

# **Healthy Meals in Schools Programme (HMSP) Guidelines**

**Updated as of: 15 September 2022**

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## Healthy Meals in Schools Programme (HMSP) Food Service Guidelines

The following criteria apply to all food and beverage sold in school canteens, cafés and vending machines serving both staff and students.

**Note:** Food from the 3 food groups (Wholegrain, Vegetables and Protein) of My Healthy Plate must be served in every main meal<sup>1</sup> and fruit must be served daily at any time in the stated portion sizes as listed below.

**Processed food is not recommended** to be served as it typically contains high amount of sodium.

### Cooked Food or Snack Stalls

No.	Food Category	Serving Size <sup>2</sup>	Product Criteria	Preparation Method
1	Wholegrains	<b>2 serves or more</b>  <b>Examples of 1 serve:</b> <ul style="list-style-type: none"> <li>• 100g of cooked mixed rice (20% wholegrain + 80% white)</li> <li>• 100g of cooked wholegrain oriental noodle</li> <li>• 100g of cooked wholegrain bee hoon</li> <li>• 2 slices of wholegrain bread (60g)</li> </ul>	<ul style="list-style-type: none"> <li>• Products carrying the Healthier Choice Symbol (HCS), or meet the “% of Whole-grains” <b>and</b> Sugar criteria of the HCS guidelines (Cereal category)</li> <li>• For homemade snack, sugar level must be <b>12g or less</b> per serving<sup>3</sup>.</li> </ul>	<ul style="list-style-type: none"> <li>• Fully cooked</li> <li>• <b>No</b> deep frying</li> </ul>
2	Fruit	<b>½ serve or more fruits</b> (e.g. ½ apple (65g), ½ orange (65g), ½ wedge of watermelon (75g))	<ul style="list-style-type: none"> <li>• Fresh</li> </ul>	<ul style="list-style-type: none"> <li>• Whole or Cut</li> </ul>
3	Vegetables <sup>4</sup>	<b>2 heaped dessertspoons or more</b> (Approximately 50g)	<ul style="list-style-type: none"> <li>• Products carrying the Healthier Choice Symbol (HCS), or meet the HCS guidelines (Fruit and Vegetable category)</li> </ul>	<ul style="list-style-type: none"> <li>• Fully cooked</li> <li>• <b>No</b> deep frying</li> </ul>
4	Protein <sup>5</sup> (Meat and Others)	<b>2 heaped dessertspoons or more</b> (Approximately 50g)	<ul style="list-style-type: none"> <li>• Fresh or frozen lean meat</li> <li>• Products carrying the Healthier Choice Symbol (HCS) or meet the HCS guidelines (Protein category)</li> </ul>	<ul style="list-style-type: none"> <li>• Fully cooked</li> <li>• <b>No</b> deep frying</li> </ul>
5	Fats and Oils <sup>6</sup>	-	<ul style="list-style-type: none"> <li>• Products carrying the Healthier Choice Symbol (HCS) or meet the HCS guidelines (Fats and Oils category)</li> </ul>	-
6	Sauces, Spreads and Condiments and Salt	Serve <b>2 dessertspoons or less</b> of gravy or sauce from cooked dish only upon request (For rice dishes only)	<ul style="list-style-type: none"> <li>• Products carrying the Healthier Choice Symbol (HCS) or meet the HCS guideline (Sauces, Spreads and Condiments category)</li> </ul>	<ul style="list-style-type: none"> <li>• Prepare according to manufacturer’s instructions on the packaging</li> </ul>

**Note:** To encourage students to opt for water as their preferred choice of drink, each school must have at least two working water coolers within the canteen area.

