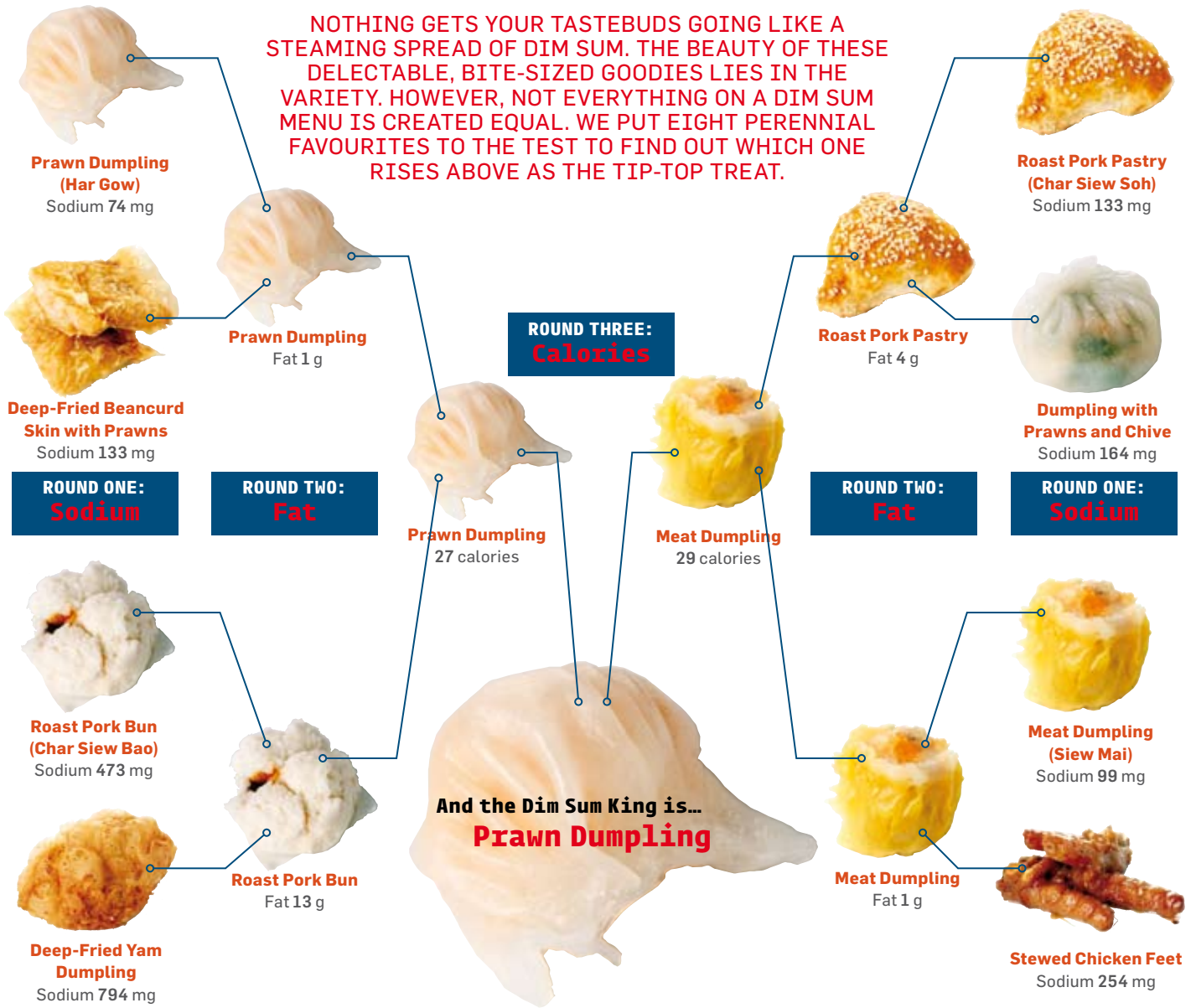


FOOD FIGHT

Dim Sum Death-Match

NOTHING GETS YOUR TASTEBUDS GOING LIKE A STEAMING SPREAD OF DIM SUM. THE BEAUTY OF THESE DELECTABLE, BITE-SIZED GOODIES LIES IN THE VARIETY. HOWEVER, NOT EVERYTHING ON A DIM SUM MENU IS CREATED EQUAL. WE PUT EIGHT PERENNIAL FAVOURITES TO THE TEST TO FIND OUT WHICH ONE RISES ABOVE AS THE TIP-TOP TREAT.



ASK THE DIETITIAN
Thomas Teh



Q: I KNOW FISH SOUP AT THE HAWKER CENTRE IS GOOD FOR YOU, BUT WHAT IF I PICK THE DEEP-FRIED FISH VARIETY? DOES THAT CANCEL OUT ALL THE GOOD THE DISH DOES?

HengChin

Not necessarily, but steaming or roasting your food is generally a healthier option. You should be aware, however, that by choosing a deep-fried fish variety, you increase your total fat intake by as much as 60 percent compared to the sliced fish. Fat contributes calories, and unless you lead a highly active lifestyle, you are likely to consume more energy than what's required. Depending on your lifestyle and daily activity level, the additional energy can accumu-

late and lead to body weight gain. The Health Promotion Board recommends limiting consumption of deep fried items to less than twice a week. So if you're craving for those deep-fried fish soup (or any other such foods!), enjoy it in moderation.

Thomas Teh is a registered dietitian with the National Kidney Foundation and a member of the Singapore Nutrition and Dietetics Association (www.snda.org.sg), an organisation providing direction and leadership for quality nutrition and dietetic practice, education and research.

Photographs by ELLEN LIM