

In this special weekly series by Boxgreen, we bring you our ratings (nutritionist approved) of a couple of local Singaporean yums.

boxgreen's HEALTHY RATING GLOSSARY ✓

BELLY GOOD - 

It's very good (belly good) on our healthy scale.

SO-SO - 

not too unhealthy but not the healthiest.

MEH - 

not a very healthy choice, have it occasionally.

Here is this week's **#BGSOTW** (BoxGreen's Snack of the Week)...

Chendol!



OUR RATING: MEH!

Why *meh* it's just ice and little coconut milk!

You're better off eating that scoop of ice-cream than a bowl of chendol. One bowl of chendol contains a WHOOPING 59g of sugar. That's 12 teaspoons of sugar! It's like eating ice and putting 12 teaspoons of sugar into your bowl :O Oh and, the calories in one bowl of this is more than a subway sandwich.

Calories in one bowl: 386kcal

Healthier alternatives:

Red bean soup, green bean soup, or a [Cheng Tng snack](#).

Read last week's #BGSOTW (BoxGreen's Snack Of The Week)!

[Healthy or not, Cheng Tng?](#)