

Health Promotion Board's Healthier Catering Guidelines Frequently Asked Questions

1. What are the healthier catering guidelines?

	Menu Guidelines
Healthier beverages	Caterer must offer plain water as the default beverage item. Caterer offering coffee and tea must have syrup/sugar served on the side, not pre-added.
Healthier ingredients (whole-grains¹ and healthier oils²)	Caterer must include whole-grains in all staple options and use healthier cooking oils for all cooking and food preparation. Menus should reflect that healthier cooking oils have been used.
Fresh fruits	Caterer must include fresh fruits as an option for dessert for all menus.
Deep-fried menu items	Caterer must limit deep fried items to no more than the following: a) 1 item for buffet line with ≤8 items (including dessert, excluding drinks); b) 2 items for buffet line with ≥9 items (including dessert, excluding drinks); c) No deep fried item allowed for buffet orders with ≤3 items. All deep-fried items must be clearly labelled (e.g. "DF") on the menu.
	Publicity Guidelines
Buffet line	Caterer should display the Health Promotion Board's healthier ingredients visual identifier prominently at the buffet line.

Why is there a need for this?

The Health Promotion Board's healthier catering guidelines serve to help consumers make healthier choice the easier choice at functions, meetings and events where food is catered.

The intent of the guidelines is to:

- a) Reduce consumption of sugary drinks and proportion of high calorie options
- b) Increase the consumption of whole-grains in place of refined starchy staples
- c) Reduce consumption of saturated fats

Under the guidelines, healthier choices (e.g. plain water and whole-grains) will be provided by default with every catering order containing drinks and staples. To reduce overall calorie intake, a limit has been set for the number of deep fried (higher calorie) item(s) per catering order.

¹ All staples such as rice, noodles and bread must be made of whole-grains. Rice/porridge options must contain at least 20% whole-grains, bread options at least 10% whole-grains, noodle options at least 8% whole-grains, and pasta options must be 100% whole-grains.

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.

Healthier beverages

2. What does it mean by “offer plain water as the default beverage item”?

For all catering orders where beverage is included, plain water must be provided without extra charge. Water can be tap, filtered, fruit or herb infused and/or bottled water, iced or non-iced or a combination of the above.

3. What do we mean by “syrup/sugar served on the side”?

Any coffee and/or tea served should contain no added sugar or sugar syrup. Any sugar or sugar syrup to be served have to be placed on the side.

Healthier ingredients (whole-grains and healthier oils)

4. “All staples must be made of whole-grains.” What are “whole-grains” and “staples”?

A grain is considered to be whole-grain as long as all three original parts — the bran, germ, and endosperm — are still intact.

All staples such as rice, noodles and bread must be made of whole-grains. Rice/porridge options must contain at least 20% whole-grains, bread options at least 10% whole-grains, noodle options at least 8% whole-grains, and pasta options must be 100% whole-grains.

5. How do I assess the whole-grain % of the staples?

For caterers that use pre-mixed wholegrain rice, noodles, or bread, you may look at the Nutrition Information Panel available on the packaging to find out the wholegrain content of the product.

Examples:



For caterers that do not use pre-mixed wholegrain rice, for every 1kg of rice, at least 200g must be wholegrain rice. Remaining 800g or less can be any type of rice. Similarly, for caterers that make their own bread or noodles, at least 8% of the flour used for noodles and 10% for bread must be whole-grains.

6. *Where can I get wholegrain staples?*

The following is a list of suppliers that provide wholegrain staples. The list is non-exhaustive; they are wholegrain staple suppliers that we are aware of. Health Promotion Board is not endorsing any of the following wholegrain staple suppliers.

