

# Handy Guide to Healthier Hawker Food Choices



What comes to mind when you think about your favourite hawker centre food?

## **Oily? Deep-fried? Unhealthy?**

Every true Singaporean loves the occasional Char Kway Teow but let's face it, increasing cholesterol levels and weight gain are huge turn-offs.

This handy food guide will equip you with knowledge to make wiser choices when ordering your favourite local delights!

Now who says you have to give up that plate of Chicken Rice?

## Chicken Rice

### Tips:

- ✓ Ask for white or brown rice instead of flavoured rice, if available
- ✓ Ask for vegetables without sauce/seasoning
- ✓ Remember, cucumber is also a vegetable and you can ask for more
- ✓ Avoid or minimise the soy sauce gravy from meat or vegetables
- ✓ Leave the visible fats (skin/fats) behind



## Economy Rice

### Tips:

- ✓ Ask for brown rice instead of white rice, if available
- ✓ Choose steamed or braised dishes
- ✓ Have a well-balanced meal by ordering 2 portions of vegetable dishes and 1 portion of meat/fish/beancurd/egg
- ✓ Avoid/minimise the curry, vegetables, meat or soya sauce gravy
- ✓ Limit to 2 deep-fried dishes per week
- ✓ Leave the visible fats (skin/fats) behind



## Char Kway Teow

### Tips:

- ✓ Ask for less oil, sauces and seasoning
- ✓ Ask for more vegetables
- ✓ Minimise the shellfish intake as it contains high dietary cholesterol
- ✓ Taste the food before dipping into sauces



## Noodles and Congee

### Tips:

- ✓ Order soup version for lower sodium and fat content
- ✓ Avoid ordering additional organ meat to minimise the cholesterol content
- ✓ Ask for less sauces, oil and seasonings for dried noodle dishes
- ✓ Leave the gravy behind
- ✓ Leave the visible fats behind



## Nasi Lemak

### Tips:

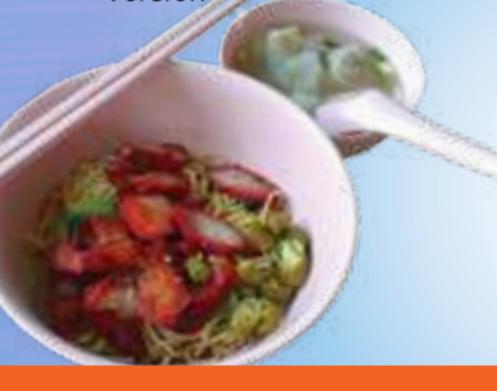
- ✓ Take this as a treat than a daily choice
- ✓ Limit to 2 deep-fried dishes per week
- ✓ Ask for brown rice or white rice, if available
- ✓ Ask for more vegetables like cucumber



## Wanton Noodle

### Tips:

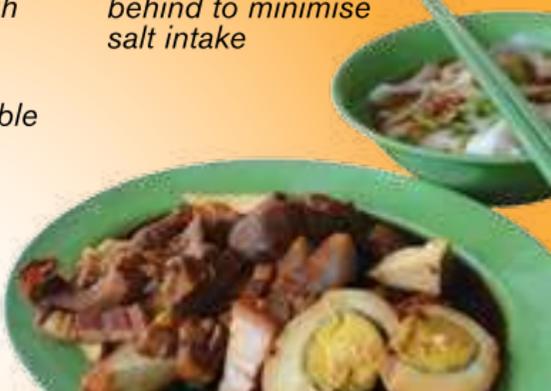
- ✓ Order soup version for a lower sodium and fat content rather than dried version
- ✓ Choose boiled wanton over deep-fried to reduce fat content
- ✓ Ask for less oil if ordering dry noodles
- ✓ Ask for more vegetables
- ✓ Limit to 2 deep-fried dishes per week
- ✓ Taste the food before dipping into sauces
- ✓ Leave the visible fats (skin/fats) behind



