

HEALTH PROMOTION BOARD

Annex A

Please see the table below for revised and re-categorised sauce guidelines, as well as the new desserts guidelines for the HCS programme

Sauces, Soups and Recipe Mixes

Sauce Categories		Current guidelines (g/100ml)	Revised guidelines (g/100g)
Revised Categories			
1	Dark Soy Sauce	Sodium (mg/100g): ≤4000	Sodium (mg/100g): ≤4000 Total Sugar (g/100g): ≤ 40
2	Soy Sauce (Others) and Marinades	Sodium (mg/100g): ≤3500	Sodium (mg/100g): ≤3500 Total Sugar (g/100g): ≤ 21
3	Tomato/Chilli Sauces	Sodium (mg/100g): ≤750	Sodium (mg/100g): ≤750 Total Sugar (g/100g): ≤ 18
4	Asian Recipe Mixes	Sodium (mg/100g): ≤250	Sodium (mg/100g): ≤250 Total Sugar (g/100g): ≤5
5	Asian Savoury Sauce e.g. black pepper sauce, black bean sauce, belacan or sambal, kung bo sauce, XO sauce, etc. [previously Other Sauces (Asian)]	Sodium (mg/100g): ≤1400	Sodium (mg/100g): ≤1400
New Categories			
6	Asian Sweet Sauce e.g. rojak sauce, plum sauce, yusheng sauce, sweet & sour sauce, coffee sauce, lemon sauce, satay sauce, etc	NA	Sodium (mg/100g): ≤2500 Total Sugar (g/100g): ≤ 29

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	[some sauces previously categorised under Other Sauces (Asian) will fall under this category]		
7	Sweetened Syrups	NA	Total Sugar (g/100g): ≤ 60

Snacks Category

Snacks Category		Current Guidelines	Revised Guidelines
1	Ice-Cream	Energy (kcal/serving): <200 Total Sugar (g/100g): ≤ 21.0 Fat (g/100g): ≤ 12 Trans Fat (g/100g): ≤ 0.5	Energy (kcal/serving): <200 Total Sugar (g/100g): ≤ 17.0 Fat (g/100g): ≤ 12 Trans Fat (g/100g): ≤ 0.5 Dietary Fibre (g/100g): ≥ 3.0

New Desserts Category

Desserts Categories		Current Guidelines	Revised Guidelines
Revised Categories			
1	Jellies (previously under miscellaneous)	Sugar (g/100g): ≤ 13.0	Sugar (g/100g): ≤ 11.0 Dietary Fibre (g/100g): ≥ 3.0
2	Pudding (previously under miscellaneous)	Sugar (g/100g): ≤ 13.0	Sugar (g/100g): ≤ 11.0 Dietary Fibre (g/100g): ≥ 3.0
New Categories			
1	Local Soup Desserts <ul style="list-style-type: none"> • Clear Soup Desserts e.g. cheng tng, green bean soup, tau suan, red bean soup, etc. 	Calories/serving: ≤ 200 kcal Dietary Fibre (g/100g): ≥ 3.0 Total Sugar (g/100g): ≤ 6.0	

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	<ul style="list-style-type: none"> • Soup Desserts containing cream e.g. black sesame paste, almond paste, walnut paste, pulut hitam, bobo chacha, chendol, etc. 	<p style="text-align: center;">Calories/serving: ≤ 200 kcal</p> <p style="text-align: center;">Dietary Fibre (g/100g): ≥ 3.0</p> <p style="text-align: center;">Total Sugar (g/100g): ≤ 6.0</p> <p style="text-align: center;">Fat (g/100g): ≤ 2.5</p> <p style="text-align: center;">Saturated Fat (g/100g): ≤ 1.5</p>	
2	<p>Local and seasonal cakes e.g. nian gao, mooncakes (previously under miscellaneous), pineapple tarts, nonya kueh, tapioca kueh, etc.</p>	<p>$\geq 25\%$ reduction compared to reference food for Fat (g/100g), Saturated Fat (g/100g) and Total Sugar (g/100g)</p>	<p>$\geq 25\%$ reduction compared to reference food for Fat (g/100g), Saturated Fat (g/100g) and Total Sugar (g/100g)</p> <p>Dietary Fibre (g/100g): ≥ 3.0</p>