



THE FOODIEPEDIA OF GOOD {AND NOT} HAWKER EATS {SO GOOD}

Aiyoh! How do you stick to a diet with our huge list of 149 hawker favourites? It's doable!

BY DEBORAH LIN | ILLUSTRATIONS BY MIKE GALLARDO | NUTRITIONAL INFORMATION COURTESY OF HEALTH PROMOTION BOARD



Hawker food is shiok but let's face it, it's not the healthiest grub around. Still, more of us are eating out at hawker centres, food courts and coffee shops – and frequently. According to the Health Promotion Board's 2010 National Nutrition Survey, over 45 per cent of residents are noshing to their belly's content six times a week and more. To help you avoid becoming a walking time bomb, we help pick your hawker food battles with this guide.

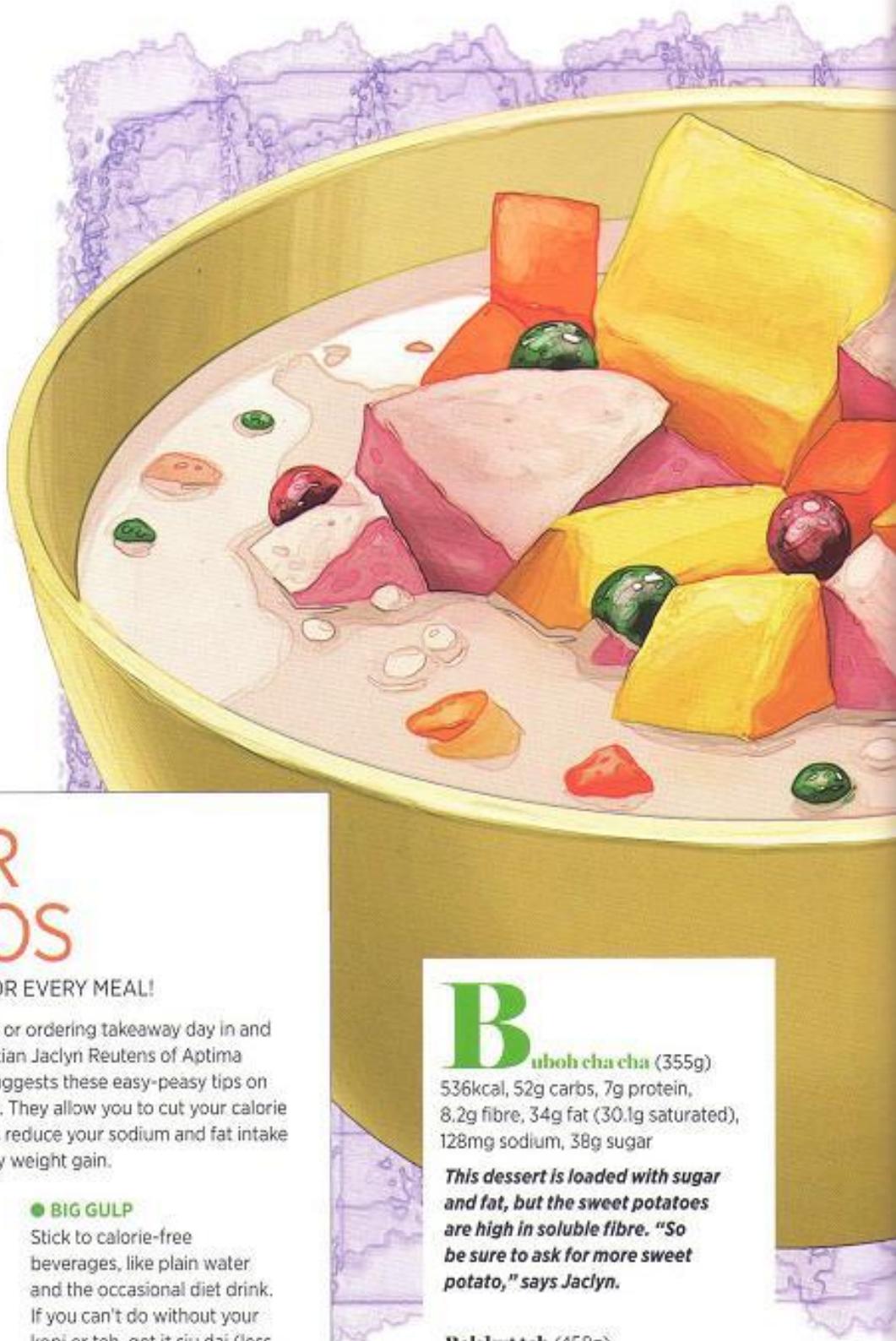


A balone noodles, soup (502g)
244kcal, 33g carbs, 18g protein,
2.5g fibre, 5g fat (1.7g saturated), 33mg
cholesterol, 1,544mg sodium, 2g sugar

Ah balling, yam and peanut (86g)
79kcal, 9g carbs, 2g protein, 3.4g fibre,
4g fat (0.9g saturated), 5mg sodium,
5g sugar

Ang ku kueh, green bean (70g)
141kcal, 28g carbs, 3g protein, 4.3g fibre,
2g fat (1g saturated), 26mg sodium

Ayam buah keluak (662g)
811kcal, 21g carbs, 60g protein,
3.6g fibre, 54g fat (17.3g saturated),
340mg cholesterol, 2,891mg sodium



HAWKER FOOD SOS

READ THIS IF YOU EAT OUT FOR EVERY MEAL!

A tight schedule has you eating out or ordering takeaway day in and day out – and for every meal? Dietitian Jaclyn Reutens of Aptima Nutrition and Sports Consultants suggests these easy-peasy tips on what to order and how much to eat. They allow you to cut your calorie intake by as much as half, as well as reduce your sodium and fat intake significantly to prevent unnecessary weight gain.

● EAT NECESSARY FOODS

This means carbs, protein and vegetables at each meal. Those with a sedentary lifestyle should consume only half the usual portion of carbs (like rice or noodles). And remember to eat fruit with each meal, like a medium-sized apple or wedge of honeydew.

● SOUP UP

A light soupy dish, like sliced fish soup with noodles or yong tau foo soup, goes down healthier than a soupy laksa lemak! Limit obviously unhealthy foods to once every two weeks.

● BIG GULP

Stick to calorie-free beverages, like plain water and the occasional diet drink. If you can't do without your kopi or teh, get it siu dai (less sweet) instead.

● OPT FOR HEALTHY SIGNS

You've seen those "I use healthier salt", "I offer brown rice" or "Ask for more vegetables" labels. Have you actually requested for these alternatives?

B

buboh cha cha (355g)

536kcal, 52g carbs, 7g protein,
8.2g fibre, 34g fat (30.1g saturated),
128mg sodium, 38g sugar

This dessert is loaded with sugar and fat, but the sweet potatoes are high in soluble fibre. So be sure to ask for more sweet potato," says Jaclyn.

