

## Nutrition data

Category	Food Name	Energy (kcal)	Protein (g)	Total fat (g)	Saturated fat (g)	Dietary fibre (g)	Carbohydrate (g)	Cholesterol (mg)
Main	Bak kut teh	323.71	28.11	23.43	9.37	0	0	153.34
Main	Wonton noodle	318.04	25.14	7	1.85	1.74	36.57	76.03
Main	Black carrot	556.47	13.16	26.74	10.05	1.54	65.77	205.8
Main	Laksa (with chicken)	695.5	27.3	39.65	14.24	3.9	57.85	104
Main	Oyster omelette	668.1	18.6	51.09	20.7	0	33.54	366.8
Main	Dry prawn	460.93	20.36	13.11	6.21	5.18	65.21	48.3
Main	Fried pork chop	721.89	62.74	31.84	11.77	6.33	46.29	123.68
Main	Japanese Pork	469.6	33.46	14.15	5.4	8.81	52.83	0
Main	Char siew rice	604.95	23.54	16.35	11.9	5.89	91.23	55.59
Main	Chicken rice	557.7	28.05	13.86	4.95	3.3	80.19	36.63
Main	Dumpling Boiled	634.74	31.29	17.97	7.78	2.68	87.61	0
Main	Teochew braised	234	19.32	17.4	5.28	0	0.24	38.4
Main	Curry chicken	452.7	53.8	24.04	7.65	3.51	5.29	179.58
Main	Yoghurt, with fruit	88.4	3.64	6.66	2.12	2.04	3.47	6.12
Main	Nasi Lemak	656.58	26.08	24.94	10.65	6.52	81.21	117.44
Main	Fried mee goreng	630	17.55	25.65	11.12	7.2	82.8	87.3
Main	Pad thai	844.36	39.19	45.65	10.91	7.68	66.26	262.6
Main	Char kway	744.96	22.66	38.4	29.18	7.3	76.03	234.24
Main	Indian stew	99.25	4.47	4.33	1.19	4.33	10.62	0
Main	Subway 6-inch	394.2	27	11.99	5.4	5	42.01	56.7
Main	Beef pho	355.5	22.12	4.98	2.37	3.95	56.09	0
Main	Chinese roast	517.58	16.29	21.48	6.06	6.84	63.85	12.36
Main	Claypot rice	527	1.62	5.29	1.6	1.47	3.97	0
Main	Fried pork chop	137.54	6.13	9.51	4.19	0.97	6.61	20.96
Main	Fried rice with	395.75	10.33	11.18	4.07	3.1	63.45	79.65
Main	Salad with chicken	114.24	12.24	4.52	0.9	5.44	5.98	0
Main	Bibimbab	499.1	37.2	10.41	2.99	4.53	62.8	291.88
Main	Thai mango	397.13	8.94	18.91	4.63	5.52	47.6	0
Main	Yong tau fu	306.65	19.76	15.55	6.8	9.07	21.71	90.72
Main	Deep fried	196.38	28.84	9.03	4.29	0	0	71.58
Main	Ma La Xian	652.83	37.04	50	17.27	12.96	13.89	0
Main	Mashed potato	54.72	1.82	0.99	0.33	0.8	9.69	0
Main	McSpicy Meal	584.25	22.55	25.99	7.79	2.99	65.01	75.85
Main	Burger, double	997.5	52.5	63.97	26.24	6	44.7	176.25
Main	French fries	340.93	4.12	17.92	3.51	2.99	38.3	0
Main	Creamy mushroom	596.7	18.56	32.93	16.22	7.07	56.58	0
Main	Salmon and	664.54	28.54	16.99	5.17	8.03	99.9	0
Main	Chicken chicken	679	51.5	30.58	12.08	6.97	49.87	76.4
Main	Tuna mayo	254.35	15	6.4	1.03	1.62	34.18	24.18
Main	Fish and chips	849.56	28.68	47.44	20.1	4.56	76.92	120.6
Main	Deep fried	80.19	5.79	2.48	0.92	0.2	8.28	5.98
Main	Claypot chicken	132	14.1	7.85	2.41	1.42	1.24	39.24
Main	Chicken curry	966.87	52.15	61.53	26.49	14.65	50.98	164.07
Main	Nasi lemak	493.5	12.81	13.65	7.56	6.51	79.99	76.23
Main	Roasted chicken	524.72	21.78	19.75	7.55	1.74	64.47	40.66
Main	Chicken meal	859.95	86.91	49.6	18.65	0	15.93	254.8
Main	Fried tang hoon	498.18	17.04	23.6	10.05	10.93	54.19	166.06
Main	French fries	373.52	3.48	19	7.6	4	47	0

