

HEALTHIER CATERING GUIDELINES [EFFECTIVE 1 FEB 2024]

Note: Please refer to the Health Promotion Board (HPB)'s website for the most updated healthier catering guidelines : <https://www.hpb.gov.sg/healthy-living/food-beverage/wog-healthier-catering-policy/about-the-healthier-catering-policy>

	Menu Guidelines
Healthier beverages	<ol style="list-style-type: none">1. Caterer must provide plain water in all menus that include beverage(s).2. All pre-packaged beverages must meet the nutrient thresholds for Grades A or B under the Nutri-Grade grading system, which are: ≤5 grams of free sugar and ≤1.2 grams of saturated fat per 100 ml of beverage, as prepared.3. Freshly prepared coffees and teas must be served without pre-adding sugar/syrup/milk/creamer. These ingredients may be served on the side.4. Apart from coffees and teas, all other freshly prepared beverages must meet the nutrient thresholds for Grades A or B under the Nutri-Grade grading system, which are: ≤5 grams of free sugar and ≤1.2 grams of saturated fat per 100 ml of beverage, as prepared.5. [New guideline] By 1 Feb 2024, where creamers, evaporated milk and condensed milk are served on the side, they must be lower in saturated fat¹.

¹ Lower saturated fat creamers, evaporated milk and condensed milk include those that carry the Healthier Choice Symbol (HCS), and those that meet the saturated fat criteria under the HCS (i.e., ≤4g of saturated fat/100g of fat, as of July 2023).

Healthier ingredients (whole-grains and healthier oils)	<p>6. Caterer must include wholegrains in all staple dishes (i.e., rice and noodle) dishes². If there are no rice or noodle dishes, the staple-equivalents (i.e., bun, bread, pizza) must contain whole-grains³.</p> <ul style="list-style-type: none"> - Menus and food labels should reflect that these dishes include wholegrains. <p>7. Caterer must use healthier cooking oils for all cooking and food preparation.⁴</p> <p>8. [New guideline] By 1 Feb 2024, when salt, sauces and seasonings are used or provided, they must be lower in sodium⁵</p>
Fresh fruits	<p>9. Caterer must include fresh fruits as an option for all menus.</p> <ol style="list-style-type: none"> a. For menus which do not have the ‘Dessert and Fruits’ category, caterers are required to offer the option to substitute any of the item within the buffet with fresh fruit. b. For menus with a ‘Dessert and Fruits’ category, fresh fruits must be an option offered under the category.
Deep-fried menu items	<p>10. 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 menus with ≤ 3 items; or b. 1 item for menus with 4-8 items (including dessert, excluding drinks); or c. 2 items for menus with ≥ 9 items (including dessert, excluding drinks). <p>11. All deep-fried items must be clearly labelled (e.g., “DF”) on the menu.</p>

² All rice and noodle dishes must meet the wholegrain criteria under the HCS. These are stated in the declaration form found in Annex A to Section 7. Note: there are different criteria for each food category.

³ Staple-equivalents (i.e., bun, bread, pizza) must meet the wholegrain criteria under the HCS. These are stated in the declaration form found in Annex A to Section 7.

⁴ Healthier oils include oils that carry the HCS and other plant-based oils (e.g., olive, canola, peanut, soybean and sunflower oil) that meet the saturated fat criteria under the HCS (i.e., $\leq 35\text{g}/100\text{g}$ of saturated fat, as of Nov 2023).

⁵ Lower-sodium salt include those that carry the HCS, and those that meet the sodium criteria under the HCS (i.e., $\leq 300\text{mg}/\text{g}$ of sodium, as of Nov 2023). Lower-sodium soy sauce, oyster sauce and seasoning include those that carry the HCS, and those that meet the sodium criteria under the HCS.

Publicity Guidelines

Caterer should display the following visual identifier, where possible (e.g., prominently at the buffet line). Please refer to HPB's Healthier Catering website for the latest visual identifier.

Buffet line



Note: Caterers may refer to HPB's website for the most updated healthier choice symbol (HCS) guidelines.

