

### September - Moon Cake Choices

The Mid – Autumn Festival, everyone should eat moon cake. Everyone know Moon Cake is such a high calories food, a quarter of it already equivalent to one bowl of rice : A Moon Cake of 800 calories exactly equal to four bowl of steamed rice, fat content nearly ten teaspoons, sugar content nearly twelve teaspoons. Being a healthy ladies, how to choose them?

Below is a list of five common types of Moon Cake with their nutritional analysis and representative recommendations let us check it out together!

Types	Nutritional Analysis	Recommendations:
Traditional Moon Cake 	Ingredients like high sweet syrup , oil and egg are all to take precaution against people of Diabetes , High Cholesterol and High Blood Pressure.	High calories, cut it into eight pieces for sharing with your peers so that we can enjoy it with only 100 calories intake, which equivalent to only four pieces of soda biscuits.
Crystal Moon Cake 	Ingrediens like Clear Roll Cake Flour is Japanese Jelly which mainly makes from Complex Phytigel, eg. Carrageen , Sodium alginate and Pectin.	It is small in general , much healthy and low – fat , contains only 150 calories in one piece , however the fillings are red bean paste, cream paste and chestnut paste, the maximum intake should be one per day.
Ice-skin Moon Cake 	Ingredients like Glutinous Rice Flour which is indigestible and turns to fat inside our body easily, Condensed milk which is high sugar content, also, Banana and oil which is high fat content, too.	Fillings of Green Bean Paste and Cream Paste are lower calories than Lotus Seed Paste comparatively, advise cut it into four pieces for sharing with peers or finish in four nights.
Seafood Moon Cake 	It contains abalone, seaweed and scallop, which are high cholesterol and high sodium content; advantage is low – sugar content.	Only enjoy a quarter of it, those of Hyperlipidemia, High Cholesterol and High Blood pressure should avoid.
Healthy Moon Cake 	Like Ginseng and Calcium Moon Cake , the real content of healthy supplement might be less than 0.01% , therefore , we should read the nutritional labeling and ingredients analysis carefully before eat them.	Healthy Concept is limited, advice only enjoy one eighth of it.

Therefore, we just need to know sharing and choosing, we can still enjoy such a delicious moon cake without gain fat.