

HEALTHIER CATERING GUIDELINES [UPDATED FEB 2021]

Note: Please refer to the Health Promotion Board (HPB)’s website for the most updated healthier catering guidelines: <https://www.hpb.gov.sg/healthy-living/food-beverage/wog-healthier-catering-policy/about-the-healthier-catering-policy>

	Menu Guidelines
Healthier beverages	<ol style="list-style-type: none"> 1. Caterer must offer plain water in all menus that include beverage(s). 2. Caterer offering freshly prepared coffee and tea must have syrup/sugar/milk/creamer served on the side, not pre-added. 3. [New guideline] <u>By 1 May 2021</u>, all pre-packaged beverages provided must meet the nutrient thresholds for Grades A or B under the Nutri-Grade, which are: ≤ 5 grams of free sugar and ≤ 1.2 grams of saturated fat per 100 ml of beverage. 4. [New guideline] <u>By 1 December 2022¹</u>, apart from coffees and teas, all other freshly prepared beverages must meet the nutrient thresholds for Grades A or B under the Nutri-Grade, which are: ≤ 5 grams of free sugar and ≤ 1.2 grams of saturated fat per 100 ml of beverage.
Healthier ingredients (whole-grains, healthier oils, lower-sodium)	<ol style="list-style-type: none"> 5. Caterer must include wholegrains in all staple dishes (i.e. rice and noodle dishes²). If there are no rice or noodle dishes, the staple-equivalents³ (i.e. bun, bread, pizza) must contain wholegrains. <ul style="list-style-type: none"> - Menus and food labels must reflect that these dishes include wholegrains. 6. Caterer must use healthier cooking oils⁴ for all cooking and food preparation. <ul style="list-style-type: none"> - Menus must reflect that healthier cooking oils have been used. 7. [New guideline] <u>By 1 May 2021</u>, caterer must use lower-sodium ingredients⁵ for all cooking and food preparation. Caterer can opt to use either: <ol style="list-style-type: none"> a. Lower-sodium light and dark soy sauces, oyster sauce and seasonings; or b. Lower-sodium salt; or c. Both.

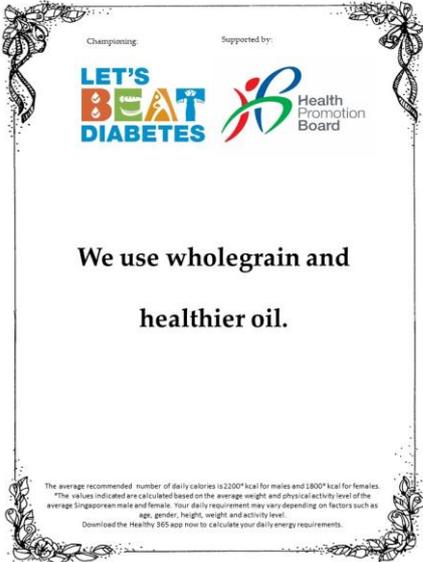
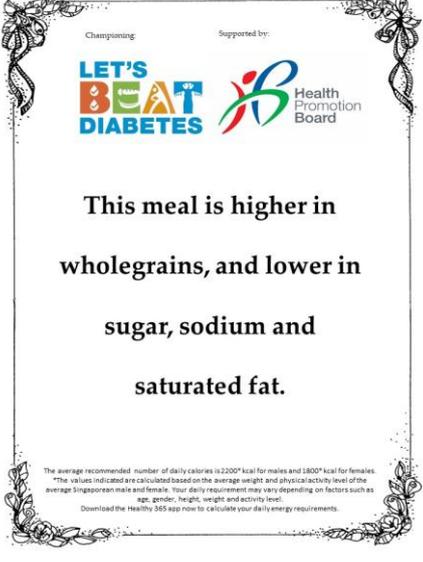
¹ The effective date of the guideline on freshly prepared beverages is set as 1 December 2022 tentatively, subject to changes by the HPB. The HPB will publish the finalised guidelines and effective date via the HPB website, at least 6 months in advance of the finalised effective date.