Name of Supplier	Contact Information	Products
Tong Seng Produce	Contact person: Ms Chong / Angeline Tel: +65 6756 6128	Brown rice
Sengkang Trading Enterprise	Contact person: Mr Tay Tel: +65 9456 9985 Email: sk@sengkanggrp.com	Brown rice Brown rice bee hoon
Jia Jia Wang Trading Pte Ltd	Contact person: Mei Yuen Tel: +65 67527718	Wholegrain fresh noodles
Chia and Thai Food Supplies Pte Ltd	Contact person: Samuel Koh Tel: +65 67787862/ 97217736	Brown rice Wholegrain fresh noodles Wholegrain pasta Brown rice bee hoon
Leong Guan Food Trading	Contact person: Mr Lawrence Law Tel: +65 67547911	Wholegrain fresh noodles
Chye Choon	Tel: +65 6283 5470	Brown rice Brown rice bee hoon

Note: For other suppliers who wish to be listed, please write to HPB_HIS@hpb.gov.sg.

7. What is the definition of healthier oil?

Healthier oil refers to oils endorsed with Health Promotion Board’s Healthier Choice Symbol (HCS) logo and other plant-based oils (e.g. olive, canola, peanut, soybean and sunflower oil) containing 35% or less saturated fats.

For any brand of oil, you may look at the Nutrition Information Panel available on the packaging to find out the saturated fat content of the oil.

Example:



8. Which brand of oil qualifies as a healthier oil?

The following list is non-exhaustive. These are the brand names of healthier oils that we are aware of. Please speak to your oil supplier to find out if they carry any of these named oil products.

For other brands that are not listed in the table below, if the saturated fat content meets the criteria of 35% or less, they can also qualify as a healthier oil.

Name of Product
AFIAT Blended Vegetable Oil
Bellstar Brand Blended Cooking Oil
Canola Oil
Cargill Canola Oil blend
Cook Pal 90
Cook PAL LS
Darts Brand Blended Cooking Oil
Golden Circle Blended Cooking Oil (Canola Blend from Celestial Ventures)
Golden Circle Blended Oil (Sunflower blend from Able Perfect)
Golden Circle Canola Oil

Golden Circle Premium Vegetable oil
Golden Circle Soya Bean Oil
Golden Medallion Blended Vegetable Cooking Oil (Canola Oil blend with natural antioxidant)
Golden Medallion Blended Vegetable Cooking Oil/PAR Premium Choice Vegetable Oil (Deep Frying Formula)
HOLA Premium Canola Oil Blend
Imperial Brand Healthier Cooking Oil
JJW Blended Vegetable Cooking Oil with Canola
Knife Cooking oil
Linda Canola Oil
Linda Healthier Vegetable Oil
Linda Premium Vegetable Oil
Linda Soya Bean Oil
Oki Blended Cooking Oil (OKBLJTN15KEC2)
Oki Blended Cooking Oil (OKBLKTN17KEC1)
Oki Blended Cooking Oil (OKBLL(R)TN17KEC2)
Oki Blended Cooking Oil (OKBLLTN15KEC4)
Oki Blended Cooking Oil (OKBLLTN17KEC2)
RBD Double Fractionated Palm Olein (75%) + Canola Oil (25%)
RBD Palm Olein (70%) + Canola Oil (30%)
Royal Miller Blended Oil
Sabrina Brand Blended Cooking Oil
Sailing Boat Premium
Sotong Blended Vegetable Oil
Sunbeam Healthier Premium Blend
Super Q Blended Vegetable Cooking Oil
Super Refined Blended Healthier Oil
Super Refined Blended Vegetable Oil
Tsuru Canola Blended Cooking Oil
Tsuru Canola Blended Cooking Oil (from Celestial Ventures Sdn Bhd)
Tsuru Canola Cooking Oil
Tsuru Soybean Blended Cooking Oil
Tsuru Sunflower Blended Cooking Oil

Deep-fried menu items

9. *What is the definition of deep-fried?*

Deep-fried foods include all foods that have been fully submerged in oil in the kitchen or in the manufacturing process, such as samosas, spring rolls, doughnuts, pakora, chicken nuggets, fried chicken wings, battered and deep-fried sweet and sour pork/chicken etc.

