

HEALTH PROMOTION BOARD

Annex A

Please see the table below for revised Healthier Choice Symbol (HCS) Programme guidelines for Oriental Noodles

Sub-Categories	Current guidelines	Revised guidelines
1. Oriental noodles (Dry)		
a. Wheat noodles ^{Revised}		
- Fat (g/100g)	≤ 2	≤ 2
- Sodium (mg/100g)	≤ 180	≤ 180
- Dietary fibre (g/100g) ^{Revised #}	≥ 2	≥ 2 [#]
- % of Whole-grains*	≥ 10	≥ 15
b. Rice-based noodles (Eg- Rice spaghetti, other forms of thicker rice based noodles) ^{NEW}		
- Fat (g/100g)	-	≤ 2
- Sodium (mg/100g)	-	≤ 180
- Dietary fibre (g/100g) ^{Revised #}	-	≥ 2 [#]
- % of Whole-grains*	-	≥ 15
2. Oriental noodles (Fresh)		
a. Wheat-based noodles (E.g. Hokkien Yellow Noodles) ^{Revised}		
- Fat (g/100g)	≤ 5	≤ 5
- Sodium (mg/100g)	≤ 400	≤ 500
- Dietary fibre (g/100g) ^{Revised #}	-	≥ 2 [#]
- % of Whole-grains*	≥ 8	≥ 15
b. Rice-based noodles (E.g. Kuay Teow, Laksa Bee Hoon) ^{Revised}		
- Fat (g/100g)	≤ 5	≤ 5
- Sodium (mg/100g)	≤ 400	≤ 400
- Dietary fibre (g/100g) ^{Revised #}	-	≥ 2 [#]
- % of Whole-grains*	≥ 8	≥ 15

Restricted

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if the wholegrain criteria is met, the dietary fibre criteria will be an elective criteria.

***Labelling requirements for carrying the HCS logo with “Higher in wholegrains” claim**

- (i) Declaration of wholegrains content based on weight of final product
e.g. Wholegrain wheat (44%), oats (12%), brown rice (20%) or ;
e.g. As a front / back of pack labelling statement “Contains x% of wholegrains”.
- (ii) Declaration of wholegrains content per serving expressed as a percentage of the daily requirement. The daily whole-grain requirement is taken as 50g.
e.g. “2 slices of [name of bread] will provide you with [x%] of your daily wholegrain requirement;
e.g. “1 serving of [name of food product] will provide you with [x%] of your daily wholegrain requirement”

Optional health message on Wholegrain products

Manufacturers may place the following health message on wholegrain products bearing the “Higher in wholegrains” logo

- “Wholegrains are essential part of a nutritious[^] diet. As wholegrains contain all parts of the grain (germ, bran and endosperm), it is healthier[^] than refined grains. Examples of wholegrain foods are wholemeal bread, brown rice and [name of food category*]. For more tips on healthy eating, visit HPB’s Food For Health at www.hpb.gov.sg/foodforhealth”

[^]To qualify, Products will need to carry the HCS “Higher in wholegrains” logo and display the NIP

**Manufacturers may choose the third example of the food category from the list of oats, wholegrain breakfast cereals, brown rice vermicelli, wholemeal crackers, whole durum wheat pasta.*