² All rice and noodle dishes must meet the wholegrain criteria in the HPB’s Healthier Choice Symbol (“HCS”) nutrition guidelines, which can be found here: <https://www.hpb.gov.sg/food-beverage/healthier-choice-symbol>

³ Staple-equivalents (i.e. bun, bread, pizza) must meet the wholegrain criteria in the HCS nutrition guidelines.

⁴ Healthier oils include oils that carry the HCS and other plant-based oils (e.g. olive, canola, peanut, soybean and sunflower oil) containing 35% or less saturated fats.

⁵ Lower-sodium soy sauce, oyster sauce, seasoning or salt include those that carry the HCS, and those that meet the sodium criteria under the HCS.

Fresh fruits	<p>8. Caterer must include fresh fruits as an option for all menus.</p> <ul style="list-style-type: none"> - For menus which do not have the ‘Dessert and Fruits’ category, caterers must offer the option to substitute any other item with fresh fruit. - For menus with ‘Dessert and Fruits’ category, fresh fruits must be an option offered under the category.
Deep-fried menu items	<p>9. Caterer must limit deep fried items to no more than the following:</p> <ol style="list-style-type: none"> a. No deep fried item allowed for menu orders with ≤ 3 items; b. 1 item for menu orders with 4-8 items (including dessert, excluding beverages); c. 2 items for menu orders with ≥ 9 items (including dessert, excluding beverages); <ul style="list-style-type: none"> - All deep-fried items must be clearly labelled (e.g. “DF”) on the menu.
Publicity Guidelines	
Buffet line	<p>re possible, caterer must display HPB’s visual identifier (e.g. prominently at the buffet line). Please refer to HPB’s Healthier Catering website for the latest visual identifier.</p> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;"> <p><i>Current:</i></p>  <p>The image shows a decorative frame containing the 'LET'S BEAT DIABETES' logo and the Health Promotion Board logo. Below the logos, the text reads: 'We use wholegrain and healthier oil.' At the bottom, there is a small disclaimer: 'The average recommended number of daily calories is 2200* kcal for males and 1800* kcal for females. *The values indicated are calculated based on the average weight and physical activity level of the average Singaporean male and female. Your daily requirement may vary depending on factors such as age, gender, height, weight and activity level. Download the Healthy 365 app now to calculate your daily energy requirements.'</p> </div> <div style="text-align: center;"> <p><i>From 1 May 2021, the visual identifier would change to:</i></p>  <p>The image shows a decorative frame containing the 'LET'S BEAT DIABETES' logo and the Health Promotion Board logo. Below the logos, the text reads: 'This meal is higher in wholegrains, and lower in sugar, sodium and saturated fat.' At the bottom, there is a small disclaimer: 'The average recommended number of daily calories is 2200* kcal for males and 1800* kcal for females. *The values indicated are calculated based on the average weight and physical activity level of the average Singaporean male and female. Your daily requirement may vary depending on factors such as age, gender, height, weight and activity level. Download the Healthy 365 app now to calculate your daily energy requirements.'</p> </div> </div>

FREQUENTLY ASKED QUESTIONS [UPDATED FEB 2021]

For further enquiries pertaining to the Healthier Catering guidelines, tenderers may contact HPB at WOG_Healthier_Catering@hpb.gov.sg.

Healthier beverages

1. What does it mean to “provide plain water in all menus that include beverage(s)”?

For all catering menus that include beverage(s), plain water must be provided without extra charge. Water can be tap, filtered, fruit or herb infused and/or bottled water, iced or non-iced or a combination of the above. Other beverages may be provided in addition to plain water.

For menus with only 1 beverage served, caterers may:

- a) Provide water as the only option, in which case the volume of water served should factor for at least 1 serving per pax ordered; or
- b) Provide water and 1 other beverage (e.g. coffee) on the condition that the volume of water served should factor for at least half the number of total pax ordered, at 1 serving per pax. In other words, the minimum proportion of water to the beverage served shall be 50:50 (i.e. for an event of 100 pax, it shall be minimally 50 pax worth of water and 50 pax worth of coffee, both at 1 serving per pax).

For menus with more than 1 beverage served, the volume of water served should be factor for at least half the number of total pax ordered, at 1 serving per pax. For example, for an event with 100 pax, if the menu offered 1 serving of coffee and 1 serving of tea per pax, the minimum amount of water to be provided shall be at least for 50 pax at 1 serving per pax.

