Healthier hawker food

These are some of the meals on the Health Promotion Board's list of low-calorie dishes

- Steamed yam cake (one piece): 193 kcal
- Sliced fish porridge: 211 kcal
- Masala thosai: 362 kcal
- Mee soto: 433 kcal
- Fishball noodle soup: 492 kcal
- Wanton noodle soup: 500 kcal