

# A HANDBOOK ON NUTRITION LABELLING (SINGAPORE) (Revised August 2022)

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# Introduction

Nutrition labelling provides point-of-sale information to help consumers make informed food choices. This handbook provides nutrition labelling information to assist manufacturers, distributors, retailers and other users in the labelling of food products.

In view of the growing interest in nutrition labelling, the Ministry of Health initiated the Nutrition Labelling Programme in 1998. The Programme is implemented in three phases:

- Phase I : Development of nutrition information panel;
- Phase II : Development of the 'Healthier Choice' Symbol; Provision for nutrient claims;
- Phase III : Provision for health claims.

Observations from developed countries show that consumers welcome nutrition labelling as an important source of point-of-sale information to help them moderate or increase their intake of certain nutrients or food.

The provision of nutrition labelling serves as a useful marketing strategy for food companies to improve their market share in the food industry.

This handbook details:

- the format or way in which nutrition information can be presented;
- the definition of nutrient claims;
- the guidelines for nutrient claims;
- the use of Healthier Choice Symbol.

Guidelines in this handbook do not apply to infant formula or any other food products for persons one year of age and below.

# Contacts

Questions concerning the nutrition labelling of food products may be directed to:

***Level 4, Healthy Food and Dining Division  
Health Promotion Board  
3 Second Hospital Avenue  
Singapore 168937***

***Email: [HPB\\_HCSadmin@hpb.gov.sg](mailto:HPB_HCSadmin@hpb.gov.sg)***

*NB: Queries related to food labelling, other than nutrition labelling, should refer to the Food Regulations.*

# NUTRITION INFORMATION PANEL

# A. NUTRITION INFORMATION PANEL

A recommended nutrition information panel (NIP) should include the following basic information (with exception for fresh produce):

- i) The core list of nutrients namely energy, protein, total fat, saturated fat, cholesterol, carbohydrate, total sugar, dietary fibre and sodium.
- ii) The energy and nutrient values can be stated in per 100 g / 100 ml and per serving of the food.
- iii) The nutrition information panel can include the number of servings per package and the serving size.
- iv) For powdered beverages and liquid concentrates, an additional column of per 100ml (as reconstituted) can be included.

A typical nutrition information panel is shown in Figure 1a and a nutrition information panel with additional column of per 100ml (as reconstituted) is shown in Figure 1b.

**Figure 1a**  
**A typical nutrition information panel**

<b>NUTRITION INFORMATION</b>			> Panel Heading
Servings per package: (insert number of servings)			
Serving size: x g (or ml) (insert household measurement)			> Serving Size
	Per serving	Per 100 g (100 ml)	
Energy	x kcal (x kJ)	x kcal (x kJ)	
Protein	x g	x g	
Total Fat	x g	x g	
- Saturated Fat	x g	x g	> Nutrient Listing
Cholesterol	x mg	x mg	
Carbohydrate	x g	x g	
- Total Sugar	x g	x g	
Dietary Fibre	x g	x g	
Sodium	x mg	x mg	

The panel may be placed on any site on the food package that can be easily seen by the consumer. It is recommended that it be placed with the ingredients list and the name and address of the manufacturer, packer, importer or distributor.

# A. NUTRITION INFORMATION PANEL

## 1. General Format

- The text of the nutrition information panel shall be in English.
- The text shall be clear, legible and permanent.
- If a nutrition claim is made, the name and quantity of any other nutrient in the food that is relevant to the claim should be declared in the nutrition information panel in addition to the 'core list' of nutrients.
- Values for Energy, Cholesterol and Sodium are to be rounded off to the nearest whole number. Remaining nutrient values are to be rounded off to the nearest one decimal place.

## 2. Panel Heading

'NUTRITION INFORMATION', 'NUTRITION FACTS', as well as words of similar meanings may be used as the panel heading.

## 3. Serving Size

Number of servings per package and serving size shall be declared, with the serving size stated both in metric and common household measurements (e.g. pieces, cups, teaspoons).

## 4. Nutrient Listing

The 'core list' of nutrients includes (except for fresh produce):

- i) Energy
- ii) Protein
- iii) Total fat
- iv) Saturated fat
- v) Cholesterol
- vi) Carbohydrate (excluding dietary fibre)
- vii) Total Sugar
- viii) Dietary fibre
- ix) Sodium

The following additional nutrients can be added in the following order:

- i) Starch may be declared as a subgroup of carbohydrate.
- ii) Polyunsaturated fat and monounsaturated fat may be inserted after saturated fat.
- iii) Omega fatty acids may be inserted after polyunsaturated fat.

Other nutrients can be added after the core list.

# A. NUTRITION INFORMATION PANEL

## Selective Nutrient Listing for Fresh Produce:

- For fresh fish and meat/poultry, the NIP will minimally have to display the following nutrients:
  - i) Energy
  - ii) Protein
  - iii) Total fat
  - iv) Saturated fat
  - v) Cholesterol
  - vi) Carbohydrate (excluding dietary fibre)
  - vii) Sodium
  
- For Fresh vegetables, the NIP will minimally have to display the following nutrients:
  - i) Energy
  - ii) Protein
  - iii) Total Fat
  - iv) Carbohydrates
  - v) Dietary Fibre
  
- For Frozen/Chilled\* vegetables, the NIP will minimally have to display the following nutrients:
  - i) Energy
  - ii) Protein
  - iii) Total Fat
  - iv) Carbohydrates
  - v) Dietary Fibre
  - vi) Sodium
  
- For Fresh fruits, the NIP will minimally have to display the following nutrients:
  - i) Energy
  - ii) Protein
  - iii) Total Fat
  - iv) Carbohydrates
  - v) Total Sugar
  - vi) Dietary Fibre
  
- For Frozen/Chilled\* fruits, the NIP will minimally have to display the following nutrients:
  - i) Energy
  - ii) Protein
  - iii) Total Fat
  - iv) Carbohydrates
  - v) Total Sugar
  - vi) Dietary Fibre
  - vii) Sodium

All nutrients shall be declared in the appropriate metric units. The unit for energy will be in kilocalories and/or kilojoules. The conversion factor will have to be stated if only one unit is listed (e.g. one kcal is equivalent to 4.2 kJ as shown in the example below).

*\* exclude fresh vegetables and fresh fruits*



### Selective Nutrient Listing for HCS Sweetened Drinks:

- For Carbonated Drinks\*\*, the NIP will minimally have to display the following nutrients:
  - i) Energy
  - ii) Protein
  - iii) Total Fat
  - iv) Saturated Fat
  - v) Carbohydrates
  - vi) Total Sugar
  - vii) Sodium
  
- For Isotonic Drinks\*\*, the NIP will minimally have to display the following nutrients:
  - i) Energy
  - ii) Protein
  - iii) Total Fat
  - iv) Saturated Fat
  - v) Carbohydrates
  - vi) Total Sugar
  - vii) Sodium
  
- For Non-Carbonated Drinks/Asian Drinks\*\*, the NIP will minimally have to display the following nutrients:
  - i) Energy
  - ii) Protein
  - iii) Total Fat
  - iv) Saturated Fat
  - v) Carbohydrates
  - vi) Total Sugar
  - vii) Sodium
  
- For Juice drinks (at least 10% fruit juice)\*\*, the NIP will minimally have to display the following nutrients:
  - i) Energy
  - ii) Protein
  - iii) Total Fat
  - iv) Saturated Fat
  - v) Carbohydrates
  - vi) Total Sugar
  - vii) Sodium
  
- For Water (Still or Carbonated)\*\*, the NIP will minimally have to display the following nutrients:
  - i) Energy
  - ii) Protein
  - iii) Total Fat
  - iv) Saturated Fat
  - v) Carbohydrates
  - vi) Total Sugar
  - vii) Sodium

**\*\* only applicable for Sweetened Drinks with 0% in Cholesterol and Dietary Fibre**  
**Cholesterol and Dietary Fibre to be declared in statement 'Not a significant source of Cholesterol and Dietary Fibre' at the bottom of the NIP**  
**If Total Fat is 0%, you may also declare Saturated Fat in the same statement.**

# A. NUTRITION INFORMATION PANEL

Figure 1b: Example of a nutrition information panel with additional column of per 100ml (as reconstituted)

<b>NUTRITION INFORMATION</b>			
Servings per package: 10 Serving Size: 30 g (1 sachet)			
	Per serving	Per 100 g	Per 100 ml**
Energy	198 kcal*	660 kcal*	96 kcal*
Protein	1.5 g	5.0 g	0.7 g
Total Fat	10.9 g	36.3 g	1.9 g
- Saturated Fat	4.0 g	13.3 g	1.9 g
- Monounsaturated fat	2.9 g	9.6 g	1.4 g
- Omega 9	0.3g	0.5g	0.5g
- Polyunsaturated fat	4.0 g	13.3 g	1.9 g
- Omega 3	0.5 g	1.7 g	0.2 g
- Omega 6	0.7 g	2.3 g	0.3 g
- Trans Fat	0.1 g	0.3 g	0.0 g
Cholesterol	0 mg	0 mg	0 mg
Carbohydrate	23.5 g	78.3 g	11.3 g
-Total Sugar	18.0 g	60.0 g	8.7 g
- Added Sugar	2.0 g	6.7 g	1.0 g
- Lactose	0.8g	2.0g	2.0g
Dietary Fibre	1.5 g	5.0 g	0.7 g
Sodium	270 mg	900 mg	130 mg
<i>Other nutrients claimed (e.g. Calcium, Vitamin A, Vitamin C)</i>			

\*1kcal = 4.2kJ

\*\* As reconstituted according to label directions

# A. NUTRITION INFORMATION PANEL

## 5. Small Packaging

A nutrition information panel display will not be needed on a packaging that has a total surface area of less than 100 square centimetres. However, it is necessary to include in the label a statement of the quantity of each nutrient in respect to any nutrition claim that is made. A statement of the energy yield of the food is also required in the case of a claim that the food is free of sugar or where there is a claim with respect to the energy value of the food.

# B. NUTRIENT ANALYSIS AND NUTRIENT VERIFICATION CRITERIA

## 1. Methods of Nutrient Analysis

To ensure that the nutrient information declared is accurate and consistent, the following method is recommended:

**Direct chemical analysis** using official methods of AOAC (Association of Official Analytical Chemists) and/or alternative methods shown to be equivalent to AOAC official methods;

A list of Singapore Accreditation Council-Singapore Laboratory Accreditation Scheme (SAC-SINGLAS) accredited laboratories can be found at the following link:

<http://www.sac-accreditation.gov.sg>

**For overseas Accredited labs, please refer to SAC Mutual Recognition Arrangement (MRA)**

**Glycemic Index (GI) testing** should be performed using an in-vivo GI testing according to the SAC-SINGLAS Technical Notes FFT01-General criteria for testing of Health Related Properties of Food supported ISO 26642:2010(E) at an accredited laboratory.

For reference, the Glycemic Index (GI) classification is Low:  $\leq 55$  ; Medium : 56 – 69 ; High :  $\geq 70$

## 2. Nutrient Verification Criteria

The Health Promotion Board and the Singapore Food Agency of Singapore will follow up on cases of misrepresentation of the nutrition information on any food product.