2. What are “pre-packaged beverages”?

Pre-packaged beverages include the following:

- a) Ready-to-drink beverages that are packed or made up in advance and ready for sale and/or consumption in a bottle, can, carton, packet or other similar container;
- b) Packaged products such as powders or concentrates intended for consumption after dilution (e.g. 3-in-1 or 2-in-1 coffee and tea products, fruit juice cordials). **However, the resultant beverage after dilution are not considered pre-packaged;** and
- c) Beverages that are dispensed from fountain machines or automated beverages dispensers with pre-fixed formulations.

To elaborate on Point (b), in the example of cordial beverages available in large dispensers at buffet lines - the concentrated cordial packaged in a bottle is pre-packaged, but the beverage prepared by the caterer after diluting the cordial and put in the dispenser at the buffet line for consumption, is freshly prepared.

3. What are “freshly prepared beverages”?

Freshly prepared beverages are all other types of beverages that are not pre-packaged (see FAQ #2). Freshly prepared beverages include beverages prepared by caterers and put into a large container or dispenser, such as those made using concentrate or powders.

Examples of freshly prepared beverages are:

- a) Hot coffee and tea (note: under the healthier catering guidelines, sugar/syrup/milk/creamer for such beverages should be served separately, and not pre-added)
- b) Juice beverage made by diluting a cordial syrup
- c) Malted beverage made by diluting a 3-in-1 powder

4. What is the Nutri-Grade grading system and what are the nutrient thresholds for Grades A or B?

As part of Singapore’s War on Diabetes, the Ministry of Health (MOH) and the HPB announced two measures for pre-packaged non-alcoholic beverages to reduce Singaporeans’ sugar intake: a mandatory nutrition label and advertising prohibitions for beverages that are higher in sugar and/or saturated fat.

The nutrition label, called Nutri-Grade (see Figure 1), will apply to all pre-packaged non-alcoholic beverages sold in Singapore. It will have four colour-coded grades. Grade A, corresponding to the lowest sugar and saturated fat thresholds, will be in green. Grade D, corresponding to the highest sugar and saturated fat thresholds, will be in red. The label will be mandatory for beverages with Grades C or D, but voluntary for beverages with Grades A or B. In addition to the grade, the label will also indicate the sugar level of the beverage in percentage form.

Figure 1: Sample of the Nutri-Grade label⁶



There are thresholds for free sugar and saturated fat content that correspond to each grade, and these apply to all beverage types. The thresholds are found in Table 1.

In summary, the nutrient thresholds for Grades A or B are ≤ 5 grams of free sugar and ≤ 1.2 grams of saturated fat per 100 ml of beverage.

Table 1: Summary of Nutri-Grade Grading System

Grade	A	B	C	D
Free sugar content* (grams per 100 ml)	≤ 1	>1 to 5	>5 to 10	>10
Saturated fat content (grams per 100 ml)	≤ 0.7	≤ 1.2	≤ 2.8	>2.8
Use of non-sugar substitutes	Must not contain any non-sugar substitutes, including sweetening agents, as defined in reg 18 of the Food Regulations, aspartame and sugar, carbohydrate or polyhydric alcohols	May contain non-sugar substitutes, including sweetening agents, aspartame and sugar, carbohydrate or polyhydric alcohols		

⁶ The Nutri-Grade label design may be subject to further changes. The final artwork will be released at a later date.

* **Free sugars** are all monosaccharides and disaccharides added to foods or beverages by the manufacturer, cook or consumer, and those that are naturally present in fruit juices, fruit juice concentrates, honey and syrups. This excludes sugars from milk (i.e. lactose and galactose).

For beverages that are intended for consumption after dilution, the nutrient values to be used for the purpose of the grading system shall be based on per 100 ml of the beverage as prepared, according to dilution instructions indicated by the manufacturer on the product package label.

5. How can caterers ensure the pre-packaged beverages provided meet the healthier catering guidelines?

By 1 May 2021, pre-packaged beverages provided as part of Government catering must meet the nutrient thresholds for Grades A or B under the Nutri-Grade, and contain **≤5 grams of free sugar and ≤1.2 grams of saturated fat per 100 ml of beverage**.

