

WHOLE-OF-GOVERNMENT HEALTHIER DRINKS POLICY

1. Types of Drinks Affected and Requirements

Drinks affected by the Healthier Drinks Policy may be found in [Table A1](#).

Table A1. Definition and requirements of affected drinks

S/N	Drink type	Definition	Requirements
1	Pre-packaged drinks	<p>a. Drinks that are ready-to-drink without further preparation (e.g. in a bottle, can, carton, bag-in-box or other similar container, including fountain drinks and drink dispensers); OR</p> <p>b. Products in powder form that require reconstitution according to dilution instructions on the packaging (e.g. 3-in-1, 2-in-1 premixes).</p>	<p>All drinks must either:</p> <ul style="list-style-type: none"> • Be water; • Carry the Healthier Choice Symbol (HCS) on the packaging; or <div style="text-align: center;">  </div> <ul style="list-style-type: none"> • Comply with the HCS sugar guidelines (see Table A2).
2	Freshly prepared hot coffee/ tea/ malted drinks only	<p>a. Hot coffee/ tea/ malted drinks that are prepared onsite before serving (e.g. addition of sugar or milk at point of sale).</p>	<ul style="list-style-type: none"> • Drinks must be prepared and served with no added sugar (i.e. 'ko-song'). • Sugar may be provided at the side for consumers to take/ add on their own. • Operators may continue to add condensed milk and evaporated milk. However, they are strongly encouraged to reduce the amount of condensed milk to 'siu dai' level. • For hot coffee/tea/malted drinks that are prepared using sugar-added premixes, the premixes should be compliant with HCS guidelines and they should be prepared in accordance with manufacturers' instructions on the packaging.

Drinks that are not within scope of the Healthier Drinks Policy are:

- a. Milk powders
- b. Drinks recommended to be taken under medical supervision (e.g. Glucerna, Optisource), special purpose foods as defined within Agri-Food & Veterinary Authority of Singapore Food Regulations (G.N. No. 264/2005) para 247-254 (including low-calorie food, diabetic food, foods containing phytosterols, phytosterol esters, phytostanols or phytostanol esters, infant formula food and formulated food), and

health supplements as defined by Health Sciences Authority (Health Supplements Guidelines, August 2017).

- c. Alcoholic beverages (containing more than 0.5% (v/v) alcohol at 20°C)
 - d. Ingredients used in the preparation of other food or drinks (e.g. honey, condensed milk, evaporated milk);
 - e. SSBs from the following categories:
 - a. Cordials, concentrates and syrups that require reconstitution according to dilution instructions on the packaging, whether in packaged or reconstituted form; and
 - b. Other freshly prepared drinks¹ including freshly brewed drinks (e.g. Asian drinks like barley), freshly squeezed juices, freshly blended drinks (e.g. bubble tea, smoothies and other drinks containing flavoured milk/ soymilk) and freshly prepared iced coffee/tea/malted drinks.
 - c. Drinks prepared for and served to patients at a hospital or healthcare facility.
- These SSBs are strongly encouraged to follow HCS sugar guidelines.

The Healthier Choice Symbol (HCS) sugar guidelines may be found in Table A2.

Table A2. HCS sugar guidelines² (Last updated: Apr 2017)

Type of drink	Sugar level (as per 100ml prepared or ready to drink. If product is in powder form, the product is to be reconstituted according to manufacturer’s direction as stated on the label)
Malted or chocolate drink	≤6g added sugar ³
3-in-1 or 2-in-1 coffee/tea beverage	≤5g total sugar
Soluble Coffee/Tea*	No added sugar
Sweetened drink – non-carbonated drink/ Asian drink/ Isotonic drink/ Juice drink	≤6g total sugar
Sweetened drink – carbonated drink	≤7g total sugar
Water	0g
Cereal mix (includes ready-to-drink and dry mix)	≤8g total sugar
Liquid milk (plain)	NA
Liquid milk (flavoured)	≤6g added sugar ³
Cultured milk drink/ yoghurt drink	≤7g added sugar ⁴
Smoothies	≤5g total sugar ⁴
Vegetable juice, fruit juice or fruit and vegetable juice ⁵	≤12.5g total sugar (no added sugar)
Soy milk/ beverage	≤6g added sugar ³

Affected pre-packaged drinks that do not belong in any HCS categories would have to comply with the sugar guidelines for “Sweetened drinks – non-carbonated drinks” (≤6% total sugar).