For the purpose of application for the Healthier Choice Symbol, reports obtained through the forms of analysis outlined in Section 1, as well as product recipes, ingredient listing, and a sample of the food product are to be submitted on request to Healthy Food and Dining Division for verification. Each product report shall include the following information:

- i) Name of food product (ensure it corresponds with product name on product packaging)
- ii) Analysis of declared nutrients
- iii) Method of analysis
- iv) Name and address of laboratory or company, which conducted the analysis and
- v) Contact name and telephone number of the person from the food company and representative.

# B. NUTRIENT ANALYSIS AND NUTRIENT VERIFICATION CRITERIA

Declared nutrition information must be based on the composition of the food product in the form in which they are packaged (e.g. solid or liquid).

- For **added** vitamins, minerals and protein, the nutrient content must be at least equal to that declared on the panel.
- For **naturally occurring** nutrients, their content must be at least 80% of the declared values on the panel.
- **Other declared nutrients** such as calories, fat, cholesterol, carbohydrate, sodium, saturated fat and trans-fat\*\* must not be more than 20% in excess of the values indicated on the panel (refer to Figure 2).

The process flow for making a nutrient verification claim can be found in Figure 3.

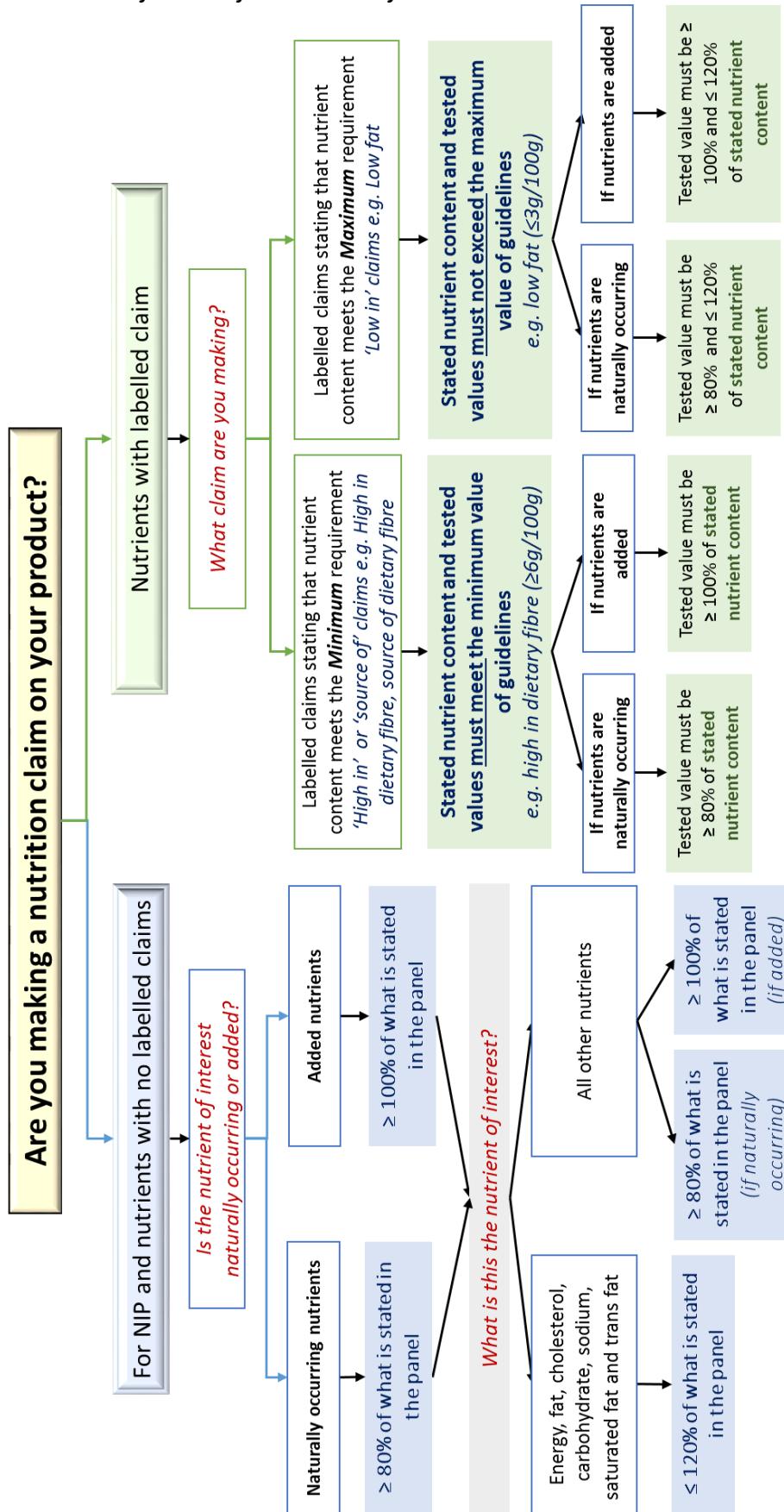
Figure 2  
**Nutrient verification criteria**

Stated Nutrient Content	Naturally occurring nutrients	Added vitamins, minerals and protein*	Energy, fat, cholesterol, carbohydrate, sodium, saturated fat and trans fat
Actual Nutrient Criteria	≥ 80% of what is stated in the panel	≥ 100% of what is stated in the panel	≤ 120% of what is stated in the panel

\* Includes other added nutrients e.g., amino acids, nucleotides, etc

\*\* Trans fat is no longer a core nutrient for the Nutrition Information Panel

Figure 3  
 Overview and flowchart for nutrient verification criteria



# NUTRIENT CLAIMS

# A. DEFINITIONS

## 1. Nutrient Claim

A nutrient claim **suggests/implies** that a food has a **nutritive property**. This property may be general or specific and it can be stated positively or negatively. This property may refer to:

- i) Energy
- ii) Salt, sodium or potassium
- iii) Amino acids, carbohydrates, cholesterol, fats, fatty acids, dietary fibre, protein, starch or sugars or
- iv) Any other nutrients.

## 2. Quantity Basis for Nutrient Claims

The quantity may be stated as 'per serving', 'per 100 g', 'per 100 ml' or 'per 100 kcal'.

## 3. Reference Foods

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.

## 4. 'Meal-type' Products

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 partially 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.

## 5. Foods that are Naturally Low or High in a Nutrient

Many foods are naturally low or high in particular nutrients. Meat/Fish, for example, is high in protein. When making claims, such foods should be labelled as 'a naturally high/low (nutrient) food'.

Claims of this type shall apply to a class of foods rather than to a particular food. The claim shall be made only to a class of foods and not a specific brand of food.



# **B. NUTRITION INFORMATION PANEL**

A nutrition information panel contains nutrient information, which helps consumers assess the nutritive value of a given food. A nutrition information panel must accompany any nutrient claim. Please refer to the section on nutrition information panel for further information.

# C. NUTRIENT CLAIMS VERIFICATION

## 1. Methods of Nutrient Analysis

To ensure that the nutrient information declared is accurate and consistent, the following methods are recommended:

**Direct chemical analysis** using official methods of AOAC and/or alternative methods shown to be equivalent to AOAC official methods, or

**Glycemic Index (GI) testing** should be performed using an in-vivo GI testing according to the SAC-SINGLAS Technical Notes FFT01-General criteria for testing of Health Related Properties of Food supported ISO 26642:2010(E) at an accredited laboratory.

For reference, the Glycemic Index (GI) classification is Low :  $\leq 55$  ; Medium : 56 – 69 ; High :  $\geq 70$

## 2. Sampling

At least three sample units should be drawn from different batches at random. These can be analysed as a composite or separately. If the samples are analysed separately, the test results will be averaged to give a mean result. Sampling should be done on the final product at the point closest to the consumer. The size of a sample unit will vary, depending upon the nutrient analysed, the methodology used and the food itself. On average, a 200 g sample may be enough.

The production lot should be representatively sampled and analysed by trained staff using recognised methods of measurement. The analyst may determine how best to collect and analyse products to ensure accuracy of the declared values. If the analysis is done outside Singapore, the sampling requirements should still meet the above requirements.

## 3. Nutrient Verification Criteria

For the purpose of application for the Healthier Choice Symbol, reports obtained through the forms of analysis outlined in Section 1, as well as product recipes, ingredient listing, and a sample of the food product are to be submitted on request to Healthy Food and Dining Division – Healthier Choice Symbol Programme for checking. Each product report shall include the following information:

- i) Name of food product (ensure it corresponds with product name on product packaging)
- ii) Analysis of declared nutrients
- iii) Method of analysis
- iv) Product recipe (ingredient listing in descending order)
- v) Name and address of laboratory or company, which conducted the analysis and
- vi) Contact name and telephone number of persons from the food company and representative.

The stated nutrition information must be based on the composition of the food product in the form in which they are packaged (e.g. solid or liquid).

# C. NUTRIENT CLAIMS VERIFICATION

## 3.1. Verification Criteria for Nutrients without a Labelled Claim

For energy, fat, cholesterol, carbohydrate, sodium, saturated fat and trans-fat, the actual content must not be 20% higher than what is stated on the panel.

For other nutrients, the following applies:

- For naturally occurring nutrients, actual content must not be 20% lower than what is stated on the panel
- For added nutrients, actual content must be at least equivalent to what is stated on the panel

Type of nutrient	What it says in the Information Panel	What the actual content must be
Energy, fat, cholesterol, carbohydrate, sodium, saturated fat and trans fat	Contains amount X	Actual content must not be 20% higher than X
All other nutrients (Naturally occurring)	Contains amount Y	Actual content must not be 20% lower than Y
All other nutrients (Added)	Contains amount Z	Actual content must be at least equivalent to Z

## 3.2. Verification Criteria for Nutrients with a Labelled Claim

If the labelled claim says that the nutrient content meets the *minimum (i.e. 'High in' or 'Source of' claims)* requirement, the following must be adhered to:

- **Actual nutrient content must be at that level (100% of declared) or higher**
- Guidelines under 3.1 (Verification criteria for Nutrients without a Labelled Claim) applies

If the label says that the nutrient content is not more than the *maximum (i.e. 'Low in' claims)* allowed, the following must be adhered to:

- **Actual nutrient content must be at that level (100% of declared) or lower;**
- Guidelines under 3.1 (Verification criteria for Nutrients without a Labelled Claim) applies

# C. NUTRIENT CLAIMS VERIFICATION

	Declared value X (what is stated on the packaging)	Criteria for all nutrients
For labelled claims stating that nutrient content meets the <b>Minimum</b> requirement  'High in' claims E.g. <i>high in dietary fibre</i>	X must reflect at least the stipulated minimum	<ul style="list-style-type: none"> <li>• <math>X \geq 100\%</math> of stated guidelines; and</li> </ul> <p><b>For naturally occurring nutrients,</b></p> <ul style="list-style-type: none"> <li>• Analysed value must be <math>80\% \leq X</math></li> </ul> <p><b>For added nutrients,</b></p> <ul style="list-style-type: none"> <li>• Analysed value must be <math>100\% \leq X</math></li> </ul>
For labelled claims stating that nutrient content meets the <b>Maximum</b> requirement  'Low in' claims E.g. <i>low fat</i>	X must reflect the stipulated maximum or less	<ul style="list-style-type: none"> <li>• <math>X \leq 100\%</math> of stated guidelines; and</li> </ul> <p><b>For naturally occurring nutrients,</b></p> <ul style="list-style-type: none"> <li>• Analysed value must be <math>80\% \leq X \leq 120\%</math></li> </ul> <p><b>If added nutrients,</b></p> <ul style="list-style-type: none"> <li>• Analysed value must be <math>100\% \leq X \leq 120\%</math></li> </ul>

## 3.2.1. Definitions

For guidelines with a *minimum* requirement (e.g. A specific nutrient must be present in amount x or higher):

- The stated nutrient content and the tested values **must meet the minimum value** e.g. for a 'high in dietary fibre' claim, stated and tested nutrient content must be at least 6g/100g
- For naturally occurring nutrients, the analysed value must not be less than 80% of the stated nutrient content.
- For added nutrients, the analysed value must not be less than 100% of the stated nutrient content

For guidelines with a *maximum* value allowed (e.g. A specific nutrient must not be present in an amount higher than x):

- The stated nutrient content and the tested values **must not exceed the maximum value** e.g. for a 'low fat' claim, stated and tested nutrient content must not be more than 3g/100g
- For naturally occurring nutrients, the analysed value must not be less than 80% and not more than 120% of the stated nutrient content.
- For added nutrients, the analysed value must not be less than 100% and not more than 120% of the tested value of the stated nutrient content.

