

Malaysian

Healthy Food Swaps

1 **SWAP**
Fried Rice with
Diced Chicken
>1000Cals, 54g Fat



EAT THIS
Economy Rice
408Cals, 9g Fat



SAVE
600Cals
45g Fat

2 **SWAP**
Roti Canai
302Cals, 10g Fat



EAT THIS
Thosai
185Cals, 4g Fat



SAVE
120Cals
6g Fat

3 **SWAP**
Nasi Lemak with
Fried Chicken
>800Cals, 67g Fat



EAT THIS
Nasi Kerabu with
Grilled Chicken
380Cals, 9g Fat



SAVE
420Cals
58g Fat

4 **SWAP**
Fried Chicken
390Cals, 21g Fat



EAT THIS
Tandoori Chicken
185Cals, 5g Fat



SAVE
200Cals
16g Fat

5 **SWAP**
Curry Noodles
>600Cals, 37g Fat



EAT THIS
Clear Broth Noodles
340Cals, 10g Fat



SAVE
260Cals
27g Fat

6 **SWAP**
Fried Popiah
330Cals, 25g Fat



EAT THIS
Fresh Popiah
165Cals. 5g Fat



SAVE
165Cals
20g Fat

7 **SWAP**
Pasembur
>500Cals, 23g Fat



EAT THIS
Fruit Rojak
230Cals. 10g Fat



SAVE
440Cals
13g Fat

Malaysian

Healthy Food Swaps

8

SWAP

Biryani Rice
>300Cals, 18g Fat



EAT THIS

White Rice
205Cals, 0.4g Fat



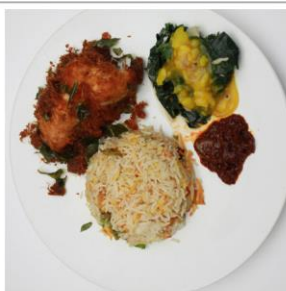
SAVE

95Cals
5g Fat

9

SWAP

Mixed Rice with
Deep Fried Chicken &
Veggie
645Cals, 39g Fat



EAT THIS

Mixed Rice with
Steamed Fish &
Veggie
408Cals, 9g Fat



SAVE

230Cals
30g Fat

10

SWAP

Banana Fritters
>360Cals, 15g Fat



EAT THIS

Banana
105Cals, 5g Fat



SAVE

255Cals
10g Fat

11

SWAP

Curry Puff
360Cals, 18g Fat



EAT THIS

Sweet Potato
150Cals, 1g Fat



SAVE

110Cals
17g Fat

12

SWAP

Teh Tarik
180Cals, 20g Sugar



DRINK THIS

Teh O
64Cals, 5g Sugar



SAVE

116Cals
21g Sugar

13

SWAP

White Coffee
180Cals, 20g Sugar



DRINK THIS

Black Coffee
64Cals, 5g Sugar



SAVE

116Cals
15g Sugar