

HEALTHIER DINING PROGRAMME CRITERIA FOR MIX & MATCH CONCEPTS

	Menu Guidelines
Minimum Outlet Size	1 outlet
Portion sizes (if available)	<ul style="list-style-type: none"> Only smallest size will be endorsed
Healthier ingredients (wholegrains, healthier oils, low fat dressing)	<ul style="list-style-type: none"> ¹Wholegrain option must be offered for (at least one) staple item AND Use ²healthier cooking oils for all cooking and food preparation (if applicable) AND A minimum of one no or low fat dressing option must be offered <p>¹ Some examples of wholegrain staples include brown rice (≥20% brown rice mixed with white rice), wholegrain noodles & pasta, wholemeal bread.</p> <p>² Healthier oil refers to HCS oils and other plant based oils (e.g. olive, canola, peanut, soybean and sunflower oil) containing 35% or less saturated fats.</p>
Carbohydrate portion	<p>Carbohydrate portion sizes:</p> <ul style="list-style-type: none"> Rice portion not to exceed 150g Pasta portion not to exceed 130g Bread portion not to exceed 2 slices Wrap portion not to exceed 1 sheet Quinoa portion not to exceed 150g <p><i>Other wholegrains will be reviewed on a case by case basis</i></p>
Deep-fried menu items	<p>¹ Limit deep fried items to no more than the following:</p> <ol style="list-style-type: none"> No deep fried item allowed for selection options with ≤3 items; 1 item for selection options with 4-8 items (excluding drinks); 2 items for selection options with 9-15 items (excluding drinks); 3 items for selection options with 16-20 items (excluding drinks); 4 items for selection options with ≥21 items (excluding drinks); <p>¹ Excludes sauces and toppings. (Some example of toppings include sesame sprinkles, bonito flakes, seaweed flakes, ikan bilis, tempura bits, fish floss).</p>
Healthier beverages	<ol style="list-style-type: none"> Offer and promote ≥1 lower/no-sugar packaged drink (if applicable) AND Offer and promote ≥1 lower/no-sugar & no-milk freshly prepared drink option (if applicable)

	Publicity Guidelines
Front of House	<ul style="list-style-type: none"> "Healthier options available here" identifier displayed at website / apps /order platforms
Label items on the menu	<ul style="list-style-type: none"> All deep-fried items must be clearly labelled (e.g. "DF") at the selection counter AND "Higher in Wholegrains" dish tag to be labelled beside wholegrain options
Label Beverages (if available)	<ul style="list-style-type: none"> Include "Lower-sugar options available here" identifier in beverage section of menu books / menu boards
Point of Purchase Endorsement Labelling (encouraged)	<ul style="list-style-type: none"> Feature the healthier set with pictorial representation in-store and online (if applicable), tagged with appropriate HDP identifiers (e.g. Healthier options available here).