

1 BOWL OF RICE

Calorie equivalence

1 bowl of cooked rice (175g) contains 225 kcal,
which is equivalent to:



Sweet potato 5"
2 pieces



Potato
300 g



Bread
3 slices

Common Carbo Meal

- KUEY TEOW (COOKED) : 1 BOWL
- MEE HOON (COOKED) : 1 BOWL
- SPAGHETTI (COOKED) : 1 BOWL
- NOODLE (COOKED) : 1 BOWL
- FRIED MEE HOON : 3/4 PLATE
- FRIED KUEY TEOW : 1/3 PLATE

Dessert & snack

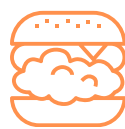
- CREAM CRACKER : 6 PIECES
- OREO BISCUIT : 4 PIECES
- MISTER POTATO : 3/4 PACK
- PORTUGESE TART : 3/4 PACK
- NYONYA KUIH LAPIS (九层糕) : 2 PIECES



Hidden Sugar Surprise!

- PASTA SAUCE
- KETCHUP
- CHILI SAUCE
- YOGURT
- BBQ SAUCE
- TERIYAKI SAUCE

Fast food



McChicken : 1/2 piece



Filet-O-Fish : 1/2 piece



Fries : 1 small pack



KFC Spicy Crispy Drumstick : 1/2 piece

Beverage

- OAT : 6 TBS
- MILK TEA : 1/2 GLASS
- TEH TARIK : 1 GLASS
- MILO : 2 CUPS
- BEER : 1 PINT
- RED WINE : 1/3 BOTTLE
- WHISKEY : 2 SHOTS

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