



# *Under the sea*

The good, the fat and the salty on Singapore's "shio-est" seafood dishes.



Singapore Food Festival returns for the 19th year this July with a seafood theme – and we're not going to tell you to abstain! But, you should be aware of what you're putting in your mouth – and know just when to stop. With the help of Jaclyn Reutens, *Shape's* advisory board panellist and dietitian, we've ranked five fatty local faves from (ahem) bad to worst.

## **#1 SAMBAL STINGRAY**

**Stop at** *One palm (100g)*

**Contains** 100kcal, 16g protein, 3.7g fat, 503mg sodium, 82mg cholesterol

You often eat this on the side, so by having a palm-sized portion, you will only be consuming about 100kcal, leaving space for other dishes. It's also high in protein and relatively low in saturated fat compared to the others here. However, it's the highest in sodium, so scrape off the chilli paste to take in less.

## **#2 CHILLI CRAB**

**Stop at** *A pincer and two legs (90 to 100g)*

**Contains** 67kcal, 5.4g protein, 4.1g fat, 255mg sodium, 70mg cholesterol

Target the legs first! The more time you spend on tweezing the meat from them, the less time you will have for eating. Watch out for the fried man tou – two small buns add 179kcal – and that's not counting the extra starch, fat, sugar, and salt from the delicious gravy you're drenching them in.



### #3 CEREAL PRAWNS

**Stop at** *Two pieces (200g)*

**Contains** 330kcal, 34.8g protein, 14g fat, 1972mg sodium, 286mg cholesterol

Don't be fooled – "cereal" doesn't make the dish less evil. In fact, the oats are often mixed with sugar and then fried with butter to give this dish its wonderful aroma. The redeeming factor? Prawns are rich in quality protein. Just don't gobble up all the cereal.

### #4 OYSTER OMELETTE (ORLUAK)

**Stop at** *A quarter of a plate (63g)*

**Contains** 161kcal, 4.5g protein, 12g fat, 187mg sodium, 89mg cholesterol

We know it's difficult to stop once you start, but here's the cold, hard truth: Apart from the 1.5mg of iron you get from the oysters and a bit of protein from the eggs, the rest of the dish is mainly made up of starch, which soaks up the fat and salty fish sauce.

AND THE  
WORST  
IS...

### #5 DEEP-FRIED YOU TIAO STUFFED WITH SQUID PASTE

**Stop at** *Two pieces (32g)*

**Contains** 98kcal, 3.2g protein, 6g fat, 226mg sodium, 13.6mg cholesterol

It appears to have only about 50 calories a piece, but half of these are from fat, so cap your intake at two. This little devil is mostly dough, so much of what you consume are empty calories. Gram for gram, it also constitutes the greatest amount of total and saturated fat – and the least nutrients. Skip the mayonnaise; two tablespoons contain one and a half times more fat than two fritters!

### In a seashell...

If not for the addition of oil and other unhealthy condiments, seafood is a good source of high-quality protein, iron, potassium, iodine, B vitamins and omega-3 fatty acids. It's also naturally low in saturated fat. However, those suffering from high cholesterol and gout should be extra careful in exercising portion control as seafood contains cholesterol and purines, adds Jaclyn.

