

# FOOD CALORIE CHART

## HOW MANY CALORIES HAVE YOU EATEN?



Food	Portion	Calories
<b>Mee Rebus</b>	1 plate	558kcal
<b>Mee Siam</b>	1 plate	519kcal
<b>Mee Soto</b>	1 bowl	432kcal
<b>Mee Goreng</b>	1 plate	660kcal
<b>Noodles with Minced Pork &amp; Mushroom (Dry)</b>	1 bowl	511kcal
<b>Ban Mian (with egg, meat &amp; vegetables)</b>	1 bowl	475kcal
<b>Fried Kway Teow (with cockles)</b>	1 plate	743kcal
<b>Hor Fun</b>	1 plate	708kcal
<b>Laksa</b>	1 bowl	589kcal
<b>Fried Beehoon (plain)</b>	1 plate	252kcal
<b>Lor Mee</b>	1 bowl	383kcal
<b>Fishball Noodles, Dry</b>	1 bowl	364kcal
<b>Fishball Noodles, Soup</b>	1 bowl	330kcal
<b>Fish Head Beehoon Soup</b>	1 bowl	666kcal
<b>Fish Slice Beehoon Soup</b>	1 bowl	349kcal
<b>Fried Hokkien Prawn Mee</b>	1 plate	615kcal
<b>Prawn Noodles, Dry</b>	1 bowl	459kcal
<b>Prawn Noodles, Soup</b>	1 bowl	293kcal
<b>Wanton Noodles, Dry</b>	1 bowl	409kcal
<b>Wanton Noodles, Soup</b>	1 bowl	217kcal
<b>Kway Chap (with meat, intestine &amp; taupok)</b>	1 bowl	648kcal

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Food	Portion	Calories
Chicken Porridge	1 bowl	214kcal
Fish Porridge	1 bowl	261kcal
Pork Porridge	1 bowl	362kcal
Century Egg Porridge	1 bowl	422kcal
Char Siew Rice	1 plate	600kcal
Duck Rice	1 plate	706kcal
Chicken Rice (with meat)	1 plate	702kcal
Fried Rice	1 plate	508kcal
Nasi Lemak	1 plate	494kcal
Nasi Briyani with Chicken	1 plate	880kcal
Fish & Chips	1 serving	848kcal
Stingray (with chili sauce; grilled)	1 serving	347kcal
Bak Kut Teh	1 bowl	342kcal
Herbal Black Chicken Soup	1 bowl	186kcal
Tom Yam Seafood Soup	1 bowl	271kcal
Pig Organ Soup	1 bowl	158kcal
Watercress and Pork Ribs Soup	1 bowl	92kcal
Chicken Curry	1 bowl	450kcal
Fish Head Curry	1 plate	288kcal

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Bread, Local Snacks/Bites	Portion	Calories
Bread (white)	1 slice	77kcal
Bread (whole meal)	1 slice	72kcal
Doughnut	1 piece	304kcal
Char Siew Pau	1 bun	212kcal
Chicken Pau	1 bun	204kcal
Pork Pau	1 bun	246kcal
Egg Tart	1 piece	177kcal
Ham Chim Peng (red bean filling)	1 piece	273kcal
Mee Chiang Kueh (peanut filling)	1 piece	186kcal
Roti Prata (plain)	1 piece	122kcal
Roti Prata (with egg)	1 piece	289kcal
Roti John	1 piece	571kcal
Carrot Cake (mashed & fried)	1 plate	467kcal
Oyster Omelette	1 plate	650kcal
Chee Cheong Fun	1 piece	133kcal
Chwee Kuay	1 whole	57kcal
Curry Puff (with chicken)	1 piece	246kcal
Yam Cake	1 piece	174kcal
You Tiao	1 piece	123kcal
Popiah	1 piece	92kcal
Soon Kueh	1 piece	98kcal
Siew Mai	1 piece	105kcal
Otah (Fish)	1 piece	18kcal
Satay (Chicken)	1 stick	35kcal
Chinese Rojak	1 plate	443kcal
Indian Rojak	1 plate	756kcal

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Desserts	Portion	Calories
Ice Kachang	1 bowl	257kcal
Chendol (with coconut & evaporated milk)	1 bowl	593kcal
Bubor Cha Cha	1 bowl	390kcal
Pulut Hitam (with coconut milk)	1 bowl	290kcal
Tau Suan (with you tiao)	1 bowl	293kcal
Green Bean Soup	1 bowl	237kcal
Cheng Tng	1 bowl	257kcal
Herbal Jelly	1 bowl	71 kcal

Drinks	Portion	Calories
Coca Cola	100ml	42kcal
Sugar Cane Juice	1 cup	158kcal
Bandung	1 cup	153kcal
Soya Bean Milk (sweetened)	1 cup	163kcal
Barley Water	1 cup	55kcal
Bubble Tea (with milk)	1 cup	232kcal
Bubble Tea (with milk & pearls)	1 cup	340kcal

### Sources:

[http://www.mcdonalds.com.sg/eatsmart\\_nutriinfo.html](http://www.mcdonalds.com.sg/eatsmart_nutriinfo.html)  
<http://www.kfc.com.sg/cares-nutrition-table.php>  
[http://www.pizzahut.com.sg/dine\\_in/menu/information.asp](http://www.pizzahut.com.sg/dine_in/menu/information.asp)  
<http://www.nutrition.com.sg/do/dolocal.asp>  
<http://kaiethequeen.blogspot.sg/2009/06/calories-of-common-singapore-food-part.html>