

Category: Dessert^{New}

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
Local and seasonal cakes (E.g. mooncakes, Nian Gao, pineapple tarts, Nonya kueh, tapioca kueh)	-	≥ 25% fat reduction compared to reference food ^(a)		≤ 0.1	-	≥ 3.0	≥ 25% sugar reduction compared to reference food ^(a)	-
Ice cream (Includes Sorbet)	≤ 200	≤ 12	-	≤ 0.5	-	≥ 3.0	≤ 17	-
Frozen yogurt	≤ 200	≤ 5	-	-	≤ 120	≥ 3.0	≤ 20	-
Local clear soup desserts (E.g. Cheng Tng, green bean soup, tau suan)	≤ 200	-	-	-	-	≥ 3.0	≤ 6	-
Soup/Paste desserts (with dairy / cream) (E.g. almond paste, black sesame paste, pulot hitam, mango sago)	≤ 200	≤ 2.5	≤ 1.5	-	-	≥ 3.0	≤ 6	-
Ice shaving desserts (E.g. Bingsu, Bubur Cha Cha, Chendol)	≤ 200	≤ 2.5	≤ 1.5	-	-	≥ 3.0	≤ 6	-
Jellies (E.g. grass jelly, Aiyu, Fruit jellies)	≤ 200	-	-	-	-	≥ 3.0	≤ 13 (≤11 from April 2019)	-
Pudding (E.g. mango pudding, rice pudding)	≤ 200	≤ 1.5	Pdts not more than 60% of total fat will qualify	-	≤ 120	≥ 3.0	≤ 13 (≤11 from April 2019)	-

^(a)From NC1 of A Handbook on Nutrition Labelling (Singapore), 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