Bak kut teh (458g)

324kcal, 28g protein, 23g fat
(9.4g saturated), 153mg cholesterol,
1,316mg sodium

Bakwan kepiting (497g)

497kcal, 1g carbs, 15g protein,
1.2g fibre, 9g fat (3.3g saturated),
34mg cholesterol, 1,511mg sodium

Ban mian (528g)

475kcal, 48g carbs, 22g protein,
3.2g fibre, 22g fat (8.4g saturated),
232mg cholesterol, 2,196mg sodium

Bandung drink (242g)
152kcal, 32g carbs, 1g protein, 2g fat
(1.7g saturated), 5mg cholesterol,
17mg sodium, 32g sugar

Barbecued chicken wings (98g)
155kcal, 15g protein, 11g fat
(3g saturated), 80mg cholesterol,
326mg sodium

Barley drink (237g)
55kcal, 14g carbs, 2mg sodium,
14g sugar

Beef noodles, dry (391g)
395kcal, 72g carbs, 17g protein,
5.5g fibre, 4g fat (2g saturated),
35mg cholesterol, 1,775mg sodium,

Beef noodles, soup (605g)
303kcal, 47g carbs, 23g protein,
4.2g fibre, 2g fat, 30mg cholesterol,
2,372mg sodium

Che cheong fun, plain (114g)
241kcal, 45g carbs, 2g protein, 6g fat
(2.2g saturated), 1,048mg sodium,
37g sugar

The sauce is high in sodium but plain chee cheong fun eaten with a small amount of sauce is okay, says Dr See Hui Tu, senior consultant medical oncologist at Parkway Cancer Centre. Jaclyn adds that, minus the sauce, it is also a good source of carbs with very little fat.

Buboh terigu (354g)
329kcal, 70g carbs, 4g protein,
3.2g fibre, 4g fat (3.5g saturated),

Butterfly fritter (75g)
273kcal, 37g carbs, 5g protein, 1.4g fibre,
34g fat (30.1g saturated), 128mg sodium,
38g sugar

Carrot cake, black (295g)
493kcal, 42g carbs, 2g protein, 5.9g fibre,
35g fat (14.1g saturated), 109mg cholesterol,
1,289mg sodium, 27g sugar

Carrot cake, white (89g)
87kcal, 16g carbs, 1g protein, 1.4g fibre,
2g fat (1g saturated), 2mg cholesterol,
383mg sodium

Carrot, potato and pork rib soup (766g)
275kcal, 19g carbs, 30g protein, 5.9g fibre,
9g fat (3.7g saturated), 97mg cholesterol,
1,516mg sodium

Chapati (60g)
187kcal, 28g carbs, 4g protein, 4.1g fibre,
7g fat (3.1g saturated), 155mg sodium,
1g sugar

Char kway teow (384g)
744kcal, 76g carbs, 23g protein,
7.3g fibre, 38g fat (29.2g saturated),
234mg cholesterol, 1,459mg sodium

Char siew rice (327g)
605kcal, 91g carbs, 24g protein, 5.9g
fibre, 16g fat (11.9g saturated), 56mg
cholesterol, 880mg sodium, 13g sugar

Chendol (368g)
386kcal, 59g carbs, 6g protein, 4g fibre,
15g fat (12.1g saturated), 195mg sodium,
44g sugar

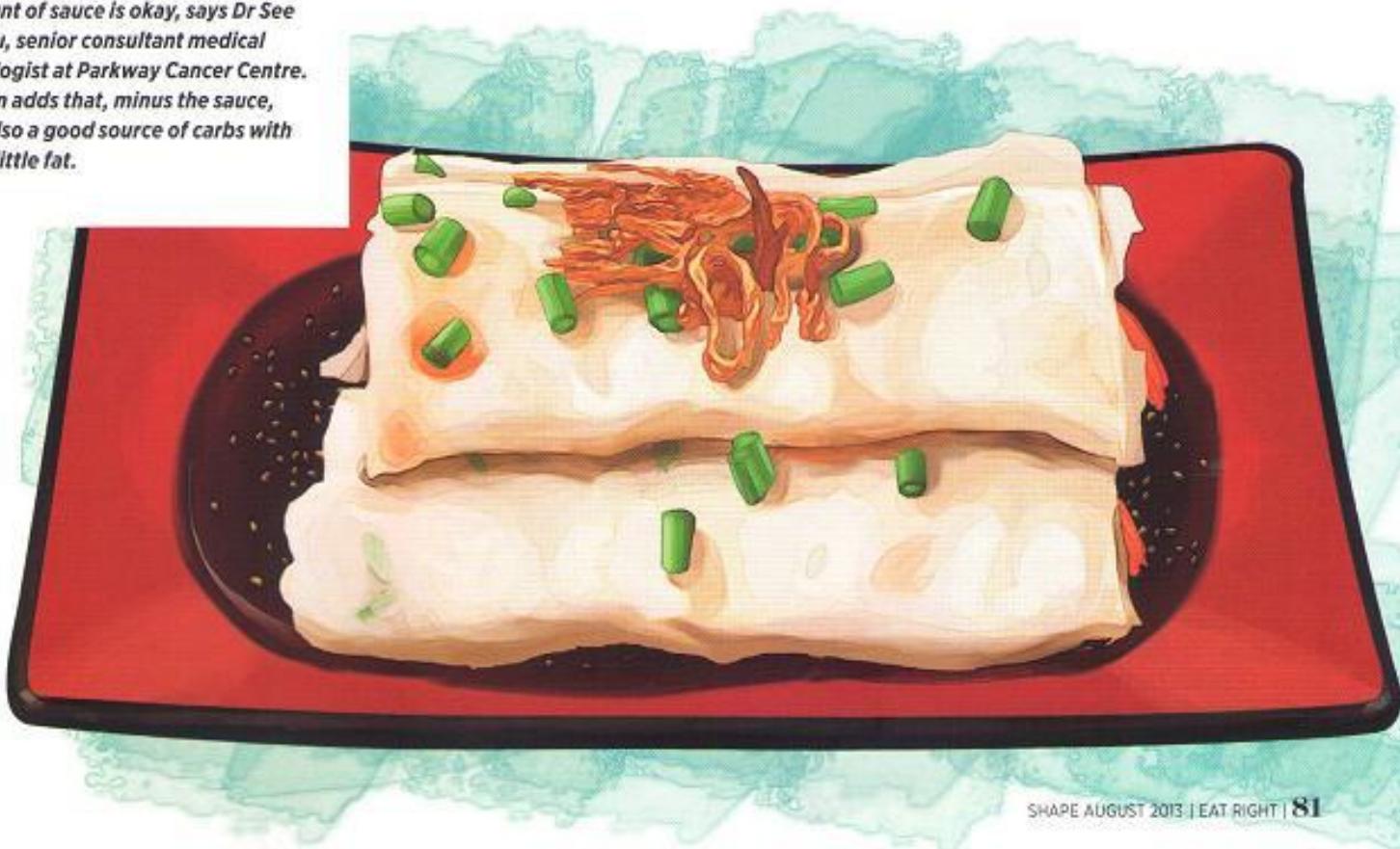
Cheng tng (496g)
218kcal, 53g carbs, 1g protein, 3.5g fibre

