

HEALTH PROMOTION BOARD

Healthier Dining Program Nutrition Guidelines

August 2022

Healthy Food and Dining Division

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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	≥50% weight from carbohydrates
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 6-8)		-
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	≥50% weight from carbohydrates
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 6-8)		-
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

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 Rice-based noodles (E.g. Rice spaghetti, other forms of thicker rice based noodles) 	<ul style="list-style-type: none"> ≥80% ≥15% ≥15% 	No mixture with non-wholegrain noodles allowed
Oriental Noodles (Fresh)		
<ul style="list-style-type: none"> Wheat-based noodles (E.g. Hokkien Yellow Noodles) Rice-based noodles (E.g. Kuay Teow, Laksa Beehoon) 	<ul style="list-style-type: none"> ≥15% ^(a) ≥15% ^(a) 	No mixture with non-wholegrain noodles allowed

(a) Based on weight on final product.

Wholegrain Products ^{Revised}

Sub-Category	Energy (kcal/ serving)	Fat (g/ 100g)	Saturated Fat (g/ 100g)	Trans Fat (g/ 100g)	Sodium (mg/ 100g)	Dietary fibre (g/ 100g)	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	-	≥ 10
Buns, rolls (filled) Cream, jam, fruits, custard, savoury	-	≤ 8 ^(b)	-	≤ 0.1	≤ 400	≥ 2	≤ 15	≥ 10
Steamed buns	-							
• Filled (e.g. Pau)		≤ 8 ^(b)	-	-	≤ 250	-	≤ 18	≥ 10 ^(c)
• Unfilled (e.g. Mantou)		≤ 8 ^(b)	-	-	≤ 250	-	≤ 15	≥ 15 ^(c)
Cakes, and pastries ^{Revised} (eg. Muffins, Swiss roll, pound cakes, waffles, tarts, croissants etc)	-	≤ 22	-	≤ 0.2 ^(d)	≤ 300	≥ 3	≤ 23 ^(e) <small>(≤21 from 2024)</small>	≥ 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

(e) Targets are for free sugar only, as per WHO definition. Sugar from plain dried fruit (i.e. sugar coated or treated fruit is excluded) is exempt from this definition. Businesses will need to provide a declaration and calculation to show the estimation of sugar from dried fruits in their products.

Wholegrain products (Convenience meals)

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 cheong 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

Category: Lower in Sodium ^{New}

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	≥50% weight from carbohydrates
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	≤40% deep fried
Energy (kcal per dish)	<p>≤500kcal (<i>Applicable to 'Lower in calories and sodium' criteria</i>)</p> <p>≤600kcal (<i>Applicable to 'Lower in sodium' criteria</i>)</p>	<p>≤500kcal (<i>Applicable to 'Lower in calories and sodium' criteria</i>)</p> <p>≤600kcal (<i>Applicable to 'Lower in sodium' criteria</i>)</p>	<p>¹Side Dish: ≤150kcal/100g AND ≤500kcal of total dish weight</p> <p>¹Communal Dish: ≤150kcal/100g</p> <p>¹(<i>Applicable to 'Lower in calories and sodium' criteria</i>)</p>
Lower sodium criteria	<p>Dish(es) must use either of the following categories:</p> <p>(i) Lower sodium ²light and ²dark soy sauces, ²oyster sauce and ²seasonings AND/OR</p> <p>(ii) Lower sodium ²salt AND/OR</p> <p>(iii) Both</p> <p>²Meet the Healthier Choice Symbol sodium guidelines. Refer to Lower in sodium Products (Page 11).</p>		

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 style="text-align: center;">OR</p> <ul style="list-style-type: none"> • Menu and premise has listed food item as a main meal 	-
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Lower in Sodium Criteria:

Sub-category	Sodium	Potassium
Table salt	≤ 300 mg/g	≤ 180 mg/g

Sub-category	Sodium (mg/100g)	Sugar (g/100g)	Fat (g/100g)
Soy-based sauces:			
• Dark Soy sauce	≤ 4000	≤40	-
• Light Soy sauce	≤ 4500	-	-
Asian cooking sauces:			
• Oyster/vegetarian oyster sauces (incl. Abalone sauce)	≤ 3000	-	-
Recipe mixes:			
• Asian Recipe Mixes	≤ 250	≤ 5	-
Other sauces (Western)	≤ 800	-	-
Soups and broth	≤ 200	-	≤ 4

