

# 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)**

**193kcal**



**Sliced fish porridge**

**211kcal**



**Masala thosai**

**362kcal**



**Mee soto**

**433kcal**



**Fishball noodle soup**

**492kcal**



**Wonton noodle soup**

**500kcal**