Chicken rice, roasted (382g)
607kcal, 75g carbs, 25g protein,
2g fibre, 23g fat (8.7g saturated),
47mg cholesterol, 1,287mg sodium

Chicken rice, steamed (365g)
635kcal, 84g carbs, 26g protein,
3.2g fibre, 22g fat (8.5g saturated),
66mg cholesterol, 1,036mg sodium

Chinese rojak (57g)
559kcal, 65g carbs, 20g protein,
9.8g fibre, 25g fat (9.8g saturated),
35mg cholesterol, 857mg sodium

Chwee kueh (57g)
56kcal, 11g carbs, 1g protein, 1.1g fibre,
1g fat (0.6g saturated), 1mg cholesterol,
229mg sodium ►



Claypot rice (597g)

899kcal, 93g carbs, 48g protein, 6g fibre, 37g fat (15.5g saturated), 167mg cholesterol, 2,185mg sodium

Congee, fish (559g)

211kcal, 32g carbs, 14g protein, 3g fat, 22mg cholesterol, 1,347mg sodium

Congee, minced pork (636g)

364kcal, 38g carbs, 19g protein, 15g fat (5.7g saturated), 64mg cholesterol, 1,501mg sodium

Curry chicken (706g)

967kcal, 51g carbs, 52g protein, 14.7g fibre, 62g fat (26.5g saturated), 164mg cholesterol, 1,723mg sodium, 14g sugar

Curry puff, chicken (71g)

246kcal, 20g carbs, 5g protein, 2.1g fibre, 16g fat (8.1g saturated), 26mg cholesterol, 183mg sodium, 1g sugar

Curry puff, sardine (36g)

112kcal, 11g carbs, 3g protein, 1g fibre, 6g fat (2.8g saturated), 8mg cholesterol, 146mg sodium, 1g sugar

D halbhalla (533g)

576kcal, 59g carbs, 33g protein, 17.6g fibre, 23g fat (8.1g saturated), 64mg cholesterol, 1,482mg sodium, 11g sugar

Duck rice (410g)

673kcal, 99g carbs, 24g protein, 7.6g fibre, 20g fat (5.9g saturated), 92mg cholesterol, 545mg sodium, 28g sugar

Duck with salted vegetable soup (251g)

102kcal, 14g carbs, 0.2g protein, 5g fat (1.8g saturated), 54mg cholesterol, 1,053mg sodium

Durian pudding (189g)

263kcal, 41g carbs, 6g protein, 5.3g fibre, 8g fat (5.2g saturated), 91mg sodium, 23g sugar

E

e mee (685g)

1,007kcal, 78g carbs, 38g protein, 8.2g fibre, 61g fat (25.3g saturated), 110mg cholesterol, 2,124mg sodium

Of the 149 hawker foods in these pages, this dish (surprisingly!) ranks the third highest in calories – pig trotters are first followed by fish head curry.

80

The percentage of Singapore residents who exceed the recommended daily limit for sodium – 28 per cent consume twice that limit!

SOURCE 2010 NATIONAL NUTRITION SURVEY





Fish head curry (1.3kg)
1,183kcal, 42g carbs, 77g protein,
15.7g fibre, 77g fat (51.6g saturated),
381mg cholesterol, 4,073mg sodium

*For a less fatty version, go for
the assam rather than coconut
milk version. The protein is lean.*

Fishball tung hoon soup (527g)
218kcal, 38g carbs, 12g protein, 3.3g fibre,
2g fat, 2,301mg sodium, 1g sugar

Fishball noodles, dry (327g)
370kcal, 55g carbs, 19g protein, 3.9g fibre,
8g fat (3.3g saturated), 43mg cholesterol,
1,645mg sodium

Fried rice (418g)
508kcal, 66g carbs, 16g protein, 4.2g fibre,
20g fat (8.4g saturated), 443mg cholesterol,
1,622mg sodium

Frog legs, stir-fried (279g)
322kcal, 3g carbs, 30g protein, 3.7g fibre,
21g fat (9.3g saturated), 54mg cholesterol,
1,163mg sodium, 3g sugar

Gado gado (421.4g)
659kcal, 44g carbs, 30g protein,
19.4g fibre, 40g fat (14.3g saturated),
88mg cholesterol, 1,082mg sodium

Goreng pisang (65g)
197kcal, 36g carbs, 1g protein, 2.3g fibre,
5g fat (3.4g saturated), 103mg sodium,
14g sugar

Grass jelly (231g)
55kcal, 14g carbs, 1.2g fibre, 53mg sodium,
12g sugar

Green bean soup (531g)
377kcal, 76g carbs, 10g protein,
23.4g fibre, 3g fat

Gulab jamun (48g)
165kcal, 21 carbs, 7g protein, 0.7g fibre,
6g fat (3.3g saturated), 4mg cholesterol,
44mg sodium, 19g sugar

Halwa (129g)
445kcal, 84g carbs, 1g protein,
4.5g fibre, 12g fat (5.5g saturated)

Ham chim peng, red bean (81g)
296kcal, 45g carbs, 5g protein, 1.8g fibre,
11g fat (9.1g saturated), 280mg sodium

Harkow (18g)
27kcal, 4g carbs, 1g protein, 0.4g fibre,
1g fat (0.3g saturated), 5mg cholesterol,
74mg sodium

Herbal chicken soup (420g)
187kcal, 6g carbs, 20g protein, 0.4g fibre,
9g fat (3.3g saturated), 91mg cholesterol,
909mg sodium

Hokkien mee (442g)
522kcal, 69g carbs, 18g protein, 4.4g fibre,
19g fat (7.3g saturated), 133mg cholesterol,
1,423mg sodium, 17g sugar

Iced jackfruit, selashi (331g)
195kcal, 30g carbs, 2g protein,
3.5g fibre, 8g fat (6.7g saturated),
50mg sodium, 30g sugar

Iced jelly, tinned fruit (562g)
214kcal, 53g carbs, 1g protein, 3.4g fibre

Ice kacang (503g)
256kcal, 58g carbs, 6g protein,
19.6g fibre, 1g fat

Iced soursop (299g)
202kcal, 47g carbs, 1g protein, 1.6g fibre, 1g
fat, 8mg cholesterol, 25mg sodium, 47g sugar

Idli (75g)
79kcal, 15g carbs, 3g protein, 2g fibre,
0g fat (0.2g saturated), 0mg cholesterol,
281mg sodium ►

Ikan masak assam pedas (184g)
124kcal, 2g carbs, 21g protein, 1.9g fibre,
4g fat (2.1g saturated), 61mg cholesterol,
532mg sodium, 2g sugar

Indian rojak (588g)
1,153kcal, 85g carbs, 58g protein, 12.9g
fibre, 63g fat (25.4g saturated), 152mg
cholesterol, 1,301mg sodium, 2g sugar

