

HEALTH PROMOTION BOARD

Healthier Dining Program Nutrition Guidelines

June 2017

Healthy Foods and Dining Department, Obesity Prevention Management Division

Contents

Category: Lower in Calories	3
Category: Higher in Wholegrains	4
Category: Higher in Wholegrains, Low Glycaemic Index (GI).....	5
Wholegrain Products (Non Bakery Settings).....	6
Wholegrain Products (Applicable to Bakery settings only) ^{New}	8
Category: Healthier Oils	10
Category: Beverage.....	11
Illustration: What is a “Healthier Food”	13
Illustration: Low Glycaemic Index claim endorsement	14
Annex 1: Types of Cuisine	16
Annex II: Illustration of Main or Set Meal Criteria	17

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)		-
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)		-
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 (Non Bakery Settings)

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* Revised Rice-based noodles^{New} (Eg- Rice spaghetti, other forms of thicker rice based noodles) 	<ul style="list-style-type: none"> ≥80% ≥10% ≥15% 	No mixture with non-wholegrain noodles allowed
Oriental Noodles (Fresh)		
<ul style="list-style-type: none"> Wheat-based noodles* Revised (E.g. Hokkien Yellow Noodles) Rice-based noodles* Revised (eg. Kuay Teow, Laksa Beehoon) 	<ul style="list-style-type: none"> ≥8%^(a) ≥8%^(a) 	No mixture with non-wholegrain noodles allowed
¹ Bread (loaf), breadcrumbs, Flat breads (pita, wraps), pizza crust	≥25%	Chapatti is classified as a wrap No mixture of white & wholegrain bread allowed in sandwiches
¹ Buns, rolls (unfilled, plain)* Revised Hamburger, hotdog type	≥8%	
¹ Buns, rolls (filled) Cream* Revised jam, fruits, custard, savoury	≥8%	

¹Steamed buns

- Filled (e.g. Pau) $\geq 10\%$ ^(a)
 - Unfilled (e.g. Mantou) $\geq 15\%$ ^(a)
-

¹Cakes, muffins ^{New} $\geq 15\%$ ^(a)

1. Applies to non-bakery settings.

(a) Based on weight on final product.

* With effect from 1st April 2018:

- Wheat noodles: $\geq 15\%$ Wholegrain
- Wheat-based noodles (e.g. Hokkien Yellow Noodles): $\geq 15\%$ Wholegrain
- Rice Based Noodles (e.g. Kway Teow, Laksa Bee Hoon): $\geq 15\%$ Wholegrain
- Buns, rolls (unfilled, plain): $\geq 10\%$ Wholegrain
- Buns, rolls (filled) Cream: $\geq 10\%$ Wholegrain

Wholegrain Products (Applicable to Bakery settings only)^{New}

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	-	≥ 8
Buns, rolls* (filled) Cream, jam, fruits, custard, savoury		≤ 8 ^(b)	-	≤ 0.1	≤ 400	≥ 2	≤ 15	≥ 8
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

* With effect from 1st April 2018:

- Buns, rolls (unfilled, plain): ≥10% Wholegrain
- Buns, rolls (filled) Cream, jam, fruits, custard, savoury: ≥10% Wholegrain.

Convenience meals in bakery settings

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 chiong 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

Additional guidelines that Healthier oil for food service needs to comply with:

- i. Moisture and insoluble impurities (AOCS Ca 2c-25, 2009) : ≤0.10%
- ii. Peroxide Value (AOCS Cd 8b-90, 2011): ≤5 meq/kg
- iii. Oil Stability Index (AOCS Cd 12b-92, 2013): 110°C

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 Soy milk / beverage containing soy milk ^(b)	≤ 2	(a)	-	≤ 6	≥60mg	≤ 200
Freshly Prepared Juices (at least 60% fruit juice) ^(c)	-	-	≤ 12.5			≤ 200
Specialty Drink (eg 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: What is a “Healthier Food”

