




SUPPLIERS/DISTRIBUTORS OF HEALTHIER INGREDIENTS (1)

This is a list of some suppliers/distributors with healthier ingredients such as brown rice, HCS oil, wholegrain fresh noodles, soft margarine, etc for your reference. HPB does not have any contract with these suppliers/distributors. Kindly contact the suppliers/distributors directly for more details regarding the range of food products they offer. Any other suppliers who are keen to be listed here can contact denise_tan@hpb.gov.sg.





Name of supplier/distributors	Contact Information	Food Products	Image
Tong Seng Produce	Contact person: Ms Chong / Angeline Tel: +65 6756 6128	<ul style="list-style-type: none"> ▪ Brown rice ▪ HCS oil 	
Sengkang Trading Enterprise	Contact person: Mr Tay Tel: +65 9456 9985 Email: sk@sengkanggrp.com	<ul style="list-style-type: none"> ▪ Brown rice ▪ HCS oil ▪ Brown rice bee hoon 	
Jia Jia Wang Trading Pte Ltd	Contact person: Mei Yuen Tel: +65 67527718	<ul style="list-style-type: none"> ▪ Wholegrain fresh noodles ▪ HCS oil 	
Chia and Thai Food Supplies Pte Ltd	Contact person: Samuel Koh Tel: +65 67787862/ 97217736	<ul style="list-style-type: none"> ▪ Brown rice ▪ HCS oil ▪ Wholegrain fresh noodles ▪ Wholegrain pasta ▪ Brown rice bee hoon 	
Leong Guan Food Trading	Contact person: Mr Lawrence Law Tel: +65 67547911	<ul style="list-style-type: none"> ▪ Wholegrain fresh noodles 	
Lamsoon	Contact person: Ms May Tel: +65 67687139/140	<ul style="list-style-type: none"> ▪ Naturel soft margarine, 500g 	
Ifood Pte Ltd	Tel: +65 63364161 Email: alvins@ifood.com.sg	<ul style="list-style-type: none"> ▪ Healthy the better choice low fat mayonnaise, 2kg ▪ No nitrite sausages/ham¹ 	
QQ Group of Companies	Contact person: James Eow Tel: 6515 9905 (ext 943) Email : james.eow@qqgroup.sg	<ul style="list-style-type: none"> ▪ Purple Rice, 1kg and 3kg ▪ Mixed Grain, 1kg & 3kg 	

¹ Sausages and ham that meet the following nutrition criteria are allowed to be sold in schools: <450mg/100g sodium, <10g/100g total fat and zero nitrite. HPB will require a lab report of these sausages and ham from the supplier prior to sales in schools. Every 2 years, OPM will conduct an audit laboratory check of these food products to ensure the nitrite content is as per committed and fulfil the HCS criteria.

SUPPLIERS/DISTRIBUTORS OF HEALTHIER INGREDIENTS (2)


Name of supplier/distributors	Contact information	Food products	Image
<p>Goh Joo Hin</p>	<p>Contact Person: Eric Chan Tel: [DID] +65 6508 1004 : [mobile] +65 9487 3424 : [fax] +65 6476 5088</p> <p>Email Address: mailto:eric.chan@gjh.com.sg</p>	<ul style="list-style-type: none"> New Moon Wholemeal Bun (Variants- vegetables, mushroom, black sesame, pandan lotus, red bean) 	
		<ul style="list-style-type: none"> New Moon Wholemeal Mantou (Original, brown rice, pumpkin) 	
		<ul style="list-style-type: none"> New moon Edible Oil (Canola, Corn, Soya Bean, Sunflower oil) (HCS) 	

SUPPLIERS/DISTRIBUTORS OF HEALTHIER INGREDIENTS (3)

Name of supplier/distributors	Contact information	Food products	Image
<p>Tat Hui Foods Pte Ltd 37 Quality Road, Jurong Singapore 618808</p>	<p>Contact person: Lee Tek Ming Sales Manager Tel: (65) 6261 1010 Ext 33 Mobile: (65) 9850 4567 Email: leetekming@koka.com.sg</p>	<ul style="list-style-type: none"> • KOKA Purple Wheat Noodles - Aglio Olio (5's x 60g) 	
		<ul style="list-style-type: none"> • KOKA Purple Wheat Noodles - Chilli & Lime (5's x 60g) 	
		<ul style="list-style-type: none"> • KOKA Purple Wheat Noodles - Soy & Vinegar (5's x 60g) • KOKA Purple Wheat Noodles - Plain (5's x 50g) 	 

SUPPLIERS/DISTRIBUTORS OF ALTERNATIVES TO PRE-DEEP-FRIED FOOD





This is a list of some suppliers/distributors with alternatives to pre-deep-fried food for your reference. HPB does not have any contract with these suppliers/distributors. Kindly contact the suppliers/distributors directly for more details regarding the range of food products they offer. Any other suppliers who are keen to be listed here can contact denise_tan@hpb.gov.sg.

