

HEALTH PROMOTION BOARD

Healthier Dining Program Nutrition Guidelines

April 2018

Healthy Foods and Dining Department, Obesity Prevention Management Division

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Category: Lower in Calories

Criteria	Main Meal	Set Meal	Non-Main meal / Side dish
Food Composition (per dish)	≥50% weight from carbohydrates and/or protein	≥50% weight from carbohydrates and/or protein	-
Weight (per dish excluding gravy or soup within the dish)	Must be ≥150g	Must be ≥100g <ul style="list-style-type: none"> • Mains that are ≤150g may be paired with a side/drink to form a set meal. • Can include soup, salads, sides or drinks • No desserts allowed as part of set meal 	-
Cooking Method	≤40% deep fried	≤40% deep fried	≤40% deep fried
Energy (kcal per dish)	≤500kcal	≤500kcal	Side Dish: ≤150kcal/100g AND ≤500kcal of total dish weight Communal Dish: ≤150kcal/100g
Consumer Dining pattern	<ul style="list-style-type: none"> • Meal is sold in a pre-defined portion • Has to be taken for Breakfast, Lunch or Dinner AND Taken by an individual setting OR <ul style="list-style-type: none"> • Menu and premise has listed food item as a main meal 		Side dish: <ul style="list-style-type: none"> • Smaller portion dishes which accompany or form a main meal OR • Taken as snack for tea break OR • Listed in menu as “Appetizer, Entrée, Soup, Sides, or Snacks” Communal Dish: <ul style="list-style-type: none"> • Meal portions are not pre-defined & consumers have to portion out food by themselves

Category: Higher in Wholegrains

Criteria	Main Meal	Set Meal	Non-Main meal / Side dish
Food Composition (per dish)	≥50% weight from carbohydrates and/or protein	≥50% weight from carbohydrates and/or protein	-
Weight (per dish)	Must be ≥150g	Must be ≥100g <ul style="list-style-type: none"> • Mains that are ≤150g may be paired with a side/drink to form a set meal. • Can include soup, salads, sides or drinks. • No desserts allowed to be part of set meal 	-
Cooking Method	≤40% deep fried	≤40% deep fried	-
Energy (kcal per dish)	≤600kcal	≤600kcal	-
% of wholegrain	Refer to Wholegrain Products (Page 6-7)		-
Consumer Dining pattern	<ul style="list-style-type: none"> • Meal is sold in a pre-defined portion • Has to be taken for Breakfast, Lunch or Dinner AND Taken by an individual setting OR <ul style="list-style-type: none"> • Menu and premise has listed food item as a main meal 		-

Category: Higher in Wholegrains, Low Glycaemic Index (GI)

Criteria	Main Meal	Set Meal	Non-Main meal / Side dish
Food Composition (per dish)	≥50% weight from carbohydrates and/or protein	≥50% weight from carbohydrates and/or protein	-
Weight (per dish)	Must be ≥150g	Must be ≥100g <ul style="list-style-type: none"> • Mains that are ≤150g may be paired with a side/drink to form a set meal. • Can include soup, salads, sides or drinks. • No desserts allowed to be part of set meal 	-
Cooking Method	≤40% deep fried	≤40% deep fried	-
Energy (kcal per dish)	≤600kcal	≤600kcal	-
% of wholegrain	Refer to Wholegrain Products (Page 6-7)		-
Glycaemic Index (GI)	Must be ≤55 *		-
Consumer Dining pattern	<ul style="list-style-type: none"> • Meal is sold in a pre-defined portion • Has to be taken for Breakfast, Lunch or Dinner AND Taken by an individual setting <p>OR</p> <ul style="list-style-type: none"> • Menu and premise has listed food item as a main meal 	<ul style="list-style-type: none"> • Meal is sold in a pre-defined portion • Has to be taken for Breakfast, Lunch or Dinner AND Taken by an individual setting <p>OR</p> <ul style="list-style-type: none"> • Menu and premise has listed food item as a main meal 	-

Notes:

- * The cut-off values for the classification of low, medium and high GI are standardised internationally (ISO 2 6642: 2010)
- GI of meal will be done via indirect analysis (predicted GI)
- Aligning with indirect Caloric analysis, indirect GI analysis consultancy services must be provided by Nutritionists or Dietitians.

