

## HEALTHIER DINING PROGRAMME CRITERIA FOR INSTITUTES OF HIGHER LEARNING (IHLS)

## Food Courts

	Menu Guidelines
Minimum Outlet Size	All operating food stall(s) in all participating outlet(s)
Number of endorsed dishes per outlet	≥3 endorsed dish per stall from either of the following categories: (i) Lower-calorie main/set meal AND/OR (ii) Wholegrain staple
Healthier beverages	(i) Offer and promote ≥1 lower/no-sugar packaged drink (if applicable) AND (ii) Offer and promote ≥1 lower/no-sugar & no-milk freshly prepared drink option

## Restaurants &amp; Cafes

	Menu Guidelines
Minimum Outlet Size	1 outlet
Number of endorsed dishes per outlet	≥5 endorsed dishes from either of the following categories with ≥1 main meal/set meal <sup>1</sup> : (i) Lower-calorie dish <u>AND/OR</u> (ii) Wholegrain <sup>2</sup> staple main dish <u>AND/OR</u> (iii) Lower-sugar desserts (if applicable)  Exceptions: <sup>1</sup> The requirement for ≥1 main meal/set meal does not apply to a communal setting <sup>2</sup> If wholegrain staple is offered as <u>option</u> instead of default staple, the number of wholegrain option(s) will determine the number of endorsed dish(es)
Healthier beverages	(iii) Offer and promote ≥1 lower/no-sugar packaged drink (if applicable) AND (iv) Offer and promote ≥1 lower/no-sugar & no-milk freshly prepared drink option (if applicable)
Healthier ingredients (wholegrains and healthier oils)	Use healthier oil

## Quick Service Restaurants

	Menu Guidelines
Minimum Outlet Size	1 outlet
Number of endorsed dishes per outlet	<p>≥3 endorsed dishes from either of the following categories with ≥1 main meal/set meal<sup>1</sup>:</p> <p>(iv) Lower-calorie dish <u>AND/OR</u></p> <p>(v) Wholegrain<sup>2</sup> staple main dish <u>AND/OR</u></p> <p>(vi) Lower-sugar desserts (if applicable)</p> <p>Exceptions:</p> <p><sup>1</sup>If wholegrain staple is offered as option instead of default staple, the number of wholegrainoption(s) will determine the number of endorsed dish(es)</p>
Healthier beverages	Offer and promote ≥1 lower/no-sugar packaged drink
Healthier ingredients (wholegrains and healthier oils)	Use healthier cooking oils for all cooking and food preparations

Note: HPB will be conducting kitchen inspections and lab tests of oil samples as part of its random audit.

Restaurants selected for a random audit are to submit to HPB invoices of their orders of healthier oil for the past 6 months.

	Publicity Guidelines
Front of House	Display of "Healthier options available here" decal/sticker at all outlet entrances
Point of Purchase Endorsement Labelling	<ul style="list-style-type: none"> <li>All endorsed dishes to be tagged by appropriate HDP identifiers in menu books / menu boards and marketing materials</li> <li>Outlets to feature ≥1 fast-moving popular healthier dish with pictorial representation on menu / menu boards tagged with the appropriate HDP identifier (if applicable)</li> <li>Any conditional endorsement has to be clearly communicated on menu books / menu boards and in marketing materials (if any)</li> <li>Lower-sugar beverages / desserts need to be identified (if applicable)</li> </ul>
Point of Purchase Call for Action	Include "Ask for lower-sugar options" identifier on beverage / dessert section of menu books / menu boards