# C. NUTRIENT CLAIMS VERIFICATION

Figure 3 Examples of 'High' Claims

Claim	Guideline /100 g	Declared value (What is stated on the packaging /100 g)	Analysed value (Actual content)	Criteria		Acceptable
				Does the analysed value meet the guideline?	Is the declared value $\geq$ 80% of the analysed value?	
i) High in dietary fibre	$\geq$ 6 g	6 g	6 g	✓	✓	✓
ii) High in dietary fibre	$\geq$ 6 g	8 g	6.4 g	✓	✓	✓
iii) High in dietary fibre	$\geq$ 6 g	7 g	5.6 g	✗	✓	✗

Figure 4 Examples of 'Low' Claims

Claim	Guideline /100 g	Declared value (What is stated on the packaging /100 g)	Analysed value (Actual content)	Criteria		Acceptable
				Does the analysed value meet the guideline?	Is the declared value $\geq$ 80% of the analysed value?	
i) Low fat	$\leq$ 3 g	3 g	3 g	✓	✓	✓
ii) Low fat	$\leq$ 3 g	2.5 g	3 g	✓	✓	✓
iii) Low fat	$\leq$ 3 g	2.8 g	3.36 g	✗	✓	✗

# C. NUTRIENT CLAIMS VERIFICATION

## 3.2.2. Examples of using the criteria for nutrients with a labelled claim (Figures 3 and 4)

### i) For a product with the claim 'high in dietary fibre'

- The guideline is  $\geq 6$  g per 100 g.
  - The criteria is that firstly, declared and analysed value must be  $\geq 100$  % of guideline
  - If a naturally occurring nutrient, analysed value must be  $\geq 80$ % of declared value
  - If an added nutrient, analysed value must be  $\geq 100$ % of declared value
- The declared and analysed values are 6 g per 100 g.
- This meets the criteria.

### ii) For a product with the claim 'high in dietary fibre'

- The guideline is  $\geq 6$  g per 100 g.
  - The criteria is that firstly, declared and analysed value must be  $\geq 100$  % of guideline
  - If a naturally occurring nutrient, analysed value must be  $\geq 80$ % of declared value
  - If an added nutrient, analysed value must be  $\geq 100$ % of declared value
- The declared value is 8 g per 100 g.
- The analysed value is 6.4 g per 100 g.
- This meets the criteria.

### iii) For a product with the claim 'high in dietary fibre'

- The guideline is  $\geq 6$  g per 100 g.
  - The criteria is that firstly, declared and analysed value must be  $\geq 100$  % of guideline
  - If a naturally occurring nutrient, analysed value must be  $\geq 80$ % of declared value
  - If an added nutrient, analysed value must be  $\geq 100$ % of declared value
- The declared value shown is 7 g per 100 g.
- The analysed value is 5.6 g per 100 g.
- This does not meet the criteria as analysed value is less than 6 g per 100 g.

### iv) For a product with the claim 'low fat'

- The guideline is  $\leq 3$  g per 100 g
  - The criteria is that firstly, declared and analysed value must be  $\leq 100$  % of guideline
  - If a naturally occurring nutrient, analysed value must be between 80% and 120% of declared value
  - If an added nutrient, analysed value must be between 100% and 120% of declared value
- The declared and analysed values are 3g per 100 g.
- This meets the criteria

# C. NUTRIENT CLAIMS VERIFICATION

v) For a product with the **claim 'low fat'**

- The guideline is  $\leq 3$  g per 100 g
  - The criteria is that firstly, declared and analysed value must be  $\leq 100$  % of guideline
  - If a naturally occurring nutrient, analysed value must be between 80% and 120% of declared value
  - If an added nutrient, analysed value must be between 100% and 120% of declared value
- The declared value shown is 2.5g per 100g
  - The analysed value is 3g per 100 g
  - This meets the criteria

vi) For a product with the **claim 'low fat'**

- The guideline is  $\leq 3$  g per 100 g
  - The criteria is that firstly, declared and analysed value must be  $\leq 100$  % of guideline
  - If a naturally occurring nutrient, analysed value must be between 80% and 120% of declared value
  - If an added nutrient, analysed value must be between 100% and 120% of declared value
- The declared value shown is 2.8g per 100g
  - The analysed value is 3.36g per 100 g
  - This does not meet the criteria as analysed value is more than 3g per 100g.

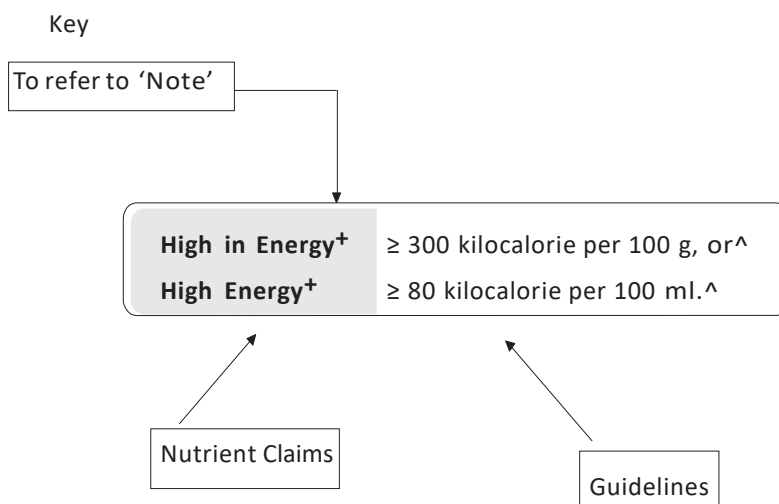
## 4 Misrepresentation

The Food Regulations prohibit the use of information that are false, misleading, deceptive or is likely to create an erroneous impression of the food, on both the food label and advertisements.

# D. GUIDELINES FOR NUTRIENT CLAIMS

The following tables recommend the guidelines for making nutrient claims for each of the following nutrients:

- Energy
- Protein
- Carbohydrate
- Sugar
- Dietary fibre
- Total fat
- Fatty acids
- Cholesterol
- Sodium / Salt and
- Vitamins / Minerals
- Low Glycemic Index
- Wholegrains





# D. GUIDELINES FOR NUTRIENT CLAIMS

## 1. Energy<sup>#</sup>

Nutrient Claim	Guideline
Energy Free Calorie Free	<ul style="list-style-type: none"> <li>- ≤ 1 kilocalorie per 100 g / 100 ml, or</li> <li>- ≤ 5 kilocalorie per serving</li> </ul>
Source of Energy	<ul style="list-style-type: none"> <li>- ≥ 100 kilocalorie per serving <sup>^</sup>@</li> </ul>
High in Energy <sup>+</sup> High Energy <sup>+</sup>	<ul style="list-style-type: none"> <li>- ≥ 300 kilocalorie per 100 g, or <sup>^</sup></li> <li>- ≥ 80 kilocalorie per 100 ml <sup>^</sup></li> </ul>
Low Energy Low Calorie Lite in Energy Light in Energy Light in Calorie	<ul style="list-style-type: none"> <li>- ≤ 8 kilocalorie per 100 ml for beverages (ready for consumption), or</li> <li>- ≤ 100kcal per 100g for bread spreads including jam substitutes; or</li> <li>- ≤ 50kcal per 100g for other foods.</li> </ul>
Light Dinner Lite Dinner Light Meal Lite Meal	<p data-bbox="608 1227 826 1256"><u>Meal Type Product</u></p> <ul style="list-style-type: none"> <li>- ≤ 120 kilocalorie per 100 g, or</li> <li>- ≤ 300 kilocalorie per serving</li> </ul>
Less Energy Less Calorie Lower in Calorie Reduced Energy Calorie-Reduced	<ul style="list-style-type: none"> <li>- ≥ 25% less energy than the reference food*</li> </ul>
More / Increased / Fortified / Enriched / Added Energy	<ul style="list-style-type: none"> <li>- ≥ 25% more energy than the reference food*</li> </ul>

# D. GUIDELINES FOR NUTRIENT CLAIMS

## Note:

When using the 'per serving' claim, the food would have to meet the requirements for 'per 100 g' (solid) or 'per 100 ml' (liquid).

- ^ The recommended quantity of food to be consumed per day must provide  $\geq$  300 kilocalories.
- + This claim can only be used with 'formulated supplementary sports food' and 'meal replacement'.
- \* A statement must be included to compare the energy content of the subject food to the reference food.
- # If a food is naturally high or low in energy without any special processing to increase or lower the energy / calorie content, the food is to be labelled with the word 'naturally' (e.g. *Cider vinegar, a naturally calorie-free food*).
- @ Examples of the daily recommendation statement are "Recommended daily intake: 3 servings"; "Add 20g powder in 200ml water. Drink 2 times daily."

## Definitions:

*'Formulated supplementary sports food'* - A food or mixture of foods formulated to help sports people achieve specific nutritional goals, such as, regaining strength.

*'Meal replacement'* - A product intended as a complete meal, containing all of the basic nutrients and calories, i.e. essential amino acids, vitamins, minerals, carbohydrate, fats, protein and dietary fibre, which are considered important for daily nutritional needs.