Jalebi (114g)
359kcal, 65g carbs, 5g protein,
0.4g fibre, 9g fat (3.3g saturated),
4mg cholesterol, 50mg sodium, 31g sugar

Kway chap (732g)
703kcal, 82g carbs, 34g protein,
5.9g fibre, 26g fat (9.9g saturated),
293mg cholesterol, 3,206mg sodium,
31g sugar

Watching your cholesterol?
*Go easy on this as it is one of the
most cholesterol-laden dishes on
our list.*

**Kangkong, stir-fried with
shrimp paste** (300g)
396kcal, 20g carbs, 9g protein, 6.6g fibre,
31g fat (13.2g saturated), 36mg cholesterol,
2,184mg sodium, 5g sugar

Kopi (194g)
113kcal, 15g carbs, 2g protein, 5g fat
(2.4g saturated), 2mg cholesterol,
37mg sodium, 15g sugar

Kopi-O (194g)
66kcal, 12g carbs, 2g fat (0.6g saturated),
17mg sodium, 12g sugar

Kuih dadar, coconut (80g)
203kcal, 27g carbs, 3g protein, 5.8g fibre,
9g fat (8.1g saturated), 0mg cholesterol,
146mg sodium

Kuih tutu, coconut (20g)
56kcal, 11g carbs, 1g protein, 0.3g fibre,
1g fat (1g saturated), 1mg sodium

Laksal emak (650g)
696kcal, 58g carbs, 27g protein,
3.9g fibre, 40g fat (14.2g saturated), 104mg
cholesterol, 7,904mg sodium, 38g sugar

Lassi (192g)
78kcal, 8g carbs, 5g fat (3.3g saturated),
19mg cholesterol, 34mg sodium, 8g sugar

Lontong (775g)
798kcal, 64g carbohydrate, 46g protein,
13.2g fibre, 40g fat (21.9g saturated), 264mg
cholesterol, 1,930mg sodium, 28g sugar

Lor mai kai (149g)
322kcal, 55g carbs, 9g protein, 6.7g fibre,
7g fat (2.7g saturated), 33mg cholesterol,
595mg sodium

Lor mee (540g)
383kcal, 55g carbs, 15g protein, 6.5g fibre,
11g fat (4.9g saturated), 140mg cholesterol,
2,538mg sodium

Mee chang kuih, peanut (56g)
122kcal, 22g carbs, 4g protein, 1.5g fibre,
2g fat (0.7g saturated), 0mg cholesterol,
3mg sodium

Mee goreng (309g)
500kcal, 61g carbs, 18g protein, 4.4g fibre,
20g fat (8.3g saturated), 135mg cholesterol,
1,851mg sodium, 7g sugar

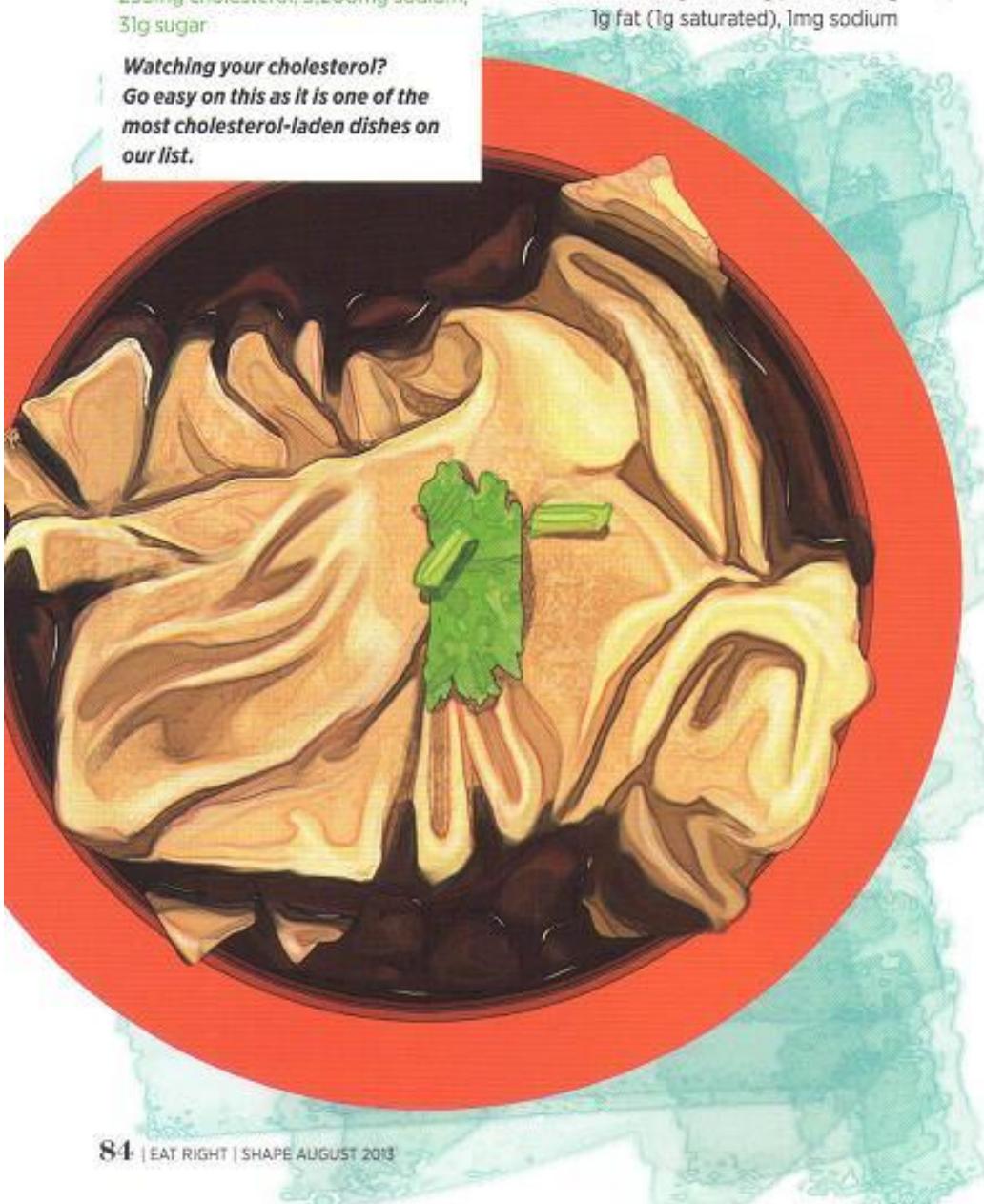
Mee rebus (571g)
571kcal, 82g carbs, 23g protein, 8g fibre,
17g fat (5.8g saturated), 206mg cholesterol,
2,164mg sodium, 38g sugar