### Beverage Stalls<sup>7,8</sup>

No	Beverage Category	Serving Size	Product Criteria	Preparation Method
7	<ul style="list-style-type: none"> <li>• <b>Sugar-based drinks</b> (E.g. Non-carbonated drinks/Asian drink)</li> <li>• <b>Juice</b></li> <li>• <b>Dairy/creamer-based drinks</b> (E.g. Malted or Chocolate drink, Coffee, Tea, Milk, Yogurt drink and etc)</li> <li>• <b>Plant-based milk</b> (E.g. Soy milk, almond milk, Oat milk and etc)</li> </ul>	<p><b>330ml or less</b></p> <p>Serving size limit is not applicable to calorie-free drinks (e.g. Bottled water, Sparkling water, Plain tea and etc)</p>	<ul style="list-style-type: none"> <li>• Products carrying the Healthier Choice Symbol (HCS) or meet the Beverages HCS guidelines</li> <li>• At least 10% of the total product available for sale must be calorie-free (e.g. bottled water)</li> <li>• The following items or practices are <b>not allowed</b>:               <ol style="list-style-type: none"> <li>1. Free access to or addition of sugar, sugar syrup, cordial syrup<sup>9</sup> or honey</li> <li>2. Added toppings<sup>10</sup></li> <li>3. Sweeteners<sup>11</sup></li> </ol> </li> </ul>	<p>Prepare according to manufacturer's instructions on the packaging (if any).</p> <p>Example: Put 30g of dairy/creamer-based drink into a cup. Add 200ml of hot/warm water (<b>low-fat</b> milk can be added) and stir.</p>
8	<ul style="list-style-type: none"> <li>• <b>Homemade or freshly prepared beverages</b> (E.g. Barley water, Flower tea<sup>12</sup>, Coffee, Tea and etc)</li> </ul>		<ul style="list-style-type: none"> <li>• <b>From end 2023, sugar level must be 5g or less and saturated fat must be 1.2g or less per 100ml of beverage.</b></li> </ul>	<p>Please refer to HPB's resources for guidance.</p>
9	<ul style="list-style-type: none"> <li>• <b>Freshly squeezed fruit juice</b></li> </ul>	<p><b>330ml or less</b></p>	<ul style="list-style-type: none"> <li>• <b>From end 2023, per 100ml of juice must contain 5g or less sugar</b> that is naturally present in fruits</li> <li>• The following items or practices are <b>not allowed</b>:               <ol style="list-style-type: none"> <li>1. Free access to or addition of sugar, sugar syrup, cordial syrup or honey</li> <li>2. Added toppings</li> <li>3. Sweeteners</li> </ol> </li> </ul>	<p>Mix 1 part of water or ice to 2 parts of freshly squeezed juice.</p> <p>Example: 50ml of water + 100ml of freshly squeezed fruit juice</p>

### Dessert Stalls<sup>13</sup>

No	Food Category	Serving Size	Product Criteria	Preparation Method
10	<ul style="list-style-type: none"> <li>• Local soup desserts</li> <li>• Jellies</li> <li>• Pudding</li> <li>• Local and seasonal cakes</li> <li>• Frozen desserts</li> </ul>	200g or less for soup dessert if it is being served	<ul style="list-style-type: none"> <li>• Commercially prepared products carrying the Healthier Choice Symbol (HCS) or meet the HCS guidelines (Dessert's category)</li> <li>• For homemade dessert, sugar level must be <b>12g or less</b> per serving.</li> </ul>	<ul style="list-style-type: none"> <li>• No deep frying</li> </ul>

Cooks and canteen vendors are encouraged to use fruit or vegetables to sweeten home-baked snacks/soup desserts.

## ENDNOTES

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<sup>1</sup> Examples of main meals are economic rice, fried rice, noodle soup, stir-fried oriental noodles or pasta, sauce-based noodle (e.g. mee rebus, pasta with sauce), chicken chop, etc.

<sup>2</sup> Refers to the serving size each time the food is served.

<sup>3</sup> Per serving refers to a typical serving portion of the homemade snack/dessert.

<sup>4</sup> Starchy vegetables (e.g. Corn, Potato, Pumpkin, Sweet potato, Yam, Lotus root, Butternut squash, Cassava, Burdock root) has a higher carbohydrate content and hence will **not be considered as “vegetable”** under this programme.

<sup>5</sup> Includes Dairy, Egg, Plant-based protein and Soy products.

<sup>6</sup> When high-fat ingredients (e.g. coconut cream/coconut milk) not categorised in HCS nutrient guidelines are used, only reduced-fat alternatives (e.g. Trim coconut milk, Lite coconut milk, Super lite coconut milk) which contains **15g or less total fat** can be used.

<sup>7</sup> If a cooked food or snack stall has beverages in its offerings, the beverages sold must meet these guidelines.

<sup>8</sup> These guidelines are also applicable to vending machines offering beverages.

<sup>9</sup> Examples are Rose syrup, Barley syrup, Fruit syrup etc.

<sup>10</sup> Examples are tapioca pearls, whipped cream, chocolate, cocoa powder, coconut flakes, sweetened solid ingredients etc.

<sup>11</sup> Examples of intense sweeteners include sugar alcohols, monk fruit extract, stevia, acesulfame K, sucralose and aspartame. The aim is to cultivate a palate for less sweet drinks among the youths. We recognise that sweeteners may condition our palates to demand sweet food and drinks in our diet, which may lead to excessive calorie and sugar intake. Therefore, drinks containing non-sugar sweeteners are disallowed in schools.

<sup>12</sup> Examples of flower tea are Chrysanthemum, Jasmine flower, Osmanthus, Honeysuckle, Rose and etc

<sup>13</sup> If a beverage or cooked food stall has snacks or desserts in its offerings, these items sold must meet applicable guidelines.