¹ Freshly prepared drinks are prepared onsite before serving, including (a) those with final preparations like addition of sugar or water/milk at point of sale; and (b) those prepared on the day in large amounts before dispensing into smaller containers for serving to customers.

² These guidelines may also be found here: [https://www.hpb.gov.sg/docs/default-source/default-document-library/hcs-guidelines-\(april-2017\)-edited.pdf?sfvrsn=1797eb72_0](https://www.hpb.gov.sg/docs/default-source/default-document-library/hcs-guidelines-(april-2017)-edited.pdf?sfvrsn=1797eb72_0).

³ Based on amount of added sugar, such as sucrose, glucose, maltose and fructose. It does not include naturally occurring sugar such as lactose.

⁴ Sugar from all sources, excluding lactose, both naturally present and added.

⁵ Not applicable to juice drinks, cordial and concentrates.

2. Summary of affected drinks and settings

Setting	Pre-packaged drinks (ready-to-drink, or powders that require dilution, includes fountain drinks, drink dispensers)	Freshly prepared hot coffee/tea/malted drinks
A) Vending Machines	All drinks must either: <ul style="list-style-type: none"> • Be water; • Carry the HCS on the packaging; or • Comply with the HCS sugar guidelines 	NIL
B) Meeting rooms or drinks procured by agency for staff pantries		<ul style="list-style-type: none"> • No added sugar (i.e. 'ko-song'). Sugar may be provided at the side. • If premixes are used, they need to comply with HCS sugar guidelines and be prepared according to manufacturers' instructions on packaging.
C) Retail		
D) All F&B establishments in premises used for government offices or government business transactions (e.g. service centre) ⁶		
<u>Government premises that promote health & wellness or education among children and youth</u>⁶ (Parks/ nature reserves/ reservoirs, sport facilities, community clubs/centres and resident committees, polytechnics & ITE, public libraries, Science Centre)		
E) F&B establishments licensed by NEA as "takeaway" or "bakery"	All drinks must either: <ul style="list-style-type: none"> • Be water; • Carry the HCS on the packaging; or • Comply with the HCS sugar guidelines 	<ul style="list-style-type: none"> • No added sugar (i.e. 'ko-song'). Sugar may be provided at the side. • If premixes are used, they need to comply with HCS sugar guidelines and be prepared according to manufacturers' instructions on packaging.
F) All other F&B establishments including "Restaurants", "Cafés", "Snack Bars", "Eating Houses/ Food Courts/ Canteens"	Required to fulfil either one of the following <u>by lease renewal</u> : <ol style="list-style-type: none"> 1) Become Healthier Dining Programme partner OR 2) Comply with the policy 	

⁶ Please refer to the Government circular for the full list of affected premises.

PRE-PACKAGED DRINKS

Healthier Choice Symbol

3. What is the Healthier Choice Symbol?

The Healthier Choice Symbol on packaged food and drink products indicates that they are healthier options, and is an easy way for consumers to tell which food products are better for their diet than others. This empowers the individual to make informed food choices.

To carry the Healthier Choice Symbol, products must meet the Healthier Choice Symbol Nutrition Guidelines⁷.

To apply for the HCS, visit <https://www.hpb.gov.sg/food-beverage/healthier-choice-symbol>

Your company must:

1. Register your company account on the HCS Online system (<https://focos.hpb.gov.sg/acm/>)
2. Log in to HCS Online to submit product application together with nutrient analysis report. For all new applications, the nutrient analysis should have been done within the past 12 months.
3. If the product qualifies, your company will need to sign a license agreement with HPB. Once licensed, the symbol can be used on product packaging (materials using logo to be approved by HPB). The License Agreement is valid for 2 years.

Do refer to the HCS website for more information, including:

- A User Guide to Online Application for HCS⁸; and
- A Handbook on Nutrition Labelling⁹ with more comprehensive information on nutrition labelling and HCS application and license renewal procedures.

