

Intrinsic Lower Calories Food*
(Identified by HPB to be less than 500 calories)
(Updated as at 15 September 2017)

1. Appam with Dhal Curry
2. Ba Ku Teh
3. Ban Mian
4. Beef and Egg Porridge
5. Beef Ball Noodles (With Thickened Gravy)
6. Beef Noodles Dry
7. Beef Noodles Soup
8. Beef Porridge
9. Beef Soup with Rice
10. Beef Udon Soup
11. Beet Root Noodle Soup
12. Black Garlic with Pork Broth Ramen
13. Brown Rice Porridge
14. Century Egg Porridge
15. Chicken Feet Noodles Dry
16. Chicken Feet Noodles Soup
17. Congee / Porridge (Plain)
18. Crayfish Hor Fun
19. Cuttlefish Porridge
20. Duck Noodles Dry
21. Duck Noodles Soup
22. Duck Porridge
23. Economic Bee Hoon (no gravy and dishes)
24. Economic Rice (2 non-fried veg)
25. Fish Ball Noodles Dry
26. Fish Ball Noodles Soup
27. Fish Porridge
28. Fish Slices Noodles (Fish bee hoon without milk)
29. Fish Slices Porridge
30. Fish Slices Soup
31. Fish Slices Soup with Rice
32. Hakka Thunder Tea Rice
33. Herbal Duck Soup
34. Herbal Tonic Chicken Soup
35. Idli with Chicken Curry
36. Idli with Dhal Curry
37. Ipoh Hor Fun
38. Mee Bakso
39. Mee Soto
40. Minced Pork Porridge

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

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41. Mushroom and Minced Pork Noodles Dry
42. Mushroom and Minced Pork Noodles Soup
43. Peanut and Pork Porridge
44. Plain Naan (1pc) With Dhal Curry
45. Plain White Vegetarian Bee Hoon
46. Pork Porridge
47. Prawn (Shrimp) Dumpling Noodles Dry
48. Prawn (Shrimp) Dumpling Noodles Soup
49. Prawn Noodles Dry
50. Prawn Noodles Soup
51. Puttu Mayam with Dhal Curry
52. Red Rice Porridge
53. Seafood Porridge
54. Seafood Soup
55. Seafood Spaghetti (tomato base)
56. Seafood White Beehoon (No Thick Gravy, Clear Soup Only)
57. Shredded Chicken Noodles Dry
58. Shredded Chicken Noodles Soup
59. Soya Sauce Chicken Noodles
60. Steamed Chee Cheong Fun (2 rolls, with dark sauce)
61. Steamed Pung Kueh (2 pcs)
62. Steamed Soon Kueh (2 pcs, no sauce)
63. Steamed Yam Cake (2 pcs)
64. Thosai Masala
65. Thosai with Chicken Curry
66. Thosai with Dhal Curry
67. Tom Yam Seafood Soup with Rice
68. Wonton Noodles Dry
69. Wonton Noodles Soup
70. Wonton Soup
71. Yong Tau Foo
72. Zha Jiang Noodle

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