

29 July 2015



To our valued HCS partner,

Health Promotion Board  
3 Second Hospital Avenue  
Singapore 168937

Tel. 6435 3500  
Fax. 6438 3848

[www.hpb.gov.sg](http://www.hpb.gov.sg)

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>.

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  $\geq$  7 year old