Main	Beef and To	743.28	43.03	20.88	7.92	10.76	95.35	0
Main	Fried fish a	665.76	71.14	29.69	13.32	2.74	28.73	0
Main	Plain roti p	482.14	18.1	23	9.83	3.92	50.71	194.09
Main	Braised dur	643.65	22.77	28.9	9.79	0.65	71.76	86.36
Main	Fish porridg	210.74	13.98	2.8	0.01	0.01	32.42	22.36
Main	Mee soto	432.8	19.48	12.98	5.41	3.79	60.05	37.87
Main	Fish head b	833.56	60.79	29.65	12.36	12.03	81.54	177.09
Main	Seafood fri	907.36	28.25	32.96	13.61	0.86	124.55	175.48
Main	Chinese sty	387.36	11.39	6.5	2.31	1.55	70.91	47.52
Main	Noodles, in	480	13	13.5	6.75	3.5	76	0
Dessert & S	Pan-fried tu	61.64	0.71	3.73	1.41	0.41	6.35	4.14
Dessert & S	Vietnam sp	78.95	4.53	1.8	0.69	0.43	11.14	0
Dessert & S	Chocolate i	310.18	4.67	18.48	11.3	2.07	30.8	55.07
Dessert & S	Chocolate c	210.15	1.8	10	5.6	1	30.02	14.85
Dessert & S	Vanilla ice c	169.38	3.41	9.42	7.44	0.87	17.73	29.14
Dessert & S	Beancurd C	164.64	9.8	5.25	2.63	7.45	19.6	0
Dessert & S	Soya bean i	263.13	12.35	3.22	0.59	1.61	45.65	0
Dessert & S	Biscuit, chc	151.59	0	8.49	4.18	0.53	17.05	7.75
Dessert & S	Biscuit, jam	59.78	0.62	2.48	1.22	0.25	8.86	0
Dessert & S	Biscuit, ma	46.36	0.48	2.43	1.75	0.82	5.44	0
Dessert & S	Candy bar,	278.85	2.15	18.81	11.04	3.03	30.2	0
Dessert & S	Candy bar,	225.44	2.39	11.87	9.22	3.92	27.61	4.24
Dessert & S	Chendol (2	277.2	5.04	9.37	8.53	6.3	43.26	0
Dessert & S	Chocolate t	388.8	6.84	26.57	16.66	2.97	30.51	0
Dessert & S	Chocolate,	103.49	1.28	5.7	3.42	0.24	12.52	0
Dessert & S	Chocolate,	150.97	3.22	8.56	4.18	1.42	15.37	6.09
Dessert & S	Vanilla ice c	169.38	3.41	9.42	7.44	0.87	17.73	29.14
Dessert & S	Violet crun	220.44	1.35	8.42	7.7	0.16	36.4	0
Dessert & S	Yoghurt m	123.38	2.05	4.31	2.88	1.98	18.45	3.72
Dessert & S	Marshmall	12.42	0	0	0	0	3.19	0
Dessert & S	Red bean s	198.36	11.48	0.7	0	0	36.89	0
Dessert & S	Sorbet, frui	192.06	0.4	0.59	0	0	49.1	0
Dessert & S	Green bear	185.22	9.83	0.53	0.23	4.91	35.53	0
Dessert & S	Pulut hitan	269.8	4.56	4.64	3.76	0.76	52.82	0
Dessert & S	Snack bar, '	204	4.55	9.8	3.05	3.85	25.2	0
Beverage	Apple juice	280	14.56	12	5.4	4	26	32.48
Beverage	Orange juic	97.5	1.75	0	0	0.25	22.75	0
Beverage	Sugar cane	126.24	0.79	0	0	1.58	26.04	0
Beverage	Soya bean	82.5	6.75	5	0.65	2	3	0
Beverage	Kopi C	87.3	2.52	2.33	1.24	0.78	14.16	3.88
Beverage	Brewed col	3.7	0.16	0	0	0	0.62	0
Beverage	3 in 1 read	81.6	2.4	1.92	1.3	0.24	14.16	3.36
Beverage	Milk, whole	128	6.4	7.4	4.5	0.2	9	22
Beverage	Milk, low fa	97.5	9	1.5	1.08	0.75	12	7.5
Beverage	Milk tea no	156.4	1.38	13.66	13.52	6.44	6.9	0
Beverage	Milk tea wi	272.46	0.48	10.32	10.13	4.3	43.98	0
Beverage	Milk tea, no	296.1	0.47	14.57	14.29	6.11	40.89	0
Beverage	Coca Cola C	132.63	0	0	0	0	34.65	0
Beverage	Milo drink	120.18	3.75	3.25	2.15	0.93	18.98	9.75
Beverage	Latte (with	144.46	5.13	8.39	5.31	0	11.88	27.96