Category: Beverage ^{Revised}

Sub-category	Saturated Fat (g/100ml)	Trans Fat (g/100ml)	Sugar (g/100ml)	Calcium (mg/100ml)	Sodium (mg/100ml)	Energy (kcal/serving)
Packaged Drinks/ Intrinsic no sugar beverages	<ul style="list-style-type: none"> • All packaged beverage carrying Healthier Choice Symbol • Bottled Water / Water products • Zero Calorie products • Coffee or tea with no sugar and no milk/evaporated milk 					
Freshly Prepared Malted/ Chocolate drink ^{Revised}	≤ 1.2	≤ 0.1	≤ 5	-	≤ 120	≤ 200
Freshly Prepared Coffee / Tea ^{Revised}	≤ 1.2	≤ 0.1	≤ 5	-	-	≤ 200
Beverages containing milk (e.g. bubble tea with milk) ^{Revised}	≤ 1.2	≤ 0.1	≤ 5	≥ 130 ^(a)	-	≤ 200
Freshly Prepared Cordial / Asian drinks or Specialty drinks ^{Revised}	-	-	≤ 5	-	-	≤ 200
Freshly Prepared Soymilk /beverage containing soymilk ^(b) ^{Revised}	≤ 1.2	-	≤ 5	≥ 60	≤ 40	≤ 200
Freshly Prepared beverages containing other plant-based milks (eg. Almond, oats etc) ^{New}	≤ 1.2	-	≤ 5	-	≤ 40	≤ 200
Vegetable Juice (100%) ^{(c) Revised}	-	-	≤ 5	-	≤ 120	≤ 200
Fruit Juice ^{(c) Revised}	-	-	≤ 5	-	-	≤ 200
Fruit and Vegetable Juice ^{(c) Revised}	-	-	≤ 5	-	≤ 120	≤ 200
Cultured milk drink / yoghurt drink ^{Revised}	≤ 1.2	-	≤ 5	-	-	≤ 200

Smoothies ^(d) (fruit or dairy based) ^{Revised} ≤ 1.2 - ≤ 5 ≥ 60 ≤ 40 ≤ 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)
- (i) Products carrying representation of health claims on product packaging or marketing advertisement collaterals will be excluded
- (ii) ^(a) Applies to the milk product used. Nutrition Information Panel (NIP) will be required as supporting document
- (iii) ^(b) Product with fat level between 2% and 5% will be approved if the % saturated fat is 20% or less of the total fat
- (iv) ^(c) Not applicable to cordials and concentrates, vegetable juice must contain 100% juice from vegetables
- (v) ^(d) For smoothies to be dairy based, they should contain at least 15% of dairy based ingredients. If fruits are added, dairy should be 40% of the total product to be considered dairy based.

Illustration of an Intrinsic Beverage

Intrinsic Beverage	Non-intrinsic Beverage
<ul style="list-style-type: none"> • Barley without sugar • Pure flower/leaf teas without sugar (E.g. Chrysanthemum tea) • Tea without sugar (E.g. Earl grey tea, peppermint tea) • HCS bottled water • Tap water or plain water • Espresso, Americano (without milk or sugar) 	<ul style="list-style-type: none"> • Honey lemon water or honey lemon tea • Soya milk without sugar • Fruit/ Herbal teas such as Luo Han Guo • MILO ‘kosong’ (without added sugar) • Water chestnut drink