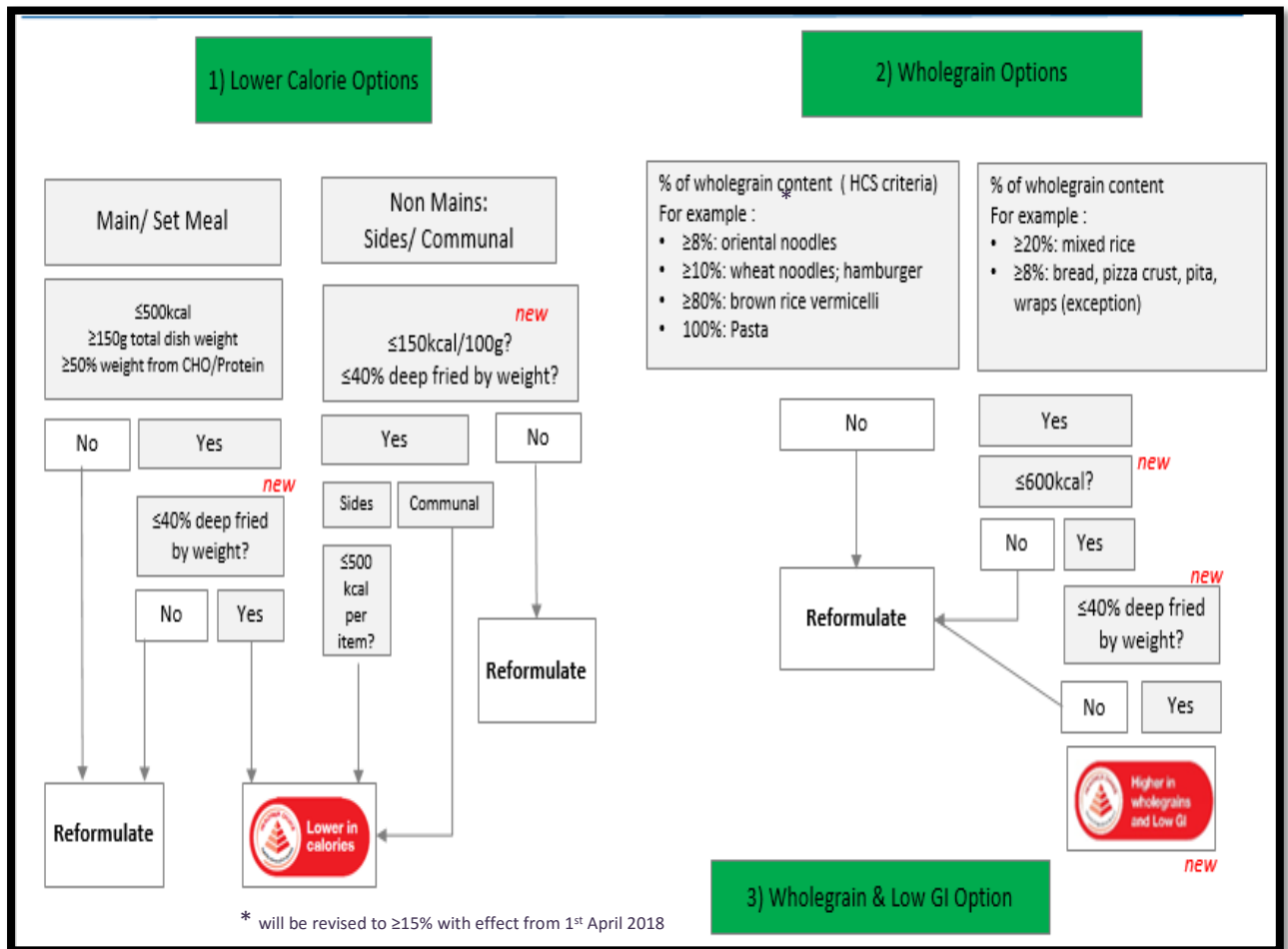


Illustration: Low Glycaemic Index claim endorsement

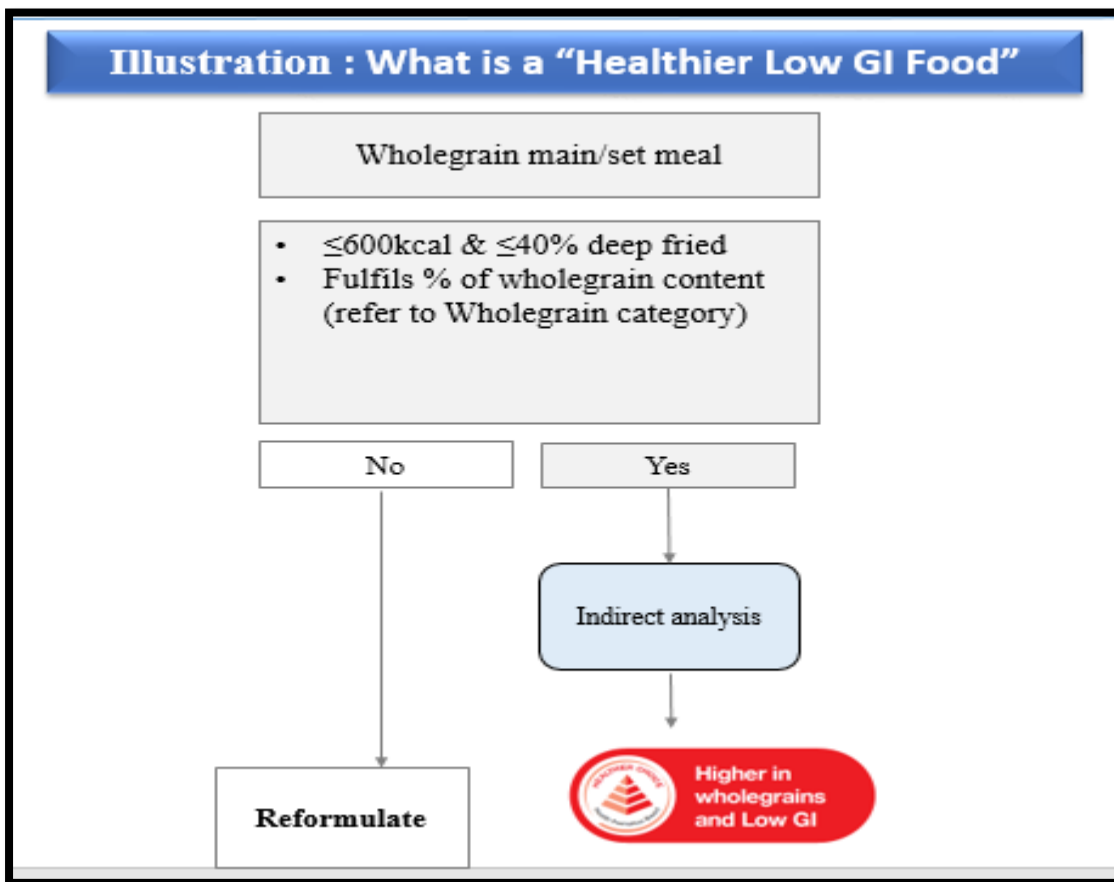


Illustration: What is a “Healthier Beverage”

(i) Beverages under the intrinsic beverage list includes:

- Bottled Water / Water products
- Zero Calorie products
- Coffee or tea with no sugar and no milk/evaporated milk