# D. GUIDELINES FOR NUTRIENT CLAIMS

## 2. Protein

Nutrient Claim	Guideline
<b>Source of Protein</b> <b>Contains Protein</b>	<ul style="list-style-type: none"> <li>- The recommended quantity of food to be consumed per day must provide <math>\geq 10\text{g}</math> protein<sup>^</sup></li> <li>- To claim for a source of protein, the protein content of the food must contribute to at least 12% of calorie yield</li> </ul>
<b>Good Source of Protein</b> <b>High in Protein</b> <b>Rich in Protein</b> <b>Excellent Source of Protein</b>	<ul style="list-style-type: none"> <li>- The recommended quantity of food to be consumed per day must provide <math>\geq 10\text{g}</math> protein<sup>^</sup></li> <li>- To claim for a good source of protein, the protein content of the food must contribute to at least 20% of calorie yield</li> </ul>
<b>Low Protein</b>	<ul style="list-style-type: none"> <li>- <math>&lt; 5\%</math> kilocalories from protein</li> </ul>
<b>Reduced Protein</b>	<ul style="list-style-type: none"> <li>- <math>\geq 25\%</math> less protein than the reference food*</li> </ul>
<b>More / Increased / Fortified</b> <b>/ Enriched / Added Protein</b>	<ul style="list-style-type: none"> <li>- <math>\geq 25\%</math> more protein than the reference food*</li> </ul>

### Note:

<sup>^</sup> Foods claimed to be a source or an excellent source of protein should include on the label the quantity of that food to be consumed in one day, and an acceptable nutrition information panel.

Examples of the daily recommendation statement are “Recommended daily intake: 3 servings”; “Add 20g powder in 200ml water. Drink 2 times daily.”

\* A statement must be included to compare the protein content of the subject food to the reference food.

# D. GUIDELINES FOR NUTRIENT CLAIMS

## 3. Carbohydrate

Nutrient Claim	Guideline
Source of Carbohydrate Contains Carbohydrate	- > 10 g carbohydrate per 100 g
Low in Carbohydrate Low Carbohydrate	- ≤ 10 g carbohydrate per 100 g, or - ≤ 2 g carbohydrate per serving
Reduced Carbohydrate Carbohydrate-Reduced	- ≥ 25% less carbohydrate than the reference food*
More / Increased / Fortified / Enriched / Added Carbohydrate	- ≥ 25% more carbohydrate than the reference food*

### Note:

When using the 'per serving' claim, the food would also have to meet the requirements for 'per 100 g' (solid).

\* A statement must be included to compare the carbohydrate content of the subject food to the reference food.

### Definition:

*Carbohydrates* - are polyhydroxy aldehydes, ketones, alcohols, acids, their simple derivatives and their polymers which have linkages of the acetal type, excluding dietary fibre. They may include the following:

- Sugars such as monosaccharides (e.g. glucose) and disaccharides (e.g. sucrose);
- Sugar alcohols (e.g. isomalt, lactitol, maltitol, maltitol syrup, mannitol, sorbitol and xylitol);
- Starch

# D. GUIDELINES FOR NUTRIENT CLAIMS

## 4. Sugar (free sugar as per WHO definition)<sup>#</sup>

Nutrient Claim	Guideline
<b>No Added Sugar</b> <b>Without Added Sugar</b>	<ul style="list-style-type: none"> <li>- no free sugars<sup>#</sup> or ingredients with free sugars<sup>#</sup> (whether naturally-occurring or added), including honey, malt and malt extract, with the exception of sugar alcohols and sweetening substances<sup>^</sup>, are added during processing.</li> </ul>
<b>Unsweetened</b>	<ul style="list-style-type: none"> <li>- no added free sugars<sup>#</sup> or ingredients with free sugars<sup>#</sup>, (whether naturally-occurring or added) including honey, malt, malt extract, sweetening substances<sup>^</sup> or sugars alcohols, are added during processing</li> </ul>
<b>Sugar Free</b> <b>Free of Sugar</b> Lactose Free	<ul style="list-style-type: none"> <li>- ≤ 0.5 g sugars per 100 g or 100 ml</li> </ul> <p><u>Meal Type Product</u></p> <ul style="list-style-type: none"> <li>- ≤ 0.5 g sugars per serving</li> </ul>
<b>Low Sugar</b> <b>Low in Sugar</b> <b>Lite in Sugar</b> <b>Light in Sugar</b>	<ul style="list-style-type: none"> <li>- ≤ 5 g sugars per 100 g, or</li> <li>- ≤ 2.5 g sugars per 100 ml, or</li> <li>- ≤ 2 g sugars per serving</li> </ul>
<b>Less Sugar</b> <b>Lower Sugar</b> <b>Lower in Sugar than ...</b> <b>Reduced Sugar</b>	<ul style="list-style-type: none"> <li>- ≥ 25% less sugar than the reference food*</li> </ul>

# D. GUIDELINES FOR NUTRIENT CLAIMS

## Note:

When using the 'per serving' claim, the food would also have to meet the requirements for 'per 100 g' (solid) or 'per 100 ml' (liquid).

\* A statement must be included to compare the sugar(s) levels of the subject food to the reference food.

# If a food is naturally low in sugar without any special processing to lower the sugar content, the food is to be labelled with the word 'naturally' (*e.g. Cider vinegar, a naturally sugar-free food*).

## Definition:

#As per the WHO definition for free sugars, this includes all monosaccharides and disaccharides added to foods by the manufacturer, plus sugars naturally present in honey, syrups and fruit juices. This definition excludes lactose and galactose if naturally present in milk. Deionised fruit juice is also considered free sugar.

**^Sweetening substances** - Non-nutritive or artificial sweeteners such as saccharin, aspartame, acesulfame-K and sucralose and steviol glycosides.

# D. GUIDELINES FOR NUTRIENT CLAIMS

## 5. Dietary Fibre

Nutrient Claim	Guideline
Source of Dietary Fibre Contains Dietary Fibre	- $\geq 1.5$ g per 100 kcal, or - $\geq 3$ g per 100 g, or - $\geq 3$ g per 100 ml
High in Dietary Fibre High Source of Dietary Fibre Good Source of Dietary Fibre Fibre-Rich	- $\geq 4$ g per serving, or - $\geq 3$ g per 100 kcal, or - $\geq 6$ g per 100 g, or - $\geq 6$ g per 100 ml
More / Increased / Fortified / Enriched / Added Dietary Fibre	- $\geq 25\%$ more dietary fibre than the reference food*

### Note:

When using the 'per serving' or 'per 100 kcal' claim, the food would also have to meet the requirements for 'per 100 g' (solid) or 'per 100 ml' (liquid).

\* A statement must be included to compare the dietary fibre content of the subject food to the reference food.

### Definition (by the Codex Alimentarius Commission):

**Dietary fibre** means carbohydrate polymers with ten or more monomeric units and non-digestible carbohydrate polymers with three to nine 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;
- synthetic carbohydrate polymers which have been shown to have a physiological effect of benefit to health as demonstrated by generally accepted scientific evidence to competent authorities.

# D. GUIDELINES FOR NUTRIENT CLAIMS

## 6. Total Fat<sup>#</sup>

Nutrient Claim	Guideline
<b>Fat Free</b> <b>Contains No Fat</b> <b>Free of Fat</b>	- ≤ 0.15 g fat per 100 g or 100 ml of food  <u>Meal Type Product</u> - ≤ 0.5 g of fat per serving
<b>Low Fat</b> <b>Low in Fat</b> <b>Light in Fat</b> <b>Lite in Fat</b>	- ≤ 3 g fat per 100 g, or - ≤ 1.5 g fat per 100 ml
<b>Reduced Fat</b> <b>Lower Fat</b> <b>Reduced in Fat</b> <b>Lower in Fat</b> <b>Less Fat than...</b> <b>A certain % less</b>	- ≥ 25% less fat than the reference food*
<b>Lean Meat</b>	- < 10 g total fat, < 4 g saturated fat, and < 95 mg cholesterol per 100 g of food
<b>Extra Lean Meat</b>	- < 5 g total fat, < 2 g saturated fat, and < 95 mg cholesterol per 100 g of food

### Note:

Claims stating or implying that a product is of a certain percent fat free (e.g. 20% fat free) are considered misleading unless the product qualifies as a 'fat free' or 'low fat' product.

\* A statement must be included to compare the total fat content of the subject food to the reference food.

<sup>#</sup> If a food is naturally low in fat without any special processing to lower its fat content, then the food is to be labelled with the word 'naturally' (e.g. *Broccoli, a naturally fat-free food*).



# D. GUIDELINES FOR NUTRIENT CLAIMS

## 7. Fatty Acids<sup>#</sup>

Nutrient Claim	Guideline
<b>Saturated Fat Free</b> <b>Free of Saturated Fat</b>	<ul style="list-style-type: none"> <li>- ≤ 0.5 g of saturated fatty acids per 100 g, and ≤1% of the total fat is <i>trans</i> fatty acids</li> </ul>
<b>Low Saturated Fat</b> <b>Low in Saturated Fat</b>	<ul style="list-style-type: none"> <li>- ≤ 1.5 g saturated fats per 100 g, and ≤10% of kilocalories from saturated fats, or</li> <li>- ≤ 0.75 g of saturated fats per 100 ml, and ≤ 10% of kilocalories from saturated fats</li> </ul> <p><i>Trans</i> fatty acids should be counted as saturated fatty acids for this claim</p>
<b>A certain % less</b> <b>Reduced in Saturated Fat</b> <b>Lower in Saturated Fat</b> <b>Reduced Saturated Fat</b>	<ul style="list-style-type: none"> <li>- ≥ 25% less saturated fat than the reference food*</li> </ul> <p><i>Trans</i> fatty acids should be counted as saturated fatty acids for this claim</p>
<b>Contains Polyunsaturated Fats</b> <b>Source of Polyunsaturates</b> <b>(or Polyunsaturated Fatty Acids or Polyunsaturates)</b> <b>Presence of Polyunsaturates</b>	<ul style="list-style-type: none"> <li>- &gt; 40% total fat shall be polyunsaturated fatty acids, &lt; 20% total fat shall be saturated fatty acids and &gt; 25% kilocalories shall be derived from fat</li> </ul>
<b>High in Polyunsaturated Fats</b> <b>(or Polyunsaturated FattyAcids or Polyunsaturates)</b>	<ul style="list-style-type: none"> <li>- &gt; 40% total fat shall be polyunsaturated fatty acids, &lt; 20% total fat shall be saturated fatty acids and &gt; 50% kilocalories shall be derived from fat</li> </ul>
<b>Increased Polyunsaturated Fats</b> <b>More Polyunsaturated Fats</b>	<ul style="list-style-type: none"> <li>- ≥ 25% more polyunsaturated fatty acids than the reference food*</li> </ul>

# D. GUIDELINES FOR NUTRIENT CLAIMS

Nutrient Claim	Guideline
<b>Contains Monounsaturated Fats</b> <b>Source of Monounsaturates</b> <b>(or Monounsaturated Fatty Acids or Monounsaturates)</b> <b>Presence of Monounsaturates</b>	- > 40% total fat shall be monounsaturated fatty acids, <20% total fat shall be saturated fatty acids and > 25% kilocalories shall be derived from fat
<b>High in Monounsaturated Fats (or Monounsaturated Fatty Acids or Monounsaturates)</b>	- > 40% total fat shall be monounsaturated fatty acids, <20% total fat shall be saturated fatty acids and > 50% kilocalories shall be derived from fat
<b>Increased Monounsaturated Fats</b> <b>More Monounsaturated Fats</b>	- ≥ 25% more monounsaturated fatty acids compared with reference food*
<b>Trans Fat Free</b> <b>Free of Trans Fat</b>	- < 0.5 g of trans fatty acids per 100 g

**Note:**

Claims stating or implying that a product is of a certain percent saturated fat free (e.g. 20% saturated fat free) are considered misleading.