## Kway Chap

### Tips:

- ✓ Ask for less internal organ choices as they are high in cholesterol
- ✓ Order an additional vegetable dish if available
- ✓ Taste the food before dipping into sauces
- ✓ Leave the visible fats (skin/fats) behind
- ✓ Leave the soup behind to minimise salt intake



## Yong Tau Foo

### Tips:

- ✓ Choose less deep-fried ingredients to reduce fat content
- ✓ Choose more vegetables
- ✓ Choose soup over dry or laska version for lower fat content
- ✓ Ask for less sweet sauce/seasonings
- ✓ Leave the soup behind to reduce sodium content



## Sliced Fish Soup

### Tips:

- ✓ Choose fresh over deep-fried fish to reduce fat content
- ✓ Add evaporated milk to provide some calcium content and you need not finish all the soup
- ✓ Taste before dipping into sauces/seasonings
- ✓ Leave the soup behind to reduce sodium content



## Indian Cuisine

### Tips:

- ✓ Choose dishes prepared without ghee
- ✓ Choose white rice instead of briyani (flavoured) rice
- ✓ Choose carbohydrate sources with less fat content such as thosai over roti prata
- ✓ Have a well-balanced meal by ordering 2 portions of vegetable dishes and 1 portion of meat/fish/beancurd/egg
- ✓ Ask for less salt, oil and seasonings
- ✓ Leave the gravy behind
- ✓ Leave the visible fats (skin/fats) behind



## Vegetarian Food

### Tips:

- ✓ Ask for brown rice instead of white rice, if available
- ✓ Choose steamed or braised dishes
- ✓ Limit to 2 deep-fried dishes per week
- ✓ Have a well-balanced meal by ordering a variety of vegetable dishes as well as meat alternatives such as beancurd
- ✓ Ask for less gravy, sauce and seasonings



## Malay Cuisine

### Tips:

- ✓ Ask for brown rice instead of white rice, if available
- ✓ Choose steamed or braised dishes
- ✓ Avoid/minimise the curry, vegetables or soy sauce gravy
- ✓ Limit to 2 deep-fried dishes per week
- ✓ Avoid adding sambal or any form of sauces to the dish
- ✓ Have a well-balanced meal by ordering 2 portions of vegetable dishes and 1 portion of meat/fish/beancurd/egg
- ✓ Leave the visible fats (skin/fats) behind



## Western Cuisine

### Tips:

- ✓ Limit to 2 deep-fried dishes per week
- ✓ Choose white rice instead of butter/flavoured rice
- ✓ Choose baked potato (without sour cream or butter) over french fries
- ✓ Choose garden salad with dressing on the side over coleslaw
- ✓ Ask for gravy on the side
- ✓ Leave the visible fats (skin/fats) behind



## Snacks/Kueh/Fruits

### Tips:

- ✓ Always end your meals with a piece of fresh fruit
- ✓ Limit deep-fried foods e.g. goreng pisang to twice a week
- ✓ Limit the intake of coconut-based snacks/desserts like nyonya kueh or bubur cha-cha
- ✓ Minimise the adding of coconut milk into your sweet dessert like bubur terigu or pulut hitam



## Bread/Beverages

### Tips:

- ✓ Choose either margarine or kaya spread and not both together to minimise your fat and calorie intake
- ✓ Ask for a thin spread on your bread
- ✓ Minimise choosing sweetened canned drinks or opt for the 'diet' version of the drink
- ✓ Ask for less or no sugar/sweetened creamer/condensed milk in your coffee/tea



## Keep your kidneys healthy!

Do you know that every day in Singapore, 1 person is diagnosed with kidney failure every 5 hours?

Besides providing quality dialysis care for kidney patients, we also strive to help prevent kidney failure through our education and prevention initiatives such as free health screenings for the public.

So eat healthily, exercise regularly and go for health screening where appropriate!

[www.nkfs.org](http://www.nkfs.org)     NKFS Singapore