

Healthier Hawker Experience: a 1-hour ActiveSG class on hidden salt

Description

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If you eat out every day, the Healthier Hawker Experience is a 1-hour ActiveSG class worth a look. It is a nutrition and cook-along session that teaches you to spot hidden salt, oil and added sugar in hawker meals. Your SG60 ActiveSG credits can cover the fee in full.

The timing suits the latest numbers. The 2025 National Nutrition Survey, released with the Ministry of Health on 3 October 2026, found that 7 in 10 residents eat out once a day.


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Source: ActiveSG, Active Health

What the Healthier Hawker Experience covers

This is one of the Active Health nutrition programmes under ActiveSG. It is hands-on, so you cook rather than sit through slides.

- Format: a 1-hour nutrition and cook-along session
- Who: adults aged 18 and above
- Focus: spotting hidden salt, oils and added sugar in hawker meals, plus healthier snack options
- Goal: you leave with a sustainable personal nutrition goal
- Allergens: the workshop uses egg, fish and soy
- Bring: a clean reusable container to take your cooked food home

The programme page does not list a fee or session dates, so check MyActiveSG+ for slots and venues before you plan around it.

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Why a healthier hawker experience is worth the hour

The survey numbers are not flattering. Average sodium intake rose from 3,480mg a day in 2019 to 4,000mg in 2025, double the 2,000mg limit, and 95% of residents are over it. Eat-out dishes in 2025 also had about 10% more calories and 10% more sodium than in 2023.

For people eating the highest amounts of sodium, added salt, sauces and seasonings were the biggest source at 60%. Instant noodles came second at about 15%. In other words, the gravy, the sauce and the extra sambal add up faster than the main ingredient.


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Source: ActiveSG, Active Health

It is not all bad news. Sugar intake fell from 60g a day in 2018 to 48g in 2025, and 79% of residents are now within the sugar limit, up from 61% in 2019. Calories are the opposite: the average rose from 2,360 kcal in 2019 to 2,460 kcal, and 57% exceed what they should eat.

If salt is your main worry, our earlier guide on HPBâ??s 3-week plan to cut sodium pairs well with this class.

Exercise is only half of it. The same survey round found 87.3% of residents get enough physical activity overall, but only 37.6% do enough muscle-strengthening work, and that figure has barely moved since 2020. Food and strength training are the two places the numbers say most of us are lagging, so a class that covers the first is a sensible start.

Other Active Health nutrition classes

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The Healthier Hawker Experience is one of several short sessions. They sit under the same Active Health nutrition track, and the programme pages describe them like this.

- Basics of Meal Planning: plan balanced meals for everyday health.
- Pre/Post Exercise Snack: a 1-hour cook-along on fuelling before, during and after workouts, also for ages 18 and above.
- Meal Planning for Active Individuals: planning meals around your exercise.
- Weight and Hypertension Management: nutrition strategies to cut sodium, prevent weight gain and lose weight healthily.



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Source: ActiveSG, Active Health

How to sign up with your credits

Registration is through MyActiveSG+. Search for â??Active Healthâ?• in the app to see the eligible programmes. ActiveSG says SG60 credits can fully offset the programme fees.

1. Open MyActiveSG+ and search â??Active Healthâ?•.
2. Filter for the nutrition programmes and pick Healthier Hawker Experience.
3. Choose a slot and pay with your ActiveSG credits.
4. Bring a reusable container on the day.

Active Health labs are across the island, including Our Tampines Hub (1 Tampines Walk, #03-32), Jurong East Sport Centre, Heartbeat@Bedok and Woodlands Sport Centre. There is also a lab at the new ActiveSG Punggol Sport Centre, at 11 Sentul Crescent, #B1-01. A Nutrition and Wellness Studio sits at Bukit Canberra, 21 Canberra Link, #02-62.

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Check which venue hosts your session when you book. Source: ActiveSG Circle, Active Health programme pages, and the Ministry of Health release of 3 October 2026.

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