Wholegrain Products

Wholegrain products	Wholegrains Content (%)	Remarks
Rice:		
<ul style="list-style-type: none"> Rice (unpolished) Mixed rice Wholegrains (e.g. Barley, Millet, Quinoa) 	<ul style="list-style-type: none"> 100% ≥20% ≥20% 	A mixture of white with wholegrain rice can qualify as wholegrain if % of wholegrains ≥20%
Pasta		
	100%	
Oriental Noodles (dry)		
<ul style="list-style-type: none"> Brown rice vermicelli 'beehoon' Wheat noodles Rice-based noodles (E.g. Rice spaghetti, other forms of thicker rice based noodles) 	<ul style="list-style-type: none"> ≥80% ≥15% ≥15% 	No mixture with non-wholegrain noodles allowed
Oriental Noodles (Fresh)		
<ul style="list-style-type: none"> Wheat-based noodles (E.g. Hokkien Yellow Noodles) Rice-based noodles (E.g. Kuay Teow, Laksa Beehoon) 	<ul style="list-style-type: none"> ≥15% ^(a) ≥15% ^(a) 	No mixture with non-wholegrain noodles allowed

(a) Based on weight on final product.

Wholegrain Products

Sub-Category	Energy (kcal/ serving)	Fat (g/ 100g)	Saturated Fat (g/ 100g)	Trans Fat (g/ 100g)	Sodium (mg/ 100g)	Dietary fibre (g/ 100g)	Total Sugar (g/ 100g)	% of Whole- grains
Bread (loaf), breadcrumbs, Flat breads (pita, wraps) pizza crust	-	≤ 5 ^(b)	-	≤ 0.1	≤ 450	≥ 3	-	≥ 25
Buns, rolls (unfilled, plain) Hamburger, hotdog type	-	≤ 5 ^(b)	-	≤ 0.1	≤ 450	≥ 3	-	≥ 10
Buns, rolls (filled) Cream, jam, fruits, custard, savoury	-	≤ 8 ^(b)	-	≤ 0.1	≤ 400	≥ 2	≤ 15	≥ 10
Steamed buns	-							
• Filled (e.g. Pau)		≤ 8 ^(b)	-	-	≤ 250	-	≤ 18	≥ 10 ^(c)
• Unfilled (e.g. Mantou)		≤ 8 ^(b)	-	-	≤ 250	-	≤ 15	≥ 15 ^(c)
Cakes, muffins	-	≤ 22	-	≤ 0.2 ^(d)	≤ 300	≥ 3	≤ 24	≥ 10 ^(c)

(a) Based on weight on final product.

(b) Products with fat levels that exceed the criteria and less than 10% will be accepted if the % saturated fat is less than 20% of the total fat.

(c) Based on weight of final product

(d) Where butter is the primary and/or only source of fat used in this recipe, applications can be assessed on case-by-case basis due to the presence of naturally occurring trans-fat in butter

Wholegrain products (Convenience meals)

Sub-Category	Calories /serving	Fat (g/100g)	Saturated Fat (g/100g)	Trans Fat (g/100g)	Sodium (mg/100g)	Total Sugar (g/100g)	Whole-grain Content ^ (%)
Small meals ¹	≤300 ^(a)	-	≤3.0	≤0.1	≤400	-	Criteria for whole-grains are applicable for cereal based convenience meals ²

1. Small meals refer to light meals usually consumed as lunch or snacks. Examples: sandwiches, wraps, pies, Asian glutinous rice. Typical weight <200g
2. Only wholegrain options will be acceptable. The standards for wholegrains for ingredients used in the recipe can be obtained under respective sub-categories for “Cereals”.

