

HEALTHIER DINING PROGRAMME CRITERIA FOR BUFFETS (RESTAURANTS/HOTELS)

	Menu Guidelines
Minimum Outlet Size	1 outlet
Meat & alternatives (Applicable to raw buffets only)	At least one lean meat cut must be offered for each different types of meat: <ul style="list-style-type: none"> • Chicken breast & chicken drumstick • Pork shoulder breast, Pork shoulder petite tender (pork shoulder tender), pork tenderloin • Beef chuck shoulder steak, Ribeye petite roast
Healthier beverages	Plain water must be offered ¹ Coffee and tea must have syrup/sugar served on the side, not pre-added ¹ If coffee and tea are prefixed in a vending machine, the total sugar will be required to be ≤6g/100ml
Healthier ingredients (wholegrains and healthier oils)	<ul style="list-style-type: none"> • Wholegrain¹ option must be offered for every staple item • Use healthier cooking oils for all cooking and food preparation (if applicable) • At least one fresh fruit option must be offered at the dessert section ¹ Some examples of wholegrain staples include brown rice (≥20% brown rice mixed with white rice), wholegrain noodles, wholemeal bread.
Deep-fried menu items	Limit deep fried items to no more than the following: <ol style="list-style-type: none"> a) No deep fried item allowed for buffet options with ≤3 items; b) 1 item for buffet options with 4-8 items (including dessert, excluding drinks); c) 2 items for buffet options with 9-15 items (including dessert, excluding drinks); d) 3 items for buffet options with 16-20 items (including dessert, excluding drinks); e) 4 items for buffet options with ≥21 items (including dessert, excluding drinks);

	Publicity Guidelines
Front of House	<ul style="list-style-type: none"> • "Healthier options available here" identifier displayed at website/app/order platforms
Buffet selection section Endorsement Labelling	<ul style="list-style-type: none"> • Wholegrain staples to be tagged with "Wholegrain options available here" • Lean meat cuts and fish sections to be tagged with "Healthier options available here" identifier (Applicable to raw buffet only) • Vegetables sections to be tagged with "Eat 2 + 2 servings of fruits and vegetables daily" identifier • Beverage sections to be tagged with "Lower sugar options available here" identifier • All endorsed dishes to be tagged by appropriate HDP identifiers using in-store marketing materials (If applicable)
Tent card or tray mat (if applicable)	<ul style="list-style-type: none"> • Feature healthier items with "Healthier options available here" identifier on tent card or tray mat