4. How long is the application process for HCS?

The processing time of an application depends largely on the accuracy of the information submitted online, including the nutrient analysis report. On average, an application takes about 1 to 2 months to be approved.

5. Where can I get more information on HCS?

Please refer to HPB's website for more information on Healthier Choice Symbol (<https://www.hpb.gov.sg/food-beverage/healthier-choice-symbol>).

For more enquiries, please contact the HCS Helpdesk at 6435 3715/ 6435 3905 or email hpb_hcsadmin@hpb.gov.sg.

⁷ The guidelines may be found at [https://www.hpb.gov.sg/docs/default-source/default-document-library/hcs-guidelines-\(april-2017\)-edited.pdf?sfvrsn=1797eb72_0](https://www.hpb.gov.sg/docs/default-source/default-document-library/hcs-guidelines-(april-2017)-edited.pdf?sfvrsn=1797eb72_0)

⁸ https://www.hpb.gov.sg/docs/default-source/pdf/user-guide-to-online-application-for-hcs.pdf?sfvrsn=82c5eb72_0

⁹ https://www.hpb.gov.sg/docs/default-source/default-document-library/a-handbook-on-nutrition-labelling-ver1-2017.pdf?sfvrsn=6ac9eb72_0

For non-HCS drinks: Complying with HCS sugar guidelines

6. What does “comply with the HCS sugar guidelines” mean?

It is not necessary for all drinks at government premises to carry the Healthier Choice Symbol. As long as the sugar content of the pre-packaged drink falls within the sugar guidelines, the drink may be sold/provided in government premises.

To comply with the HCS sugar guidelines, please refer to the full list of guidelines¹⁰. **Only the sugar guidelines are required to be met** (i.e. ‘Total sugar’ or ‘Added sugar’ columns).

7. What is the sugar guideline for a particular product? Which category does it fall under?

Please refer to the full set of Healthier Choice Symbol Nutrient Guidelines¹⁰ for detailed information on the criteria for each category, paying attention to the footnotes.

For avoidance of doubt:

- For coffee/tea products,
 - If it is a 3-in-1 or 2-in-1 pre-mix with sugar/milk pre-added (e.g. powder form, within coffee machines), please refer to the “3-in-1 or 2-in-1 coffee/tea beverage” category ($\leq 5\%$ total sugar).
 - If it is soluble coffee or a coffee bag with no pre-added sugar or milk and needs to be added into water (e.g. Nescafe Gold), please refer to the “Soluble Coffee/tea” category (no added sugar).
 - If it is ready-to-drink (e.g. in a bottle, can), please refer to the “Sweetened drinks – Non-carbonated/ Asian drinks” category ($\leq 6\%$ total sugar). This applies even if the product contains milk, in which case lactose should be excluded from the calculation of total sugar.
 - Tea bags, tea leaves or other forms of tea with no added sugar are allowed.
- For soft drinks, please refer to the “Sweetened drinks – Carbonated drinks” category ($\leq 7\%$ sugar).
- For isotonic drinks, all isotonic drinks (both carbonated and non-carbonated) are required to follow “Sweetened drinks – Isotonic drinks” category ($\leq 6\%$ sugar).
- For fruit juices/ juice drinks,
 - If it contains between 10% and 60% fruit juice, refer to “Sweetened drinks – Juice drinks” ($\leq 6\%$ total sugar).
 - If it contains at least 60% fruit juice, refer to “Fruit and Vegetables category – Juice – Fruit” category ($\leq 12.5\%$ total sugar, no added sugar allowed).
 - You may wish to clarify with the supplier if the percentage of fruit juice content is not disclosed on the packaging.
- Cereal drinks (ready-to-drink or dry mix) should refer to “Cereals category – Cereal Mix” ($\leq 8\%$ total sugar).
- Pre-packaged drinks that do not belong in any HCS categories (e.g. energy drinks, protein shakes) will have to comply with the sugar guidelines for “Sweetened drinks – non-carbonated drinks” ($\leq 6\%$ total sugar).

