

# GR8 DELIGHTS!

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**We live in a food paradise, and there is no escaping the lure of wanton hawker delights. But seriously, who's complaining? You can't always have your carrot cake and eat it, but knowing what goes inside that plate of oyster omelette and mee rebus can help you cut down on the unwanted calories, and salt and sugar intake. We look at 8 scrumptious hawker favourites that you can even try making at home!**

## Oyster Omelette

A mixture of cornstarch (two to three tablespoons) and beaten eggs with salt is scrambled and five to six oysters are added near the end of the cooking. One serving (253g) of oyster omelette provides 645kcal, 354mg of cholesterol, 746mg of sodium! Your daily cholesterol intake should be less than 300mg.

This simple, skillet-food is easy to prepare at home. You only need three eggs, scrambled, eight to 10 oysters and a tablespoon of olive/sunflower/corn oil. No corn starch. Beware: one tablespoon of corn starch yields 30 calories! To make it kid-friendly, you can add cheese or milk to the scrambled egg for fluffiness and mushroom for flavour. Add the oysters, cook for two minutes and garnish with scallions! This healthy and colourful dish can be shared by three.



## Chinese Rojak

One serving of this salad with cut pineapple, cucumbers, turnip, bean sprouts and dough fritters (you tiao) and tossed with sauce made of chilli, red ginger plant bud, tamarind, lime, lime peel provides 559kcal and 857mg of sodium. Share this among three to four people to minimise the sodium intake.

Chinese rojak is easy to prepare at home. You can always avoid or reduce the sweet apple sauce and hot chilly sauce and add more of your favourite fruits and vegetables!



## Satay

It is the turmeric that gives satay its yellow colouring and mild flavour. One satay stick (about 10 to 11gm of beef/chicken/mutton) is worth 24/24/31kcal and 23/26/32mg of sodium respectively. It is wise not to eat more than three satay sticks. It is easy to make satay at home with your favourite meat and marinades. This way, you can manage the amount of sugar and salt.



## Char Kway Teow

You get 744kcal and 1,459mg of sodium from one serving of this stir-fried dish. That's a lot of sodium and a lot of calories! Best shared among loved ones.

This is another skillet-food that can be made at home in a few minutes with less oil and more vegetables. You can add salt instead of soy sauce if you prefer a paler version.



## Fried Hokkien Mee

While dining out, ask for more chives and sprouts to this prawn broth noodle dish. One serving of 442g gives 522kcal and 1,423mg sodium.

The sodium is more than 50% of the daily recommendation! So, it is wise to share the dish. An average healthy adult needs no more than 2000mg of sodium per day; 400mg of sodium sounds pretty decent and definitely much healthier for one meal.



## Nasi Lemak

This is a hot favourite among Malays, Chinese and Indians. The Malay version is offered with fried ikan bilis (fried anchovies) and nuts, fried fish and cucumber. The Chinese version is often served with fried chicken drumstick, fish cake and vegetable curry. Both versions are usually accompanied by hot chilli sambal.

You can easily get 474 kcal and 430mg of sodium from a single serving of 250g! Nasi lemak is an easy rice dish to make at home. You can use less coconut milk and add more vegetables like long beans or string beans. Homemade achar (cucumber, carrot, pineapple, etc) is another wonderful, colourful addition to nasi lemak.

## Roti Prata

This 'flying bread' is usually eaten with dalcha (a lentil curry) or fish/chicken curry. A plain prata is packed with 209kcal and 386mg of sodium while an egg/onion prata has 288/304kcal, 175/210 mg of cholesterol and 363/429mg of sodium.



My friend makes prata at home, so she can always control the type and amount of oil used while flattening the bread. She adds mushroom, scallions and cheese to the prata for flavour. So can you!

## Mee Rebus

The most crucial component of this Malay dish is the gravy that is made from a rich stock of dried shrimp and fermented soy bean (tau cheo), and garnished with boiled egg, beansprouts, Chinese celery, green chilli and fried shallot plus a squeeze of calamansi for that extra something.

Mee rebus in general is loaded with sodium, found mainly in the gravy. One serving of mee rebus with gravy gives 571kcal, 206mg of cholesterol and 2,164mg of sodium. One serving of mee rebus without gravy gives 474kcal, 204mg of cholesterol and 1,896mg of sodium. You can make the sauce at home, with less sugar and spice.



**Your daily cholesterol intake should be less than 300mg.**

**An average healthy adult needs no more than 2000mg of sodium per day.**

**400mg of sodium per meal is pretty decent.**