Caterers may do one or more of the following to meet the guidelines:

- a) Provide pre-packaged beverages that carry either the Grade A or Grade B Nutri-Grade label on its packaging;
- b) Check the Nutrition Information Panel (NIP) on the packaging of beverages, to ensure they contain ≤5 grams of free sugar and ≤1.2 grams of saturated fat per 100ml; or
- c) Check with the supplier to obtain the nutrient content of the beverages, to ensure they contain ≤5 grams of free sugar and ≤1.2 grams of saturated fat per 100ml.

Note: The Healthier Choice Symbol (HCS) guidelines for beverages have been revised to align with the nutrient thresholds for Grades A or B under the Nutri-Grade grading system. The grace period for existing products to transit to the revised HCS guidelines come into effect on 30 April 2021. Caterers are advised to exercise caution.

6. How can caterers understand the NIP on packaging?

The NIP on beverage packaging may include information on the amount of energy, protein, total fat, saturated fat, carbohydrate and sugar in the beverage. These may be stated in terms of per 100g / 100ml or per serving of the beverage.

Examples of the NIP are shown below, with the sugar and saturated fat content marked out.

Example 1. NIP of a juice drink.

NUTRITION INFORMATION			
Servi	Servings per package: 2		
Servi	Serving size: 200ml		
	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

This beverage contains:

- 8.7 g of free sugar per 100ml
(exceeds threshold of 5 g)
- 1.9 g of saturated fat per 100ml
(exceeds threshold of 1.2 g)

This beverage does not meet the Healthier Catering guidelines and thus will need to be replaced in catering menus.

Example 2. NIP of a milk-based beverage

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
Carbohydrate	16.25 g	6.5 g
- Sugar	14.75 g	5.9 g
- Free sugar	4.75 g	1.9 g
- Lactose	10 g	4 g

This beverage contains:

- 1.9 g of free sugar per 100ml
(within threshold of 5 g)
- 0.7 g of saturated fat per 100ml
(within threshold of 1.2 g)

This beverage meets the Healthier Catering guidelines and thus can be provided in catering menus.

As stated in FAQ #4, the nutrient thresholds under the Nutri-Grade grading system are based on per 100 ml of beverage, as prepared in its ready-to-drink form.

Therefore, if the product is in powder form, the nutrient value to be used should be after reconstitution according to manufacturer's directions as stated on the label. The NIP should state the amount of sugar and saturated fat as prepared in its ready-to-drink form. However, if the NIP only states the amount of nutrients in the product as sold in powder form, caterers should use the information to calculate the nutrient values in the beverage as prepared. 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. Please see example below.

Example 3. 3-in-1 powder which declares NIP in the form of ‘Per 100ml’

Preparation Instruction:

Add 200ml of hot water to 1 sachet and stir.

NUTRITION INFORMATION		
Servings per package: 10		
Serving size: 30g (1 sachet)		
	Per serving	Per 100g
Energy	180 kcal	600 kcal
Protein	2 g	6.6 g
Total fat	10 g	33.3 g
- Saturated fat	4 g	13.3 g
- 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

Calculation of nutrient content per 100ml

Amount of sugar in 1 sachet (30g) = 17.2 g

Amount of sat fat in 1 sachet (30g) = 4 g

Amount of sugar in 1 drink, as prepared = 17.2 g

Amount of sat fat in 1 drink, as prepared = 4 g

The volume of 1 drink can be assumed to be 200 ml + 30 ml = 230 ml.

Amount of sugar in 100 ml, as prepared = (17.2 g / 230ml) x 100ml = **7.5 g (exceeds threshold of 5 g)**

Amount of sat fat in 100 ml, as prepared = (4 g / 230ml) x 100ml = **1.7 g (exceeds threshold of 1.2 g)**

This beverage does not meet the Healthier Catering guidelines and thus will need to be replaced in catering menus.

