

# HEALTH PROMOTION BOARD

## Annex A

Please see the table below for revised Healthier Choice Symbol (HCS) Programme guidelines for Oriental Noodles

Sub-Categories	Current guidelines	Revised guidelines
<b>1. Oriental noodles (Dry)</b>		
<b>a. Wheat noodles</b> <sup>Revised</sup>		
- Fat (g/100g)	$\leq 2$	$\leq 2$
- Sodium (mg/100g)	$\leq 180$	$\leq 180$
- Dietary fibre (g/100g) <sup>Revised #</sup>	$\geq 2$	$\geq 2$ <sup>#</sup>
- % of Whole-grains*	$\geq 10$	$\geq 15$
<b>b. Rice-based noodles (Eg- Rice spaghetti, other forms of thicker rice based noodles)</b> <sup>NEW</sup>		
- Fat (g/100g)	-	$\leq 2$
- Sodium (mg/100g)	-	$\leq 180$
- Dietary fibre (g/100g) <sup>Revised #</sup>	-	$\geq 2$ <sup>#</sup>
- % of Whole-grains*	-	$\geq 15$
<b>2. Oriental noodles (Fresh)</b>		
<b>a. Wheat-based noodles (E.g. Hokkien Yellow Noodles)</b> <sup>Revised</sup>		
- Fat (g/100g)	$\leq 5$	$\leq 5$
- Sodium (mg/100g)	$\leq 400$	$\leq 500$
- Dietary fibre (g/100g) <sup>Revised #</sup>	-	$\geq 2$ <sup>#</sup>
- % of Whole-grains*	$\geq 8$	$\geq 15$
<b>b. Rice-based noodles (E.g. Kuay Teow, Laksa Bee Hoon)</b> <sup>Revised</sup>		
- Fat (g/100g)	$\leq 5$	$\leq 5$
- Sodium (mg/100g)	$\leq 400$	$\leq 400$
- Dietary fibre (g/100g) <sup>Revised #</sup>	-	$\geq 2$ <sup>#</sup>
- % of Whole-grains*	$\geq 8$	$\geq 15$

Restricted

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# if the wholegrain criteria is met, the dietary fibre criteria will be an elective criteria.

### **\*Labelling requirements for carrying the HCS logo 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<sup>^</sup> diet. As wholegrains contain all parts of the grain (germ, bran and endosperm), it is healthier<sup>^</sup> 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](http://www.hpb.gov.sg/foodforhealth)”

<sup>^</sup>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.*