

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

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

Category	Food Items
Rice	- Char Siew Rice - Economic Rice (2 non-fried vegetables) - Hakka Thunder Tea Rice
Porridge	Congee (w/o you tiao/internal organ)
Noodles	- Ban Mian/U-mian/Mee Hoon Kueh [Soup] - Beef Ball Noodles [Soup/Dry] (Thick Bee Hoon) - Beef Noodles [Soup/Dry] (Thick Bee Hoon) - Beef Udon [Soup] - Big prawn/ Prawn noodle [Soup/Dry] (Yellow Noodle/Bee Hoon/Kway Teow/Mee Tai Bak/Mee Pok) - Chicken Feet Noodles [Dry] - Duck Noodles (Braised/Roasted) [Soup/Dry] - Economic/Vegetarian Plain Bee Hoon - Fishball Noodles [Soup/Dry] (Yellow Noodle/Bee Hoon/Kway Teow/Mee Tai Bak/Mee Pok) - Fish Sliced Bee Hoon/Noodles/Kway Teow (w/o milk) [Soup] - Minced Pork Noodles (w/ or w/o mushroom) [Soup/Dry] (Yellow Noodle/Bee Hoon/Kway Teow/Mee Tai Bak/Mee Pok) - Prawn Dumpling/Shrimp/Plain Dumpling Noodles [Soup/Dry] - Seafood with Spaghetti (tomato sauce) - Seafood White Bee Hoon (no thick gravy, clear soup only) - Shredded Chicken Noodle/ Macaroni [Soup/Dry] - Soya Sauce/Roasted/Steamed Chicken Noodle [Soup/Dry] - Wanton/Char Siew Wanton/Char Siew Noodle [Soup/Dry] - Zha Jiang Noodle
Hor Fun	- Crayfish/Chicken/Shredded Chicken Hor Fun/Kway Teow - Ipoh Hor Fun
Soup	- Bak Kut Teh w/o Rice - Fish Sliced Soup w or w/o Rice (w/o milk) - Herbal Soups (eg. Black Chicken Herbal Soup, Tonic Chicken Soup) w or w/o Rice - Pork Rib Soups (eg. ABC Soup, Watercress Soup, Corn Soup) w or w/o Rice - Clear Chicken soups w or w/o Rice - Yong Tau Foo Soup (only 2 pieces of fried items out of 6 pieces) w or w/o Rice/Noodle/Kway Teow/Bee Hoon - Beef Soup w or w/o Rice - Fish Sliced Soup with Rice (w/o milk) - Seafood Soup w or w/o Rice - Tom Yam Seafood Soup w or w/o Rice - Wanton Soup w or w/o Rice
Indian Cuisine	- Appam (2 pcs) w or w/o Dhal Curry - Chapatti (2 pcs) w or w/o Dhal Curry - Idli (2 pcs) with Dhal Curry or Chicken Curry - Puttu Mayam (2 pcs) w or w/o Coconut and Sugar - Puttu Mayam (2 pcs) w or w/o Dhal Curry or Chicken Curry - Plain Naan (1 pc) w or w/o Dhal Curry or Chicken Curry - Thosai (1 pc) w or w/o Dhal Curry or Chicken Curry - Thosai Masala (1 pc) w or w/o Dhal Curry or Chicken Curry
Malay Cuisine	- Fried Mee Siam - Mee Soto - Mee Bakso - Penang Assam Laksa - Soto Ayam (w or w/o Rice Cake) - Bubur Ayam
Snack Food	- Chwee Kway (4 pcs) with Salted Radish - Nyonya Dumpling (1 pcs) - Rice Dumpling (Meat Filling) (1 pc) - Steamed Chee Cheong Fun [plain] (2 rolls) - Steamed Pung Kueh (2 pcs) - Steamed Soon Kueh (2 pcs) - Steamed Yam Cake (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.

较低卡路里的食品* (4月2018年 版本)

保健促进局批准含500卡路里以下的食品为较健康选择

类别	食品
饭类	- 叉烧饭 - 经济菜饭(包含两种不油炸的菜) - 客家雷茶饭
粥类	粥 (不包含油条/内脏)
面类	- 板面/右面/面粉果【汤】 - 牛肉圆面【汤/干】(粗米粉) - 牛肉面【汤/干】(粗米粉) - 牛肉乌冬面汤 - 大头虾/虾面【汤/干】(黄面/米粉/果条/老鼠粉/mee pok) - 鸡脚面【干】 - 鸭面 (炖/烤)【汤/干】 - 经济/素炒米粉 (无配料) - 鱼圆面【汤/干】(黄面/米粉/果条/老鼠粉/mee pok) - 鱼片米粉/面/果条(无加奶)【汤】 - 肉挫面 (包含或不包含香菇)【汤/干】(黄面/米粉/果条/老鼠粉/mee pok) - 虾饺/虾/饺子面【汤/干】 - 番茄海鲜意大利面 - 海鲜白米粉 (无浓汁, 含清汤) - 鸡丝面/通心粉【汤/干】 - 油鸡/炖/烤鸡面【汤/干】 - 云吞/叉烧云吞/叉烧面【汤/干】 - 炸酱面
河粉类	- 小龙虾/鸡/鸡丝河粉 - 怡保河粉
汤类	- 肉骨茶不包含饭 - 鱼片汤 (含/不包含饭) (无加奶) - 药材炖汤(例如: 黑鸡药材汤, 滋补鸡汤) (含/不包含饭) - 排骨汤(例如: ABC 汤, 西洋菜汤, 玉米汤) (含/不包含饭) - 清鸡汤 (含/不包含饭) - 酿豆腐 (选六种配料, 只能包含两种油炸食材) (含/不包含饭/面/果条/米粉) - 牛肉汤 (含/不包含饭) - 鱼片汤 (含/不包含饭) (无加奶) - 海鲜汤 (含/不包含饭) - 泰式酸辣海鲜汤 (含/不包含饭) - 云吞汤 (含/不包含饭)
印度食品	- Appam (两片) 配/不配印度扁豆咖喱 - 印度薄饼 (两片) 配/不配印度扁豆咖喱 - Idli (两片) 配印度扁豆咖喱/咖喱鸡 - Puttu Mayam (两片) 配/不配椰子和唐 (少许) - Puttu Mayam (两片) 配/不配印度扁豆咖喱/咖喱鸡 - Plain Naan (一片) 配/不配印度扁豆咖喱/咖喱鸡 - Thosai (一片) 配/不配印度扁豆咖喱/咖喱鸡 - Thosai Masala (一片) 配/不配印度扁豆咖喱/咖喱鸡

马来食品	44. 炒米暹 45. 马来鸡汤面 46. 马来肉圆面 47. 檳城亞參叻沙 48. 马来鸡汤配饭 (rice cake) 49. 鸡肉粥
点心	50. 水粿 (4 个) 配菜脯 51. 娘惹种子 (1 个) 52. 肉种子 ((1 个) 53. 蒸猪肠粉 【不含馅】 (两条) 54. 蒸饭粿 (两片) 55. 蒸笋粿 (两片) 56. 蒸芋头糕 (两片)

*保健促进局只能批准不含猪油，油炸配料，肥肉，过量食用油的较低卡路里食物。批准的较低卡路里食物只能含有一小茶匙的炸葱。当局只会认可最小份量的较低卡路里食物。