<https://www.hpb.gov.sg/food-beverage/healthier-choice-symbol>

FREQUENTLY ASKED QUESTIONS (FAQs)

For further enquiries pertaining to the Healthier Catering guidelines, caterers may contact HPB at [WOG Healthier Catering@hpb.gov.sg](mailto:WOG_Healthier_Catering@hpb.gov.sg).

Healthier beverages

1. What does it mean to “provide plain water in all menus that include beverage(s)”?

For all catering menus that include beverage(s), plain water must be provided without extra charge. Water can be tap, filtered, fruit or herb infused and/or bottled water, iced or non-iced or a combination of the above. Other beverages may be provided in addition to plain water.

For menus with only 1 beverage served, caterers may:

1. Provide water as the only option, in which case the volume of water served should factor for at least 1 serving per pax ordered; or
2. Provide water and 1 other beverage (e.g., coffee) on the condition that the volume of water served should factor for at least half the number of total pax ordered at 1 serving per pax. In other words, the minimum proportion of water to the beverage served shall be 50:50 (i.e., for an event of 100 pax, it shall be minimally 50 pax worth of water and 50 pax worth of coffee, both at 1 serving per pax).

For menus with more than 1 beverage served, the volume of water served should be factor for at least half the number of total pax ordered at 1 serving per pax. For example, for an event with 100 pax, if the menu offered 1 serving of coffee and 1 serving of tea per pax, the minimum amount of water to be provided shall be at least for 50 pax at 1 serving per pax.

2. What does “creamers, evaporated milk and condensed milk that are served on the side” mean?

This refers to any creamers, evaporated milk and condensed milk that are served at the side, for consumers to add into their food and beverages if they wished to.

3. How do I know if the creamer, evaporated milk or condensed milk is lower in saturated fat?

Lower saturated fat creamers, evaporated milk and condensed milk include those that carry the Health Promotion Board’s Healthier Choice Symbol (HCS), and those that meet the saturated fat criteria under the HCS (i.e., ≤4g of saturated fat/100g of fat, as of July 2023).

You may look at the Nutrition Information Panel (NIP) available on the packaging to find out the fat content of the product (see example below).

If the NIP is not present, you may request for your supplier to obtain the saturated fat information from the manufacturers directly.

Example: NIP from an evaporated milk

NUTRITION INFORMATION		
Servings per package: 20		
Serving size: 20g (1.5 tbsp)		
	Per serving	Per 100g
Energy	20 kcal	100 kcal
Protein	1.2 g	6.0 g
Total fat	0.8 g	4.0 g
- Saturated fat	0.7 g	3.5 g
Carbohydrate	2.0 g	10.0 g
- Total Sugar	1.8 g	9.0 g

4. What are “pre-packaged beverages”?

Pre-packaged beverages include the following:

- a) Ready-to-consume beverages that are packed or made up in advance to be ready for sale and/or consumption in packages such as bottles, cans, cartons, packets or other similar containers; and
- b) Powders or concentrates that are meant to be reconstituted or diluted with fluids before consumption as a beverage (e.g., 3-in-1 or 2-in-1 coffee and tea products, fruit juice cordials). [Note: The resultant beverage after dilution is not considered pre-packaged but freshly prepared.]

For the purpose of the whole-of-government (WOG) Healthier Catering Policy, beverages that are dispensed from machines that dispense beverages according to a pre-fixed formula, with no option for a prospective consumer to customize the amount of any ingredient in the beverage (e.g., fountain drinks, beverage dispensed from automated coffee machines), are also subjected to the same guidelines as pre-packaged beverages.

To elaborate on Point (b), in the example of cordial beverages available in large dispensers at buffet lines - the concentrated cordial packaged in a bottle is pre-packaged, but the beverage prepared by the caterer after diluting the cordial and put in the dispenser at the buffet line for consumption, is freshly prepared.