\* A statement must be included to compare the fatty acids content of the subject food to the reference food.

# If a food is naturally high or low in fatty acids without any special processing to increase or lower the fatty acids content, then the food is to be labelled with the word 'naturally' (e.g. *Broccoli, a naturally saturated fat-free food*).

**Definitions:**

*Monounsaturated fatty acids* - Fatty acids that contain one double bond between carbon atoms, e.g. palmitoleic acid and oleic acid.

*Polyunsaturated fatty acids* - Fatty acids that contain two or more double bonds between carbon atoms, e.g. linoleic acid and linolenic acid.

# D. GUIDELINES FOR NUTRIENT CLAIMS

## 8. Cholesterol<sup>#</sup>

Nutrient Claim	Guideline
<b>Cholesterol Free</b> <b>No Cholesterol</b> <b>Free of Cholesterol</b>	<u>Food that are derived solely from plant source</u> - 0 mg of cholesterol per 100 g food  <u>Other food products</u> - < 5 mg of cholesterol per 100 g food, and meets the conditions for a 'low saturated fatty acids' food
<b>Low Cholesterol</b> <b>Light in Cholesterol</b> <b>Low in Cholesterol</b> <b>Lite in Cholesterol</b>	- ≤ 20 mg of cholesterol per 100 g, and ≤ 1.5 g of saturated fats per 100 g food, and ≤ 10% of kilocalories from saturated fats <sup>+</sup> , or - ≤ 10 mg of cholesterol per 100 ml and ≤ 0.75 g of saturated fats per 100 ml, and ≤ 10% of kilocalories from saturated fats <sup>+</sup>
<b>A certain % less</b> <b>Reduced in Cholesterol</b> <b>Lower in Cholesterol</b> <b>Reduced Cholesterol</b>	- ≥ 25% less cholesterol than the reference food*

### Note:

Claims stating or implying that a product is of certain percent cholesterol-free (e.g. 20% cholesterol free) are considered misleading.

+ *trans* fatty acids must be counted (or calculated) as saturated fatty acids for this claim.

\* A statement must be included to compare the cholesterol content of the subject food and the reference food.

# If a food is naturally low in cholesterol without any special processing to lower the cholesterol content, then the food is to be labelled with the word 'naturally' (e.g. *Canola oil, a naturally cholesterol-free food*).

# D. GUIDELINES FOR NUTRIENT CLAIMS

## 9. Sodium / Salt<sup>#</sup>

Nutrient Claim	Guideline
No Added Salt No Salt Added Unsalted	- No sodium chloride, sodium compounds, or any ingredient containing added sodium chloride or other sodium compounds, should be added to the food
Salt Free Sodium Free	- $\leq 5$ mg sodium per 100 g
Low in Salt Low Sodium Light in Salt Low Salt Light in Sodium Lite in Salt Low in Sodium Lite in Sodium Lightly Salted	- $\leq 120$ mg sodium per 100 g
Very Low in Salt Very Low in Sodium	- $\leq 40$ mg sodium per 100 g
A certain % less Reduced Salt Lower in Salt Lower in Sodium	- $\geq 25\%$ less sodium compared to reference food*

### Note:

Claims stating or implying that a product is of a certain percent sodium/salt free (e.g. 20% sodium / salt free) are considered misleading.

\* A statement must be included to compare the sodium/salt content of the subject food to the reference food.

# If a food is naturally low in sodium without any special processing to lower the sodium content, then the food is to be labelled with the word 'naturally' (e.g. *Lettuce, a naturally sodium-free food*).

### Definition:

*Salt* is sodium chloride.

# D. GUIDELINES FOR NUTRIENT CLAIMS

## 10. Vitamins / Minerals

### Source / Presence of / Contain /Added with/With/

10.1. No claims based on the **presence** of a vitamin or a mineral or implying the **presence** of a vitamin or a mineral in a food shall be made on the label unless the reference quantity for that food as laid down in the Food Regulations contains at least one-sixth of the daily allowance as laid down in Figure 5 for the relevant vitamin or mineral.

### Excellent Source / Enriched / Fortified / Ennobled / Vitaminised / High / Rich /Good

10.2. No label shall claim that any article of food is **enriched, fortified, ennobled, vitaminised** or in any way imply that the article is an **excellent source, high or rich** in one or more vitamins or minerals unless the reference quantity for that food as laid down in the Food Regulations contains not less than 50% of the daily allowance as laid down in Figure 5 for the relevant vitamin and mineral.

10.3. When vitamin A or vitamin D or a mineral is added to a food, the addition must not increase the vitamin A content to more than 750 mcg of retinol activity per reference quantity for that food as specified in the Food Regulations, nor increase the content of vitamin D to more than 10 mcg of cholecalciferol or of any mineral to more than three times the daily allowance (as specified in Figure 5 for that mineral) per reference quantity for that food as specified in the Food Regulations.

*(The information provided in the vitamins/minerals section was adapted from the Sale of Food Act, Cap. 283, Food Regulations, Regulation 11).*

# D. GUIDELINES FOR NUTRIENT CLAIMS

Figure 5  
Daily allowances of vitamins and minerals

Substances	To be Calculated as	Daily Allowance
Vitamin A, vitamin A alcohol and esters, carotenes	Micrograms of retinol activity	750 mcg
Vitamin B1, aneurine, thiamine, thiamine hydrochloride, thiamine mononitrate	Milligrams of thiamine	1 mg
Vitamin B2, riboflavin	Milligrams of riboflavin	1.5 mg
Vitamin B6, pyridoxine, pyridoxal, pyridoxamine	Milligrams of pyridoxamine	2.0 mg
Vitamin B12, cobalamin, cyanocobalamin	Micrograms of cyanocobalamin	2.0 mcg
Folic acid, folate	Micrograms of folic acid	200 mcg
Niacine, niacinamide, nicotine acid, nicotinamide	Milligrams of niacin	16 mg
Vitamin C, ascorbic acid	Milligrams of ascorbic acid	30 mg
Vitamin D, vitamin D2, vitamin D3	Micrograms of cholecalciferol	2.5 mcg
Vitamin E, $\alpha$ -tocopherol compounds	Milligrams of $\alpha$ -tocopherol	10 mg
Calcium	Milligrams of calcium	800 mg
Iodine	Micrograms of iodine	100 mcg
Iron	Milligrams of iron	10 mg
Phosphorus	Micrograms of phosphorus	800 mg

# D. GUIDELINES FOR NUTRIENT CLAIMS

Figure 6  
Vitamins / mineral claims

Vitamins / Minerals Claims	Criteria to Claim
Source/Contain/added with/with/presence of a vitamin / mineral	Reference quantity* should contain at least 1/6 of the daily allowance
Excellent source/Enriched/Fortified/Ennobled/Vitaminised/High/Rich/ of a vitamin / mineral	Reference quantity* should contain at least 50% of the daily allowance

\* As specified in Figure 7 (as specified in the Food Regulations)

Figure 7  
Reference Quantity

Food	Reference Quantity
Bread	240 g
Breakfast cereals	60 g
Extracts of meat or vegetables or yeast (modified or not)	10 g
Fruit and vegetable juices	200 ml
Fruit juice concentrates (diluted according to directions on the label)	200 ml
Fruit juice cordials (diluted according to directions on the label)	200 ml
Flavoured cordials or syrups (diluted according to directions on the label)	200 ml
Malted milk powder	30 g
Condensed milk	180 g
Milk powder (full cream or skimmed) and food containing not less than 51% of milk powder	60 g
Other concentrated liquid food including powdered beverage not specified above (diluted according to directions on the label)	200 ml
Liquid food not specified above	200 ml
Solid food not specified above	120 g

# D. GUIDELINES FOR NUTRIENT CLAIMS

## 11. Low Glycemic Index

### Foods claiming to have Low Glycemic Index

- Must have a GI value\* of 55 and below.

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

## 12. Wholegrains<sup>#</sup>

Nutrient Claim	Guideline
Higher in Wholegrains	- ≥ 10% wholegrains*

### Note:

\*A statement must be included to compare the wholegrains percent of the subject food to the reference food.

<sup>#</sup>In addition, under regulation 40A of the Food Regulations, the following must be met:

1. food product falls within or is made from ingredients falling within the definition of “wholegrain”; and
2. the word “wholegrain” (or other words conveying that meaning) is qualified immediately by words indicating the percentage of wholegrain ingredients used.

### Definition (under regulation 40A of the Food Regulations):

Wholegrain means the intact grain or the dehulled, ground, milled, cracked or flaked grain where the constituents (endosperm, germ and bran) are present in such proportions that represent the typical ration of those constituents occurring in the whole cereal, and includes wholemeal.



# E. AIDS TO CALCULATION

## International Units (IU)

To convert IU to:

- RE (Retinol equivalents of vitamin A): from animal sources, divide by 3.33; and from vegetables and fruit, divide by 10.
- mcg vitamin D: divide by 40 or multiply by 0.025.
- mg  $\alpha$ -tocopherol: divide by 1.5.

## Sodium

1 g of salt (sodium chloride) contains 400 mg of sodium.

## Food Energy

To convert food into kilocalories:

Fat	1 g = 9 kilocalories
Carbohydrate	1 g = 4 kilocalories
Protein	1 g = 4 kilocalories

# HEALTH CLAIMS

# Health Claims

## Types of health claims as defined under the “Guidelines for Use of Nutrition and Health Claims” established by the Codex Alimentarius Commission

Under the “Codex Guidelines for Use of Nutrition and Health Claims”, **health claim** means any representation that states, suggests, or implies that a relationship exists between a food or a constituent of that food and health.

Health claims include the following:

(a) **Nutrient function claims** refer to nutrition claims that describe the physiological role of the nutrient in growth, development and normal functions of the body.

### Example:

“Nutrient A (naming a physiological role of nutrient A in the body in the maintenance of health and promotion of normal growth and development). Food X is a source of/ high in nutrient A.”

(b) **Other function claims** refer to claims concerning specific beneficial effects of the consumption of foods or their constituents, in the context of the total diet on normal functions or biological activities of the body and relating to a positive contribution to health or to the improvement of a function or to modifying or preserving health.

### Example:

“Substance A (naming the effect of substance A on improving or modifying a physiological function or biological activity associated with health). Food Y contains x grams of substance A.”

(c) **Reduction of disease risk claims** refer to claims relating the consumption of a food or food constituent, in the context of the total diet, to the reduced risk of developing a disease or health-related condition.

### Examples:

“A healthful diet low in nutrient or substance A may reduce the risk of disease D. Food X is low in nutrient or substance A.”

“A healthful diet rich in nutrient or substance A may reduce the risk of disease D. Food X is high in nutrient or substance A.”

