

FOOD FIGHT

# Burger Brawl

IT'S HARD TO TEAR YOURSELF AWAY FROM THE LURE OF A GOOD BURGER, EVEN THOUGH YOU KNOW YOU SHOULD ENJOY THEM IN MODERATION. BUT IF YOU'RE A DIEHARD FAN OF THE GREASY (ALBEIT YUMMIER) SIDE OF LIFE, WE PUT SOME SIGNATURE BURGERS TO THE TEST TO FIND OUT WHICH ONE SLAPS A LITTLE LESS GUILT ON THAT EXPANDING WAISTLINE.

ROUND ONE: **Fat**



**Burger King's Whopper Junior**  
Fat 22.3 g

**Hard Rock Café Pig Sandwich**  
Fat 41 g

**MacDonald's Big Mac**  
Fat 30 g

**KFC Zinger**  
Fat 30.3 g

**Carls Junior's Famous Star Burger**  
Fat 32 g

**Dan Ryan's Burger**  
Fat 28 g

**Swensen's Mushroom Chicken Burger**  
Fat 55 g

**Mos Burger's Yakiniku Rice Burger**  
Fat 27 g

ROUND TWO: **Calories**



**BK Whopper Junior**  
420 calories



**KFC Zinger**  
517 calories



**Dan Ryan's Burger**  
690 calories



**Mos Burger's Yakiniku Rice Burger**  
510 calories

ROUND THREE: **Protein**



**BK Whopper Junior**  
Protein 18 g



**Mos Burger's Yakiniku Rice Burger**  
Protein 16 g

And the Burger Baron is...  
**BK Whopper Junior**



**ASK THE DIETITIAN**  
Thomas Teh



**Q: THE WHITE STUFF THAT CLINGS TO PEELED ORANGES, THAT'S GOOD FOR ME, RIGHT? WHAT DOES IT DO EXACTLY?**

TSSim

Several studies have shown that citrus fruit peels, white pith and pulps contain phytonutrients and dietary fibre. Phytonutrients may reduce blood pressure and inflammation, while dietary fibre is useful to relieve constipation and maintain healthy bowels. On top of these benefits, oranges are in themselves a natural source of Vitamin C, as well as antioxidants that protect you from free radicals. So the next time you eat an orange, remember 'the white stuff' is also the 'good stuff'.

**Q: I READ THAT TAKING ESSENTIAL FATTY ACIDS WILL HELP WITH MY ECZEMA PROBLEM. HOW DO THEY HELP ME?**

Roy

Research shows that the balance of omega-3 and omega-6 fatty acids (the essential fatty acids) helps to modulate immune responses, including allergic reactions. For skin abnormalities such as eczema and atopic dermatitis, certain types of omega-6 fatty acid, specifically Gamma Linolenic Acid (GLA), have been shown to be

beneficial. Omega-6 fatty acids in safflower, soybean, corn, or canola oils are called Linoleic Acid (LA), which are converted to GLA in the body. In many cases, the reduced conversion of LA to GLA in your body contributes to allergic reactions. GLA can be found in plant seed oils such as borage or evening primrose oil. However, since the efficacy of fatty acids supplementation in treating eczema is still debatable, you should consult your physician before you start taking them to prevent undesired side effects.

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](http://www.snda.org.sg)), an organisation providing direction and leadership for quality nutrition and dietetic practice, education and research.