

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

1. Fish Slice Bee Hoon / Fish Slice Soup / Fish Slice Soup with Rice
2. Appam with Dhal Curry (2 pcs)
3. Ban Mian
4. Beef noodles (Soup/Dry), Beef Soup with Rice
5. Beef Udon Soup
6. Chapatti (2 pcs) with Dhal Curry
7. Congee
8. Duck Noodles (Braised/Roasted) (Soup/Dry)
9. Economic Bee Hoon/Vegetarian Plain Bee Hoon
10. Economic Rice (2 non-fried vegetables)
11. Fish Ball Noodles (Soup/Dry)
12. Idli with Chicken Curry (2 pcs)
13. Ipoh Hor Fun / Crayfish Hor Fun
14. Mee Soto
15. Minced Pork Noodles (with or without mushroom)
16. Prawn Dumpling Noodles
17. Prawn Noodles / Big Prawn Noodles (Soup/Dry)
18. Puttu Mayam with Dhal Curry (2 pcs)
19. Seafood Soup with Rice / Tom Yam Seafood Soup with Rice
20. Seafood with Spaghetti
21. Bak Kut Teh Soup / Herbal soups
22. Soya Sauce Chicken Noodles / Chicken Feet Noodles / Shredded Chicken Noodles / Macaroni
23. Steamed Yam Cake (2 pcs)
24. Thosai with Dhal Curry (2 pcs) / Thosai with Chicken Curry / Thosai Masala
25. Wonton Noodles
26. Yong Tau Foo
27. Steamed Soon Kueh (2 pcs)
28. Steamed Chee Cheong Fun (2 rolls)
29. Seafood White Beehoon (No thick gravy, clear soup only)
30. Steamed Pung Kueh (2 pcs)
31. Zha Jiang Noodles
32. Mee Bakso
33. Beef Ball Noodles (Soup/Dry)
34. Hakka Thunder Tea Rice
35. Plain Naan (1 pc) With Dhal Curry

*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.

符合较低卡路里的餐食*

(列为较低卡路里的餐点都是 500 卡路里以下)

(准确于 15 September 2017)

1. 鱼片米粉, 鱼片汤, 鱼片汤加饭
2. 海鲜汤加饭, 泰式酸辣海鲜汤加饭
3. 汤 (ABC 汤, 肉骨茶, 西洋菜汤, 玉米汤)
4. 酿豆腐 (6 片, 不包括油炸的食材)
5. 粥
6. 板面
7. 云吞面
8. 虾水饺面
9. 虾面, 大头虾面 (汤/干)
10. 牛肉面 (汤/干), 牛肉汤加饭
11. 鱼圆面 (汤/干)
12. 肉挫面 (有或没有蘑菇)
13. 鸡丝面, 鸡脚面, 油鸡面
14. 怡保河粉, 淡水龙虾河粉
15. 鸭面 (汤/干)
16. Mee Soto (马来鸡汤面)
17. Chapatti (印度扁面包) 和 Dhal 咖喱 (两片)
18. 番茄海鲜意大利面
19. 牛肉乌冬面 (汤)
20. 经济菜饭(包括两种不是油炸的菜)
21. 斋百米粉 (无酱汁), 经济炒米粉
22. 蒸芋头糕 (两片)
23. Thosai 和 Dhal 咖喱 (两片), Thosai 和咖喱鸡 (两片), Thosai Masala
24. Puttu Mayam 和 Dhal 咖喱 (两片)
25. Appam 和 Dhal 咖喱 (两片)
26. Idli 和咖喱鸡, Idli 和 Dhal 咖喱 (两片)
27. 蒸笋粿 (两片)
28. 蒸猪肠粉 (两条)
29. 海鲜白米粉 (没有浓汁, 只有清汤)
30. 蒸饭粿 (两片)
31. 炸酱面
32. Mee Bakso (马来肉圆面)
33. 牛肉圆面 (汤/干)
34. 客家雷茶饭
35. Plain Naan (一片) 和 Dhal 咖喱

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