**Food<sup>2</sup> or food constituent** refers to energy, nutrients, related substances, ingredients, and any other feature of a food, a whole food, or a category of foods on which the health claim is based. The category of food is included in the definition because the category itself may be assigned a common property of some of the individual foods making it up.

**Please refer to SFA’s A Guide to Food Labelling and Advertisements for the list of acceptable nutrient function claims, criteria for use of nutrient specific diet-related reduction of disease risk health claims and further information.**

<sup>2</sup>*include special purpose foods; foods fortified with nutrients such as protein, carbohydrate, dietary fibre, fatty acids, amino acids, vitamins and minerals; and foods added with approved herbal ingredients.*

# HEALTHIER CHOICE SYMBOL

# Healthier Choice Symbol

The Healthier Choice Symbol (HCS) is a symbol that Singaporeans can relate to for healthier packaged foods. It is a part of the Nutrition Labelling Programme and is intended to provide point-of-sale information to help people make informed food choices.

Dietary intake has been shown to be associated with the development of several chronic degenerative diseases, namely coronary heart disease, hypertension, stroke, diabetes mellitus and certain cancers. These are the current health concerns in Singapore and can be prevented by changing dietary practices.

In line with the policy of the National Healthy Lifestyle Programme, the Ministry of Health (MOH) implemented the Nutrition Labelling Programme in 1998 to encourage the food industry to display the nutrition information panel and to educate consumers in reading food labels. The Health Promotion Board (HPB), a statutory board of the MOH, currently administers this Nutrition Labelling Programme.

Food products may carry the HCS if they meet nutritional standards set by HPB. Evaluation will be based on the nutritional values; particularly fat, saturated fat, sugar, sodium and dietary fibre, as well as the contribution of that product towards a balanced diet. The suitability of the product for HCS is also evaluated, including product eligibility, product nature, product positioning and marketing of the product. The Healthier Choice Symbol Programme is a voluntary scheme administered by the Health Promotion Board, and the Board reserves the right to evaluate product suitability and eligibility for the Programme for the benefit of public health.

# A. APPLICATION PROCEDURES

## HCS Application Process and Licence Agreement

Each food group has a set of nutritional guidelines and each product will be evaluated according to these guidelines. The company are also required to send in the product packaging artwork for approval.

The Healthier Choice Symbol Programme (HCS) is a voluntary scheme administered by the Health Promotion Board (HPB), and the Board reserves the right to evaluate product suitability and eligibility for the Programme for the benefit of public health.

Once the application is approved, companies will then enter into a Licence Agreement with HPB. Companies will do a yearly product review to maintain the validity of the licence agreement. Audit checks on HCS products will also be more frequent. HCS products will be randomly selected for nutrient verification and visual checks on products that no longer qualifies to carry the HCS or not authorised to carry HCS will be conducted. Companies with non-compliant products will be notified and are expected to comply with the follow up actions to rectify the non-compliance. Companies which did not rectify the non-compliance within the stipulated timeframe will face termination of the Licence Agreement. HPB reserves the right to take legal actions in such situations.

In addition, HPB is entitled to publish a notice of non-compliance on its website and/or other platforms for non-compliant products, to ensure that consumers are not misled.

All materials including advertising materials that carries the logo are also required to be submitted to HPB for approval, before print and usage.

It is an infringement of Trade Mark to use the HCS logo without a valid Licence Agreement. HPB reserves the right to take legal action against companies using the HCS logo on their product packaging(s) and any form of advertising material(s) without a valid Licence Agreement and approval.

## Application Procedures

HCS applications are done via the [HCS Online](https://healthier-choice.hpb.gov.sg) system (<https://healthier-choice.hpb.gov.sg>) and the only login mode is via CorpPass. All companies (including foreign companies) would need to have a CorpPass account.

### Registration for CorpPass Account and Setting up HCS Online e-Service

1. For companies who do not have a CorpPass account,

Company CorpPass Admin<sup>1</sup>, please follow the below steps:

- a. Register for a CorpPass Account
- b. Set up the HCS Online e-Service in CorpPass
- c. Create account for users in company and assign access rights to users
- d. Assign roles<sup>2</sup> to users in CorpPass

2. For companies who have CorpPass account,

Company CorpPass Admin<sup>1</sup>, please follow the below steps:

- a. Set up the HCS Online e-Service in CorpPass
- b. Create account for users in company and assign access rights to users
- c. Assign roles<sup>2</sup> to users in CorpPass

# A. APPLICATION PROCEDURES

3. Foreign companies would also need to register for CorpPass and set up HCS Online e-service in CorpPass. Please refer to Points 1 and 2.

<sup>1</sup> *Company CorpPass Administrator (CorpPass Admin) is a staff selected by your company to register a CorpPass Account for the Company. The role of a CorpPass Admin includes the following:*

- i. *Manage Company's CorpPass account*
- ii. *Create CorpPass User Account for Company's users*
- iii. *Manage Company's User CorpPass Account*
  - a. *Update User Profile*
  - b. *Remove Users who left company or no longer need the e-Services*
  - c. *Add new Users*
  - d. *Assign Role to Users*
  - e. *Change Roles of Users*
- iv. *Adding e-Services*

<sup>2</sup> *User Roles for HCS Online System*

- i. *Authorised Representative*
  - *Helps company to enroll in HCS Programme*
  - *Accepts Licence Agreement on behalf of company*
  - *View, submit and manage company's HCS applications*
- ii. *Staff (HCS)*
  - *View, submit and manage company's HCS applications*

Companies may click on the link below to refer to the following guides:

- i. CorpPass User Guides in CorpPass (<https://www.corppass.gov.sg/corppass/common/userguides>)
- ii. Step by step user guide by HPB – for company with **no** CorpPass Account  
[User Guide – Company with no CorpPass Account](#)
- iii. Step by step user guide by HPB – for company **with** CorpPass Account  
[User Guide – Company with CorpPass Account](#)

# A. APPLICATION PROCEDURES

## **Onboarding to HCS Online System – First Time Log In (Company’s Authorised Representative to log in first)**

Upon successful registration of company’s CorpPass account and set up of HCS Online e-Service Access, please get the company’s Authorised Representative to log in to [HCS Online](#) first.

Your company would not be able to submit applications if these steps are not done by the company’s Authorised Representative.

Step 1: Login to the new HCS Online Application system (<https://healthier-choice.hpb.gov.sg>)

Step 2: Select “Healthier Choice Symbol”

Step 3: Accept the general Terms and Conditions

Step 4: Check Company Profile

Step 5: Key in own user profile

Company’s Authorised Representative will be directed to the ‘Manage Applications’ page.

HCS Staff may log in after the company’s Authorised Representative have completed the above steps. HCS Staff would be required to do the following steps during first log in.

Step 1: Login to the new Online Application system (<https://healthier-choice.hpb.gov.sg>)

Step 2: Key in own user profile

HCS Staff will be directed to the ‘Manage Applications’ page to submit applications.

Companies may click on the link below to refer to step by step onboarding guide by HPB:

[User Guide to Onboarding](#)

## **HCS Application Submission**

Some important information to take note:

- 1) Each company can have a maximum of 20 draft applications and 20 open applications at any one time. This limit does not apply to package size (SKUs) submission.
- 2) Any draft and pending applications not completed within 6 months will be automatically rejected by the system as part of system database maintenance.
- 3) HCS logo for product packaging artwork can be downloaded from the HCS logo gallery under ‘Resources’. Please ensure HCS logo on product packaging and all materials are approved before print and usage. Usage of HCS logo on product packaging and materials not approved by HPB is a violation of the HCS Trademark. HPB reserves the rights to pursue legal action.



# A. APPLICATION PROCEDURES

- 4) Only 1 file per package size is allowed for submission (size limit 10MB). Package size with more than one product packaging artwork, e.g. front and back view, needs to be combined into 1 PDF file or ZIP the PDF files.

***Please do not zip JPEG files and upload.***

- 5) Only PDF file format is to be submitted for product packaging artwork.

There are three sections to fill in for each application submission. It will take you no more than 15 minutes if you have all the information ready. Information needed are product details, lab report and packaging artwork of the product.

## **Section 1: Product Information**

- Product description and product details
- Classification of product category and sub category
- Selection of HCS logo to use on product packaging

## **Section 2: Nutrient Values/Lab Report**

- Uploading of Nutrient analysis report and keying in nutrition information table
- The nutrient analysis report must be obtained from an independent accredited laboratory using Association of Official Analytical Chemists (AOAC) methods or equivalent. The nutrient analysis report must contain the nutrients needed to evaluate the application.
- Here is a [guide](#) that helps you find out a list of accredited laboratories under the Singapore Accreditation Council-Singapore Laboratory Accreditation Scheme (SAC-SINGLAS).
- Nutrient analysis report from overseas will be accepted if it is from an independent accredited laboratory in Food testing listed in SAC Mutual Recognition Arrangement (MRA), using Association of Official Analytical Chemists (AOAC) methods or equivalent. You may refer to [SAC-MRA website](#) for the list of overseas accredited laboratories.

## **Section 3: Product Packaging Artwork**

- Uploading product packaging artwork with HCS Logo selected in Product Information section. Do consider including the size of the HCS Logo in the packaging artwork, to facilitate the artwork review for the minimum logo size of 15mm (diameter).
- Your company is responsible for ensuring that its packaging labels and advertising materials do not go against the Singapore Food Regulation. You can refer to Singapore Food Agency's [A Guide to Food Labelling and Advertisements](#) and [Food Regulations \(Sale of Food Act\)](#) for more information. You may also want to visit Singapore Food Agency's website (<https://www.sfa.gov.sg>).

# A. APPLICATION PROCEDURES

## Section 4: List your HCS Product

- i) When a product package size is approved, it is eligible for HCS Product Listing
- ii) When your approved product starts to carry HCS logo on the packaging in the market, you may go to HCS Product Listing tab to list your product.
- iii) Listing your products means adding it to the list of approved HCS products on HCS webpage and the School Beverage list (if your product is a beverage with no sweeteners/sugar alcohols). This will also enable consumers to collect Health points when they purchase your HCS product.

Companies may click on the link below to refer to step by step application submission guide by HPB:

[User Guide to HCS Application Submission](#)

# B. LICENCE AGREEMENT

1. Once the application is approved, companies will then enter into a Licence Agreement (LA) with HPB.

- If your company does not have a valid Licence Agreement,
  - i. Once the first product package has been approved, the company's Authorised Representative will need to accept the LA.
  - ii. You would not be able to proceed to submit applications or amend application if the LA is not accepted.
  - iii. The LA is to be accepted within 2 weeks. Failing to do so after 2 weeks, the product(s) in the LA will be rejected. Re-application is necessary if company still wants the HCS on the product(s).
  - iv. Subsequently, when company has more products approved with HCS logo, the product name will be automatically added to the LA.
- If your company have a valid Licence Agreement,
  - i. Once a product is approved, the product name and package size will be automatically added to the LA.

