

Intrinsic Lower Calories Food* (Updated as at Apr 2018)

HPB identified dishes that provide ≤500kcal as healthier food options

Category	Food Items
Rice	<ol style="list-style-type: none"> 1. Char Siew Rice 2. Economic Rice (2 non-fried vegetables) 3. Hakka Thunder Tea Rice
Porridge	<ol style="list-style-type: none"> 4. Congee (w/o you tiao/internal organ)
Noodles	<ol style="list-style-type: none"> 5. Ban Mian/U-mian/Mee Hoon Kueh [Soup] 6. Beef Ball Noodles [Soup/Dry] (Thick Bee Hoon) 7. Beef Noodles [Soup/Dry] (Thick Bee Hoon) 8. Beef Udon [Soup] 9. Big prawn/ Prawn noodle [Soup/Dry] (Yellow Noodle/Bee Hoon/Kway Teow/Mee Tai Bak/Mee Pok) 10. Chicken Feet Noodles [Dry] 11. Duck Noodles (Braised/Roasted) [Soup/Dry] 12. Economic/Vegetarian Plain Bee Hoon 13. Fishball Noodles [Soup/Dry] (Yellow Noodle/Bee Hoon/Kway Teow/Mee Tai Bak/Mee Pok) 14. Fish Sliced Bee Hoon/Noodles/Kway Teow (w/o milk) [Soup] 15. Minced Pork Noodles (w/ or w/o mushroom) [Soup/Dry] (Yellow Noodle/Bee Hoon/Kway Teow/Mee Tai Bak/Mee Pok) 16. Prawn Dumpling/Shrimp/Plain Dumpling Noodles [Soup/Dry] 17. Seafood with Spaghetti (tomato sauce) 18. Seafood White Bee Hoon (no thick gravy, clear soup only) 19. Shredded Chicken Noodle/ Macaroni [Soup/Dry] 20. Soya Sauce/Roasted/Steamed Chicken Noodle [Soup/Dry] 21. Wanton/Char Siew Wonton/Char Siew Noodle [Soup/Dry] 22. Zha Jiang Noodle
Hor Fun	<ol style="list-style-type: none"> 23. Crayfish/Chicken/Shredded Chicken Hor Fun/Kway Teow 24. Ipoh Hor Fun
Soup	<ol style="list-style-type: none"> 25. Bak Kut Teh w/o Rice 26. Fish Sliced Soup w or w/o Rice (w/o milk) 27. Herbal Soups (eg. Black Chicken Herbal Soup, Tonic Chicken Soup) w or w/o Rice 28. Pork Rib Soups (eg. ABC Soup, Watercress Soup, Corn Soup) w or w/o Rice 29. Clear Chicken soups w or w/o Rice 30. Yong Tau Foo Soup (only 2 pieces of fried items out of 6 pieces) w or w/o Rice/Noodle/Kway Teow/Bee Hoon 31. Beef Soup w or w/o Rice 32. Fish Sliced Soup with Rice (w/o milk) 33. Seafood Soup w or w/o Rice 34. Tom Yam Seafood Soup w or w/o Rice 35. Wonton Soup w or w/o Rice
Indian Cuisine	<ol style="list-style-type: none"> 36. Appam (2 pcs) w or w/o Dhal Curry 37. Chapatti (2 pcs) w or w/o Dhal Curry 38. Idli (2 pcs) with Dhal Curry or Chicken Curry 39. Puttu Mayam (2 pcs) w or w/o Coconut and Sugar 40. Puttu Mayam (2 pcs) w or w/o Dhal Curry or Chicken Curry 41. Plain Naan (1 pc) w or w/o Dhal Curry or Chicken Curry 42. Thosai (1 pc) w or w/o Dhal Curry or Chicken Curry 43. Thosai Masala (1 pc) w or w/o Dhal Curry or Chicken Curry
Malay Cuisine	<ol style="list-style-type: none"> 44. Fried Mee Siam 45. Mee Soto 46. Mee Bakso 47. Penang Assam Laksa 48. Soto Ayam (w or w/o Rice Cake) 49. Bubur Ayam
Snack Food	<ol style="list-style-type: none"> 50. Chwee Kway (4 pcs) with Salted Radish 51. Nyonya Dumpling (1 pcs) 52. Rice Dumpling (Meat Filling) (1 pc) 53. Steamed Chee Cheong Fun [plain] (2 rolls) 54. Steamed Pung Kueh (2 pcs)

*For endorsement, photos of qualifying dish on menuboard must not display any pork lard, deep fried items, fatty meat, layer of oil. Only 1 teaspoon of fried shallot is allowed per dish. Endorsement is for the smallest portion size for the endorsed dish.

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| | 55. Steamed Soon Kueh (2 pcs)
56. Steamed Yam Cake (2 pcs) |
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