5. What are “freshly prepared beverages”?

Freshly prepared beverages include the following:

- a) Beverages prepared by hand at the place or premises where they are sold, or at any place or premises before they are sold online; or
- b) Beverages for which a prospective consumer may customise the amount of at least one ingredient in the beverage.

Examples of freshly prepared beverages are:

- a) Freshly brewed coffee or tea [Note: under the healthier catering guidelines, sugar/syrup/milk/ creamer for such beverages should be served separately, and not pre-added.]
- b) Juice beverage made by diluting a cordial syrup
- c) Malted beverage made by diluting a 3-in-1 powder sachet

6. What is the Nutri-Grade grading system and what are the nutrient thresholds for Grades A or B?

As part of Singapore’s War on Diabetes, the Ministry of Health (MOH) and the HPB announced two measures for beverages to reduce Singaporeans’ sugar intake: a mandatory nutrition label (“Nutri-Grade”) based on the beverages’ sugar and saturated fat content and advertising prohibitions for beverages that are graded “D”.

The Nutri-Grade mark (see Figure 1) has four colour-coded grades, from Grade A (corresponding to the lowest sugar and saturated fat thresholds) to Grade D (corresponding to the highest sugar and saturated fat thresholds). Beverages graded “C” or “D” must be labelled with a Nutri-Grade mark. Labelling of the Nutri-Grade mark is optional for beverages graded “A” or “B”.

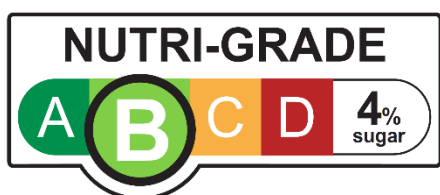


Figure 1: The Nutri-Grade mark

The grade of a beverage is the poorer of the following:

- The sugar content grade determined according to Row I in Table 1; and
- The saturated fat content grade determined according to Row II in Table 1.

In summary, the nutrient thresholds for Grades A or B are ≤ 5 grams of free sugar and ≤ 1.2 grams of saturated fat per 100 ml of beverage.

Table 1: Nutri-Grade grading system

	Grade	A	B	C	D
I	Free sugar⁶ content (grams per 100 ml)	≤ 1	>1 to 5	>5 to 10	>10
II	Saturated fat content (grams per 100 ml)	≤ 0.7	>0.7 to ≤ 1.2	>1.2 to ≤ 2.8	>2.8
	Use of non-sugar substitutes	Must not contain any non-sugar substitutes		May contain permitted non-sugar substitutes,	

For powders/concentrates meant to be reconstituted or diluted with fluids before consumption, “100 ml” means 100 ml of the beverage as prepared, according to the manufacturer’s instructions on how to prepare the beverage, labelled on the product packaging.

⁶ **Free sugars** are all monosaccharides and disaccharides added to foods or beverages by the manufacturer, cook or consumer, and those that are naturally present in fruit juices, fruit juice concentrates, honey and syrups. This excludes sugars from milk (i.e., lactose and galactose).

Please see <https://www.hpb.gov.sg/healthy-living/food-beverage/nutri-grade> for more information on the Nutri-Grade requirements.

7. How can caterers ensure the pre-packaged beverages provided meet the healthier catering guidelines?

Pre-packaged beverages provided as part of Government catering must meet the nutrient thresholds for Grades A or B under the Nutri-Grade grading system and contain **≤5 grams of free sugar and ≤1.2 grams of saturated fat per 100 ml of beverage.**

Caterers may do one or more of the following to meet the guidelines:

- a) Provide pre-packaged beverages that carry either the Grade A or Grade B Nutri-Grade mark on its packaging;
- b) Provide pre-packaged beverages that carry the HCS⁷ on its packaging;
- c) Check the Nutrition Information Panel (NIP) on the packaging of beverages, to ensure they contain ≤5 grams of free sugar and ≤1.2 grams of saturated fat per 100ml; or
- d) Check with the supplier to obtain the nutrient content of the beverages, to ensure they contain ≤5 grams of free sugar and ≤1.2 grams of saturated fat per 100ml.