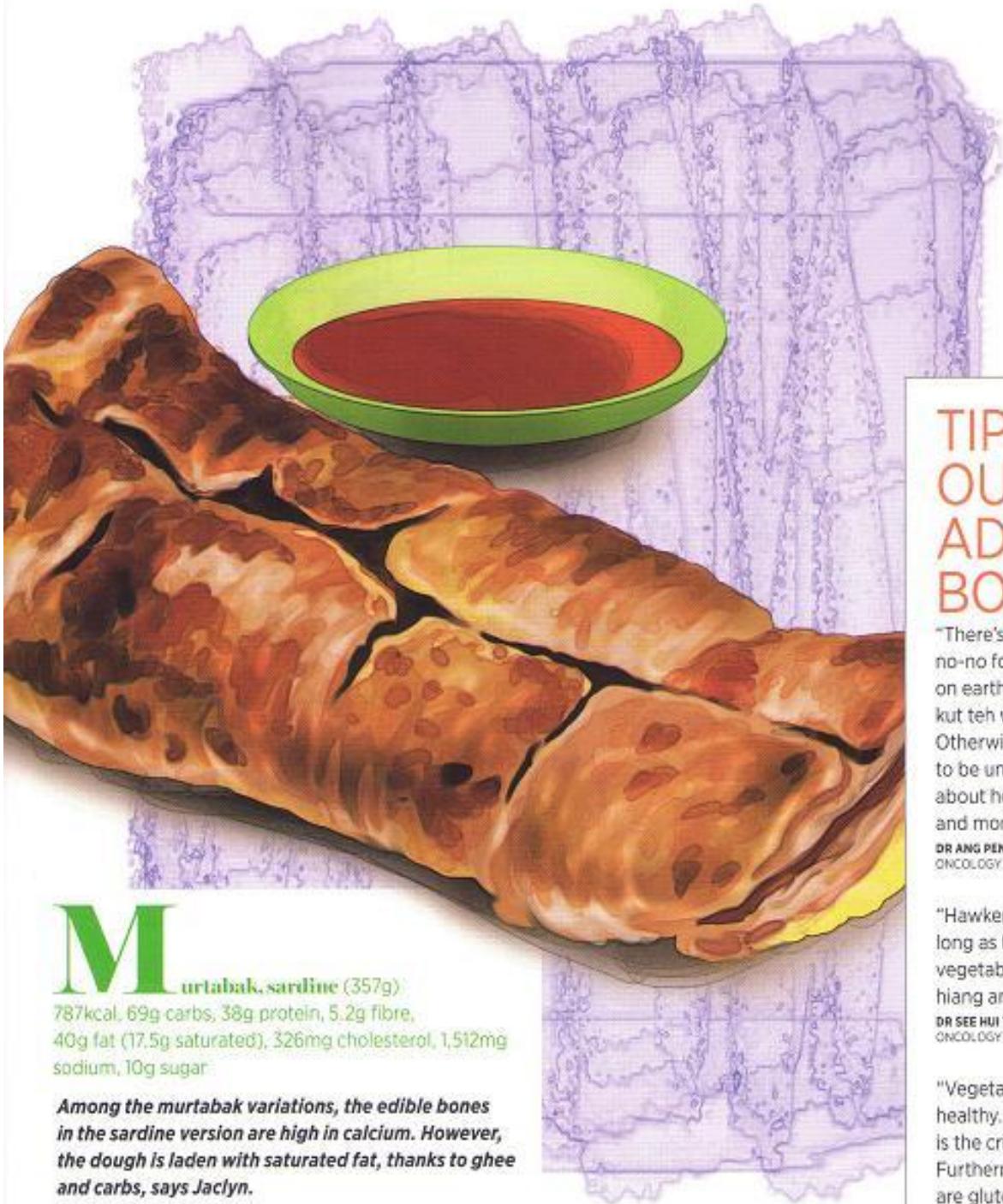
Mee siam (655g)
694kcal, 92g carbs, 28g protein, 9.2g fibre,
24g fat (8.6g saturated), 138mg cholesterol,
2,659mg sodium, 66g sugar

Mee soto (541g)
433kcal, 60g carbs, 19g protein, 3.8g fibre,
13g fat (5.4g saturated), 38mg cholesterol,
2,678mg sodium

Minced pork noodles, dry (311g)
511kcal, 57g carbs, 20g protein, 4.9g fibre,
23g fat (9.2g saturated), 29mg cholesterol,
1,491mg sodium, 2g sugar

Minced pork noodles, soup (597g)
383kcal, 50g carbs, 18g protein, 8.5g fibre,
12g fat (4.8g saturated), 37mg cholesterol,
1,740mg sodium, 3g sugar





Murtabak, sardine (357g)
787kcal, 69g carbs, 38g protein, 5.2g fibre,
40g fat (17.5g saturated), 326mg cholesterol, 1,512mg
sodium, 10g sugar

Among the murtabak variations, the edible bones in the sardine version are high in calcium. However, the dough is laden with saturated fat, thanks to ghee and carbs, says Jaclyn.

Muah chee (150g)
383kcal, 52g carbs, 11g protein, 5.7g fibre, 14g
fat (3.8g saturated), 11mg sodium

Mui fan (797g)
720kcal, 112g carbs, 33g protein, 4g fibre,
16g fat (7.2g saturated), 343mg cholesterol,
1,658mg sodium

Murtabak, chicken (75g)
115kcal, 13g carbs, 5g protein, 3.2g fibre,
5g fat (2.1g saturated), 26mg cholesterol,
371mg sodium

Murtabak, mutton (211g)
373kcal, 39g carbs, 15g protein, 9.3g fibre,
17g fat (7g saturated), 131mg cholesterol,
1,365mg sodium

Murtabak, vegetables (332g)
620kcal, 62g carbs, 18g protein, 7.3g fibre,
33g fat (14.4g saturated), 188mg cholesterol,
1,205mg sodium, 9g sugar

Mutton soup (533g)
389kcal, 6g protein, 27g fat (13.3g saturated),
181mg cholesterol, 1,460mg sodium

Mutton vindaloo (305g)
418kcal, 28g carbs, 39g protein, 10.1g fibre,
17g fat (6.7g saturated), 116mg cholesterol,
641mg sodium, 12g sugar ▶

TIPS FROM OUR ADVISORY BOARD

"There's no food that is an absolute no-no for me. If it were my last day on earth, I'd probably choose bak kut teh with white rice and you tiao. Otherwise, hawker food does not have to be unhealthy. If one is concerned about health, simply opt for less oil and more vegetables."

DR ANG PENG TIAM, SENIOR CONSULTANT, MEDICAL ONCOLOGY AT PARKWAY CANCER CENTRE

"Hawker food can be healthy as long as there is less oil and more vegetables, so steer away from ngoh hiang and any deep-fried meat."

DR SEE HUI TU, SENIOR CONSULTANT, MEDICAL ONCOLOGY AT PARKWAY CANCER CENTRE

"Vegetarian bee hoon is deceptively healthy. What appeals to many is the crispy fried bean curd skin. Furthermore, the mock meats are gluten concentrates that can create flatulence."