Category: Dessert ^{Revised}

Sub-Category	Energy (kcal/ serving)	Fat (g/ 100g)	Saturated Fat (g/ 100g)	Trans Fat (g/ 100g)	Sodium (mg/ 100g)	Dietary fibre (g/100g)	Sugar (g/100g)	% of Whole - grains
Local and seasonal cakes (E.g. mooncakes, Nian Gao, pineapple tarts, Nonya kueh, tapioca kueh)	-	≥ 25% fat reduction compared to reference food ^(a)		≤ 0.1	-	≥ 3.0	≥ 25% sugar reduction compared to reference food ^(a)	-
Ice cream ^{Revised} (Includes Sorbet)	≤ 200	≤ 12	-	≤ 0.5	-	≥ 3.0	≤ 16 (≤15 from 2024)	-
Frozen yogurt ^{Revised}	≤ 200	≤ 5	-	-	≤ 120	≥ 3.0	≤ 16 (≤15 from 2024)	-
Local clear soup desserts (E.g. Cheng Tng, green bean soup, tau suan)	≤ 200	-	-	-	-	≥ 3.0	≤ 6	-
Soup/Paste desserts (with dairy / cream) (E.g. almond paste, black sesame paste, pulot hitam, mango sago)	≤ 200	≤ 2.5	≤ 1.5	-	-	≥ 3.0	≤ 6	-
Ice shaving desserts (E.g. Bingsu, Bubur Cha Cha, Chendol)	≤ 200	≤ 2.5	≤ 1.5	-	-	≥ 3.0	≤ 6	-
Jellies (E.g. grass jelly, Aiyu, Fruit jellies)	≤ 200	-	-	-	-	≥ 3.0	≤ 11	-
Pudding (E.g. mango pudding, rice pudding)	≤ 200	≤ 1.5	Pdts not more than 60% of total fat will qualify		≤ 120	≥ 3.0	≤ 11	-

^(a)From NC1 of A Handbook on Nutrition Labelling (Singapore), a 'reference food' is defined as one of the following:

- i) The regular product which has been produced for a significant period by the manufacturer making the nutrient claim or
- ii) A weighted average of an industry norm for that particular type of food or
- iii) A food whose composition is determined by reference to published food composition tables

Category: Source of Dietary Fibre

Dietary Fibre Criteria:

Source of Dietary Fibre (g/100g) or (g/100ml)

≥3g

Definition (by Codex Alimentarius Commission):

Dietary fibre means carbohydrate polymers with ten or more monomeric units, which are not hydrolysed by the endogenous enzymes in the small intestine of humans and belong to the following categories:

- Edible carbohydrate polymers naturally occurring in the food as consumed,
- Carbohydrate polymers, which have been obtained from food raw material by physical, enzymatic or chemical means and which have been shown to have a physiological effect of benefit to health as demonstrated by generally accepted scientific evidence to competent authorities.

Illustration I: What is a “Healthier Food”