Examples of wholegrain options as listed below:

Wholegrain standards for ingredients used in the recipe	Examples of convenience meals
<ul style="list-style-type: none"> • Wholemeal bread (≥25% wholegrains) • Wholemeal pita (≥25% wholegrains) • Wholemeal wraps (≥25% wholegrains) • Wholemeal buns and rolls (≥10% wholegrains) 	Sandwiches, rolls, wraps, fold-overs, burgers, pizza
<ul style="list-style-type: none"> • Rice / dehydrated rice (≥20% unpolished rice) • Glutinous rice (≥20% unpolished rice) • Rice flour (≥20% unpolished rice) 	Ready-to-eat rice-based meals, instant porridge, sushi, dimsum (lor mai fan, fan choy, chee cheong fun, carrot cake)
<ul style="list-style-type: none"> • Dry wheat noodles (≥15% whole wheat) 	Instant noodles, cup noodles
<ul style="list-style-type: none"> • Dry rice vermicelli (≥80% brown rice) 	Ready-to-eat vermicelli meals
<ul style="list-style-type: none"> • Pasta (whole durum wheat pasta / wholemeal pasta / semolina) • Wholemeal pizza base (25% wholegrains) 	Frozen / Chilled ready-to-eat pasta based meals, pizza
<ul style="list-style-type: none"> • Fresh oriental rice / wheat noodles (≥15% wholegrains) 	Frozen / chilled / ready-to-eat noodle meals
<ul style="list-style-type: none"> • Other wholegrain ingredients^ A list of wholegrains can be referred from the link provided (http://www.wholegrainscouncil.org/whole-grains-101/whole-grains-a-to-z) 	

(a) 10% variation will be accepted

Category: Healthier Oils

Healthier Oil Criteria:

Saturated Fat (g/100g)	Trans Fat (g/100g)	Others
≤35g	≤0.5g	Edible Oil carrying Healthier Choice Symbol

Category: Source of Dietary Fibre

Dietary Fibre Criteria:

Source of Dietary Fibre (g/100g) or (g/100ml)

≥3g

Definition (by Codex Alimentarius Commission):

Dietary fibre means carbohydrate polymers with ten or more monomeric units, which are not hydrolysed by the endogenous enzymes in the small intestine of humans and belong to the following categories:

- Edible carbohydrate polymers naturally occurring in the food as consumed,
- Carbohydrate polymers, which have been obtained from food raw material by physical, enzymatic or chemical means and which have been shown to have a physiological effect of benefit to health as demonstrated by generally accepted scientific evidence to competent authorities.

Category: Beverage

Sub-category	Fat (g/100g)	Saturated Fat (g/100g)	Total Sugar (g/100g)	Added Sugar (g/100g)	Calcium (g/100g)	Energy (kcal/serving)
Packaged Drinks/ Intrinsic no sugar beverages						
Freshly Prepared Malted/ Chocolate drink	≤ 2	(a)	-	≤ 6		≤ 200
Freshly Prepared Coffee/ Tea	-	(a)	-	≤ 6		≤ 200
Beverages containing flavoured milk	≤ 1.5	(a)	-	≤ 6	≥130mg	≤ 200
Freshly Prepared Cordial or Asian drinks	-	-	-	≤ 6		≤ 200
Freshly Prepared Soymilk / beverage containing soymilk ^(b)	≤ 2	(a)	-	≤ 6	≥60mg	≤ 200
Freshly Prepared Juices (at least 60% fruit juice) ^(c)	-	-	≤ 12.5			≤ 200
Specialty Drink (e.g. bubble tea)	-	-	-	≤ 6		≤ 200
Smoothies (with dairy products) ^(d)	≤ 2	(a)	-	≤ 5		≤ 200
Smoothies (without dairy products) ^(e)	-	-	-	≤ 5		≤ 200

Additional guidelines that Beverage for food service needs to comply with:

- No free access to sugar/syrups to freshly brewed beverages
- Sugar/syrups cannot be served on the side
- Endorsement allowed if
 - (i) Beverage has been endorsed by HCS
 - (ii) & no additional new formulation from partner (except for ice addition)

- Products carrying representation of health claims on product packaging or marketing advertisement collaterals will be excluded
- ^(a) Only products with saturated fat not more than 60% of total fat will qualify
- ^(b) Product with fat level between 2% and 5% will be approved if the % saturated fat is 20% or less of the total fat
- ^(c) Not applicable to cordials and concentrates, vegetable juice must contain 100% juice from vegetables
- ^(d) Must contain $\geq 15\%$ of dairy based ingredients & added fruits $\geq 40\%$ of total product
- ^(e) Must contain $\geq 90\%$ of fruit products