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:**



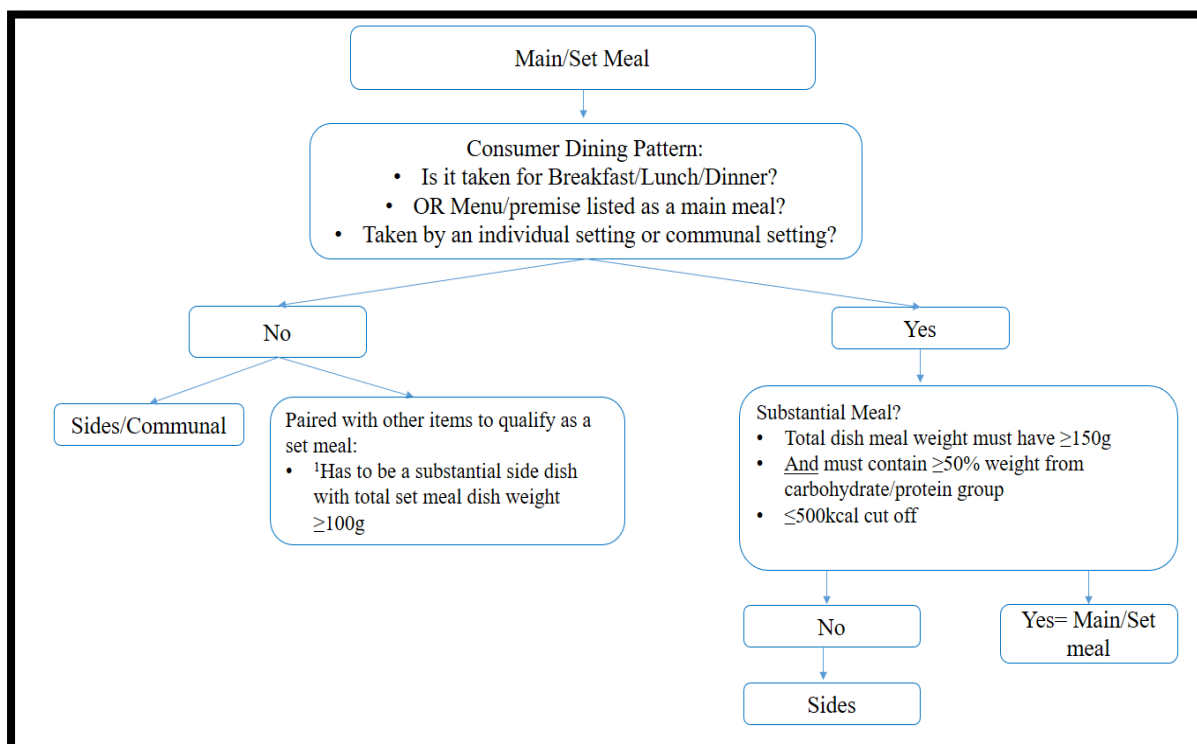
Annex 1: Types of Cuisine

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 3 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 II: 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 $\geq 100g$ and can include soup, salads, sides or drinks. No desserts allowed to be part of set meal.

- End -