2. Companies entering into the Licence Agreement with HPB will agree to:

- i) the non-exclusive use of the HCS by any one company for any one product
- ii) no sub-licensing
- iii) be responsible for monitoring the legal use of the HCS on licensed products
- iv) display the nutrition information panel, in the format recommended by HPB
- v) seek HPB's approval with regard to the use of HCS in all advertising and promotional materials.

3. To maintain the validity of the Licence Agreement,

- Companies are required to do a yearly product review via HCS Online. Companies would be notified via email on the start of the Product Review process.

Companies would need to:

- i. Update the company's HCS product list
- ii. Declare that the company's products still meet the HCS nutrient guidelines and there is no change in the content of the products

For companies which fail to complete the Product Review process within the stipulated time period, the LA will be terminated, and the company will lose its rights to carry the HCS on its products.

Companies may go to [HCS webpage](#) for the user guide or click on the playlist link below on how to complete the Product Review:

Playlist **Link:** [https://www.youtube.com/playlist?list=PLw\\_CrLrIHQhWveHSuYuEUbcLxdr1XWkS](https://www.youtube.com/playlist?list=PLw_CrLrIHQhWveHSuYuEUbcLxdr1XWkS)

# B. LICENCE AGREEMENT

## More frequent HCS audit checks will be conducted

- i. Approved products will be randomly selected for analysis as part of our audit checks to ensure that they continue to meet the nutrient guidelines. Analysis will be carried out by independent accredited laboratories using official methods of AOAC and / or alternative methods shown to be equivalent to that of AOAC. Any food companies whose products fail the audit check will be notified and are expected to comply with the follow up actions to rectify the non-compliance. If the non-compliance is not rectified within the stipulated timeframe, the Board reserves the rights to terminate the Licence Agreement. Upon termination of the Licence Agreement, companies would not be allowed to carry the HCS on the products.
- ii. Companies with products which no longer qualifies to carry the logo or are not authorised to carry the logo but are found to carry the logo will be notified as well and are expected to remove the logo from the product packaging with immediate effect.
- iii. HPB is entitled to publish a notice of non-compliance on its website and/or other platforms for non-compliant products, to ensure that consumers are not misled.

## 4. Procedures following the termination of the Licence Agreement

Upon termination of the Licence Agreement, food companies will be given a period of three calendar months to remove the HCS from the products. \*

If companies fail to remove the HCS from the products within three calendar months, the Board reserves the right to take legal actions against them.

*\*The three calendar months period is not applicable for products affected by guidelines revision as these products are usually given grace period (e.g. 1 – 2 years) to meet the revised guidelines.*

# C. ADVERTISING MATERIALS

## Procedures for Approval of Advertising Material

1) All materials including but without limitation, artworks and advertising material using or with reference to the HCS must be submitted to the Health Promotion Board for approval, prior to printing, distribution, publishing or broadcasting.

2) Advertising materials include, but not limited to, any of the following used to promote, directly or indirectly, the sale of food and beverage products

- Words (e.g. written audible message)
- Still or moving picture, sign, symbol
- Any combination of 2 or more of the above

3) Advertising materials include, but not limited to, promotional material distributed via the following channels:

- Print
  - Periodical Advertising (newspaper, magazine)
  - Brochures, leaflets, flyers, posters and handouts
  - Direct mail and personal sales
- Broadcast
  - Radio or Podcasts
  - TV Commercial
  - Public Service Announcement
  - Theatres/Cinema
  - SMS
- Outdoor and Transit
  - Event marketing
  - Transit advertising (MRT, Bus, Taxi, Subways, airport walkways)
  - Static Billboards/ Digital Billboards/ Mobile Billboards
  - Street furniture (park benches, bus shelters, news racks, telephone kiosks, etc)
- Online/ Digital
  - Email
  - Social Media
  - Display / Video advertisements
  - Websites
  - Mobile Applications

# C. ADVERTISING MATERIALS

- Point-of-sale\*
  - Physical Retail Store (e.g. shelf talkers, signages)
  - Vending Machine (e.g. wraps, decals)
  - E-commerce platform (e.g. banner ads)
  - F&B outlet (e.g. cashier/table standees, table stickers)

\*Point-of sale does not include product pricing information in retail platforms or online platforms

4) Examples of materials to be submitted for approval includes:

<b>TV Commercial</b>	: Storyboard including graphic illustration and, supertitles
<b>Radio</b>	: Scripts
<b>Printed Material</b>	: Final artwork (original, in full colour) (e.g. press/magazine advertisement, leaflets)
<b>Product Packaging</b>	: Final artwork (original, in full colour)

5) All advertisements are required to comply with the requirements of the following:

- This Handbook, particularly part F. GUIDELINES ON SYMBOL USAGE
- HCS Licensor's Usage Specifications on the Symbol colour and size guide
- Singapore Food Regulations and Singapore's Code of Advertising Practice.
  - You can refer to Singapore Food Agency's [A Guide to Food Labelling and Advertisements](#) and [Food Regulations \(Sale of Food Act\)](#) for more information. You may also want to visit Singapore Food Agency's website (<https://www.sfa.gov.sg>).
  - Singapore's Code of Advertising Practice can be found in the Advertising Standards Authority of Singapore (ASAS)'s website ([www.asas.org.sg](http://www.asas.org.sg))

6) Please submit the advertisements at the 'Manage Advertising Material' module at HCS Online. Please note that you can only submit advertising materials for your HCS product after it has been approved and listed. The advertisements submitted to the Health Promotion Board will be reviewed in a timely fashion.

Companies may click on the link below to refer to step by step Advertising Material Submission guide by HPB:

[User Guide to Advertising Materials Submission](#)

# D. SYMBOL LABELLING

## Symbol Labelling and Presentation

1. Please refer to the HCS Licensor's Usage Specifications available in the HCS website (Click [here](#) for the link) for the colour, size and font requirements.
2. The Symbol must not be distorted, photographically or otherwise.
3. The Symbol must not touch the brand name on the product to suggest that the product is generic to HPB.
4. The Symbol must not cover any essential information on the label.
5. In line with the national nutrient claim guidelines, comparative claims e.g. *Lower* in sugar, are to carry a statement on the label qualifying the comparison. This edition/version of HCS guidelines carries nutritional taglines including, lower in sugar, lower in sodium, lower in saturated fat, and higher in calcium.

An example of the statement is "25% lower in sugar as compared to regular [range or name of food category]" or any other statement bearing similar meaning.

6. Under certain circumstances where printing onto the packaging is not feasible, the company will be allowed to paste sticker labels onto the packaging. However, as a default, companies are encouraged to print the logo on the product packaging.
  - a. Please email the HCS admin team at [HPB\\_HCSadmin@hpb.gov.sg](mailto:HPB_HCSadmin@hpb.gov.sg) if you want to print stickers labels instead.
  - b. Companies are responsible for printing their own stickers labels for the HCS and the nutrition information panel.
7. The HCS is the copyright of HPB.

# E. GUIDELINES ON SYMBOL USAGE

## Advertising Codes

This section illustrates the guidelines for all packaging, advertising and promotional materials of food products licensed to carry the Symbol. These guidelines are set with the intention of:

### *Governing the appropriate use of the Healthier Choice Symbol*

Designing, reviewing of product packaging, advertising and promotional materials involve perceptions and decisions, which are subjective. **The guidelines stated in this article, however, are not intended to limit a creative approach.** However, companies participating in the Healthier Choice Label Programme have to comply with certain guidelines.

## General Guidelines

- 1) The guidelines stated here are applicable to all products licensed by the Health Promotion Board that use and make reference to the Healthier Choice Label Programme.
- 2) These guidelines are applicable to all product packaging, advertising, and promotional materials or efforts of any nature and through any media that play a role in influencing consumer perception.
- 3) The Healthier Choice Symbol and the appropriate certification statement must at all times conform to the guidelines as stated in this section and any other recommendations made by the Health Promotion Board.

## Responsibility

- 1) **It is the responsibility of participating companies to ensure that their packaging labels and advertising materials comply with the Food Regulations.**
- 2) While these guidelines are applicable to the company and its advertising and/or other related agencies, the primary responsibility for enforcing and conforming to these standards lies solely with the individual participating company.
- 3) Any violation of these guidelines may result in termination of the participating company's licence to use the Symbol.
- 4) **These guidelines are subject to change according to the Board's scientific positions, government regulations and other circumstances.**

All packaging, advertising and promotional material artworks must conform to the guidelines in effect at the time they are submitted for approval. Should there be any changes made to these guidelines, notification of changes and their effective dates will be sent out to all relevant participating companies.



# E. GUIDELINES ON SYMBOL USAGE

## Specifications of the Healthier Choice Symbol

- 1) The **colour and artwork** of the Symbol on the promotional materials will have to **conform to the colour guide** in the HCS Licensor's Usage Specifications.
- 2) The Symbol must **NOT** be verbally and visually associated with unrelated claims such as 'Fortified with Vitamins and Minerals', 'Low Lactose', 'No Preservatives', 'No Cholesterol' and 'Organic'.

## Claims and Promotional Messages

- 1) All claims and information used in relation to the Healthier Choice Label Programme for the promotion and packaging of licensed products must be **factual, accurate and must not be misleading. Evidence such as scientific reports or statistical reports will be required for support of statements or claims.**
- 2) **All possible misconceptions by the consumer of products being 'good' or 'bad', 'healthy' or 'unhealthy' should be avoided.**

The purpose of this Programme is to provide information to consumers in helping them make healthier choices towards a healthier lifestyle, and not to make any negative implications to products which do not meet the Board's Nutritional Guidelines.

- 3) The following statements may be used together with the Symbol in all advertising and promotions.

'*[Product Name]* meets the Nutritional Guidelines of the Healthier Choice Label Programme.'

*or*

'*[Product Name]* meets the Nutritional Guidelines to qualify for the Healthier Choice Symbol.'

*or*

'*[Product Name]* meets the Nutritional Guidelines of the Healthier Choice Label Programme administered by the Health Promotion Board.'

*or*

'*[Product Name]* meets the Nutritional Guidelines set by the Health Promotion Board as a Healthier Choice.'

# E. GUIDELINES ON SYMBOL USAGE

4) The following are examples of statements that are **not** allowed on **all promotional materials**:

- i) ' First (or No. 1) in Singapore to carry the Healthier Choice Symbol', or related claims
- ii) '[*Product Name*] is endorsed by the Health Promotion Board', or related claims
- iii) ' The one and only product with the Healthier Choice Symbol'

## **Multiple Product Advertising and Promotions**

Products related by brands are often promoted collectively. The following guidelines are applicable to advertisements or promotions of:

***Participating (licensed) products with other Participating (licensed) products,***

and

***Participating (licensed) products with other Non-participating products.***

- The joint advertising and promotion of the above two situations are both allowed.
- The acceptance of the participating products must not in any way, direct or implied, be extended to non-participating products shown in the advertisement.

The acceptance of one product by the Board messages must not in any way imply, that it extends to other products, although they are not projected in the advertisement.

Consumers must not be misled into believing that other products manufactured by the company, or within a brand, also meet with the Board's Nutritional Guidelines.