¹⁰ The guidelines may be found at [https://www.hpb.gov.sg/docs/default-source/default-document-library/hcs-guidelines-\(april-2017\)-edited.pdf?sfvrsn=1797eb72_0](https://www.hpb.gov.sg/docs/default-source/default-document-library/hcs-guidelines-(april-2017)-edited.pdf?sfvrsn=1797eb72_0)

8. How do I determine if a product meets the sugar guidelines? How can I understand the Nutrient Information Panel on packaging?

To determine the sugar content of drinks, refer to the Nutrition Information Panel (NIP) on the drink packaging.

HPB’s recommended NIP should include the core list of nutrients namely energy, protein, total fat, saturated fat, trans fat, cholesterol, carbohydrate, sugar, dietary fibre and sodium. The energy and nutrient values can be stated in per 100g / 100ml and per serving of the food. The NIP can include the number of servings per package and the serving size.

Examples of the NIP are shown below, with the sugar content highlighted.

NUTRITION INFORMATION			
Servings per package: 10 Serving Size: 30 g (1 sachet)			
	Per serving	Per 100 g	Per 100 ml**
Energy	198 kcal*	660 kcal*	96 kcal*
Protein	1.5 g	5.0 g	0.7 g
Total Fat	10.9 g	36.3 g	1.92 g
- Saturated Fat	4.0 g	13.3 g	1.9 g
Monounsaturated fat	2.9 g	9.6 g	1.4 g
Polyunsaturated fat	4.0 g	13.3 g	1.9 g
Omega 3	0.5 g	1.7 g	0.2 g
Omega 6	0.7 g	2.3 g	0.3 g
- Trans Fat	0.1 g	0.3 g	0.0 g
Cholesterol	0 mg	0 mg	0 mg
Carbohydrate	23.5 g	78.3 g	11.3 g
- Total Sugar	18.0 g	60.0 g	8.7 g
- Fructose	2.0 g	6.7 g	1.0 g
Dietary Fibre	1.5 g	5.0 g	0.7 g
Sodium	270 mg	900 mg	130 mg
Other nutrients claimed (e.g. Calcium, Vitamin A, Vitamin C)			

*1kcal = 4.2kJ

** As reconstituted according to label directions

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars Xg	
Includes Xg Added Sugars	X%

The HCS sugar guidelines are as per 100ml ready-to-drink form.

NUTRITION INFORMATION		
Servings per package: 2		
Serving size: 250ml		
	Per serving	Per 100ml
Energy	112.5 kcal	45 kcal
Protein	2 g	0.8 g
Total fat	2.5 g	1.0 g
- Saturated fat	1.75 g	0.7 g
- Trans fat	0.25 g	0.1 g
Cholesterol	0 mg	0 mg
Carbohydrate	16.25 g	6.5 g
- Sugar	14.75 g	5.9 g
Dietary Fibre	4.5 g	1.8 g
Sodium	75 mg	30 mg

Some NIP’s already contain a column for “Per 100ml”. For these cases, simply take the amount of sugar per 100ml (5.9g) and compare against guideline.

Amount of sugar in 100ml drink = 5.9g

Assuming this is an Asian drink, the guideline is for ≤6g/100ml of sugar.

5.9g is within the 6g guideline.

If the product is in powder form, the product is to be reconstituted according to manufacturer’s direction as stated on the label. The volume of the powder should be added onto the volume of the water to derive the total reconstituted drink volume, and 1 gram of powder can be assumed to be roughly equivalent to 1 ml. For example,

Preparation Instruction: Add 200ml of hot water to 1 sachet and stir well.

NUTRITION INFORMATION			Calculation of sugar content per 100ml
Servings per package: 10			Amount of sugar in 1 sachet (30g = 30ml) = 17.2 g
Serving size: 30g (1 sachet)			
	Per serving	Per 100g	Amount of sugar in 1 reconstituted drink (200ml + 30ml) = 17.2 g
Energy	180 kcal	600 kcal	
Protein	2 g	6.6 g	Amount of sugar in 100 ml reconstituted form = (17.2 / 230ml) x 100ml = 7.5 g
Total fat	10 g	33.3 g	
- Saturated fat	4 g	13.3 g	Compare 7.5g/100ml against the guideline for 3-in-1/2-in-1 (≤5g/100ml). 7.5g exceeds the 5g guideline.
- Trans fat	0.1 g	0.3 g	
Cholesterol	0 mg	0 mg	
Carbohydrate	25 g	83.3 g	
- Sugar	17.2 g	57.3 g	
Dietary Fibre	1 g	3.3 g	
Sodium	300 mg	1 g	

[Amended as of 14/12/2017]

9. What if the amount of sugar (total/ added) is not stated in the Nutrition Information Panel? How can I determine if the drink meets the HCS sugar guidelines?

