

Annex A

Convenience meals

Sub-category	Calories/ serving	Fat (g/100g)	Saturated Fat (g/100g)	Trans Fat (g/100g)	Sodium (mg/100g)	Total Sugar (g/ 100g)	Wholegrain content^ (%)	Tag for HCS logo
'Meal-type' products' <sup>1</sup>								
Main meals <sup>3</sup>	<u>≤500</u> <sup>(a)</sup>	=	≤2.0	≤ 0.1	≤ 400	-	Criteria for whole-grains are applicable for cereal based convenience meals <sup>2</sup>	Higher in Wholegrains <sup>(b)</sup> {Lower in Saturated fat} <sup>(c)</sup> {Lower in Sodium} {Trans Fat Free} {Low Glycemic Index} <sup>#</sup>
Small meals <sup>4</sup>	<u>≤300</u> <sup>(a)</sup>	=	≤3.0	≤ 0.1	≤ 400	-	Criteria for whole-grains are applicable for cereal based convenience meals <sup>2</sup>	Higher in Wholegrains <sup>(b)</sup> {Lower in Saturated fat} <sup>(c)</sup> {Lower in Sodium} {Trans Fat Free} {Low Glycemic Index} <sup>#</sup>

## Restricted

Sub-category	Calories/ serving	Fat (g/100g)	Saturated Fat (g/100g)	Trans Fat (g/100g)	Sodium (mg/100g)	Total Sugar (g/ 100g)	Wholegrain content^ (%)	Tag for HCS logo
Other convenience meals (e.g. instant noodles)	=	≤ 8 <sup>(d)</sup>	-	≤ 0.1	≤ 400	-	Criteria for whole-grains are applicable for cereal based convenience meals <sup>2</sup>	Higher in Wholegrains <sup>(b)</sup> {Lower in Saturated fat} <sup>(c)</sup> {Lower in Sodium} {Trans Fat Free} {Low Glycemic Index} <sup>#</sup>

<sup>1</sup> A ‘meal-type’ product is a food that:

- Is represented or promoted as a quick and easy alternative to a prepared meal or light meal. Typically, it is already part-cooked to the point where it needs only to be heated before serving or ready for consumption. It is commonly known as, a breakfast, lunch, dinner, meal, main dish, quick-bite, ready-to-go meals or pizza/pasta.

<sup>2</sup> Only wholegrain options will be acceptable. The standards for wholegrains for ingredients used in the recipe can be obtained under the respective sub-categories for “Cereals”. Examples of wholegrain options are listed below

Wholegrain standards for ingredients used in the recipe	Examples of convenience meals
<ul style="list-style-type: none"> <li>• Wholemeal bread (≥25% wholegrains)</li> <li>• Wholemeal pita (≥25% wholegrains)</li> <li>• Wholemeal wraps(≥25% wholegrains)</li> <li>• Wholemeal buns and rolls (≥10% wholegrains)</li> </ul>	Sandwiches, rolls, wraps, fold-overs, burgers, pizza
<ul style="list-style-type: none"> <li>• Rice / dehydrated rice (≥20% unpolished rice)</li> <li>• Glutinous rice (≥20% unpolished rice)</li> <li>• Rice flour (≥ 20% unpolished rice)</li> </ul>	Ready-to-eat rice-based meals, instant porridge, sushi, dimsum ( <i>lor mai fan, fan choy, chee chiong fun, carrot cake</i> )
<ul style="list-style-type: none"> <li>• Dry wheat noodles (≥10% whole wheat)</li> </ul>	Instant noodles, cup noodles
<ul style="list-style-type: none"> <li>• Dry rice noodles (≥80% brown rice)</li> </ul>	Ready-to-eat rice noodles meals
<ul style="list-style-type: none"> <li>• Pasta (whole durum wheat pasta / wholemeal pasta / semolina)</li> </ul>	Frozen/Chilled ready-to-eat pasta based meals, pizzas

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• Wholemeal pizza base (25% wholegrains)	
• Fresh oriental rice / wheat noodles ( $\geq 8\%$ wholegrains)	Frozen / Chilled / Ready-to-eat noodle meals
• Other whole-grain ingredients <sup>^</sup> A list of wholegrains can be referred from the link provided ( <a href="http://www.wholegrainscouncil.org/whole-grains-101/whole-grains-a-to-z">http://www.wholegrainscouncil.org/whole-grains-101/whole-grains-a-to-z</a> )	

<sup>3</sup> Main meals refers to ready-to-eat meals that are intended for consumption as lunch or dinner such as frozen meals, ready-to-heat meals. Typical weight > 200g

<sup>4</sup> Small meals refers to light meals usually consumed as lunch or snacks. Example: sandwiches, wraps, pies, Asian glutinous rice. Typical weight <200g

### Labelling requirements for “Higher in wholegrains”

**1. Declaration of wholegrain content under ingredient list**

E.g. Wholemeal bread (25% wholegrains), chicken, mayonnaise..

E.g. Rice (20% brown rice), fish, cheese, salt, flavouring..

E.g. Ingredients for noodle cake (10% wholegrains): Wheat flour, whole-wheat flour, tapioca starch, monosodium glutamate, etc..

E.g. Whole durum wheat pasta, beef, tomatoes..

**2. Statement expressing the amount of wholegrains available per serving and as a per cent of the daily wholegrain requirement.** The daily wholegrain requirement being 50g.

E.g “ 1 serving of [name of product] provides you with [x]g of wholegrains, that meets [x%] of your daily wholegrain requirement.”

(a) 10% variation will be accepted.

(b) Primary tagline, “Higher in Wholegrains” only applies for cereal based convenience meals.

(c) For non-cereal based convenience meals, the primary tagline will be “Lower in Saturated fat”.

(d) Product with fat level between 8% and 10% will be accepted if the saturated fat is 20% or less of the total fat.

### # Foods carrying the HCS Low Glycemic Index Logo must fulfil all of the following criteria

1. The Low Glycemic Index logo is only applicable to food products in the cereal based convenience meals.

2. Food products must first meet all the HCS nutrient guidelines as specified in the category the product falls under, before it can apply for the Low GI claim.

## Restricted

3. Must have a GI value\* of less than 55.

*\*The cut-off values for the classification of low, medium and high GI are standardised internationally (ISO 26642:2010).*

4. Product eligibility for GI testing:

At least 7.5g of carbohydrate per serving of the food product (This amount of carbohydrate should be present to qualify for GI testing)

Or

50% of the macronutrient must be carbohydrates.

{ } Denotes an optional secondary tagline.