

# THE GOOD, THE BAD AND THE UGLY

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## GO EASY ON THESE!

### Laksa

Energy (Kcal)	696
Carbohydrate (g)	58
Total Fat (g)	39
Saturated Fat (g)	14
Dietary Fibre (g)	2
Cholesterol (mg)	104
Sodium (mg)	7904



### Chicken Rice (roasted)

Energy (Kcal)	596
Carbohydrate (g)	73
Total Fat (g)	22
Saturated Fat (g)	9
Dietary Fibre (g)	2
Cholesterol (mg)	46
Sodium (mg)	1264



### Chicken Briyani

Energy (Kcal)	922
Carbohydrate (g)	107
Total Fat (g)	36
Saturated Fat (g)	15
Dietary Fibre (g)	8
Cholesterol (mg)	165
Sodium (mg)	1742



### Carrot Cake (black)

Energy (Kcal)	493
Carbohydrate (g)	41
Total Fat (g)	35
Saturated Fat (g)	14
Dietary fibre (g)	6
Cholesterol (mg)	109
Sodium (mg)	1289



## SAFE BETS!

### Chicken Porridge

Energy (Kcal)	181
Carbohydrate (g)	20
Total Fat (g)	5
Saturated Fat (g)	2
Dietary Fibre (g)	0
Cholesterol (mg)	61
Sodium (mg)	1307



### Mincemeat Noodle Soup

Energy (Kcal)	380
Carbohydrate (g)	50
Total Fat (g)	12
Saturated Fat (g)	5
Dietary fibre (9g)	8
Cholesterol (mg)	36
Sodium (mg)	1731



### Popiah

Energy (Kcal)	187
Carbohydrate (g)	14
Total Fat (g)	11
Saturated Fat (g)	3
Dietary fibre (g)	4
Cholesterol (mg)	44
Sodium (mg)	675



## Healthier Hawker Centres/ Coffee shops/Foodcourts:

1. Yuhua – Blk 347 Jurong East Ave 1
2. Eunus Crescent - Blk 4A Eunus Crescent
3. Haig Rd - Blk 13/14 Haig Road
4. Geylang Serai - 1 Geylang Serai
5. Marine Terrace - Blk 50A Marine Terrace
6. Clementi – Blk 448 Clementi Ave 3
7. Seah Im – Seah Im Road
8. Rasa Rasa – Blk 2A Woodlands Centre Road
9. Rasa Rasa – Blk 537 Bedok North St 3
10. Food King – Blk 233 Bukit Batok East Ave 3
11. Meng Soon Huat – Blk 359 Bukit Batok St 31
12. Food House – Blk 289H Bukit Batok St 25
13. Happy Hawkers – Blk 132 Jurong East
14. Bukit Batok Village Eating House  
(Blk 21 Bukit Batok Central)
15. Foodfare @ Sengkang Rivervale Mall
16. IMM Cafeteria at IMM #04-09

Source: Health Promotion Board Singapore  
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