29 July 2015

To our valued HCS partner,

Dear Sir/Madam,

ANNOUNCEMENT OF CATEGORY EXPANSION: FRESH FRUIT AND FRESH VEGETABLE

Under the Fruit and Vegetable category in the HCS Nutrient Guidelines, we have added 2 new sub-categories, namely Fresh Fruit and Fresh Vegetables. Products under the Fresh Fruit and Fresh Vegetable categories can now carry the ‘Eat 2+2 servings of fruits and vegetables daily’.

This is to encourage Singaporeans to consume more fruits and vegetables to meet the *daily requirement of 2 servings of fruit and 2 servings of vegetables in a day. For more information of what is 1 serving of fruit and 1 serving of vegetables, please refer to My Healthy Plate on HPB’s website, [http://hpb.gov.sg](http://hpb.gov.sg).

For further clarifications, you may call 6435 3715 or email to [HPB_NUTRITION_DEPT@hpb.gov.sg](mailto:HPB_NUTRITION_DEPT@hpb.gov.sg).

Yours faithfully,
HCS Administration Team

*based on ages ≥ 7 year old