Handy Guide to Healthier Hawker Food Choices

What comes to mind when you think about your favorite hawker centre food? Yum! Healthy? Unlikely!

Every day Singaporeans love the convenience of hawker centre food and dishes are often called “hawker staples” but a new study shows that hawker food can be high in calories and unhealthy.

This handy guide will help you make healthier choices when ordering your favorite hawker meals.

Now when you next go to have that plate of Chicken Rice...

**Chicken Rice**
- **Tips:**
  - Ask for a small/medium portion
  - Ask for more vegetables
  - Ask for eggplant
  - Ask for coconut milk
  - Ask for a small/medium portion of rice
  - Compensate for the lack of vegetables
  - Ask for a small/medium portion of rice with more vegetables

**Economy Rice**
- **Tips:**
  - Ask for a small/medium portion of rice and fewer vegetables
  - Choose steamed or stir-fried vegetables
  - Avoid ordering spicy dishes
  - Ask for more vegetables
  - Avoid ordering dishes with lots of oil and gravy
  - Compensate for the lack of vegetables

**Char Kway Teow**
- **Tips:**
  - Ask for less oil, sauces, and pastries
  - Ask for more vegetables
  - Avoid ordering dishes with lots of oil and gravy
  - Avoid ordering dishes with lots of pastries
  - Compensate for the lack of vegetables

**Noodles and Congee**
- **Tips:**
  - Ask for noodles with less oil and less sauce
  - Avoid ordering dishes with lots of oil and gravy
  - Avoid ordering dishes with lots of pastries
  - Compensate for the lack of vegetables

**Nasi Lemak**
- **Tips:**
  - Ask for more vegetables
  - Avoid ordering dishes with lots of oil and gravy

**Wanton Noodle**
- **Tips:**
  - Avoid ordering dishes with lots of oil and gravy
  - Avoid ordering dishes with lots of pastries

**Kway Chap**
- **Tips:**
  - Avoid ordering dishes with lots of oil and gravy
  - Avoid ordering dishes with lots of pastries
Malay Cuisine

- Malay cuisine is known for its use of spices and herbs.
- Popular dishes include Nasi Lemak, Satay, and Chicken Rice.
- Malay cuisine is characterized by its balance of sweet, sour, salty, and spicy flavors.

Indian Cuisine

- Indian cuisine is known for its variety of spices and ingredients.
- Popular dishes include Curry, Tandoori Chicken, and Naan.
- Indian cuisine is characterized by its use of spices like cumin, coriander, and turmeric.

Vegetarian Food

- Vegetables are a staple in vegetarian cuisine.
- Popular dishes include Falafel, Grilled Vegetables, and Quinoa Salad.
- Vegetarian cuisine is characterized by its focus on plant-based ingredients.

Malay Cuisine

- Malay cuisine is known for its use of spices and herbs.
- Popular dishes include Nasi Lemak, Satay, and Chicken Rice.
- Malay cuisine is characterized by its balance of sweet, sour, salty, and spicy flavors.

Western Cuisine

- Western cuisine is known for its use of meat and dairy products.
- Popular dishes include Fried Chicken, Lasagna, and Bacon.
- Western cuisine is characterized by its focus on rich, hearty flavors.

Snacks/Kueh/Fruits

- Nenas, durians, and jackfruit are fruits that are popular in Malaysia.
- Kuehs like Apam Balik and Nasi Lemak are popular snacks.
- Cheese and crackers are popular snacks in Western cuisine.

Bread/Beverages

- Bread is an important part of Malaysian cuisine.
- Popular breads include Nasi Lemak, Satay, and Chicken Rice.
- Beverages like Teh Tarik and Teh Tarik with milk are popular in Malaysia.

Keep your kidneys healthy!

- Drink plenty of water to stay hydrated.
- Eat a variety of fruits and vegetables.
- Limit your intake of sodium and sugar.
- Avoid processed foods and sugary drinks.
- Consult with a healthcare provider for personalized advice.