



## Choose Fried Rice and Fried Noodles Less Often

As you may know, deep-fried foods are high in fat and should only be consumed in a small amount. However, did you know that fried rice and fried noodles also contain a lot of “hidden” fat?

The reason behind is that steel woks are used in restaurants to cook fried rice or noodles in general. While a lot of cooking oil is required to prevent the ingredients from sticking to the wok, what makes it worse is that grains readily absorb oil at the same time.

Examples for comparison:	Fried Rice in Yangzhou Style	Scrambled Eggs and Shrimps with Steamed Rice
Energy	1 200 kcal	750 kcal
Fat (equivalent to oil)	49 g (about 10 teaspoons)	13 g (about 2.5 teaspoons)
Information Source: Centre for Food Safety		

Although both “Fried Rice in Yangzhou Style” and “Scrambled Eggs and Shrimps with Steamed Rice” have rice, shrimps and eggs as the main ingredients, fried rice is used in the former, while steamed rice is used in the latter. As shown in the above table, one dish of “Fried Rice in Yangzhou Style” contains about ten teaspoons of oil, which is four times of what “Scrambled Eggs and Shrimps with Steamed Rice” contains. As calculated based on an adult who requires approximately 2 000 kcal of energy per day, the recommended daily fat intake is less than 60 g. Nevertheless, one dish of “Fried Rice in Yangzhou Style” already contains 49 g of fat, which is almost the amount that an adult requires for the whole day!

To eat healthily and prevent over-consumption of energy and oil, we may consider the following low-fat choices:

- Rice soups
- Steamed rice with dishes prepared by steaming/roasting/stir-frying with less oil
- Noodle soups
- Mixed noodles

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