DR GWEE KOK ANN, CONSULTANT GASTROENTEROLOGIST AND PHYSICIAN AT STOMACH LIVER & BOWEL CLINIC

"People are worried about eating gypsum powder (calcium sulfate) that goes into the making of soya bean curd, but the amount in each serving is minute and will not cause any harm. On the other hand, the new and firmer soya bean pudding that is all the rage now is a product of modern factories. It is made from soya bean and jelly powders, and is full of chemicals, preservatives as well as sugar. Traditional soya bean is still much healthier for you."

DR LESLIE TAY, GENERAL PRACTITIONER AT KARRI FAMILY CLINIC



Ngo hiang (386g)
879kcal, 81g carbs, 29g protein,
10g fibre, 48g fat (23.5g saturated),
62mg cholesterol, 1,876mg sodium

There's no surprise that this is super high in calories, fat and saturated fat!

Naan (131g)
357kcal, 57g carbs, 11g protein, 3.3g fibre,
9g fat (4.2g saturated), 21mg cholesterol,
430mg sodium, 5g sugar

Nasi biryani, chicken (488g)
877kcal, 102g carbs, 39g protein, 8.4g fibre,
35g fat (14.8g saturated), 158mg cholesterol,
1,656mg sodium

Nasi biryani, mutton (505g)
752kcal, 96g carbs, 36g protein, 8.1g fibre,
25g fat (12.1g saturated), 96mg cholesterol,
1,858mg sodium

Nasi goreng (377g)
742kcal, 103g carbs, 21g protein, 4.1g fibre,
27g fat (11.3g saturated), 200mg cholesterol,
1,467mg sodium

Nasi lemak (210g)
494kcal, 80g carbs, 13g protein, 6.5g fibre,
14g fat (7.6g saturated), 76mg cholesterol,
838mg sodium

Nasi pattaya (383g)
805kcal, 80g carbs, 27g protein, 4.2g fibre,
42g fat (16.5g saturated), 441mg cholesterol,
2,435mg sodium, 8g sugar

Noodles with beef tendon (444g)
462kcal, 69g carbs, 34g protein, 12.4g
fibre, 5g fat (2.7g saturated), 93mg
cholesterol, 2,264mg sodium

Onde-ondeh (110g)
176kcal, 26g carbs, 1g protein,
3.4g fibre, 7g fat (6.5g saturated),
87mg sodium, 17g sugar

Otah, plain (29g)
2kcal, 15g carbs, 2g protein, 1g fibre,
1.6g fat (0.8g saturated), 203mg
cholesterol, 3g sugar

Otah, shrimp (40g)
4kcal, 18g carbs, 3g protein, 4g fibre,
2.5g fat (0.4g saturated), 211mg
cholesterol, 2mg sodium, 8g sugar

Oyster omelette (253g)
645kcal, 32g carbs, 18g protein, 49g fat
(20g saturated), 354mg cholesterol,
746mg sodium

HANKERING AFTER HAWKER FARE?

These places are listed in HPB's Healthier Hawker Food Programme. They offer healthier alternatives that use wholegrain noodles, brown rice, healthier oils and/or salt with reduced sodium.

NORTH

- Rasa Rasa Food Fiesta Restaurant Blk 2A Woodlands Centre Road

SOUTH

- Seah Im Food Centre Seah Im Road

EAST

- Eunos Crescent Food Centre Blk 4A Eunos Crescent
- Geylang Serai Market & Food Centre 1 Geylang Serai
- Haig Road Market & Cooked Food Centre Blk 13/14 Haig Road
- Marine Terrace Market & Food Centre Blk 50A Marine Terrace
- Rasa Rasa Food Fiesta Restaurant Blk 537 Bedok North Street 3

WEST

- Bukit Batok Village Eating House Blk 21 Bukit Batok Central
- Clementi Market & Food Centre Blk 448 Clementi Avenue 3
- BB 289 Food House Blk 289H Bukit Batok, Street 25
- Food King Coffee House Blk 233, Bukit Batok East Avenue 5
- Happy Hawkers Blk 132 Jurong East Street 13, #01-271
- IMM Cafeteria IMM Building, Jurong East Street 21
- Meng Soon Huat Food Centre Blk 359 Bukit Batok Street 31
- Yuhua Market & Hawker Centre Blk 347 Jurong East Avenue 1

NORTHEAST

- Foodfare Rivervale Mall, 11 Rivervale Crescent

P

Putu piring (142g)

341kcal, 70g carbs, 4g protein, 5.4g fibre, 5g fat (4.3g saturated), 463mg sodium, 32g sugar

This seemingly inconspicuous snack is rather high in calories, carbs and sugar (gula melaka).

Poppadom (6g)

30kcal, 2g carbs, 1g protein, 0.4g fibre, 2g fat (0.9g saturated), 125mg sodium

Pau, char siew (120g)

363kcal, 45g carbs, 13g protein, 1.7g fibre, 15g fat (5.5g saturated), 23mg cholesterol, 473mg sodium

Pau, vegetarian (77g)

150kcal, 23g carbs, 4g protein, 2.5g fibre, 5g fat (2g saturated), 281mg sodium, 4g sugar

Penang laksa (569g)

377kcal, 71g carbs, 18g protein, 4g fibre, 2g fat (0.6g saturated), 11mg cholesterol, 2,287mg sodium

Pig organ soup (444g)

160kcal, 5g carbs, 22g protein, 1.3g fibre, 6g fat (2.2g saturated), 142mg cholesterol, 1,545mg sodium

Pig trotters (1.3kg)

1325kcal, 132g carbs, 67g protein, 9.1g fibre, 59g fat (15.9g saturated), 250mg cholesterol, 1,308mg sodium, 110g sugar

Popiah (140g)

188kcal, 14g carbs, 8g protein, 4.1g fibre, 11g fat (3.6g saturated), 45mg cholesterol, 676mg sodium, 5g sugar

Prawn mee, soup (574g)

294kcal, 49g carbs, 19g protein, 4g fibre, 2g fat (1.1g saturated), 40mg cholesterol, 2,422mg sodium



Preserved vegetable and tofu soup (433g)

90kcal, 2g carbs, 11g protein, 1.7g fibre, 5g fat (0.8g saturated), 1,626mg sodium, 1g sugar

Pulot hitam (418g)

397kcal, 71g carbs, 4g protein, 2.5g fibre, 11g fat (8.9g saturated), 335mg sodium, 52g sugar

Red ruby (389g)

296kcal, 23g carbs, 2g protein, 6.2g fibre, 22g fat (20.5g saturated), 68mg sodium, 17g sugar

Rice dumpling, meat (132g)

276kcal, 39g carbohydrate, 8g protein, 3.3g fibre, 10g fat (3.8g saturated), 73mg cholesterol, 486mg sodium

Rice dumpling, vegetarian (197g)

395kcal, 69g carbs, 12g protein, 4.5g fibre, 8g fat (3.2g saturated), 896mg sodium, 6g sugar

