

Healthy Hawker Food Cheat Sheet

Simple swaps that lower sugar & insulin spikes — without dieting

Hawker food is not the enemy. The real issue is portion imbalance, sugary drinks, and low protein. This doctor-led cheat sheet helps you eat smarter at Singapore hawker centres while protecting blood sugar, hormones, and long-term health.

■ Common Hawker Traps

- Large portions of rice or noodles
- Sugary drinks (kopi/teh, bubble tea, canned drinks)
- Fried food + gravy together
- Very low protein and vegetables

■ The Doctor-Approved Hawker Plate

- **½ plate vegetables**
- **¼ plate protein** (eggs, fish, tofu, chicken, dal)
- **¼ plate carbs** (rice, noodles, roti — not eliminated)
- Choose unsweetened drinks most days

■■ Smart Hawker Swaps

Instead of...	Choose this...
Chicken rice (full portion)	Chicken + ½ rice + vegetables
Laksa (full bowl)	Share portion, add protein, less gravy
Prata + sugar drink	Idli + sambar or prata + egg
Sweetened kopi/teh	Kopi/teh siew dai or plain tea
Fried snacks	Boiled eggs, tofu, soup-based dishes

■ Bonus Blood Sugar Tips

- Walk 10–15 minutes after hawker meals
- Eat protein first, carbs last
- Keep sugary drinks as occasional treats
- Consistency matters more than perfection

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