

Cutting the calories

Dish	Original number of calories	Improvements made	Revised number of calories
Chicken rice	425	Served without skin and with brown rice/chicken rice	350 to 400
Chicken salad with olive rice	590	Chicken breast without skin, with larger portion of salad. Smaller portion of rice prepared using less olive oil	440
Omelette rice	590	Less oil used, less rice and curry sauce, more vegetables	498
Ayam panggang	650	With brown rice and less oil used	490