Illustration of an Intrinsic Beverage

Intrinsic Beverage	Non-intrinsic Beverage
<ul style="list-style-type: none"> • Barley without sugar • Chrysanthemum tea without sugar • Tea without sugar (E.g. Earl grey tea, peppermint tea) • HCS bottled water • Tap water or plain water 	<ul style="list-style-type: none"> • Honey lemon water or honey lemon tea • Soya milk without sugar • Luo Han Guo • MILO 'kosong' (without added sugar) • Water chestnut drink

Category: Dessert

Sub-Category	Energy (kcal/ serving)	Fat (g/ 100g)	Saturated Fat (g/ 100g)	Trans Fat (g/ 100g)	Sodium (mg/ 100g)	Dietary fibre (g/ 100g)	Total Sugar (g/ 100g)	% of Whole -grains
Local and seasonal cakes (E.g. mooncakes, Nian Gao, pineapple tarts, Nonya kueh, tapioca kueh)	-	≥ 25% fat reduction compared to reference food ^(a)	≤ 0.1	-	≥ 3.0	≥ 25% sugar reduction compared to reference food ^(a)	-	
Ice cream (Includes Sorbet)	≤ 200	≤ 12	-	≤ 0.5	-	≥ 3.0	≤ 17	-
Frozen yogurt	≤ 200	≤ 5	-	-	≤ 120	≥ 3.0	≤ 20	-
Local clear soup desserts (E.g. Cheng Tng, green bean soup, tau suan)	≤ 200	-	-	-	-	≥ 3.0	≤ 6	-
Soup/Paste desserts (with dairy / cream) (E.g. almond paste, black sesame paste, pulot hitam, mango sago)	≤ 200	≤ 2.5	≤ 1.5	-	-	≥ 3.0	≤ 6	-
Ice shaving desserts (E.g. Bingsu, Bubur Cha Cha, Chendol)	≤ 200	≤ 2.5	≤ 1.5	-	-	≥ 3.0	≤ 6	-
Jellies (E.g. grass jelly, Aiyu, Fruit jellies)	≤ 200	-	-	-	-	≥ 3.0	≤ 13 (≤11 from April 2019)	-
Pudding (E.g. mango pudding, rice pudding)	≤ 200	≤ 1.5	Pdts not more than 60% of total fat will qualify	-	≤ 120	≥ 3.0	≤ 13 (≤11 from April 2019)	-

^(a)From NC1 of A Handbook on Nutrition Labelling (Singapore), a 'reference food' is defined as one of the following:

- i) The regular product which has been produced for a significant period by the manufacturer making the nutrient claim or
- ii) A weighted average of an industry norm for that particular type of food or
- iii) A food whose composition is determined by reference to published food composition tables

Illustration I: What is a “Healthier Food”