8. How should caterers interpret the information on the NIP to determine if the beverages meet the healthier catering guidelines?

The NIP on beverage packaging may include information on the amount of energy, protein, total fat, saturated fat, carbohydrate and sugar in the beverage. These may be stated in terms of per 100g / 100ml or per serving of the beverage.

Examples of the NIP are shown below, with the sugar and saturated fat content marked out.

⁷ The HCS guidelines for beverages have been revised to align with the nutrient thresholds for Grades A or B under the Nutri-Grade grading system.

Example 1. NIP of a juice drink.

NUTRITION INFORMATION			
Servings per package: 10 Serving Size: 30 g (1 sachet)			
	Per serving	Per 100 g	Per 100 ml**
Energy	198 kcal*	660 kcal*	96 kcal*
Protein	1.5 g	5.0 g	0.7 g
Total Fat	10.9 g	36.3 g	1.92 g
- Saturated Fat	4.0 g	13.3 g	1.9 g
Monounsaturated fat	2.9 g	9.6 g	1.4 g
Polyunsaturated fat	4.0 g	13.3 g	1.9 g
Omega 3	0.5 g	1.7 g	0.2 g
Omega 6	0.7 g	2.3 g	0.3 g
- Trans Fat	0.1 g	0.3 g	0.0 g
Cholesterol	0 mg	0 mg	0 mg
Carbohydrate	23.5 g	78.3 g	11.3 g
- Total Sugar	18.0 g	60.0 g	8.7 g
- Fructose	2.0 g	6.7 g	1.0 g
Dietary Fibre	1.5 g	5.0 g	0.7 g
Sodium	270 mg	900 mg	130 mg
Other nutrients claimed (e.g. Calcium, Vitamin A, Vitamin C)			

*1kcal = 4.2kJ

** As reconstituted according to label directions

This beverage contains:

- 8.7 g of free sugar per 100ml
(exceeds threshold of 5 g)
- 1.9 g of saturated fat per 100ml
(exceeds threshold of 1.2 g)

This beverage does not meet the Healthier Catering guidelines and thus will need to be replaced in catering menus.

Example 2. NIP of a milk-based beverage

NUTRITION INFORMATION		
Servings per package: 2 Serving size: 250ml		
	Per serving	Per 100ml
Energy	112.5 kcal	45 kcal
Protein	2 g	0.8 g
Total fat	2.5 g	1.0 g
- Saturated fat	1.75 g	0.7 g
Carbohydrate	16.25 g	6.5 g
- Sugar	14.75 g	5.9 g
- Lactose	10 g	4 g

This beverage contains:

- 5.9g (total sugar) – 4g (lactose)
= 1.9 g of free sugar per 100ml
(within threshold of 5 g)
- 0.7 g of saturated fat per 100ml
(within threshold of 1.2 g)

This beverage meets the Healthier Catering guidelines and thus can be provided in catering menus.

As stated in FAQ #6, the nutrient thresholds under the Nutri-Grade grading system are based on per 100 ml of beverage, as prepared in its ready-to-drink form.

Therefore, if the product is in powder form, the nutrient value to be used should be after reconstitution according to manufacturer's directions as stated on the label. The NIP should state the amount of sugar and saturated fat as prepared in its ready-to-drink form. However, if the NIP only states the amount of nutrients in the product as sold in powder form, caterers should use the information to calculate the nutrient values in the beverage as prepared. The volume of the powder should be added onto the volume of the water to derive the total reconstituted drink volume, and 1 gram of powder can be assumed to be roughly equivalent to 1 ml. Please see example below.

Example 3. 3-in-1 powder which declares NIP in the form of 'Per 100g'

Preparation Instruction:

Add 200ml of hot water to 1 sachet and stir.