Process such as par-frying is considered deep-frying.

10. *The number of deep-fried items per buffet line should be zero if the buffet line has 3 or less items, or a maximum of 1 item for buffet line with ≤ 8 items, or a maximum of 2 items for buffet line with ≥ 9 items. What does this mean?*

All types of food item should be counted regardless if they are an appetiser (e.g. siew mai), main dish, side dish or dessert (e.g. fruits, pastries, cakes, green bean soup etc.) Drinks are not counted.

Example 1:

Category	Description	Total no. of items
Savoury Bites	Siew mai	3
	Har kow	
	Fresh fruit platter	
Beverages	Coffee and tea	N.A.

No deep-fried item is allowed.

Example 2:

Category	Description	Total no. of items
Savoury Bites	Muffins	5
	Carrot cake	
	Ngoh hiang (DF)	
	Har kow	
	Fresh fruit platter	
Beverages	Coffee and tea	N.A.
	Iced water	

A maximum of 1 deep-fried item is allowed.

Example3:

Category	Description	Total no. of items
Entrees	Fried rice	9
	Stir-fried bee hoon	
	Braised homemade bean curd (DF)	
	Lemon chicken chop (DF)	
	Stir-fry kang kong	
	Nonya chap chye	
	Omelette	
Desserts	Fresh fruit platter	N.A.
	Red bean soup	
Beverages	Coffee and tea	N.A.

A maximum of 2 deep-fried items are allowed.

11. How does a healthier catering menu look like?

The following is a sample of a healthier catering menu:

<h1>ABC Caterer</h1> <p>Executive buffet lunch (7 dishes + Beverage) \$15.00/pax (min 20 pax) *Choose 1 item under each category **Choose a maximum of 1 item with *DF (Deep Fried) in the whole order.</p>			<p>All dishes prepared using healthier oils.</p>
<p><u>Beverage</u> *Complimentary water will be provided. <input type="radio"/> Fruit punch <input type="radio"/> Orange juice <input type="radio"/> Barley <input type="radio"/> Hot coffee/tea (sugar served on the side)</p> <p><u>Salad</u> <input type="radio"/> Caesar salad <input type="radio"/> Japanese salad <input type="radio"/> Garden green salad <input type="radio"/> Greek salad <input type="radio"/> Niçoise salad</p>	<p><u>Main course</u> * All options made with wholegrain rice or noodles <input type="radio"/> Yong chow fried rice <input type="radio"/> Thai fried rice <input type="radio"/> Hong kong stir-fry noodle <input type="radio"/> Spaghetti aglio olio <input type="radio"/> Vegetarian bee hoon</p> <p><u>Vegetables</u> <input type="radio"/> Nonya chap chye <input type="radio"/> Kai lan with mushrooms <input type="radio"/> Sambal kang kong <input type="radio"/> Curry vegetables</p>	<p><u>Fish</u> <input type="radio"/> Baked dory <input type="radio"/> Cantonese steamed fish <input type="radio"/> Crispy fried fish w Tartar Dip *DF <input type="radio"/> Sweet & sour fish *DF</p> <p><u>Chicken</u> <input type="radio"/> Baked chicken with BBQ sauce <input type="radio"/> Cajun roasted chicken <input type="radio"/> Curry chicken <input type="radio"/> Fried chicken wing *DF</p>	<p><u>Finger food</u> <input type="radio"/> Har gao <input type="radio"/> Siew mai <input type="radio"/> Spring roll *DF <input type="radio"/> Curry samosa *DF <input type="radio"/> Fishball *DF</p> <p><u>Dessert</u> <input type="radio"/> Fresh fruit platter <input type="radio"/> Grass jelly with longan <input type="radio"/> Sea coconut with cocktail <input type="radio"/> Mini custard puff</p>

12. Who can I contact for further enquiries?

Email: WOG_Healthier_Catering@hpb.gov.sg