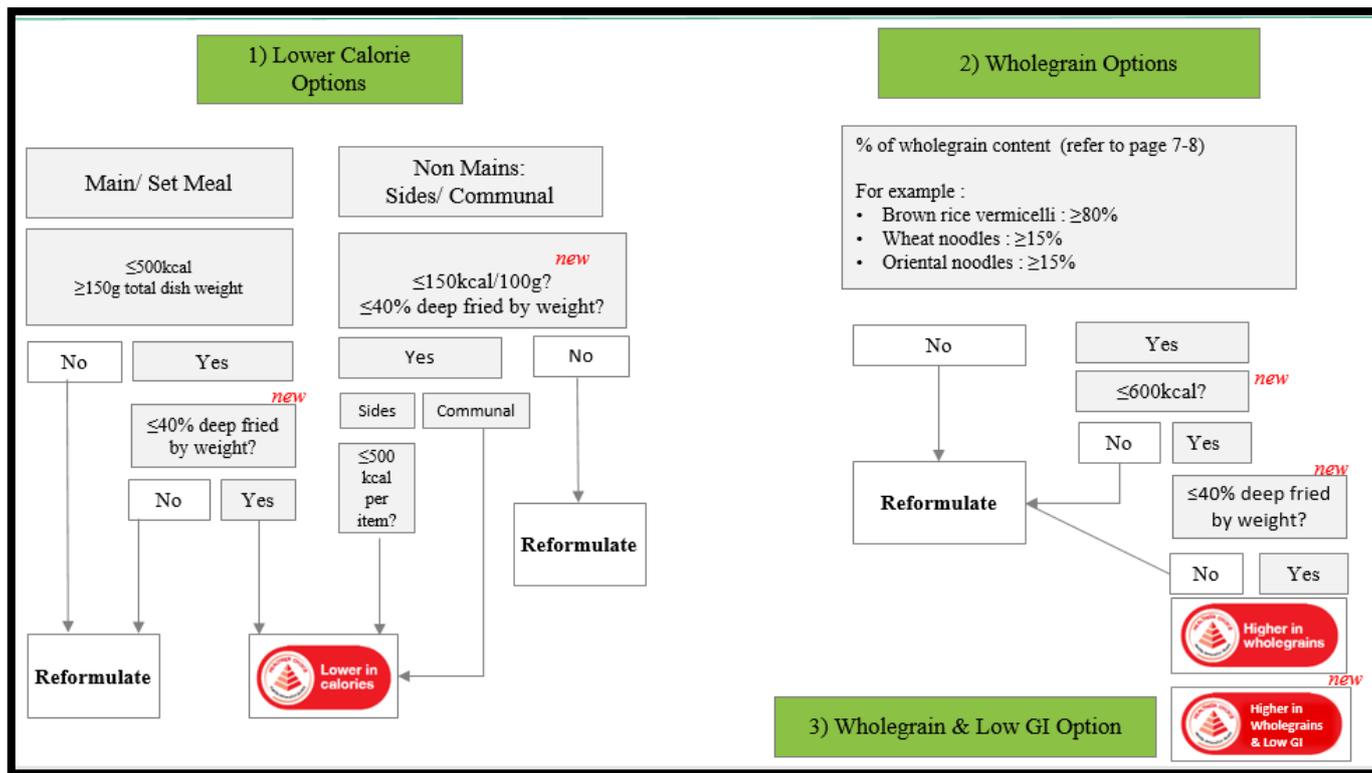


Illustration II: Low Glycaemic Index Claim Endorsement

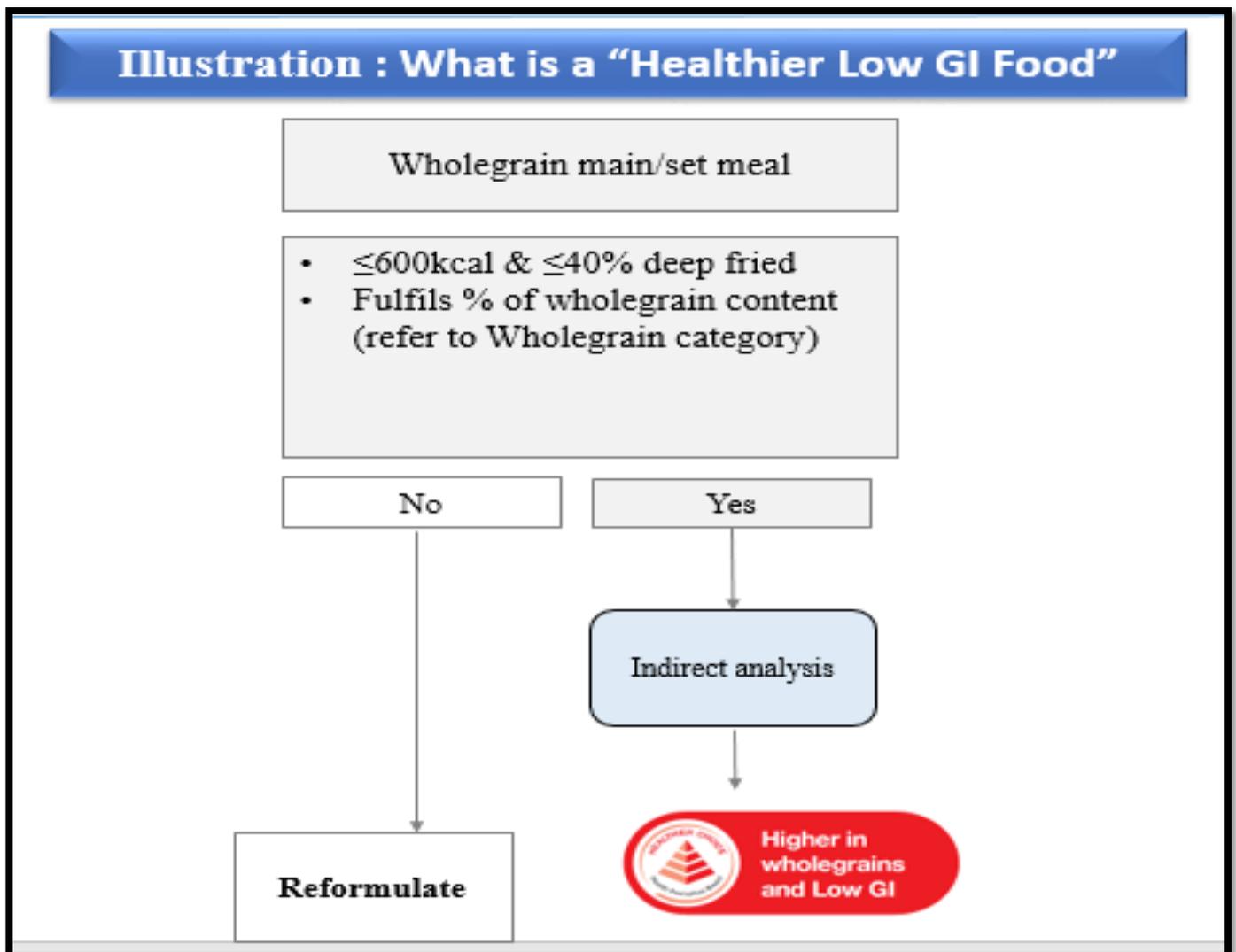


Illustration III: What is a “Healthier Beverage”

(i) Beverages under the intrinsic beverage list includes:

- Bottled Water / Water products
- Zero Calorie products
- Coffee, Tea or Ice Lemon Tea with no sugar and no milk/evaporated milk
- Packaged/canned beverages with HCS endorsement

Illustration of an Intrinsic Beverage

• Intrinsic Beverage	• Non-intrinsic Beverage
<ul style="list-style-type: none"> • Barley without sugar • Pure flower/leaf teas without sugar (E.g. Chrysanthemum tea) • Tea without sugar (E.g. Earl grey tea, peppermint tea) • HCS bottled water • Tap water or plain water • Espresso, Americano (without milk or sugar) 	<ul style="list-style-type: none"> • Honey lemon water or honey lemon tea • Soya milk without sugar • Fruit/ Herbal teas such as Luo Han Guo • MILO ‘kosong’ (without added sugar) • Water chestnut drink

Illustration IV: List of Identifiers which can be Tagged According to Endorsed Items

	Endorsement requirement	Dish tag beside endorsed item on menu/menuboard	Endorsement requirement	Identifier tagged in front of house and/or menuboard
Food	Dishes which fulfil the ≤500kcal criteria		Dishes which fulfil the ≤500kcal criteria	
	Dishes which contain wholegrain and fulfil the ≤600kcal criteria		Dishes which contain wholegrains	
	Dishes which contain wholegrain and fulfil the ≤500kcal criteria			
	Dishes which fulfil the GI criteria			
	Intrinsic beverage			

<p>Beverage</p>	<p>Beverages which have completed lab analysis or fulfilled the nutrition criteria listed in page (11)</p>		<p>Beverage</p>	
<p>Dessert</p>	<p>Desserts which have completed lab analysis and fulfilled the nutrition criteria listed on page (13)</p>	 	<p>Desserts</p>	
<p>Bakery</p>	<p>Bakery item which have completed lab analysis and fulfilled the nutrition criteria listed on page (7)</p>		<p>Bakery</p>	
<p>Lower in Sodium</p>	<p>Lower in Sodium: Dishes which fulfil the ≤600kcal criteria, and use lower-sodium products. Lower in calories and sodium: Dishes which fulfil the ≤500kcal criteria and use lower-sodium products.</p>	 	<p>Dishes which use lower-sodium light and dark soy sauces, oyster sauce and seasonings and/or lower-sodium salt.</p>	