NUTRITION INFORMATION		
Servings per package: 10		
Serving size: 30g (1 sachet)		
	Per serving	Per 100g
Energy	180 kcal	600 kcal
Protein	2 g	6.6 g
Total fat	10 g	33.3 g
- Saturated fat	4 g	13.3 g
- Trans fat	0.1 g	0.3 g
Cholesterol	0 mg	0 mg
Carbohydrate	25 g	83.3 g
- Sugar	17.2 g	57.3 g
Dietary Fibre	1 g	3.3 g
Sodium	300 mg	1 g

Calculation of nutrient content per 100ml

Amount of sugar in 1 sachet (30g) = 17.2 g
 Amount of sat fat in 1 sachet (30g) = 4 g

Amount of sugar in 1 drink, as prepared = 17.2 g
 Amount of sat fat in 1 drink, as prepared = 4 g

The volume of 1 drink can be assumed to be 200 ml + 30 ml = 230 ml.

Amount of sugar in 100 ml, as prepared = $(17.2 \text{ g} / 230\text{ml}) \times 100\text{ml} = \mathbf{7.5 \text{ g}}$ (exceeds threshold of 5 g)

Amount of sat fat in 100 ml, as prepared = $(4 \text{ g} / 230\text{ml}) \times 100\text{ml} = \mathbf{1.7 \text{ g}}$ (exceeds threshold of 1.2 g)

This beverage does not meet the Healthier Catering guidelines and thus will need to be replaced in catering menus.

9. How can caterers ensure the freshly prepared beverages provided meet the healthier catering guidelines?

Freshly prepared beverages provided as part of Government catering must meet the nutrient thresholds for Grades A or B under the Nutri-Grade grading system and contain **≤5 grams of free sugar and ≤1.2 grams of saturated fat per 100 ml of beverage.**

Caterers may do one or more of the following to meet the guidelines:

- a) If concentrate or powders are used,
 - i. Use those that carry either the Grade A or Grade B Nutri-Grade mark, and/or HCS, on its packaging, and follow the manufacturer's directions on the label to prepare the beverage; or
 - ii. Check the NIP of the product or check with the supplier to determine its sugar and saturated fat content and determine an appropriate recipe to ensure the resultant beverage meets the nutrient thresholds. Please refer to FAQ #6 Example 3, as an example of how to calculate the nutrient values for products requiring reconstitution.

- b) If made from scratch by the caterer,
 - i. Determine the sugar and saturated fat content of the ingredients, either based on NIP of supplier or other reasonable means, and calculate the final nutrient value of the resultant beverage to ensure it meet the thresholds (see example below); or
 - ii. Send the resultant beverage for lab analyses, to ensure it meets the nutrient thresholds.

For either option (b)(i) or (b)(ii), caterers should determine a fixed formulation/ recipe for the beverage that meets the nutrient thresholds and prepare the beverage in a similar manner each time.

Example 4. Calculation based on ingredients

A caterer prepares a barley drink, made by brewing the following ingredients:

- 2 litres of water
- 200 g of barley
- 90 g of sugar (rock sugar/ brown sugar etc.)

The caterer should measure the volume of the resultant drink, wherever possible. Assuming the volume of the resultant drink is 2440 ml (measured using measuring cup), this means there is 90 g of sugar per 2440 ml. This is equivalent to 3.7 g per 100 ml. This is within the nutrient threshold.

None of the ingredients added contains saturated fat. Thus, the resultant drink would not contain saturated fat. This is within the nutrient threshold.

This recipe would produce a beverage that can meet the Healthier Catering guidelines and thus can be provided in catering menus.

Healthier ingredients (wholegrains, healthier oils)

10. Is there a minimum percentage of wholegrain that must be present in staples in order to meet the healthier catering guidelines?

