

Annex A

Please take note of the following updates for the HCS programme:

a. A new 'Roti Prata' sub-category under the 'Cereal' category

Cereal Main Category		HCS Guidelines	HCS Tagline
1	New sub-category: Roti Prata	Saturated Fat: ≤ 7 g/100g Dietary fibre: ≥ 4 g/100g Wholegrains: ≥ 25 %	1. Higher in Wholegrains 2. Higher in Wholegrains Lower in Saturated fat

b. Re-introduction of the 'sodium' tagline to the 'Sauces, Soups and Recipe Mixes' category

Sub-category		Current Tagline	New Tagline
1	Asian Sweet sauce e.g. rojak sauce, plum sauce, yusheng sauce, sweet & sour sauce, coffee sauce, lemon sauce, satay sauce, etc	Lower in Sugar	Lower in Sugar {Lower in Sodium}*
2	Dark Soy sauce (incl. black sweet sauce and kecap manis)	Lower in Sugar	Lower in Sugar Lower in Sodium
3	Tomato/Chilli Sauces	Lower in Sugar	Lower in Sugar Lower in Sodium

*Nutrient tagline indicated in parenthesis { } refers to an optional second nutrient tagline.

c. A new definition for 'Jellies'

Current definition		Revised definition
1	Jellies <i>e.g. grass jelly, aiyu jelly, fruit jelly, etc</i>	Jellies <i>"e.g. grass jelly, aiyu jelly, fruit jellies, etc. Does not include jelly drinks. To classify a product as a jelly or jelly drink, the marketing, presentation, intended usage and composition (i.e. percentage of solid components) of the product will be taken into consideration."</i>

d. Expansion of Oriental dry wheat noodles to include non cereal-based noodles with wholegrains e.g. legumes based, soy based noodles

Cereal Main Category		HCS Guidelines	Eligible HCS Tagline*
1	Oriental Noodles (Dry) Wheat noodles renamed to Oriental Noodles (Dry) Noodles (included non cereal-based noodles with wholegrains e.g. legumes based, soy based noodles)	Fat: ≤ 2 g/100g Sodium: ≤ 180 mg/100g Dietary fibre: ≥ 2 g/100g Wholegrains: ≥ 15%	1. Higher in Wholegrains 2. Higher in Wholegrains Lower in Saturated Fat 3. Higher in Wholegrains Lower in Sodium 4. Higher in Wholegrain Low Glycemic Index

***Labelling requirements for carrying the HCS with “Higher in wholegrains” claim**

- (i) Declaration of wholegrains content based on weight of final product
e.g. Wholegrain wheat (44%), oats (12%), brown rice (20%) or;
e.g. As a front / back of pack labelling statement “Contains x% of wholegrains”.
- (ii) Declaration of wholegrains content per serving expressed as a percentage of the daily requirement. The daily whole-grain requirement is taken as 50g.
e.g. “2 slices of [name of bread] will provide you with [x%] of your daily wholegrain requirement;
e.g. “1 serving of [name of food product] will provide you with [x%] of your daily wholegrain requirement”

Optional health message on Wholegrain products

Manufacturers may place the following health message on wholegrain products bearing the “Higher in wholegrains” logo

- “Wholegrains are essential part of a nutritious[^] diet. As wholegrains contain all parts of the grain (germ, bran and endosperm), it is healthier[^] than refined grains. Examples of wholegrain foods are wholemeal bread, brown rice and [name of food category*]. For more tips on healthy eating, visit HPB’s Food For Health at www.hpb.gov.sg/foodforhealth”

[^]To qualify, Products will need to carry the HCS “Higher in wholegrains” logo and display the NIP

*Manufacturers may choose the third example of the food category from the list of oats, wholegrain breakfast cereals, brown rice vermicelli, wholemeal crackers, whole durum wheat pasta.

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

1. Food products must first meet all the HCS nutrient guidelines as specified in the category the product falls under, before it can apply for the Low GI claim.
2. Must have a GI value* of less than 55.

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

3. Product eligibility for GI testing[@]:
At least 7.5g of carbohydrate per serving of the food product (This amount of carbohydrate should be present to qualify for GI testing)
Or
50% of the macronutrient must be carbohydrates.

[@] Co-developed with Temasek Polytechnic Glycemic Index Research Unit