7. How can caterers ensure the freshly prepared beverages provided meet the healthier catering guidelines?

By 1 December 2022 (tentatively), freshly prepared beverages provided as part of Government catering must meet the nutrient thresholds for Grades A or B under the Nutri-Grade, and contain **≤5 grams of free sugar and ≤1.2 grams of saturated fat per 100 ml of beverage.**

Caterers may do one or more of the following to meet the guidelines:

- a) If concentrate or powders are used,
 - i. Use those that carry either the Grade A or Grade B Nutri-Grade label, and/or HCS, on its packaging, and follow the manufacturer’s directions on the label to prepare the beverage; or
 - ii. Check the NIP of the product or check with the supplier to determine its sugar and saturated fat content, and determine an appropriate recipe to ensure the resultant beverage meets the nutrient thresholds. Please refer to FAQ #6 Example 3, as an example of how to calculate the nutrient values for products requiring reconstitution.

- b) If made from scratch by the caterer,
 - i. Determine the sugar and saturated fat content of the ingredients, either based on NIP of supplier or other reasonable means, and calculate the final nutrient value of the resultant beverage to ensure it meet the thresholds (see example below); or
 - ii. Send the resultant beverage for lab analyses, to ensure it meets the nutrient thresholds.

For either option (b)(i) or (b)(ii), caterers should determine a fixed formulation/ recipe for the beverage that meets the nutrient thresholds and prepare the beverage in a similar manner each time.

Example. Calculation based on ingredients

A caterer prepares a barley drink, made by brewing the following ingredients:

- 2 litres of water
- 200 g of barley
- 90 g of sugar (rock sugar/ brown sugar etc.)

The caterer should measure the volume of the resultant drink, wherever possible. Assuming the volume of the resultant drink is 2440 ml (measured using measuring cup), this means there is 90 g of sugar per 2440 ml. This is equivalent to 3.7 g per 100 ml. This is within the nutrient threshold.

None of the ingredients added contain saturated fat. Thus, the resultant drink would not contain saturated fat. This is within the nutrient threshold.

This recipe would produce a beverage that can meet the Healthier Catering guidelines and thus can be provided in catering menus.

Healthier ingredients (wholegrains, healthier oils)

8. How do I assess the wholegrain % of the staples?

For caterers that use pre-mixed wholegrain rice, noodles, or bread, you may look at the NIP available on the packaging to find out the wholegrain content of the product.

Examples:



For caterers that do not use pre-mixed ingredients, but make or mix their own, please follow the wholegrain criteria below⁷ (percentages are by weight):

⁷ These percentages are based on the latest wholegrain criteria in the HPB's HCS nutrition guidelines. Please refer to the HCS guidelines here: <https://www.hpb.gov.sg/food-beverage/healthier-choice-symbol>.

- a) For rice dishes: $\geq 20\%$ wholegrains (i.e. for every 1kg of rice, at least 200g must be wholegrain rice. Remaining 800g or less can be any type of rice)
- b) For bee hoon dishes: $\geq 80\%$ wholegrains
- c) For wheat- or rice-based noodle dishes: $\geq 15\%$ wholegrains
- d) For pasta dishes: 100% wholegrains
- e) For breads and pizzas: $\geq 25\%$ wholegrains
- f) For buns/ rolls: $\geq 10\%$ wholegrains
- g) For filled steamed buns: $\geq 10\%$ wholegrains
- h) For unfilled steamed buns: $\geq 15\%$ wholegrains

9. Is mixture of wholegrain and non-grain staples allowed? (E.g. 10% Whole-grain noodles + 90% non-wholegrain noodles)

Mixture of wholegrain ingredients is only allowed for rice dishes. No mixture of wholegrain and non-wholegrain allowed for other types of staples (i.e. noodles, bread, buns etc.).

10. Where can I get wholegrain ingredients?

A list of suppliers that provide wholegrain rice and/or noodles can be found at www.hpb.gov.sg/healthy-living/food-beverage/healthier-ingredient-schemes/list-of-healthier-ingredient-suppliers.

You may also find information on wholegrain buns, breads and pizzas that are current endorsed with the Healthier Choice Symbol (HCS) at www.hpb.gov.sg/healthy-living/food-beverage/healthier-choice-symbol.

Both lists are non-exhaustive of the suppliers and products that meet guidelines.