Staples need to meet the wholegrain criteria under the HCS, which are below⁸ (percentages are by weight):

- a) For rice dishes: $\geq 20\%$ wholegrains (i.e., for every 1kg of rice, at least 200g must be wholegrain rice. Remaining 800g or less can be any type of rice);
- b) For bee hoon dishes: $\geq 80\%$ wholegrains
- c) For wheat- or rice-based noodle dishes: $\geq 15\%$ wholegrains
- d) For pasta dishes: 100% wholegrains
- e) For breads and pizzas: $\geq 25\%$ wholegrains
- f) For buns/ rolls: $\geq 10\%$ wholegrains
- g) For filled steamed buns: $\geq 10\%$ wholegrains
- h) For unfilled steamed buns: $\geq 15\%$ wholegrains

Caterers who use pre-mixed wholegrain rice/noodles/pasta/breads/buns may look at the NIP available on the packaging to find out the wholegrain content of the product.

⁸ These percentages are based on the latest wholegrain criteria under the HCS. Caterers may refer to the HPB's website for the latest HCS guidelines (<https://www.hpb.gov.sg/food-beverage/healthier-choice-symbol>).

Examples:



	Per serving	Per 100g
Servings per package: approx. 29		
Serving size: 85g (1/2 bowl)		
Energy	315 kcal*	370 kcal
Protein	6.8 g	7.9 g
Total fat	2.3 g	2.9 g
- saturated fat	0.5 g	0.6 g
Cholesterol	0.7 mg	0.8 mg
Carbohydrate	65.7 g	77.2 g
Dietary fibre	3.0 g	3.5 g
Sodium	5 mg	7 mg
Vitamin	0.3 mg	0.4 mg
Fiboflavin	0.1 mg	0.1 mg
Calcium	19.6 mg	23.0 mg
Iron	1.3 mg	1.5 mg

* 1 kcal = 4.2 kJ

Ingredients: Jasmine Rice 80%, Brown Rice 10%, Red Cargo rice 10%



Caterers who produce their own rice/noodles/pasta/breads/buns in-house must also ensure that the staples meet the wholegrain criteria under the HCS (e.g. ensure a minimum percentage of flour used is wholegrain flour).

11. Can I use a mixture of wholegrain and non-wholegrain rice/ noodles/ pasta/ breads/ buns, when preparing a particular dish? (E.g., 10% of dish uses whole-grain noodles, 90% of dish uses non-wholegrain noodles)

This is only allowed for rice dishes (must be $\geq 20\%$ wholegrains, i.e., for every 1kg of rice, at least 200g must be wholegrain rice. Remaining 800g or less can be any type of rice). Mixing wholegrain and non-wholegrain ingredients is not allowed for other types of staples (i.e., noodles, bread, buns etc.).

12. Where can I get wholegrain ingredients?

A list of suppliers that provide wholegrain rice and/or noodles can be found at www.hpb.gov.sg/healthy-living/food-beverage/healthier-ingredient-schemes/list-of-healthier-ingredient-suppliers.

You may also find information on wholegrain buns, breads and pizzas that are currently endorsed with the HCS at www.hpb.gov.sg/healthy-living/food-beverage/healthier-choice-symbol.

Both lists are non-exhaustive of the suppliers and products that meet guidelines.

13. How do I determine which oils are healthier?

Healthier oil refers to oils endorsed with Health Promotion Board's HCS logo and other plant-based oils (e.g., olive, canola, peanut, soybean and sunflower oil) that meet the saturated fat criteria under the HCS (i.e., $\leq 35\text{g}/100\text{g}$ of saturated fat, as of July 2023). Please refer to the HCS website for the most updated guidelines.

For any brand of oil, you may look at the NIP available on the packaging to find out the saturated fat content of the oil.

Example:



14. Which brand of oil qualifies as a healthier oil?

The following list is non-exhaustive. These are the brand names of healthier oils that we are aware of. Please speak to your oil supplier to find out if they carry any of these named oil products. For other brands that are not listed in the table below, if the saturated fat content meets the criteria of 35% or less, they can also qualify as a healthier oil.

