

# Top 4 Worst Thai Restaurant Appetizers

Thai restaurant menus have several deep-fried appetizers and I've listed my top four to avoid. Deep-fried *anything* is a caloric and heart-health nightmare.

## **CRAB PUFFS (Also called Money Bags or Golden Purses)**

Golden brown deep-fried jumbo tortellini with stuffing of mixed imitation crab meat and cream cheese.

4 pieces contain 600 calories (150 calories each); 20 grams of fat and 500 mg sodium.

## **COCONUT PRAWNS**

Deep-fried coconut prawns served with plum sauce.

4 small pieces are 355 calories; 24 grams fat; 745 mg sodium.

## **FRIED ROLLS**

Mixed vegetables and vermicelli noodle wrapped in wheat paper wrap and deep-fried.

Each roll has 270 calories; 12 grams of fat and 375 mg sodium.

## **FRIED CALAMARI**

Breaded and deep-fried calamari with seasoned mayonnaise.

20 small pieces contain 300 calories; 16 grams of fat and 690 mg sodium.

*\*For optimum heart health an adult's daily diet should consist of roughly 2,000 calories, fewer than 55 grams of fat, and less than 2400 milligrams of sodium.*