

BREAKFAST AT THE CENTRE

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We are spoilt for choice whenever we go to the food centre but choosing the right meal to start off the day can be tricky when the fare before you at the stalls is heavy on the grease and starch.

Lest you decide to skip breakfast, DON'T! Here's why.

- Skipping breakfast may increase the risk of Type 2 diabetes.
- It improves the cognitive function, and helps to maintain your weight.
- It gets you moving. People who eat breakfast are more physically active during the morning as it provides your body and brain with fuel after an overnight fast.
- Breakfast reduces the risk of obesity, high blood pressure, diabetes and heart disease.

HOW MUCH TO EAT?

A normal healthy person requires roughly around 1800 to 2000kcal per day (45-65% from carbohydrates, 10-35% from protein and 20-35% from fat).

The total calories should be spread all throughout the day including snacks. Breakfast, lunch, dinner should be around 500 calories each and 100 to 150 kcal during snack time (mid-morning, tea time and supper).

WHAT TO EAT?

You should always eat a healthy breakfast.

Pick two to three foods from the following list:

Bread and grain (cereals, toast)
Oats porridge, chicken or fish porridge
Milk and milk products (low-fat milk/yoghurt)
Banana, apple, orange, kiwi.

Egg is a good protein choice for breakfast. It is a complete protein with all the essential amino acids. Grilled chicken is also a good breakfast choice. Quinoa and soybean are also considered as complete protein.



If your breakfast dish lacks fibre, just grab a fruit to balance it up. The fruit not only keeps you full, but the Vitamin C in the fruit will also help you absorb the iron from the egg and other vegetarian protein sources.

You should also consider the amount of sodium in the food. The recommended amount of salt per day is 1 teaspoon/5g (2300mg sodium). It is wise to spread the sodium too, throughout the day.

WATCH OUT FOR FOODS HIGH IN SALT AND CALORIES...

TAUHU GORENG
(1 SERVING, 403g)
Energy 769 kcal
Carbohydrate 58g
Protein 35g
Total fat 43g
Saturated fat 17g
Sodium 4094mg



While soups are healthier than fried foods, drinking them is not. Leave the soup as sodium content is relatively high.

References:
www.hpb.gov.sg
<http://www.mrbean.com.sg/>
www.caloriecount.com

Here are some healthier breakfast choices in your neighbourhood food centres you can go for.



FRIED BEE HOON
(1 PLATE, 199g)
Energy 250 kcal
Carbohydrate 46g
Protein 6g
Total fat 5g
Saturated fat 2g
Fibre 3g
Sodium 819mg

STEAMED YAM CAKE
(1 PIECE, 133g)
Energy 192 kcal
Carbohydrate 37g
Protein 3g
Total fat 3g
Fibre 1g
Cholesterol 2.6mg
Sodium 579mg



TOAST (2 SLICES WHOLEMEAL, 50g) WITH ONE EGG (BOILED/POACHED, 50g)
Energy 216 kcal
Carbohydrate 24.15g
Protein 11g
Total fat 6.8g
Saturated fat 1.7g
Fibre 4g
Cholesterol 214mg
Sodium 326mg



SLICED FISH BEE HOON SOUP
(1 BOWL)
Energy 349 kcal
Carbohydrate 48g
Protein 22g
Total fat 7.6g
Fibre 3.3g
Cholesterol 28mg
Sodium 1413mg



CHEE CHEONG FUN, PLAIN WITH SAUCE
(1 PIECE, 101g)
Energy 133kcal
Carbohydrate 26g
Protein 2.5g
Total fat 2.2g
Saturated fat 1g
Fibre 1.22g
Sodium 271mg



DOSAI (1SERVING, 80g)
Energy 87 kcal
Carbohydrate 8g
Protein 2.5g
Total fat 0.4g
Fibre 1.7g
Sodium 235mg

TAU HUAY
(1 BOWL, 285g)
Energy 184 kcal
Carbohydrate 28g
Protein 2g
Total fat 4.5g
Saturated fat 0.7g
Sugar 28g
Sodium 4g



WANTON NOODLE SOUP
(1 BOWL, 545g)
Energy 290 kcal
Carbohydrate 41g
Protein 19g
Total fat 4.9 g
Fibre 1.6g
Cholesterol 11mg
Sodium 1803mg



PEANUT PORK PORRIDGE
(1 BOWL, 291g)
Energy 211 kcal
Carbohydrate 19g
Protein 12g
Total fat 9g
Fibre 1g
Cholesterol 22mg
Sodium 385mg