

HEALTHIER DINING PROGRAMME CRITERIA – CATERING FOR INDIVIDUALS

Individual Catering Meal Guidelines	
My Healthy Plate criteria	<p>(i) All carbohydrate-based menu items must be wholegrain. Wholegrains serving size must be $\leq 300\text{g}^*$</p> <p>(ii) Vegetable portion must be $\geq 100\text{g}^*$</p> <p>(iii) Protein foods (Meat and ¹others) must be $\geq 90\text{g}^*$ or equivalent</p> <p>(iv) Food preparation method must be $\leq 40\%$ deep fried</p> <p>(v) For menus with 'Dessert' category, fresh fruits must be an option offered.</p> <p>¹Refer to https://www.healthhub.sg/programmes/55/my-healthy-plate [*]Weight of foods specified are of cooked carbohydrates, vegetables, and protein foods.</p>
Healthier ingredients (whole-grains¹, healthier oils² and lower-sodium³)	<p>Caterer must include whole-grains in all staple options and use healthier cooking oils for all cooking and food preparation.</p> <p>Caterer must use lower-sodium ingredients for all cooking and food preparation. Caterer can opt to use either:</p> <ol style="list-style-type: none"> a. Lower-sodium light and dark soy sauces, oyster sauce and seasonings; or b. Lower-sodium salt; or c. Both
Healthier beverages (where applicable)	<p>Caterer must offer plain water as an option if beverages are served.</p> <p><u>Freshly prepared beverages</u></p> <p>All freshly prepared beverages must not contain any added sugar. However, naturally occurring sugars in beverage ingredients such as milk, dates or other fruits are permitted.</p> <p>All freshly prepared beverages must also meet the nutrient thresholds for Grades A or B under the Nutri-Grade, which are: ≤ 5 grams of free sugar and ≤ 1.2 grams of saturated fat per 100 ml of beverage.</p> <p><u>Pre-packaged beverages</u></p> <p>All pre-packaged beverages provided must meet the nutrient thresholds for Grades A or B under the Nutri-Grade, which are: ≤ 5 grams of free sugar and ≤ 1.2 grams of saturated fat per 100 ml of beverage.</p>
Deep-fried menu items	<p>Caterer must limit deep fried items to no more than the following:</p> <ol style="list-style-type: none"> a) No deep-fried item allowed for a meal/set with ≤ 3 items; b) 1 item for a meal/set with 4-8 items (including dessert, excluding drinks); <p>All deep-fried items must be clearly labelled (e.g. "DF") on the menu.</p>

Publicity Guidelines	
Website (Optional)	<ul style="list-style-type: none"> • "Healthier options available here" identifier displayed on website/app/order platforms
Point of Purchase Endorsement Labelling / Menu	<ul style="list-style-type: none"> • Include HPB identifiers on online menu and marketing collaterals • Feature healthier offerings with pictorial representation on company website, tagged with appropriate HDP identifiers • Feature healthier offerings with pictorial representation on menus and/or marketing collaterals

¹ All staples listed within the "Rice and Noodle" category must be made of whole-grains and must be aligned with HPB's Healthier Dining Programme (HDP) nutritional guidelines. Where there is no "Rice and Noodle" category available (e.g. refreshment menus), staples equivalent listed under "Snack and Pastry/Appetizers" (e.g. bun, bread, pizza) must be made of whole-grains and meet corresponding HDP nutritional guidelines.

² Healthier oil refers to HCS oils and other plant based oils (e.g. olive, canola, peanut, soybean and sunflower oil) containing 35% or less saturated fats.

³ Lower-sodium soy sauce, oyster sauce, seasoning or salt include those that carry the HCS, and those that meet the sodium criteria under HCS.