

ADDENDUM TO
A HANDBOOK ON
NUTRITION LABELLING
(SINGAPORE) - Revised June 2020

D. GUIDELINES FOR NUTRIENT CLAIMS

4. Sugar (free sugar as per WHO definition)[#]

Nutrient Claim	Guideline
No Added Sugar Without Added Sugar	- no free sugars [#] or ingredients with free sugars [#] (whether naturally-occurring or added), including honey, malt and malt extract, with the exception of sugar alcohols and sweetening substances [^] , are added during processing.
Unsweetened	- no added free sugars [#] or ingredients with free sugars [#] , (whether naturally-occurring or added) including honey, malt, malt extract, sweetening substances [^] or sugars alcohols, are added during processing
Sugar Free Free of Sugar Lactose Free	- ≤ 0.5 g sugars per 100 g or 100 ml <u>Meal Type Product</u> - ≤ 0.5 g sugars per serving
Low Sugar Low in Sugar Lite in Sugar Light in Sugar	- ≤ 5 g sugars per 100 g, or - ≤ 2.5 g sugars per 100 ml, or - ≤ 2 g sugars per serving
Less Sugar Lower Sugar Lower in Sugar than ... Reduced Sugar	- ≥ 25% less sugar than the reference food*

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.