11. How do I determine which oils are healthier?

Healthier oil refers to oils endorsed with Health Promotion Board's HCS logo and other plant-based oils (e.g. olive, canola, peanut, soybean and sunflower oil) containing 35% or less saturated fats.

For any brand of oil, you may look at the NIP available on the packaging to find out the saturated fat content of the oil.

Example:



12. Which brand of oil qualifies as a healthier oil?

The following list is non-exhaustive. These are the brand names of healthier oils that we are aware of. Please speak to your oil supplier to find out if they carry any of these named oil products. For other brands that are not listed in the table below, if the saturated fat content meets the criteria of 35% or less, they can also qualify as a healthier oil.

Name of Product
AFIAT Blended Vegetable Oil
Bellstar Brand Blended Cooking Oil
Canola Oil
Cargill Canola Oil blend
Cook Pal 90
Cook PAL LS
Darts Brand Blended Cooking Oil
Golden Circle Blended Cooking Oil (Canola Blend from Celestial Ventures)
Golden Circle Blended Oil (Sunflower blend from Able Perfect)
Golden Circle Canola Oil
Golden Circle Premium Vegetable oil
Golden Circle Soya Bean Oil
Golden Medallion Blended Vegetable Cooking Oil (Canola Oil blend with natural antioxidant)
Golden Medallion Blended Vegetable Cooking Oil/PAR Premium Choice Vegetable Oil (Deep Frying Formula)
HOLA Premium Canola Oil Blend
Imperial Brand Healthier Cooking Oil
JJW Blended Vegetable Cooking Oil with Canola
Knife Cooking oil
Linda Canola Oil
Linda Healthier Vegetable Oil
Linda Premium Vegetable Oil
Linda Soya Bean Oil
Oki Blended Cooking Oil (OKBLJTN15KEC2)
Oki Blended Cooking Oil (OKBLKTN17KEC1)
Oki Blended Cooking Oil (OKBLL(R)TN17KEC2)
Oki Blended Cooking Oil (OKBLLTN15KEC4)
Oki Blended Cooking Oil (OKBLLTN17KEC2)
RBD Double Fractionated Palm Olein (75%) + Canola Oil (25%)
RBD Palm Olein (70%) + Canola Oil (30%)
Royal Miller Blended Oil
Sabrina Brand Blended Cooking Oil
Sailing Boat Premium
Sotong Blended Vegetable Oil
Sunbeam Healthier Premium Blend
Super Q Blended Vegetable Cooking Oil
Super Refined Blended Healthier Oil
Super Refined Blended Vegetable Oil
Tsuru Canola Blended Cooking Oil
Tsuru Canola Blended Cooking Oil (from Celestial Ventures Sdn Bhd)

Tsuru Canola Cooking Oil
Tsuru Soybean Blended Cooking Oil
Tsuru Sunflower Blended Cooking Oil

13. Does this mean I have a choice of which ingredients to switch to the lower-sodium alternatives?

Yes, the guideline allows for some flexibility. From 1 May 2021, caterers must choose **either one of the following**:

- a) Use lower-sodium light and dark soy sauces, oyster sauce and seasonings for all menus for Government catering; *or*
- b) Use lower-sodium salt for all menus for Government catering; *or*
- c) Both (a) and (b).

14. Where can I get lower-sodium soy sauces, oyster sauce, seasonings and salt?

A list of suppliers that provide lower-sodium sauces and seasonings can be found at www.hpb.gov.sg/healthy-living/food-beverage/healthier-ingredient-schemes/list-of-healthier-ingredient-suppliers.

For salt, below are some brands that carry lower-sodium salt:

Brand	Name of Product
Pagoda	Less Sodium Mineral Salt
GoodSalt	Reduced-sodium Salt

Both lists are non-exhaustive of the suppliers and products that meet guidelines. Please speak to your supplier to find out if they carry any lower-sodium products from these brands. For brands that are not listed, if the sodium content meets the sodium criteria under HCS, they can also qualify as a lower-sodium product.