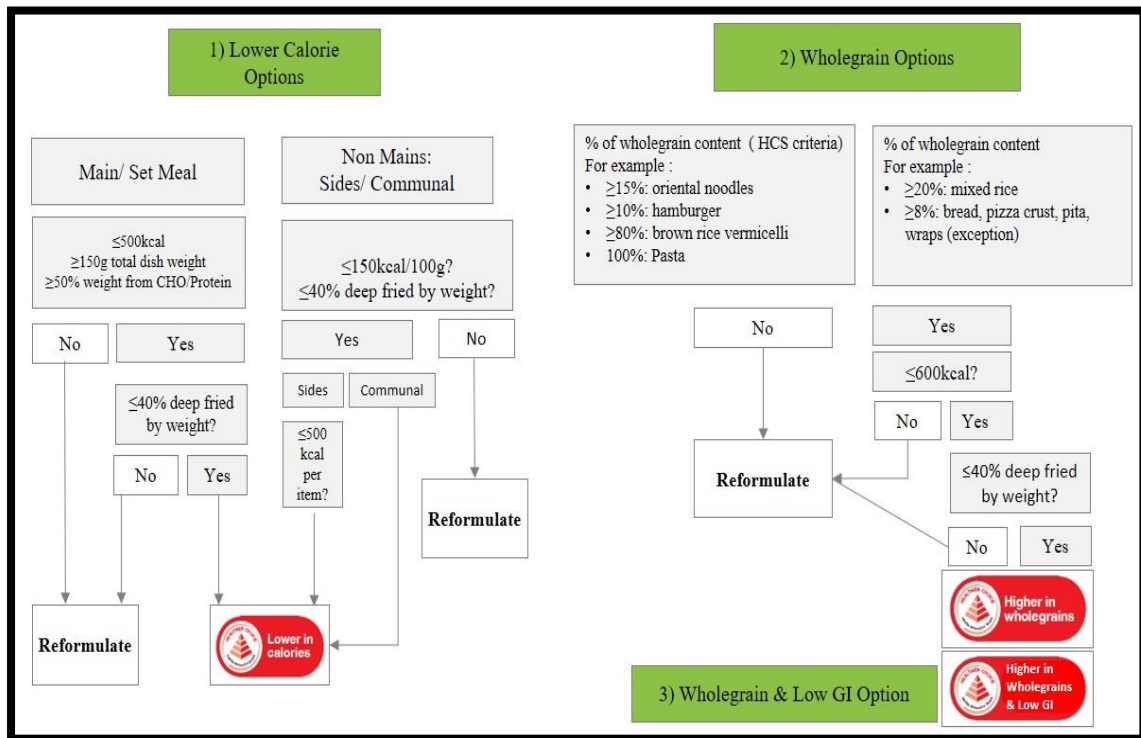


Illustration II: Low Glycaemic Index claim endorsement

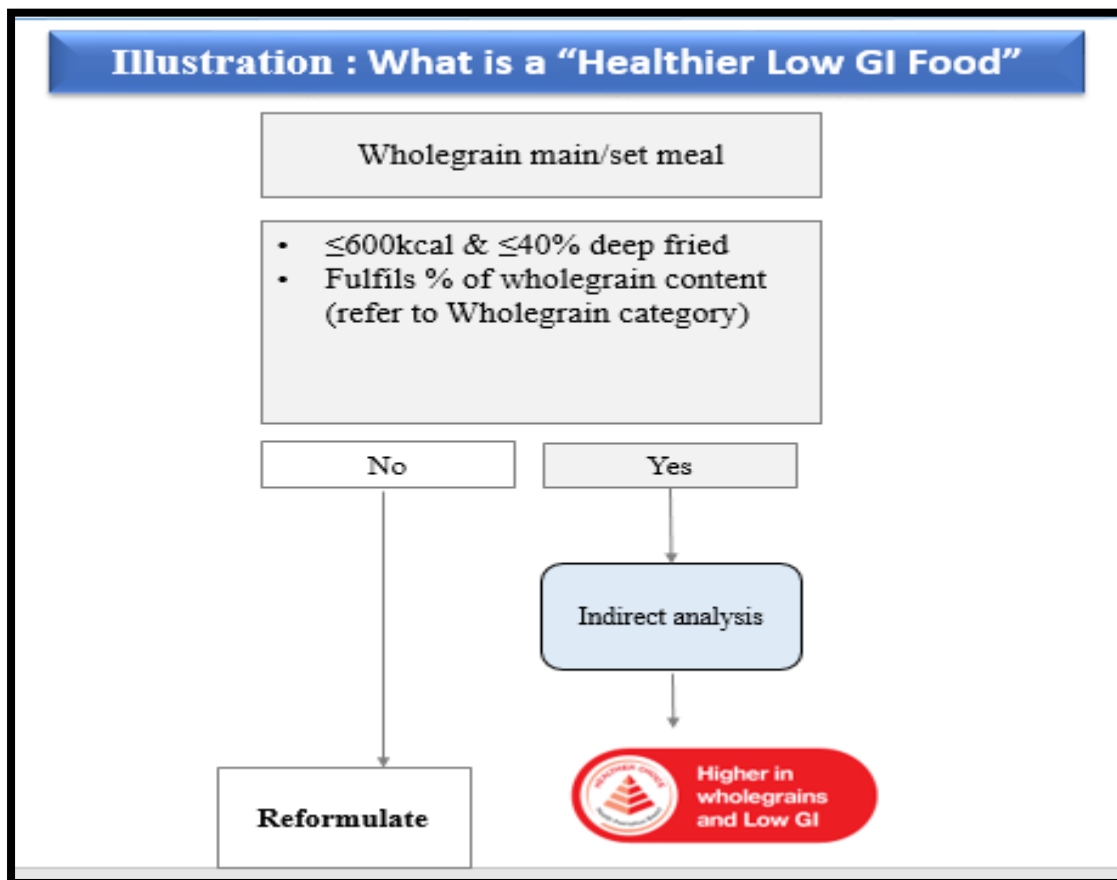


Illustration III: What is a “Healthier Beverage”

