

HEALTHIER CHILDREN'S MEAL CRITERIA FOR RESTAURANTS

	Menu Guidelines
Minimum number of endorsed menu items	≥ 2 menu items, OR ≥30% of the range of menu items on offer (whichever lower)
My Healthy Plate criteria	<ul style="list-style-type: none"> (i) All carbohydrate-based menu items must be wholegrain. Wholegrains serving size must be ≤ 200g (ii) ¹Vegetable portion must be ≥ 50g (iii) Protein foods (²Meat and others) must be ≥ 45g (iv) ³Food preparation method must be ≤ 40% deep fried (v) Dessert and Fruits category – For menus with 'Dessert and Fruits' category, fresh fruits must be an option offered <p>¹Preferably green vegetables ²Refer to https://www.healthhub.sg/programmes/55/my-healthy-plate ³HPB will inform the applicant if the menu item exceeds 40% of deep-fried foods</p>
Healthier beverages	<ul style="list-style-type: none"> (i) All beverage products must carry the Healthier Choice Symbol (HCS) or meet the Beverage guidelines (ii) No sweeteners (iii) Serving size ≤ 330 ml
Healthier ingredients (healthier oils, wholegrains and lower-sodium)	<p>The following healthier ingredients must be used:</p> <ul style="list-style-type: none"> (i) Healthier cooking oil (ii) All wholegrain products must carry the HCS (iii) ⁴HCS sauces and/or HCS salt <p>⁴HCS sauces include lower-sodium light and dark soy sauces, oyster sauce and seasonings. All other pre-packaged products are encouraged to be HCS.</p>

Note: HPB will be conducting kitchen inspections and lab tests of oil samples as part of its random audit.

Restaurants which have been selected for an audit, will be required to submit invoices showing evidence of orders of healthier oil and healthier sauces/salt made for the past 6 months, to HPB.

	Publicity Guidelines
Front of House	Display of "Healthier children's meals available here" decal/sticker at all outlet entrances.
Point of Purchase Endorsement Labelling	<ul style="list-style-type: none"> • All endorsed dishes to be tagged by the appropriate Healthier children's meal identifiers in menu books / menu boards and marketing materials. • Lower/⁵no-sugar beverages in the children's menu need to be identified (if applicable). <p>⁵No-sugar beverages include plain water, or fruit infused plain water. Beverages containing sweeteners are not encouraged.</p>