Name of Product
AFIAT Blended Vegetable Oil
Bellstar Brand Blended Cooking Oil
Canola Oil
Cargill Canola Oil blend
Cook Pal 90
Cook PAL LS
Darts Brand Blended Cooking Oil
Golden Circle Blended Cooking Oil (Canola Blend from Celestial Ventures)
Golden Circle Blended Oil (Sunflower blend from Able Perfect)
Golden Circle Canola Oil
Golden Circle Premium Vegetable oil
Golden Circle Soya Bean Oil
Golden Medallion Blended Vegetable Cooking Oil (Canola Oil blend with natural antioxidant)
Golden Medallion Blended Vegetable Cooking Oil/PAR Premium Choice Vegetable Oil (Deep Frying Formula)
HOLA Premium Canola Oil Blend
Imperial Brand Healthier Cooking Oil
JJW Blended Vegetable Cooking Oil with Canola
Knife Cooking oil
Linda Canola Oil
Linda Healthier Vegetable Oil
Linda Premium Vegetable Oil
Linda Soya Bean Oil
Oki Blended Cooking Oil (OKBLJTN15KEC2)

Name of Product
Oki Blended Cooking Oil (OKBLKTN17KEC1)
Oki Blended Cooking Oil (OKBLL(R)TN17KEC2)
Oki Blended Cooking Oil (OKBLLTN15KEC4)
Oki Blended Cooking Oil (OKBLLTN17KEC2)
RBD Double Fractionated Palm Olein (75%) + Canola Oil (25%)
RBD Palm Olein (70%) + Canola Oil (30%)
Royal Miller Blended Oil
Sabrina Brand Blended Cooking Oil
Sailing Boat Premium
Sotong Blended Vegetable Oil
Sunbeam Healthier Premium Blend
Super Q Blended Vegetable Cooking Oil
Super Refined Blended Healthier Oil
Super Refined Blended Vegetable Oil
Tsuru Canola Blended Cooking Oil
Tsuru Canola Blended Cooking Oil (from Celestial Ventures Sdn Bhd)
Tsuru Canola Cooking Oil
Tsuru Soybean Blended Cooking Oil
Tsuru Sunflower Blended Cooking Oil

15. Does this mean that if I use salt, sauces and seasonings in cooking and food preparation, or provided on the side, it all has to be lower in sodium?

Yes, by 1 Feb 2024, if salt, sauces and seasonings (i.e. light and dark soy sauces, oyster sauce and seasonings) are used in cooking, food preparation or provided on the side, it has to be lower in sodium.

16. Where can I get lower-sodium salt, soy sauces, oyster sauce and seasonings?

A list of suppliers that provide lower-sodium sauces and seasonings can be found at www.hpb.gov.sg/healthy-living/food-beverage/healthier-ingredient-schemes/list-of-healthier-ingredient-suppliers.

For salt, below are some brands that carry lower-sodium salt:

Brand	Name of Product
GoodSalt	GoodSalt
GoodSalt	K-Salt
Pagoda	Less Sodium Mineral Salt
Pansalt	Pansalt Lower Sodium Mineral Salt
Three Eagles	Fine Iodized Salt (Lower in Sodium)

Both lists are non-exhaustive of the suppliers and products that meet guidelines. Please speak to your supplier to find out if they carry any lower-sodium products from these brands. For brands that are not listed, if the sodium content meets the sodium criteria under HCS, they can also qualify as a lower-sodium product.

17. How do I determine if a product meets the sodium criteria under the HCS?

For any brand of salt/sauces/ seasonings, you may look at the NIP available on the packaging to find out the sodium content of the product. The sodium content should comply with the sodium criteria under HCS, as below.

- a) For salt: $\leq 300\text{mg/g}$ sodium
- b) For light soy sauce: $\leq 4500\text{mg}/100\text{g}$ sodium
- c) For dark soy sauce: $\leq 4000\text{mg}/100\text{g}$ sodium
- d) For other soy sauce/ marinades: $\leq 3500\text{mg}/100\text{g}$ sodium
- e) For oyster/vegetarian oyster sauce: $\leq 3000\text{mg}/100\text{g}$ sodium
- f) For soup and broth seasoning: $\leq 200\text{mg}/100\text{g}$ sodium, as prepared or ready to eat

You may refer to the HCS website for the most updated guidelines: <https://www.hpb.gov.sg/food-beverage/healthier-choice-symbol>.