You may conduct a nutrient analysis on the drink to determine the sugar content. Direct chemical analysis using official methods of the Association of Official Analytical Chemists (AOAC) and/or alternative methods shown to be equivalent to AOAC official methods is recommended. A list of Singapore Accreditation Council-Singapore Laboratory Accreditation Scheme (SAC-SINGLAS) accredited laboratories can be found at the following link: <http://www.sac-accreditation.gov.sg>. You may also refer to this guide to navigate through the SAC website: <https://www.hpb.gov.sg/docs/default-source/default-document-library/guide-to-accredited-food-lab-sg.pdf?sfvrsn=0> . Such nutrient analyses would also be able to determine the level of “added sugar” (excluding lactose).

10. Will HPB provide a full list of accepted drinks?

HPB will not be able to provide the full list of drinks which meet these guidelines as the list is constantly growing.

As a guiding principle, all water, sugar-free products and products carrying the Healthier Choice Symbol are acceptable. You may refer to the list of HCS products here https://www.hpb.gov.sg/docs/default-source/pdf/hcs-product-list---by-company-name.pdf?sfvrsn=66a7f172_4 (by company name) or https://www.hpb.gov.sg/docs/default-source/pdf/hcs-product-list---by-brand-name.pdf?sfvrsn=78a7f172_4 (by brand name).

We encourage all to utilise the Nutrition Information Panel to source for other lower-sugar drinks, even if it does not carry the HCS logo.

FRESHLY-PREPARED DRINKS

11. What is a freshly prepared drink?

A freshly prepared drink is one that is prepared onsite before serving. This includes drinks that require final preparations like addition of sugar/ water/ milk on the spot upon ordering by customers, as well as drinks which are prepared in bulk on that day and dispensed into smaller containers (e.g. bottles) before serving to customers.

Examples of freshly prepared drinks are kopi/teh made on the spot, specialty drinks (e.g. bubble tea), freshly squeezed juices, freshly blended smoothies, drinks from kiosks which customise the drink upon ordering and herbal teas made at the store on that day.

Under the Healthier Drinks Policy, only freshly prepared hot coffee/tea/malted drinks are required to be served with no added sugar.

12. What are malted drinks?

These are drinks that are made with malted barley/ rice/ other cereal grains or the extract of these malts. Examples of malted drinks are Horlicks, Ovaltine and Milo.

13. Does the policy apply to iced/ cold coffee/tea/malted drinks?

No, only hot coffee/tea/malted drinks are required to be served with no added sugar. Condensed milk/ evaporated milk/ other milks may continue to be added by the operator.

14. Can F&B operators still use 3-in-1 or 2-in-1 premixes that have sugar pre-added to prepare freshly-prepared coffee/tea/malted drinks?

Yes, you may. The 3-in-1/ 2-in-1 coffee/tea/malted drink needs to comply with Healthier Choice Symbol sugar guidelines, and prepared according to the manufacturer's instructions on the label.

15. What does "sugar at the side" mean?

Sugar may be provided separately for consumers to take or add on their own. This could be in the form of sugar sachets with stirrers or a sugar dispenser. Operators are encouraged to find the most efficient location for these items, for example they could be placed away from the counter in order to prevent delays at the payment counter.

Collaterals will be provided by HPB to inform consumers of the policy and that their drinks will be served with no added sugar, and that they will have to take/add it themselves if they wish.

16. For normal ‘kopi’ or ‘teh’, there is no sugar added to the drink, only condensed milk. What is the treatment then?

Operators may continue to serve ‘kopi’ or ‘teh’ with condensed milk. We encourage operators to reduce the amount of condensed milk added, to ‘siu dai’ level (as defined by the operator himself/herself).

