eat only what you think is appetising and limit yourself to no more than five small bites a day." Also, avoid sugary desserts like bubor cha cha and cheng tng. "They tend to be highly sweetened and make you crave more sugary foods," she warns.

● Whether it's a breakfast, lunch or dinner feast, Jaclyn recommends that you "take a small serving of everything and do not go back for second helpings. This lets you sample all the goodies without feeling deprived or guilty."

● If your friends or family are having steamboat, go for the fresh ingredients instead of processed foods, and don't slurp up all the soup, which is usually high in sodium, oil and fat.

## HOW TO DRINK WISER

● "Limit your intake of sugary drinks to less than two servings for the whole day," says Jaclyn. "One serving is 200ml [a little less than one packet drink that's 250ml]. Better still, try and avoid them altogether. These drinks contain unnecessary calories and give you a sugar rush."

● Jaclyn advises: "Ask for plain water where possible to avoid liquid calories from saccharine drinks." Alternatively, flavoured sparkling water is a little more interesting and won't leave you feeling deprived. Or bring your own in case your hosts don't offer unsweetened drinks.

● Limit alcoholic beverages to no more than two glasses a day, says Jaclyn. Her tip? It's best to only start drinking after dinner. "That cuts down your time to drink. If you start earlier in the day, it's likely that you will end up drinking more than two servings."

## How many calories do these goodies have?

### Bak kwa

(One piece, 57g)

229 calories, 8g fat, 24g sugar,  
15g protein

### Pineapple tarts

(Two pieces, 40g)

163 calories, 7g fat, 12g sugar

### Love letters

(Four rolls, 52g)

224 calories, 6g fat, 19g sugar

### Shrimp rolls

(10 pieces, 45g)

227 calories, 14g fat

### Kuih bangkit

(Six pieces, 36g)

137 calories, 4g fat, 8g sugar

### Beehive cookies

(Three pieces, 30g)

150 calories, 7g fat, 9g sugar

### Nian gao

(One slice, 106g)

245 calories, 0.5g fat, 37g sugar

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