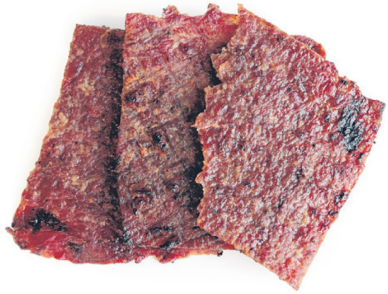


Chinese New Year snacks worth the calories?

Watch what you eat this festive season.



One piece pork bak kwa, 57g

229
calories

8g
fat



Five love letters, 22g

93
calories

3g
fat



One pineapple tart, 20g

82
calories

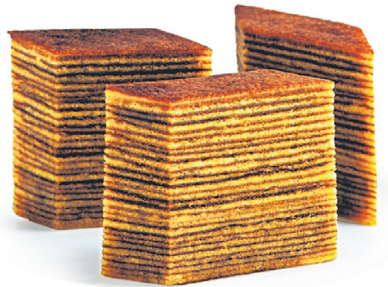
4g
fat



One kueh bangkit, 6g

23
calories

1g
fat



One slice kueh lapis (baked), 31g

147
calories

11g
fat

Yusheng, 387g
(calories and fat content differ depending on quantity and dressings)

561
calories

42g
fat



10 pieces deep-fried shrimp rolls, 50g

230
calories

14g
fat



One serving of nian gao (fried), 106g

245
calories

1g
fat



1 can of soft drink (carbonated), 320ml

134
calories

0g
fat



Agar-agar with sugar, 11g

82
calories

0g
fat