COMPLIANCE

17. How do I know if a premise is required to comply with the WOG Healthier Drinks Policy?

The following premises are required to comply:

- Government premises used for government offices, including army camps, fire stations, police posts/centres.
- Government premises used for government service centres
- Government premises used for the promotion of health and wellness*
 - Parks and nature reserves
 - Reservoirs
 - Sport facilities
 - Community clubs/centres and Residents’ Committees
- Government premises used for education for children and youth*
 - Polytechnics
 - ITE
 - Public libraries
 - The Science Centre

All other government premises not included in above list are encouraged to comply with the policy. For further enquiries, please email WOG_Healthier_Drinks@hpb.gov.sg

*F&B establishments in these premises licensed under National Environment Agency as “Restaurant”, “Café”, “Snack Bar”, “Eating House/ Food Court/ Canteen” are required to either become a Healthier Dining Programme partner or comply with the Healthier Drinks Policy upon lease renewal. More information is provided in the next section.

18. Does this mean that by 1 May 2018, all drinks on the shelves/ counters or in meeting rooms/ pantries must comply with the policy requirements?

Yes. 6 months is provided for implementation, including any variations to existing contracts and any necessary changes to the retail shelves/ F&B menus/ meeting rooms/ pantries/ vending machine offerings.

19. I run a restaurant/café/snack bar/food court/canteen within a government premise used for health and wellness or education. I am an existing Healthier Dining Programme partner. What is required of me?

The policy requirements are already met. We encourage you to increase the healthier options offered in your menu by meeting the drink requirements of the Healthier Drinks Policy (please see FAQ No. 1).

20. I run a takeaway/bakery within a government premise used for health and wellness or education. I am an existing Healthier Dining Programme partner. What is required of me?

In addition to the Healthier Dining Programme requirements, the WOG Healthier Drinks policy requirements (see FAQ No. 1) are required to be met by 1 May 2018.

21. I run a F&B establishment (all types) within a government office. I am an existing Healthier Dining Programme partner. What is required of me?

In addition to the Healthier Dining Programme requirements, the WOG Healthier Drinks policy requirements (see FAQ No. 1) are required to be met by 1 May 2018.

HEALTHIER DINING PROGRAMME

22. Under the Healthier Drinks Policy, food and beverage (F&B) establishments licensed by NEA as ‘restaurant’, ‘café’, ‘snack bar’ or eating house/ food court/ canteen’ within

- (a) government premises used to promote health and wellness, or**
- (b) used for education among children and youth;**

are required to be either Healthier Dining Programme partners or comply with the Healthier Drinks Policy upon lease renewal.

Does this mean such F&B establishments (as specified above) are allowed to choose which to implement – the Healthier Dining Programme or Healthier Drinks Policy?

Yes. These F&B businesses which are tenants in government premises are able to opt for either one of the two options for compliance upon lease renewal, in discussion with the government agency landlord.

Government agencies are required to notify HPB of the details of these F&B leases within 1 month of renewal at <https://www.hpb.gov.sg/healthy-living/food-beverage/healthier-drinks-policy-notification-form>

Please note that the following F&B businesses are not allowed to choose from the above options, but are required to comply with the WOG Healthier Drinks Policy by 1 May 2018:

- Those licensed by NEA as ‘takeaway’ or ‘bakery’ in abovementioned premises (health and wellness; or education); and
- All F&B businesses in premises used for government offices or government service centres.

For avoidance of doubt, please refer to the summary of affected drinks and premises under FAQ No. 2.