For stalls which use healthier ingredients (such as healthier oil or wholegrains) or serve fruits and vegetables will be given identifiers which are to be tagged in front of house and/or menuboard



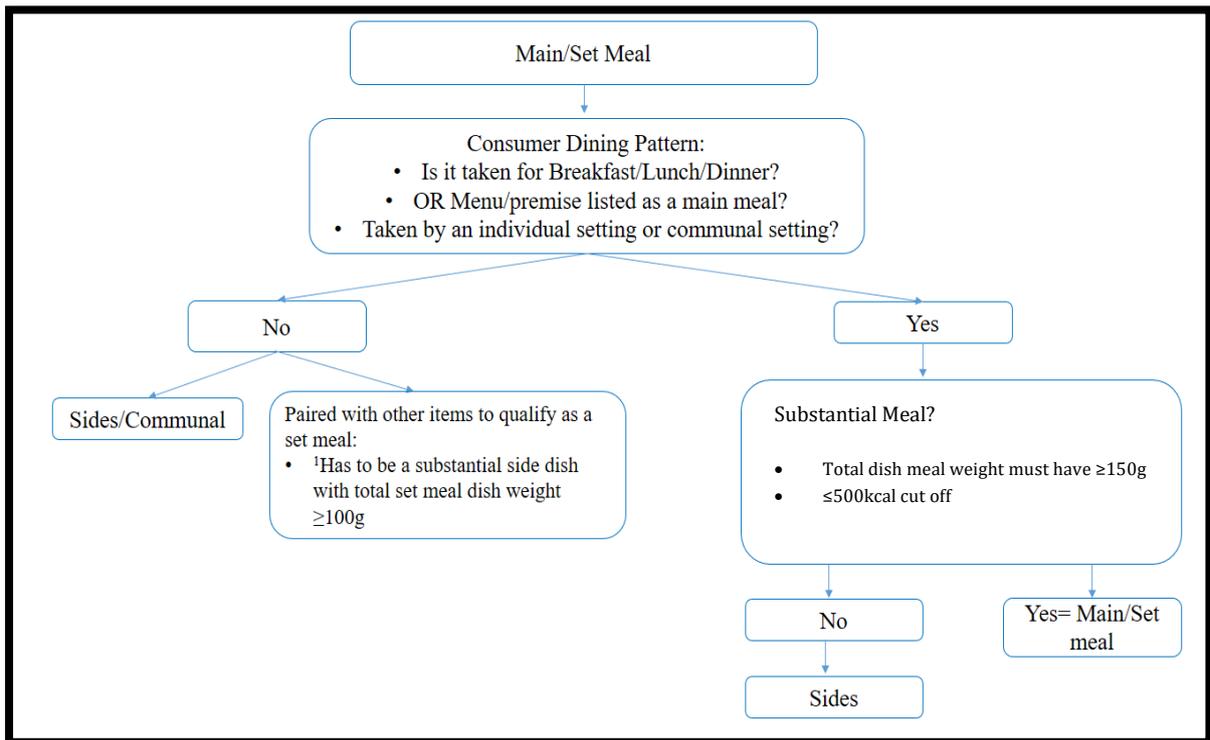
Annex V: Main / Set Meal Examples According to Cuisine Type

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 • Poppiah 2 Rolls, Chapatti/Thosai • Economy rice non-fried (2 vegetable dishes) • One dish meal containing clear soup 	<ul style="list-style-type: none"> • Examples of main meal: <ul style="list-style-type: none"> - 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 - - 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. • 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 VI: 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 $\geq 100\text{g}$ and can include soup, salads, sides or drinks. No desserts allowed to be part of set meal, however lower in sugar desserts can be endorsed as stated in the dessert category.

² Officer will assess on a case by case basis for dishes which has an overall representation of high sodium/salt sources such as the use of ham, bacon, sausages or layer of fatty meat cuts in dish.

- End -