Roti John (253g)

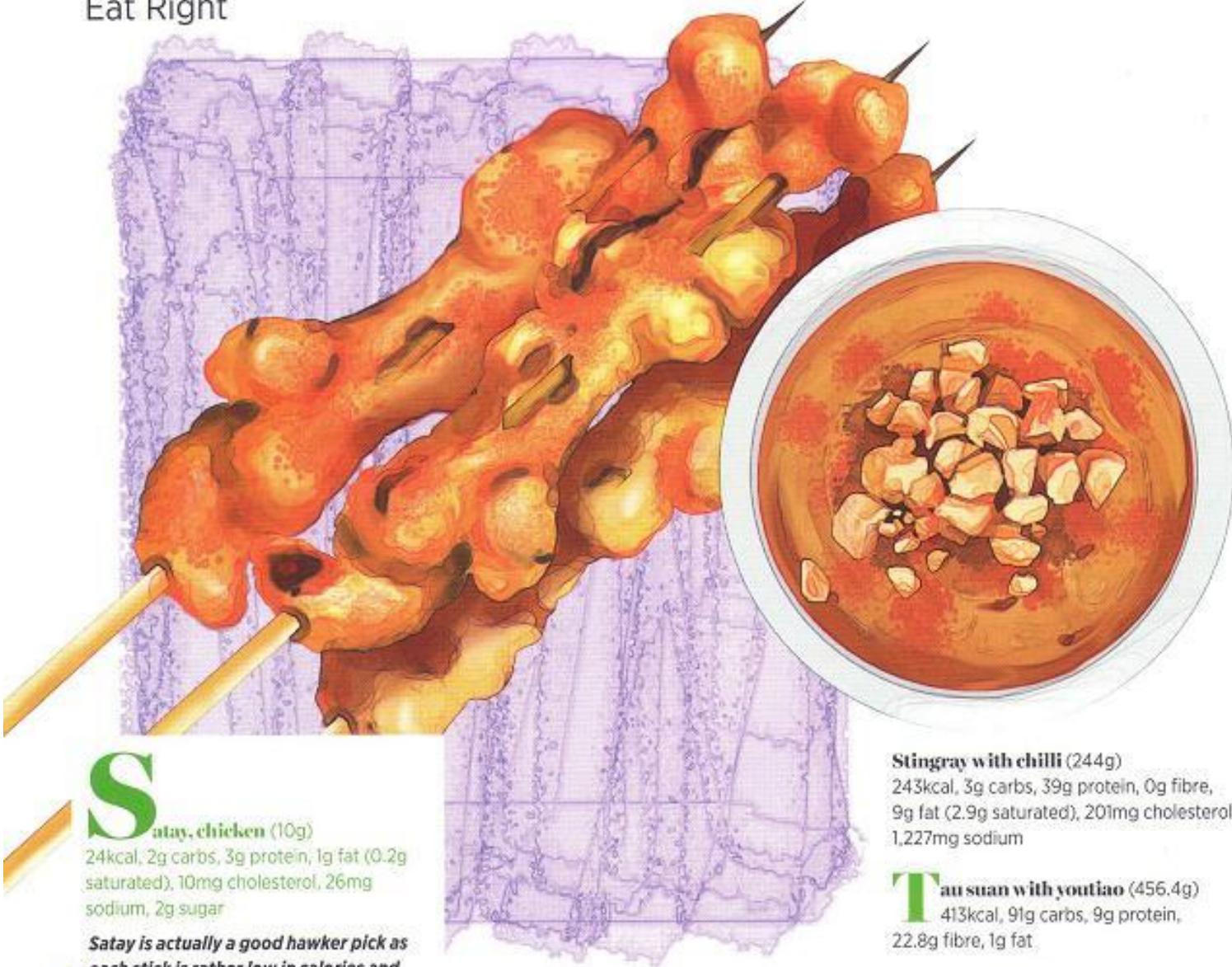
721kcal, 77g carbs, 25g protein, 11.3g fibre, 35g fat (18.1g saturated), 242mg cholesterol, 2,011mg sodium

Roti prata, egg (117g)

288kcal, 28g carbs, 12g protein, 2.3g fibre, 14g fat (5.8g saturated), 175mg cholesterol, 363mg sodium, 2g sugar

Roti prata, plain (70g)

209kcal, 32g carbs, 5g protein, 1.7g fibre, 7g fat (2.9g saturated), 1mg cholesterol, 386mg sodium, 2g sugar ►



S

satay, chicken (10g)

24kcal, 2g carbs, 3g protein, 1g fat (0.2g saturated), 10mg cholesterol, 26mg sodium, 2g sugar

Satay is actually a good hawker pick as each stick is rather low in calories and fat, and supplies a decent amount of protein. Just be careful to watch the number of sticks you have together with the ketupat and peanut sauce on the side or you'll chalk up those calories.

Satay, mutton (11g)

31kcal, 2g carbs, 3g protein, 1g fat (0.6g saturated), 12mg cholesterol, 32mg sodium, 2g sugar

Satay with ketupat (95g)

88kcal, 20g carbs, 2g protein, 1g fibre, 0g fat (0g saturated), 4mg sodium

Satay with peanut sauce (29g)

77kcal, 3g carbs, 2g protein, 0.9g fibre, 6g fat (2g saturated), 138mg sodium, 3g sugar

Satay bee hoon (452g)

763kcal, 75g carbs, 30g protein, 15.4g fibre, 38g fat (14.5g saturated), 95mg cholesterol, 1,573mg sodium

Siew mai (16g)

29kcal, 3g carbs, 1g protein, 0.3g fibre, 1g fat (0.4g saturated), 4mg cholesterol, 99mg sodium, 1g sugar

Sliced fish bee hoon soup (686g)

349kcal, 48g carbs, 22g protein, 3.4g fibre, 8g fat (3.5g saturated), 28mg cholesterol, 1,413mg sodium

Soon kueh (72g)

88kcal, 18g carbs, 1g protein, 1.6g fibre, 1g fat (0.8g saturated), 1mg cholesterol, 268mg sodium

Sop tulang (934g)

211kcal, 13g carbs, 20g protein, 6.3g fibre, 9g fat (3.2g saturated), 39mg cholesterol, 1,658mg sodium, 7g sugar

Soya bean curd, syrup (620g)

317kcal, 63g carbs, 12g protein, 9.3g fibre, 2g fat, 31mg sodium

Soya bean drink, no syrup (250g)

83kcal, 3g carbs, 7g protein, 2g fibre, 5g fat (0.7g saturated), 30mg sodium

Soya bean drink, syrup (250g)

138kcal, 19g carbs, 7g protein, 1.5g fibre, 4g fat (0.7g saturated), 35mg sodium, 19g sugar

Stingray with chilli (244g)

243kcal, 3g carbs, 39g protein, 0g fibre, 9g fat (2.9g saturated), 201mg cholesterol, 1,227mg sodium

Tau suan with youtiao (456.4g)