(i) Beverages under the intrinsic beverage list includes:

- Bottled Water / Water products
- Zero Calorie products
- Coffee, Tea or Ice Lemon Tea with no/less sugar and no milk/evaporated milk
- Packaged/canned beverages with HCS endorsement
- HCS endorsed powdered drinks with only water/ice dilution (e.g. Milo/Horlicks without addition of sugar/syrup/milk)

Illustration of an Intrinsic Beverage

• Intrinsic Beverage	• Non-intrinsic Beverage
<ul style="list-style-type: none"> • Barley without sugar • Pure flower/leave teas without sugar (E.g. Chrysanthemum tea) • Tea without sugar (E.g. Earl grey tea, peppermint tea) • HCS bottled water • Tap water or plain water • Espresso, Americano (without milk or sugar) 	<ul style="list-style-type: none"> • Honey lemon water or honey lemon tea • Soya milk without sugar • Fruit/ Herbal teas such as Luo Han Guo • MILO ‘kosong’ (without added sugar) • Water chestnut drink

These items can be tagged with the ‘No added sugar’ identifier as listed below

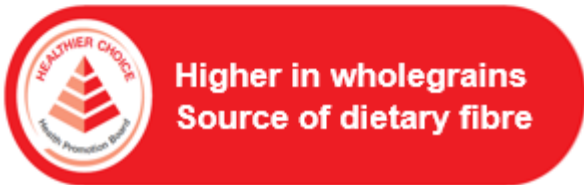


(ii) Beverages which have completed lab analysis and fulfilled the nutrition criteria as listed in page 11 can be tagged with the ‘Lower in sugar’ identifier as listed below:



Illustration IV: “Source of Dietary Fibre” endorsement

Endorsed items which have fulfilled the nutrition criteria listed under page 11 can be tagged with the “Source of Dietary Fibre” identifier as listed below:



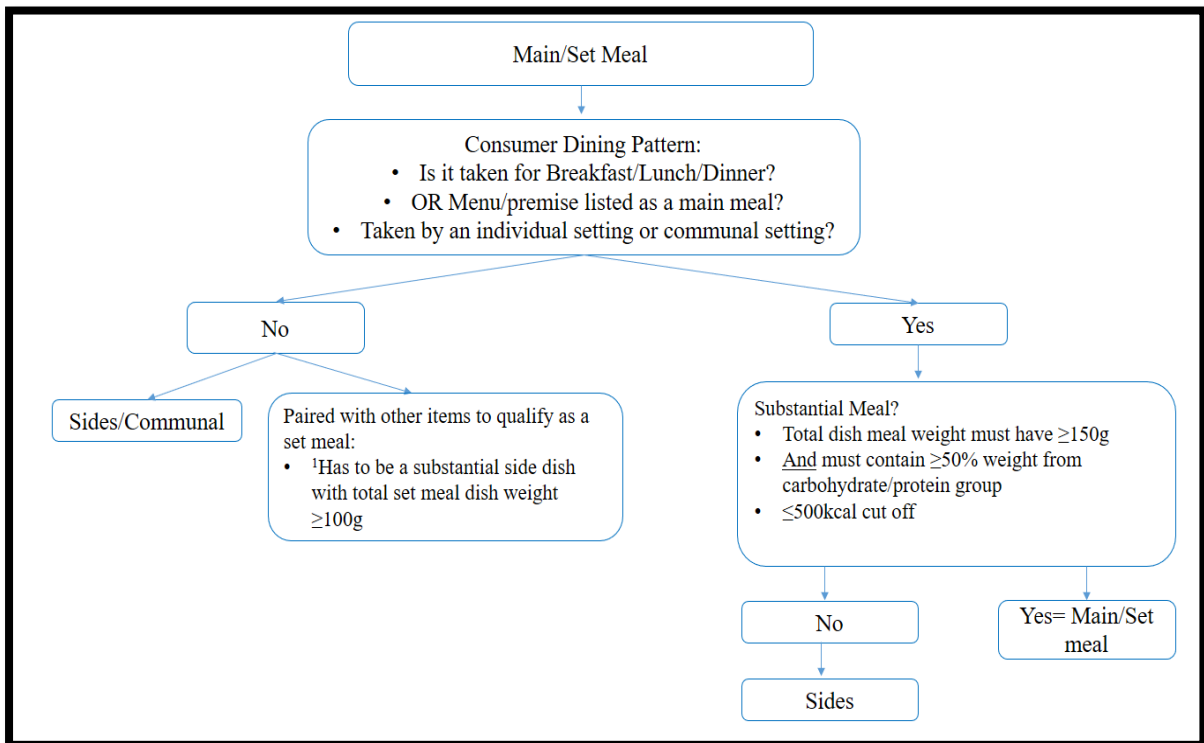
Annex V: Types of Cuisine

Type of Cuisine	Examples of Main/Set Meal	Remarks
Western Cuisines	<ul style="list-style-type: none"> • Pastas • Soups with Bread Bun, Salads • Wraps/Burritos, Sandwich, • Fish/Meat with salad/soup • Pizzas 	<ul style="list-style-type: none"> • Pizza assessment based on 500kcal per serve *
Asian Cuisines	<ul style="list-style-type: none"> • Rice Roll (non Dim Sum) • Toast with egg & drink set • Bao • Popiah 2 Rolls, Chapatti/Thosai • Economy rice non-fried (1 veg + 1 protein/tofu/egg) • One dish meal containing clear soup 	<ul style="list-style-type: none"> • Examples of main meal: <ul style="list-style-type: none"> - Popiah has to be 2 rolls - Chapatti has to be 2 pieces with at least 1 gravy dish to qualify as main meal - Thosai has to be 1 piece with at least 1 gravy dish to qualify as main meal - Economy Rice (non-fried items) with 1 vegetable + 1 protein/tofu/egg OR 2 vegetable items (containing tofu or egg or lentils) can qualify if artwork is displayed - One dish meal containing clear soups such as Yong Tau Foo soup, Sliced Fish Soup, Ban Mien, Mee Soto etc will be included if carbohydrate and/or protein ingredient items is at least 150g. Carbohydrate and/or protein weight need not fulfil at least 50% of dish weight in view of proportion of clear soup • Examples of fixed set meal: <ul style="list-style-type: none"> - 1 (HCS endorsed) Bun + 1 drink - 1 Bao/Dim Sum item + 1 drink
Quick Service Restaurant (QSR)	<ul style="list-style-type: none"> • Burger, muffin, sandwich • Salads • pizza slice + drink 	<ul style="list-style-type: none"> • Sandwiches, Salads • Muffin, Burgers (sold individually will qualify as main) • Can include 1 drink as part of set meal
Kiosks/Chains	<ul style="list-style-type: none"> • Pancake + Soy Milk set • Soya Porridge • Pizza set meal 	<ul style="list-style-type: none"> • Pancake + soymilk, Bean curd + soymilk • Sliced pizzas + drink for 1 pax in menu

Notes

- *Serving size assessed by Officer based on consumption dining pattern
- Above list is non-exhaustive, new cuisine will be assessed case by case basis

Annex VI: Illustration of Main or Set Meal Criteria



¹ Officer will assess on a case by case basis based on consumer dining pattern. Item can include a drink, soup, salads or sides to qualify as set meal. Dish weight must be $\geq 100\text{g}$ and can include soup, salads, sides or drinks. No desserts allowed to be part of set meal, however lower in sugar desserts can be endorsed as stated in the dessert category.

² Officer will assess on a case by case basis for dishes which has an overall representation of high sodium/salt sources such as the use of ham, bacon, sausages or layer of fatty meat cuts in dish.

- End -