

# Count your festive snack calories

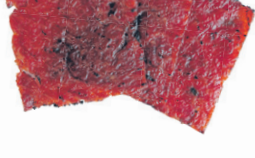
**Melon seeds**  
One handful (30g)



167  
calories

14.2g  
fat

**Bak kwa**  
One slice (75g)



301  
calories

10.3g  
fat

**Love letter**  
1 roll (13g)



56  
calories

1.5g  
fat

**Pineapple tart**  
One piece (20g)



93  
calories

3.6g  
fat

**Kueh bangkit**  
One piece (4g)



15  
calories

0.4g  
fat

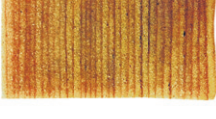
**Mandarin orange**  
One whole (120g)



39  
calories

0.3g  
fat

**Kueh lapis**  
One slice (48g)



237  
calories

18.4g  
fat

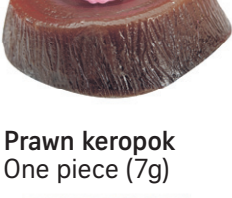
**Prawn roll**  
One piece (4.5g)



23  
calories

1.4g  
fat

**Nian gao**  
One slice (55g)



127  
calories

0.27g  
fat

**Prawn keropok**  
One piece (7g)



30  
calories

0.7g  
fat

**Here are eight tips on how to snack responsibly:**

**1** Eat a proper meal before visiting to prevent the munchies from attacking.

**2** Prioritise your favourite snacks and stick to eating only the top three.

**3** Select your treats and put them in a small bowl and eat only those. Do not refill.

**4** Savour every mouthful by chewing slowly.

**5** Plan to visit homes in the same area on the same day and try to walk from place to place to burn some calories.

**6** Opt for healthier snacks such as mandarin oranges.

**7** Watch out for calories in sugar-laden soft drinks. Choose water instead.

**8** Socialise. Stay away from the food tables and focus your energy on catching up with your loved ones.

Sources: Ms Angena Teo, senior dietitian of Dietetic & Food Services at Changi General Hospital; Ms Bibi Chia, principal dietitian at Raffles Diabetes & Endocrine Centre

PHOTOS: CHRIS TAN, ST FILE  
SUNDAY TIMES GRAPHICS