413kcal, 91g carbs, 9g protein, 22.8g fibre, 1g fat

Tahu telur (317g)

812kcal, 21g carbs, 34g protein, 9.6g fibre, 66g fat (26.5g saturated), 224mg cholesterol, 532mg sodium, 16g sugar

Teh halia (180g)

74kcal, 12g carbs, 1g protein, 2g fat (1.2g saturated), 2mg cholesterol, 18mg sodium, 12g sugar

Turtle soup (424g)

154kcal, 6g carbs, 27g protein, 2g fat, 126mg cholesterol, 1,080mg sodium

U dang pedas nanas (176.34g)

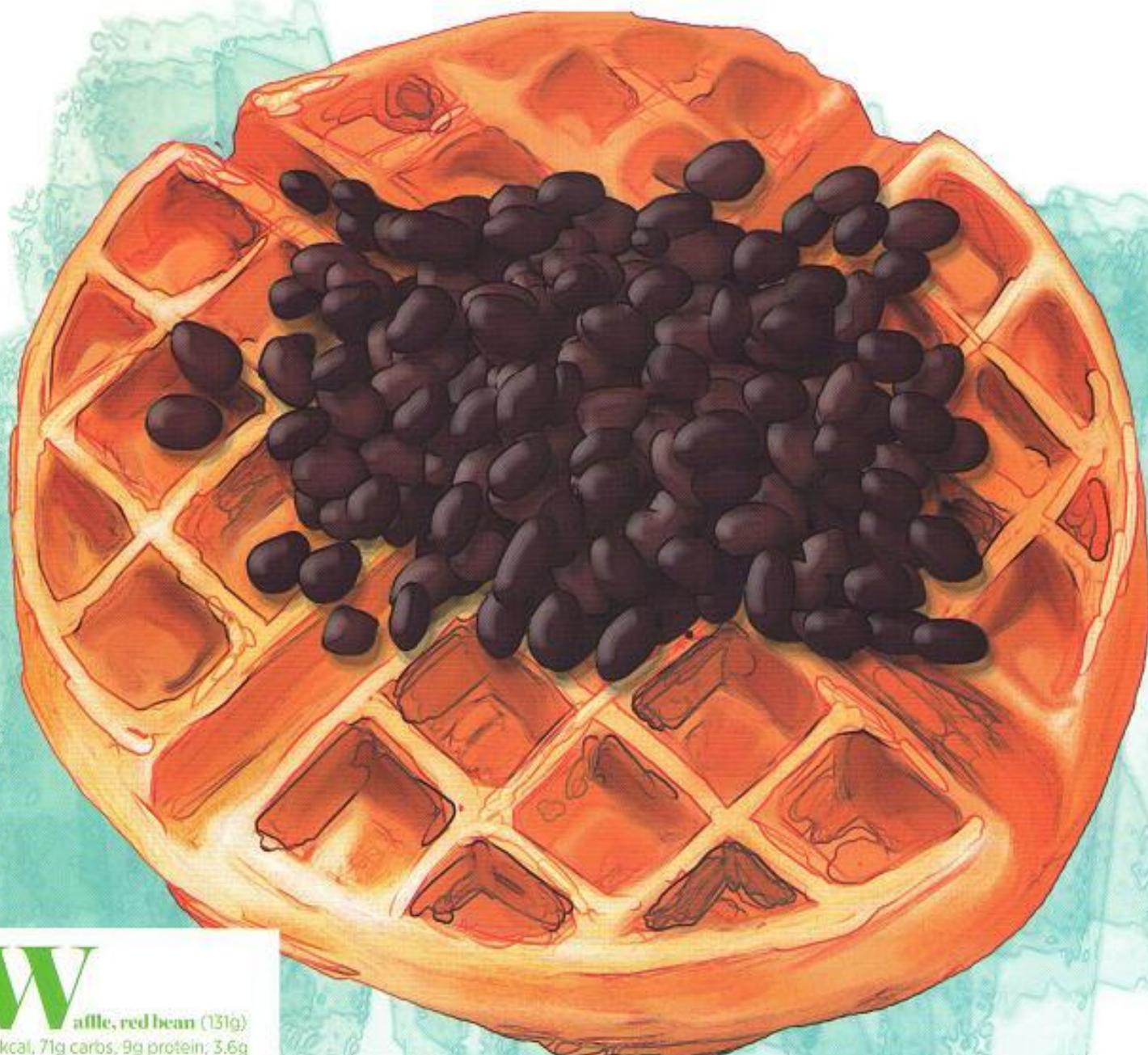
38kcal, 3g carbs, 5g protein, 1.5g fibre, 1g fat (0.2g saturated), 47mg cholesterol, 471mg sodium, 3g sugar

Vadai (105g)

230kcal, 18g carbs, 9g protein, 5.2g fibre, 13g fat (5.9g saturated), 683mg sodium, 1g sugar

Vegetarian bee hoon (362g)

549kcal, 83g carbs, 16g protein, 8.3g fibre, 17g fat (8g saturated), 1,539mg sodium



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Waffle, red bean (131g)
540kcal, 71g carbs, 9g protein, 3.6g fibre, 24g fat (13.1g saturated), 58mg cholesterol, 56mg sodium, 38g sugar

Eating one of these is like finishing 12 chicken nuggets!

Waffle, kaya (115g)

400kcal, 50g carbs, 8g protein, 1.1g fibre, 19g fat (11.7g saturated), 63mg cholesterol, 55mg sodium, 33g sugar

Wanton mee, dry (330g)

411kcal, 55g carbs, 19g protein, 5.3g fibre, 12g fat (5g saturated), 36mg cholesterol, 1,502mg sodium

Wanton mee, soup (545g)

290kcal, 41g carbs, 19g protein, 1.6g fibre, 5g fat, 11mg cholesterol, 1804mg sodium

Water chestnut drink (211g)

80kcal, 20g carbs, 19mg sodium, 20g sugar

Watercress with pork rib soup (457g)

116kcal, 14g protein, 1.2g fibre, 7g fat (3.3g saturated), 37mg cholesterol, 1,229mg sodium

Wu kok or yam puff (114g)

215kcal, 26g carbs, 3g protein, 3.3g fibre, 11g fat (5.7g saturated), 10mg cholesterol, 601mg sodium

Yam cake (170g)

211kcal, 40g carbs, 4g protein, 2.6g fibre, 11g fat (2g saturated), 10mg cholesterol, 777mg sodium

Yam pudding (598g)

1417kcal, 182g carbs, 9g protein, 14.4g fibre, 73g fat (30.5g saturated), 54mg cholesterol, 6mg sodium, 123g sugar

Yong tau foo, dry (313g)

296kcal, 21g carbs, 19g protein, 8.8g fibre, 15g fat (6.6g saturated), 88mg cholesterol, 1,675mg sodium

You tiao (32g)

123kcal, 16g carbs, 3g protein, 0.4g fibre, 6g fat (4.6g saturated), 260mg sodium