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HOW'M I CHEWIN'?



CHIPS



SOUFFLE



CHEESECAKE

At 81, Ex-Mayor Ed Koch doesn't shy away from treats like pizza, ice cream, chips or even souffle.

Koch still indulging at 81

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HOW'S HE EATIN'? Not too healthy.

Ex-mayor Ed Koch — who's endured a stroke and blood pressure scares in the past — isn't afraid to pile on the calories when ordering food from FreshDirect.

In a new campaign for the on-line grocer, the one-time Ultra Slim-Fast pitchman shows off his shopping list — which includes chocolate souffle, cowboy steak and Häagen Dazs butter pecan ice cream.

"I prefer fat," Koch told the Daily News yesterday. "Fat gives flavor."

Koch, 81, boasted that he works out three days a week with a trainer and that he's in "great shape," allowing him to indulge in his fatty favorites.

Among his items of choice is the grocer's New York cheesecake, with its 510 calories per serving and 110% of the recommended daily allowance for saturated fat.

"You don't eat it all at once," said Koch, who famously battled the bulge as mayor. "You save some — there's always tomorrow."

Koch, celebrity chef Bobby Flay and model Paulina Porizkova are highlighting their shopping lists as part of a promotion for FreshDirect.

While Flay favors imported pecorino romano cheese, and Porizkova buys organic broccoli, Koch loads up on latkes.

"What I like also is the rib steak and I like it to be well-marbled," Koch said of the cut known as cowboy steak. "That means fatty."

But the ex-Hizzoner also saves room on his shopping list for some healthy choices, including grilled asparagus and a chicken, peppers and squash stir-fry.

"I watch myself," he said. "If I eat more than makes sense at one meal, then I cut back."

Koch, who is fitted with a pacemaker, has had blood pressure problems in the past.

In 1987, he suffered a minor stroke that doctors said was "neurologically equivalent to breaking a toe."

Even with his taste for fatty foods, Koch said the answer to his trademark question of "How am I doing?" is quite clear.

"Honestly, for 81, I am in great shape," he said.

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Ed Koch's FreshDirect shopping list:

Fresh lemon-dill salmon with asparagus and fingerling potatoes	\$9.99
Grilled thin-crust fresh mozzarella pizza (frozen)	\$7.99
North Fork sweet potato chips	\$2.49
Chocolate souffle (two-pack)	\$9.99
New York cheesecake	\$10.99
Bone-in rib chop (per pound)	\$15.99