15. How do I determine if a product meets the sodium criteria under the HCS?

For any brand of sauces/ seasonings/ salt, you may look at the NIP available on the packaging to find out the sodium content of the product. The sodium content per 100g product should comply with the sodium criteria under HCS. You may refer to HPB’s website for the most updated HCS guidelines: <https://www.hpb.gov.sg/food-beverage/healthier-choice-symbol>.

If the NIP is not available, you may request for your supplier to obtain the sodium information from the manufacturers directly.

Example:



Fresh fruits

16. What does “Caterer must include fresh fruits as an option for all menus” mean?

The caterer must offer fresh fruits as an option – either as one of the desserts that customers can choose, or as an alternative to any of the other dishes/ components of the meal (e.g. switch out 1 meat dish in a bento to a fruit cup).

The procuring government agency is not required to select the fresh fruit option for every order.

17. What constitutes fresh fruits?

Fresh fruits can be either whole or cut. Processed fruits and desserts consisting of fruit bits and/or are soaked in syrup are not considered to be fresh fruits.

Deep-fried menu items

18. What is the definition of ‘deep-fried’?

Deep frying typically involves:

- Using large amount of oil to fully submerge the food to be cooked; and
- Fully submerging the food in hot liquid fat/oil at high temperature of 150°C- 200°C

Par frying, a process that partially fries the food such that it can be refrigerated or frozen to be completely cooked subsequently, is allowed under the Healthier Catering guidelines.

Considered deep-fried	Not considered deep-fried
<p><i>Items which are breaded or coated with flour prior cooking, and thereafter fully submerged in oil during cooking</i></p> <p><i>e.g. nuggets, seaweed chicken, popcorn chicken, You Tiao, fritters, croquettes, sweet & sour fish, yam roll, crispy fried beancurd skin, breaded chicken cutlet</i></p>	<p><i>Items which are not the main ingredient of the dish</i></p> <p><i>E.g. Crispy fried shallots sprinkled onto dishes as a garnish, fried tau pok as part of a mixed vegetables dish, kueh pie tee</i></p>
<p><i>Items which are fully submerged in oil during cooking</i></p> <p><i>E.g. Fried gyoza, spring rolls, french fries, deep fried poultry/fish, fried tau pok, coffee pork ribs, donuts, sambal ikan bilis (deep-fried and coated with chilli)</i></p>	<p><i>Others:</i></p> <p><i>E.g. Egg fuyong, braised tofu, grilled chicken chop</i></p>

19. How do I calculate the number of deep-fried items in a menu?

The number of deep-fried items in a menu should be zero if the total menu has 3 or less food items (including appetisers, main dishes, side dishes, desserts, excluding beverages). If the menu has 4-8 items, 1 deep-fried item is allowed, and for menus with ≥ 9 items, a maximum of 2 deep-fried items are allowed.

The permitted number of deep-fried items in each menu refers to the number of servings of deep-fried items per pax, instead of the number of unique deep-fried items. For example, if the menu has 4-8 food items, only 1 deep-fried item (i.e. 1 serving of deep-fried item per pax ordered) is allowed. Having 2 servings of the same deep-fried item per pax ordered will be considered having 2 deep-fried items in the menu, and is **not allowed** for a menu with 4-8 food items. Conversely, splitting a single serving of deep-fried item into 2 parts, with 0.5 serving of 2 different deep-fried dishes, may be allowed but not encouraged.

Example 1:

Description of order	Total no. of items	
Siew mai	3	No deep-fried item is allowed.
Har kow		
Fresh fruit platter		
Coffee and tea (<i>complimentary water is provided</i>)	N.A.	

Example 2:

Description of order	Total no. of items	
Brown Rice	4	A maximum of 1 deep-fried item is allowed.
Sweet and sour pork (DF)		
Mixed vegetables		
Fruit cup		
Bottled water	N.A.	

Example 3:

Description	Total no. of items	
Fried brown rice	9	A maximum of 2 deep-fried items are allowed.
Stir-fried wholegrain bee hoon		
Chicken nugget (DF)		
Lemon chicken chop (DF)		
Stir-fry kang kong		
Nonya chap chye		
Omelette		
Fresh fruit platter		
Red bean soup		
Coffee and tea (<i>complimentary water is provided</i>)	N.A.	