



K-Bytes

Bite-Size Info You Can Digest



e-Donation



About Us



e-Newsletter
Subscription



Volunteer
Sign Up



Health Tips



Facebook



Talk to Us

Knowing What's Good in Goodies

Before you reach for your next pineapple tart or 'bak kwa' (barbecued meat), do you really know what you are eating?

As born and bred Singaporeans, what we often look forward to during the Lunar New Year is not only the red packets, but also the snacks commonly associated with this festival. For this issue of K-Bytes, we would like to share useful bits of information on the nutritional values of five goodies before you indulge yourself this festive season.



<http://www.flickr.com/photos/25802865@N08/6722904263/sizes/l/>

1. Bak Kwa, Pork

What draws the snaking queues in Chinatown for this delicacy is not just the aroma that fills the air, but also the fact that this thinly sliced pork has become one of the hallmarks of the Lunar New Year. Bak Kwa is prepared with spices, sugar and sauces that can be high in calories, sodium and sugar. Too much of it can contribute to weight gain and increase risk of hypertension. Go easy on these.

One slice (57g)	Fat	Sugar	Calories
	7.8g	24.5g	229



<http://www.flickr.com/photos/gottahavemunkey/83921045/sizes/o/>

2. Pineapple Tarts

Pineapples are said to represent prosperity in certain dialects, and eating this treat during the festive season would bring prosperity to the individual. This is also one of those snacks where you can't just stop at one. The key ingredients include pineapple paste, flour, eggs and sugar – consuming this in excess will lead to weight gain. However, do check out for healthier alternatives in the market with the option of reduced sugar.

Two pieces (40g)	Fat	Sugar	Calories
	8g	12g	164



http://www.flickr.com/photos/giovannij-s_photohut/396059375/sizes//

3. Yu Sheng

The tossing of this dish into the air with chopsticks while saying auspicious wishes out loud is a tradition that is believed to reflect the height of the diner's growth in fortunes.¹

Some call it the 'Chinese Salad' with its radish shreds and pomelo slices, and is usually served as an appetiser before meals. Despite its healthy looking exterior, the crackers and sauces contain quite a few calories that should be avoided.

Two pieces (40g)	Fat	Sugar	Calories
	42.6g	15.5g	561

¹ <http://blog.malaysia-asia.my/2012/01/chinese-new-year-in-malaysia.html>



http://commons.wikimedia.org/wiki/File:Love_Letters.JPG

4. Love Letters

These crisp delights that originated from the Peranakans, more commonly known as love letters or Kueh Kapek, is feather-light but is still weighty when it comes to its fat content. The ingredients such as flour, coconut milk, sugar and egg, makes the love letters high in calories, fat; unsaturated fat and sugar, and can contribute to the risk of cardiovascular diseases and weight gain.

Two pieces (40g)	Fat	Sugar	Calories
	2.1g	9.9g	112



5. Shrimp Rolls

Singaporeans love the spice in their food. Shrimp rolls are made of dried shrimp, dried chillies, shallots, garlic, oil, salt, sugar, spring roll skins and eggs. Commercially prepared shrimp rolls are typically deep fried in palm oil, which is high in saturated fat. These fragrant rolls should be eaten sparingly because they are high in calories, sodium and saturated fat.

Two pieces (40g)	Fat	Sugar	Calories
	14g	2g	228

These five snacks can still be enjoyed during the festive season, but do remember to eat them in moderation, and include exercise as part of your itinerary this Lunar New Year.

All of us at KDF would hereby like to wish you a healthy and prosperous new year!

Chinese Almond Snack

Here's a recipe from our Eating Right Recipe Book for the Lunar New Year!

Ingredients:

- 1 cup margarine, softened
- 1 cup sugar
- 1 egg
- 3 cups flour
- 1 tsp baking soda
- ¼ tsp almond extract

Method:

1. In a medium mixing bowl, cream the margarine and sugar.
2. Add the egg to the mixture and beat well.
3. Sift dry ingredients and add it to the creamed mixture.
4. Add almond extract to the mixture and mix well.
5. Roll the dough into balls about ¾ inch in diameter.
6. Prick a small hole in the middle of each cookie.
7. Bake at 100°C for 10 to 12 minutes until cookies are golden brown around edges.

**If you would like to purchase our Eating Right Recipe Book, please email us at enquiries@kdf.org.sg or call 6559 2630.*

This article is meant for informational purposes only and cannot replace professional surgical, medical or health advice, examination, diagnosis or treatment.

Credits:

Chia Hui Jun, 3 Feb 2011, Mind Your Body; The Straits Times