If the NIP is not available, you may request for your supplier to obtain the sodium information from the manufacturers directly.

Example:



Fresh fruits

18. What does “Caterer must include fresh fruits as an option for all menus” mean?

The caterer must offer fresh fruits as an option – either as one of the desserts that customers can choose, or as an alternative to any of the other dishes/ components of the meal (e.g., switch out 1 meat dish in a bento to a fruit cup).

The procuring government agency is not required to select the fresh fruit option for every order.

19. What constitutes fresh fruits?

Fresh fruits can be either whole or cut. Processed fruits and desserts consisting of fruit bits and/or are soaked in syrup are not considered to be fresh fruits.

Deep-fried menu items

20. What is the definition of 'deep-fried'?

Deep frying typically involves:

- a) Using large amount of oil to fully submerge the food to be cooked; and
- b) Fully submerging the food in hot liquid fat/oil at high temperature of 150°C-200°C.

Par frying, a process that partially fries the food such that it can be refrigerated or frozen to be completely cooked subsequently, is allowed under the Healthier Catering guidelines.

Considered deep-fried	Not considered deep-fried
<p><i>Items which are breaded or coated with flour prior cooking, and thereafter fully submerged in oil during cooking</i></p> <p><i>E.g., nuggets, seaweed chicken, popcorn chicken, You Tiao, fritters, croquettes, sweet & sour fish, yam roll, crispy fried beancurd skin, breaded chicken cutlet</i></p>	<p><i>Items which are not the main ingredient of the dish</i></p> <p><i>E.g., Crispy fried shallots sprinkled onto dishes as a garnish, fried tau pok as part of a mixed vegetables dish, kueh pie tee</i></p>
<p><i>Items which are fully submerged in oil during cooking</i></p> <p><i>E.g., Fried gyoza, spring rolls, french fries, deep fried poultry/fish, fried tau pok, coffee pork ribs, donuts, sambal ikan bilis (deep-fried and coated with chilli)</i></p>	<p><i>Others:</i></p> <p><i>E.g., Egg fuyong, braised tofu, grilled chicken chop</i></p>

21. How do I calculate the number of deep-fried items in a menu?

The number of deep-fried items in a menu should be zero if the total menu has 3 or less food items (including appetisers, main dishes, side dishes, desserts, excluding beverages). If the menu has 4-8 items, 1 deep-fried item is allowed, and for menus with ≥ 9 items, a maximum of 2 deep-fried items are allowed.

The permitted number of deep-fried items in each menu refers to the number of servings of deep-fried items per pax, instead of the number of unique deep-fried items. For example, if the menu has 4-8 food items, only 1 deep-fried item (i.e., 1 serving of deep-fried item per pax ordered) is allowed. Having 2 servings of the same deep-fried item per pax ordered will be considered having 2 deep-fried items in the menu and is **not allowed** for a menu with 4-8 food items. Conversely, splitting a single serving of deep-fried item into 2 parts, with 0.5 serving of 2 different deep-fried dishes, may be allowed but not encouraged.

Example 1:

Description of order	Total no. of items	
Siew mai	3	No deep-fried item is allowed.
Har kow		
Fresh fruit platter		
Coffee and tea (<i>complimentary water is provided</i>)	N.A.	

Example 2:

Description of order	Total no. of items	
Brown Rice	4	A maximum of 1 deep-fried item is allowed.
Sweet and sour pork (DF)		
Mixed vegetables		
Fruit cup		
Bottled water	N.A.	

Example 3:

Description	Total no. of items	
Fried brown rice	9	A maximum of 2 deep-fried items are allowed.
Stir-fried wholegrain bee hoon		
Chicken nugget (DF)		
Lemon chicken chop (DF)		
Stir-fry kang kong		
Nonya chap chye		
Omelette		
Fresh fruit platter		
Red bean soup		
Coffee and tea (<i>complimentary water is provided</i>)	N.A.	