Beverage	Coconut fle	64.6	1.87	2.55	2.23	0.85	8.5	0
Beverage	Iced lemon	87.28	0.26	0	0	0	22.02	0
Fruit	Dragonfrui	105.84	2.81	0.22	0.04	5.83	22.9	0
Fruit	Jackfruit	17.52	0.37	0.06	0	0.45	3.86	0
Fruit	Passion fru	17.65	0.4	0.13	0.01	1.89	4.26	0
Fruit	Apple	79.24	0.41	0.28	0	3.17	16.84	0
Fruit	Mandarin c	38.54	0.96	0.26	0.04	1.58	7.97	0
Fruit	Orange	46.48	1.11	0.11	0	2.66	8.88	0
Fruit	Banana (pi	93	1.08	0.15	0.05	2	21.91	0
Fruit	Kiwifruit (w	37.25	0.68	0.46	0	1.22	7.07	0
Fruit	Watermelc	24.69	0.53	0.2	0	0.13	4	0
Fruit	Durian	44.55	0.68	1.11	0.3	0.86	7.99	0
Breakfast	Breakfast c	96.6	2.61	1.79	0.22	1.98	17.55	0
Breakfast	Big Breakfa	561.96	30.24	31	10.71	4.99	42.01	428.4
Breakfast	Breakfast c	100.2	1.92	1.66	0.64	1.35	19.38	0
Breakfast	Breakfast c	95.4	2.25	0.93	0.2	1.74	19.47	0
Breakfast	Breakfast c	94.5	2.55	1.14	0.22	2.25	18.51	0
Breakfast	Plain porric	207.48	6.55	1.64	0	2.18	42.04	0
Breakfast	Red rice po	74.24	2.3	0.51	0.15	1.02	15.1	0
Breakfast	Seafood po	362.36	21.39	8.23	3.37	0.84	50.6	114.18
Breakfast	French Toa	220.8	10.27	9.45	4.89	2.11	23.62	0
Breakfast	Ham and C	303.94	9.65	16.01	6.52	1.37	30.3	0
Breakfast	Omelette, '	205.35	12.72	15.36	5.88	0	4.68	12
Breakfast	French toa:	297.7	10.02	14.04	3.54	0	32.5	150.8
Breakfast	Kaya Toast	217.5	3.82	9.34	6.58	0.28	29.58	0
Breakfast	Waffles, wi	425.88	11.92	23.75	11.28	2.3	42.16	88.58
Breakfast	a.m. Waffle	449.4	22.2	24.91	11.91	0	34	0
Breakfast	a.m. Waffle	308	7.7	15.8	8.1	0	33.5	0
Breakfast	Steamed m	132.08	2.65	1.35	0.51	1.04	27.46	0
Breakfast	Fish porridg	210.74	13.98	2.8	0.01	0.01	32.42	22.36
Breakfast	a.m. Twiste	460.2	13.65	22.62	9.4	0	50.7	0
Breakfast	a.m. porrid	220.5	10.89	5.99	2.8	0	30.8	0
Breakfast	You tiao	284.93	6.14	12.73	10.58	0.96	36.26	0
Breakfast	Pork porrid	370.66	19.44	15.55	5.83	0.01	38.23	64.8
Breakfast	Cheese anc	250.75	9.86	9.94	5.05	3.4	30.6	21.42
Breakfast	Hot Dog Bu	234.36	9.49	11.37	4.86	1.68	23.44	0
Breakfast	Red bean b	207.9	5.67	5.18	2.87	2.73	34.79	10.29
Breakfast	Pow, char s	160.59	5.78	6.47	2.44	0.74	19.77	10.07