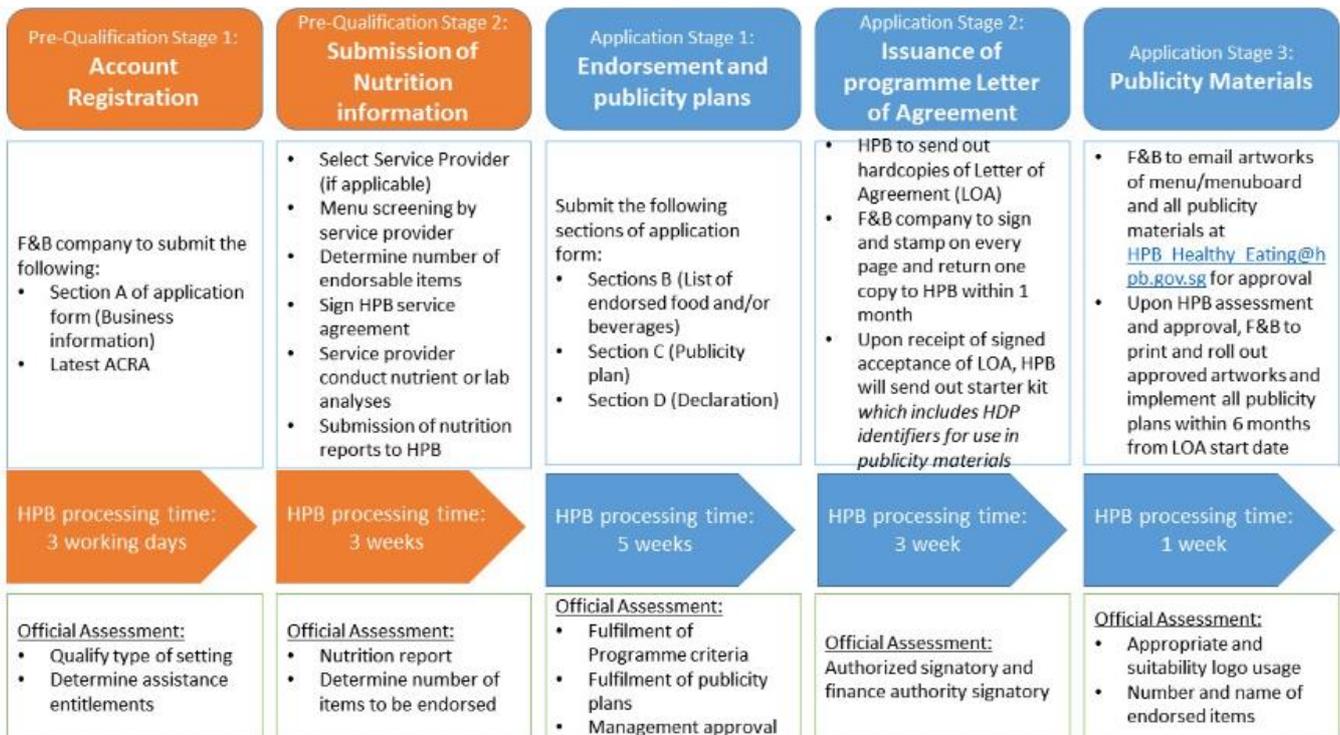
23. What is the Healthier Dining Programme (HDP)?

The Healthier Dining Programme encourages F&B businesses to provide healthier food and drink options. There are specific nutrition (food and drink) and publicity guidelines for each F&B setting (e.g. restaurant, quick service restaurant, bakery, café, food kiosk, brand chains, food court etc.).

24. How can I apply for HDP?

Any F&B business registered and operating in Singapore can apply for HDP.

To apply for HDP, visit <https://www.hpb.gov.sg/healthy-living/food-beverage/healthier-dining-programme>. The application process for new partners is:



Do refer to the HDP website for more information, including:

- Application forms for each F&B setting;
- Specific guidelines for each F&B setting;

- Healthier Dining Programme Nutrition Guidelines¹¹;
- Recipe Analysis Tool.

25. How long is the application process for HDP?

On average, a new application takes about 2-3 months to be approved.

26. Where can I get more information on HDP?

Please refer to HPB's website for more information on Healthier Dining Programme (<https://www.hpb.gov.sg/healthy-living/food-beverage/healthier-dining-programme>).

For more enquiries, please email HPB_Healthy_Eating@hpb.gov.sg or call 1800 223 1313.

¹¹ https://www.hpb.gov.sg/docs/default-source/default-document-library/healthier-dining-programme-nutrition-guidelines95bc93f6468366dea7adff0000d8c5a.pdf?sfvrsn=363ff572_0