Joint advertisement or promotion of participating products and non-participating products that are packed together must ensure that **only licensed products carry the Healthier Choice Symbol**. For example, free samples (non-participating products) which are wrapped with a participating product must not have the Symbol on their wrapping.

Advertising materials that featured multiple participating products with different tagline are to use the HCS logo with the Eat All Foods in Moderation tagline.

## **Illustrations and Text**

The Healthier Choice Label Programme focuses on promoting a balanced diet and a healthy lifestyle, therefore all text and illustrations used on artworks for product packaging, advertisements and promotional materials will be considered in this context. Consumer perception of the overall context of materials and illustrations will be reviewed prior to approval.

# F. LABELLING REQUIREMENTS FOR HCS ENDORSED PRODUCTS

- 1) Packaged products sold at retail stores will require the following to be printed on the product packaging:
  - i) Nutrition Information Panel (NIP) as stated in this Handbook
  - ii)  $\geq 25\%$  comparative statement as stated in the HCS Nutrient Guidelines
  - iii) 'Eat All Foods in Moderation' statement as stated in the HCS Nutrient Guidelines. E.g. below the HCS logo
  - iv) Other labelling requirements e.g. wholegrain requirements for Cereals category as stated in the HCS nutritional guidelines
  - v) Any claims made have to meet the nutrient claims guidelines as stated in this Handbook and SFA's Singapore Food Regulations. It is the companies' responsibility to ensure compliance with the Food Regulations.
  
- 2) Non-packaged fresh produce e.g. loose fruits in supermarket will require the following:
  - i) Nutrition Information Panel (NIP) as stated in this Handbook
  - ii) NIP and HCS to be easily accessible, for example, to be displayed on a price board or equivalent
  - iii) 'Eat All Foods in Moderation' statement as stated in the HCS Nutrient Guidelines. e.g. below the HCS logo
  
- 3) Bulk packages intended for **business-to-business (B2B) sales only** will require the following:
  - i) HCS, where more than 2 logos may be allowed if necessary
  - ii) Statements or table containing the nutrient values of the relevant HCS nutrient criteria
  - iii)  $\geq 25\%$  comparative statement as stated in the HCS Nutrient Guidelines
  - iv) 'Eat All Foods in Moderation' statement as stated in the HCS Nutrient Guidelines. e.g. below the HCS logo
  - v) Other labelling requirements e.g. wholegrain requirements for Cereals category as stated in the HCS nutritional guidelines
  - vi) Any claims made have to meet the nutrient claims guidelines as stated in this Handbook.
  - vii) Should there be any claims made (e.g. nutrient/health claims), the following would need to be declared:
    - a) Nutrition Information Panel (NIP) as stated in this Handbook.

# F. LABELLING REQUIREMENTS FOR HCS ENDORSED PRODUCTS

- viii) If the bulk packaging is a multi-pack and the individual packaging within have fulfilled the labelling requirements for packaged products sold at retail stores, then the bulk packaging need to fulfil the following labelling requirements:
- a. Statements or table containing the nutrient values of the relevant HCS nutrient criteria
  - b. HCS, where more than 2 logos may be allowed if necessary
  - c. 'Eat All Foods in Moderation' statement as stated in the HCS Nutrient Guidelines. E.g. below the HCS logo
  - d. Should there be any claims made (e.g. nutrient/health claims), the following would need to be declared:
    - Nutrition Information Panel (NIP) as stated in this Handbook
    - $\geq 25\%$  comparative statement as stated in the HCS Nutrient Guidelines
    - Other labelling requirements e.g. wholegrain requirements for Cereals category as stated in the HCS nutritional guidelines
    - Any claims made have to meet the nutrient claims guidelines as stated in this Handbook.
- 4) Companies who are selling HCS products in carton(s) and have HCS logo on the carton box(s) will be required to fulfil these labelling requirements for the carton box packaging:

## ***Business to Consumers***

- i) Nutrition Information Panel (NIP) as stated in this Handbook
- ii)  $\geq 25\%$  comparative statement as stated in the HCS Nutrient Guidelines
- iii) 'Eat All Foods in Moderation' statement as stated in the HCS Nutrient Guidelines. E.g. below the HCS logo
- iv) Other labelling requirements e.g. wholegrain requirements for Cereals category as stated in the HCS nutritional guidelines
- v) Any claims made have to meet the nutrient claims guidelines as stated in this Handbook and SFA's Singapore Food Regulations. It is the companies' responsibility to ensure compliance with the Food Regulations.

## ***Business to Business Only\****

- i) HCS logo, where more than 2 logos may be allowed if necessary

*\* not applicable if business A sold to business B and business B sold the carton to consumers*

# F. LABELLING REQUIREMENTS FOR HCS ENDORSED PRODUCTS

- 5) HCS products sold in dispenser\* will require the following:
- i) Bag-in-Box (BIB) packaging (intended for **business-to-business (B2B) sales only**) to follow the below requirements:
    - a. Statements or table containing the nutrient values of the relevant HCS nutrient criteria
    - b. HCS, where more than 2 logos may be allowed if necessary
    - c. Eat All Foods in Moderation statement as stated in the HCS Nutrient Guidelines. E.g. below the HCS logo
    - d. Should there be any claims made (e.g. nutrient/health claims), the following would need to be declared:
      - Nutrition Information Panel (NIP) as stated in this Handbook
      - $\geq 25\%$  comparative statement as stated in the HCS Nutrient Guidelines
      - Other labelling requirements e.g. wholegrain requirements for Cereals category as stated in the HCS nutritional guidelines
      - Any claims made have to meet the nutrient claims guidelines as stated in this Handbook.
  - ii) HCS logo - company is to display the logo besides the respective HCS drink with the drink name on the dispenser
  - iii) 'Eat All Foods in Moderation' statement as stated in the HCS Nutrient Guidelines. E.g. below the HCS logo
  - iv) NIP to be published on website or other digital platforms
  - v)  $\geq 25\%$  comparative statement as stated in the HCS Nutrient Guidelines (if applicable)
  - vi) Where possible, a no larger than A4 standee with HCS, Eat All Foods in Moderation statement,  $\geq 25\%$  comparative statement (if applicable) and NIP meeting the NIP requirements as stated in this Handbook to be displayed beside the dispenser

*\*Non-consumer facing dispenser will only need to put (ii)*

# F. LABELLING REQUIREMENTS FOR HCS ENDORSED PRODUCTS

- 6) HCS products sold in coffee machine or equivalent\* will require the following:
- i) Where there is a bulk package of the finished product to be reconstituted (intended for **business-to-business (B2B) sales only**), the packaging is to follow the below requirements:
    - a) Statements or table containing the nutrient values of the relevant HCS nutrient criteria
    - b) HCS, where more than 2 logos may be allowed if necessary
    - c) 'Eat All Foods in Moderation' statement as stated in the HCS Nutrient Guidelines. E.g. below the HCS logo
    - d) Should there be any claims made (e.g. nutrient/health claims), the following would need to be declared:
      - Nutrition Information Panel (NIP) as stated in this Handbook
      - $\geq 25\%$  comparative statement as stated in the HCS Nutrient Guidelines
      - Other labelling requirements e.g. wholegrain requirements for Cereals category as stated in the HCS nutritional guidelines
      - Any claims made have to meet the nutrient claims guidelines as stated in this Handbook.
  - ii) HCS logo - company is to display the logo besides the respective HCS drink on the machine
  - iii) 'Eat All Foods in Moderation' statement as stated in the HCS Nutrient Guidelines. E.g. below the HCS logo
  - iv) Where possible, to include the following:
    - a.  $\geq 25\%$  comparative statement. E.g. 25% lower in sugar and saturated fat as compared to regular coffee drinks.
    - b. a no larger than A4 standee with HCS, Eat All Foods in Moderation statement,  $\geq 25\%$  comparative statement (if applicable) and NIP meeting the NIP requirements as stated in this Handbook to be displayed beside the machine
  - v) NIP to be published on website or other digital platforms and include a statement on the machine to ask consumers to visit their website for the detailed NIP. E.g. Please visit our website (website link) or QR code to the website for the detailed NIP.

*\*Non-consumer facing coffee machine or equivalent will only need to put (ii)*

# F. LABELLING REQUIREMENTS FOR HCS ENDORSED PRODUCTS

- 7) HCS products sold in steamer or equivalent\* (e.g. steamed paus) will require the following:
- i) Where there is a bulk package of the finished product (intended for **business-to-business (B2B) sales only**), the packaging is to follow the below requirements:
    - a. Statements or table containing the nutrient values of the relevant HCS nutrient criteria
    - b. HCS, where more than 2 logos may be allowed if necessary
    - c. 'Eat All Foods in Moderation' statement as stated in the HCS Nutrient Guidelines. E.g. below the HCS logo
    - d. Should there be any claims made (e.g. nutrient/health claims), the following would need to be declared:
      - Nutrition Information Panel (NIP) as stated in this Handbook
      - $\geq 25\%$  comparative statement as stated in the HCS Nutrient Guidelines
      - Other labelling requirements e.g. wholegrain requirements for Cereals category as stated in the HCS nutritional guidelines
      - Any claims made have to meet the nutrient claims guidelines as stated in this Handbook.
  - ii) HCS logo - company is to display the logo besides the respective HCS product or image on the steamer, where possible
  - iii) 'Eat All Foods in Moderation' statement as stated in the HCS Nutrient Guidelines. E.g. below the HCS logo
  - iv) NIP to be published on website or other digital platforms
  - v)  $\geq 25\%$  comparative statement as stated in the HCS nutritional guidelines (if applicable)
  - vi) Where possible, a no larger than A4 standee with HCS, Eat All Foods in Moderation statement,  $\geq 25\%$  comparative statement (if applicable) and NIP meeting the NIP requirements as stated in this Handbook to be displayed beside the steamer.

*\*Non-consumer facing steamer or equivalent will only need to put (ii)*

# F. LABELLING REQUIREMENTS FOR HCS ENDORSED PRODUCTS

- 8) HCS products sold in vending machines will require the following:
- i) Where the finished product is a packaged product,
    - a. the packaging of the finished product is to follow the labelling requirements for packaged products in point 1.
    - b. HCS logo - company is to display the logo besides the respective HCS product on the machine
    - c. 'Eat All Foods in Moderation' statement as stated in the HCS Nutrient Guidelines. E.g. below the HCS logo
  - ii) Where the finished product is not a packaged product,
    - a. NIP and  $\geq 25\%$  comparative statement (if applicable). E.g. 25% lower in sugar and saturated fat as compared to regular coffee drinks, must be accessible e.g. printed on vending machine artwork or digital platforms.
    - b. If digital platform is chosen, to include a statement on the machine to ask consumers to visit their website for the detailed NIP. E.g. Please visit our website (website link) or QR code to the website for the detailed NIP.
    - c. HCS logo - company is to display the logo besides the respective HCS product on the machine
    - d. 'Eat All Foods in Moderation' statement as stated in the HCS Nutrient Guidelines. E.g. below the HCS logo

All artworks using or with reference to the HCS must be submitted to the Health Promotion Board for approval, prior to printing, distribution, publishing or broadcasting.