Sodium (mg)	Sugar(g)
1316.15	0
1969.63	4.63
1937.08	13.62
7904	2.18
772.9	2.16
1935.45	4.84
1189.88	15.46
2254.08	4.11
879.63	13.08
697.95	0
2816.1	8.94
807.6	0.24
729.05	1.63
161.93	1.42
877.09	0.8
1278	12.6
2464.4	14.54
1459.2	3.07
381.63	3.63
1085.4	6.99
2204.1	8.69
914.32	0
229.26	4.07
1979.54	0
453.25	0.28
892.16	5.44
802.88	15.09
1893.6	44.71
1733.4	0.35
1030.14	0
2139.06	4.17
462.84	1.25
1320.2	18.2
1451.25	13.54
311.06	0.71
866.32	5.75
1097.16	5.35
655.2	10.23
433.26	3.48
624.44	2.41
338.49	8.67
681.48	0.6
1722.78	14.06
837.9	0.8
1112.23	1.48
2329.6	2.4
1380.92	0.87
290	0.23

1515.9	4.4
597.36	23.71
663.53	4.12
1445.6	1.75
1347.19	8.65
2677.95	5.86
2550.11	6.84
1245.48	22.68
626.66	2.66
1395	4
139.61	1.5
104.04	2.17
414.76	8.48
149.85	18
52.08	15
50.18	10.58
32.22	41.35
107.26	7.75
19.6	4.54
22.23	3.37
8.8	28.31
68.9	23.48
234.78	34.02
52.65	18.36
11	10.4
20.59	12.99
52.08	14.94
135.2	33.38
22.94	7.16
1.53	3.19
7.03	22.62
19.8	46.13
5.22	26.08
97.66	28.88
45.5	18.05
870.24	26
2.5	22.75
2.63	26
30	2.75
48.5	14.15
3.1	0.6
112.8	14.16
66	9
100	8
33.17	6.9
33.94	17.69
35.63	40.89
36.3	34.65
51.05	16
62.91	11.88

15.3	4.42
7.77	22.02
25.92	14.26
3.74	3.42
5.1	2.04
1.38	12.92
2.63	0.79
3.33	8.88
16.91	12.61
3.04	6.69
2.67	3.53
0.81	5.7
95.4	6.84
1101.24	2.34
59.1	11.52
171	6.39
72	7.2
382.2	0
7.68	0
1071.46	0.48
309.12	7.2
606.06	4.37
226.8	4.68
622.7	0
216.92	10.62
206.26	15.01
882	0
600.6	0
68.64	4.78
1347.19	0
1129.05	0
787.5	0
601.62	0
1529.28	0
587.35	7.06
472.92	5.29
101.01	16.31
208.82	0