Name of supplier/distributors	Contact Information	Food Products	Image
Ha Li Fa Pte Ltd	Contact person: Randall Ang Ghim Hui Tel: +65 64326012 Email: ghimhui@halifa-bobo.com	<ul style="list-style-type: none"> ▪ Sakura Bobo Fish Balls (Cooked) 	
Sin Li-Hin Frozen Food Pte Ltd	Contact person: Tel: 67553773 Fax: 67545700 Email: amy@sinlihin.com.sg	<ul style="list-style-type: none"> • Unbreaded chicken patties (R) (Uncooked) • Pepper chicken patties (R) (Uncooked) • Spicy chicken patties (R) (Uncooked) • Breaded spicy chicken patties (Breaded without frying) • Breaded pepper chicken patties (Breaded without frying) • Breaded chicken patties (Breaded without frying) • Roasted chicken fillet (Roasted fully Cook) • Cuttlefish ball (Boil) • Fish cake (Boil) • Fishball (Boil) • Fish chip (Breaded without frying) • Marinate chicken chop (Raw) • Chicken meat ball (Boil) • Chunky fish otak (Raw) • Crab stick (Boil) • Pizza Hawaiian/mushroom/cheese (Roasted) 	

<p>Goh Joo Hin</p>	<p>Contact Person: Eric Chan Tel: [DID] +65 6508 1004 : [mobile] +65 9487 3424 : [fax] +65 6476 5088 Email Address: mailto:eric.chan@gjh.com.sg</p>	<ul style="list-style-type: none"> • New Moon Cuttlefish/ Prawn/ Mackerel fillet Otah 	
		<ul style="list-style-type: none"> • New Moon Whole Shrimp Wonton/Dumpling 	 

Alternatives of Pre-Deep Fried Foods

Some commercial food products are pre-deep-fried or par-fried (deep-frying at a shorter time) during the manufacturing process before it is chilled/frozen and packaged to be sold in supermarkets/shops. Here are some suggestions to replace these pre-deep-fried commercial products with healthier alternatives:

S/N	Instead of	Go for
1	<p data-bbox="257 518 757 550">[Commercial] Pre-deep-fried French Fries</p> 	<p data-bbox="1019 518 1556 550">[Home cook] Baked/Pan fried Potato Wedges</p> 
2	<p data-bbox="257 853 705 885">[Commercial] Pre-deep-fried Nuggets</p> 	<p data-bbox="1019 853 1657 885">[Home cook] Baked/Pan fried Chicken or Fish Nuggets</p> 

3 [Commercial] Pre-deep-fried Ee Mee/ Maggi Mee



[Commercial] Brown Rice Bee Hoon/ Fresh Noodles



4 [Commercial] Pre-deep-fried Cheese Tofu



[Commercial, Home cook] Pan-fried Egg Tofu



5 [Commercial] Pre-deep-fried Fish Cake



[Commercial] Non-deep-fried Fish Cake



6 [Commercial] Pre-deep-fried Hash Brown



[Home cook] Pan-fried Hash Brown



7 [Commercial] Pre-deep-fried Seaweed Chicken



[Home cook] Baked/Pan-fried/Grilled Homemade Seaweed Chicken



8 [Commercial] Pre-deep-fried Fish Fingers



[Home cook] Oven-Baked Fish Fingers



9 [Commercial] Pre-deep fried Wonton



[Commercial] Uncooked wonton



10 [Commercial] Pre-deep fried Gyoza



[Commercial] Uncooked or Pan-fried Gyoza



11 [Commercial] Pre-deep fried Spring Rolls



[Commercial] Uncooked Spring Rolls
[Home Cook] Baked/pan-fried Spring Rolls



12

[Commercial] Crispy Chicken Stick



[Home Cook] Oven-Baked Chicken Stick



13

[Commercial] Pre-deep fried Popcorn Chicken



[Home Cook] Baked/Pan-fried Popcorn Chicken



14 [Commercial] Pre-deep fried Samosa



[Commercial] Uncooked Samosa



15 [Commercial] Pre-deep fried Fish Ball







[Commercial] Fresh Fish Ball




SUPPLIERS/DISTRIBUTORS OF HEALTHIER SNACKS (1)

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Name of supplier/distributors	Contact information	Food products	Image
Tat Hui Foods Pte Ltd 37 Quality Road, Jurong Singapore 618808	Lee Tek Ming Sales Manager Tel: (65) 6261 1010 Ext 33 Mobile: (65) 9850 4567 Email: leetekming@koka.com.sg	<ul style="list-style-type: none"> • KOKA Creamy Soup With Crushed Noodles - Chicken (60g) 	
		<ul style="list-style-type: none"> • KOKA Creamy Soup With Crushed Noodles - Curry (60g) 	
		<ul style="list-style-type: none"> • KOKA Creamy Soup With Crushed Noodles – Hot & Spicy (60g) 	
		<ul style="list-style-type: none"> • KOKA Creamy Soup With Crushed Noodles - Mushroom (60g) 	

SUPPLIERS/DISTRIBUTORS OF HEALTHIER SNACKS (2)

Name of supplier/distributors	Contact information	Food products	Image
Tat Hui Foods Pte Ltd 37 Quality Road, Jurong Singapore 618808	Lee Tek Ming Sales Manager Tel: (65) 6261 1010 Ext 33 Mobile: (65) 9850 4567 Email: leetekming@koka.com.sg	<ul style="list-style-type: none"> • KOKA Creamy Soup With Crushed Noodles - Mushroom (60g) 	
		<ul style="list-style-type: none"> • KOKA Creamy Soup With Crushed Noodles - Sweet Corn (60g) 	