

## Wholegrain Products (Applicable to Bakery settings only)<sup>New</sup>

Sub-Category	Energy (kcal/ serving)	Fat (g/ 100g)	Saturated Fat (g/ 100g)	Trans Fat (g/ 100g)	Sodium (mg/ 100g)	Dietary fibre (g/ 100g)	Total Sugar (g/ 100g)	% of Whole- grains
Bread (loaf), breadcrumbs, Flat breads (pita, wraps) pizza crust	-	≤ 5 <sup>(b)</sup>	-	≤ 0.1	≤ 450	≥ 3	-	≥ 25
Buns, rolls* (unfilled, plain) Hamburger, hotdog type	-	≤ 5 <sup>(b)</sup>	-	≤ 0.1	≤ 450	≥ 3	-	≥ 8
Buns, rolls* (filled) Cream, jam, fruits, custard, savoury	-	≤ 8 <sup>(b)</sup>	-	≤ 0.1	≤ 400	≥ 2	≤ 15	≥ 8
Steamed buns	-							
• Filled (e.g. Pau)		≤ 8 <sup>(b)</sup>	-	-	≤ 250	-	≤ 18	≥ 10 <sup>(c)</sup>
• Unfilled (e.g. Mantou)		≤ 8 <sup>(b)</sup>	-	-	≤ 250	-	≤ 15	≥ 15 <sup>(c)</sup>
Cakes, muffins	-	≤ 22	-	≤ 0.2 <sup>(d)</sup>	≤ 300	≥ 3	≤ 24	≥ 10 <sup>(c)</sup>

(a) Based on weight on final product.

(b) Products with fat levels that exceed the criteria and less than 10% will be accepted if the % saturated fat is less than 20% of the total fat.

(c) Based on weight of final product

(d) Where butter is the primary and/or only source of fat used in this recipe, applications can be assessed on case-by-case basis due to the presence of naturally occurring trans-fat in butter

\* With effect from 1<sup>st</sup> April 2018:

- Buns, rolls (unfilled, plain): ≥10% Wholegrain
- Buns, rolls (filled) Cream, jam, fruits, custard, savoury: ≥10% Wholegrain.

### Convenience meals in bakery settings

Sub-Category	Calories /serving	Fat (g/100g)	Saturated Fat (g/100g)	Trans Fat (g/100g)	Sodium (mg/100g)	Total Sugar (g/100g)	Whole-grain Content ^ (%)
Small meals <sup>1</sup>	≤300 <sup>(a)</sup>	-	≤3.0	≤0.1	≤400	-	Criteria for whole-grains are applicable for cereal based convenience meals <sup>2</sup>

1. Small meals refer to light meals usually consumed as lunch or snacks. Examples: sandwiches, wraps, pies, Asian glutinous rice. Typical weight <200g
2. Only wholegrain options will be acceptable. The standards for wholegrains for ingredients used in the recipe can be obtained under respective sub-categories for “Cereals”. Examples of wholegrain options as listed below:

Wholegrain standards for ingredients used in the recipe	Examples of convenience meals
<ul style="list-style-type: none"> <li>• Wholemeal bread (≥25% wholegrains)</li> <li>• Wholemeal pita (≥25% wholegrains)</li> <li>• Wholemeal wraps (≥25% wholegrains)</li> <li>• Wholemeal buns and rolls (≥10% wholegrains)</li> </ul>	Sandwiches, rolls, wraps, fold-overs, burgers, pizza
<ul style="list-style-type: none"> <li>• Rice / dehydrated rice (≥20% unpolished rice)</li> <li>• Glutinous rice (≥20% unpolished rice)</li> <li>• Rice flour (≥20% unpolished rice)</li> </ul>	Ready-to-eat rice-based meals, instant porridge, sushi, dimsum (lor mai fan, fan choy, chee cheong fun, carrot cake)
<ul style="list-style-type: none"> <li>• Dry wheat noodles (≥15% whole wheat)</li> </ul>	Instant noodles, cup noodles
<ul style="list-style-type: none"> <li>• Dry rice vermicelli (≥80% brown rice)</li> </ul>	Ready-to-eat vermicelli meals
<ul style="list-style-type: none"> <li>• Pasta (whole durum wheat pasta / wholemeal pasta / semolina)</li> <li>• Wholemeal pizza base (25% wholegrains)</li> </ul>	Frozen / Chilled ready-to-eat pasta based meals, pizza
<ul style="list-style-type: none"> <li>• Fresh oriental rice / wheat noodles (≥15% wholegrains)</li> </ul>	Frozen / chilled / ready-to-eat noodle meals
<ul style="list-style-type: none"> <li>• Other wholegrain ingredients^ A list of wholegrains can be referred from the link provided (<a href="http://www.wholegrainscouncil.org/whole-grains-101/whole-grains-a-to-z">http://www.wholegrainscouncil.org/whole-grains-101/whole-grains-a-to-z</a>)</li> </ul>	

- (a) 10% variation will be accepted