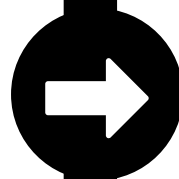


Practice healthier mamak session

1. Choose Naan or Chapatti to replace roti canai



Roti Canai



Naan /Chapatti

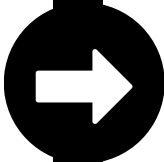
Both Naan and Chapatti are the less oil options to reduce your calorie intake.

Practice healthier mamak session

2. Choose tandoori chicken or curry chicken instead of fried chicken



Fried Chicken



**Tandoori /
Curry Chicken**

Do not finish all the gravy from the curry chicken as it contains a lot of fats!

Practice healthier mamak session

3. Request “kurang masin” for your gorengan



Maggie Goreng



Nasi Goreng



Mee Goreng



Kuey Teow Goreng

To reduce salt in your dishes.



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Practice healthier mamak session

4. Request “kurang manis” or “kosong” for these sweetened beverages



Teh Tarik



Teh O



Kopi



Air Bandung

Reducing sugar consumption will decrease calorie intake and will help with weight management.



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