

Healthier Choice Symbol Nutrient Guidelines

As of April 2017

Healthy Foods and Dining Department, Obesity Prevention Management Division

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Please Note:

General labelling requirements for the use of the new Healthier Choice Symbol

In line with the national nutrient claim guidelines, comparative claims i.e. *Lower* in sugar, are to carry a statement on the label qualifying the comparison. The new HCS logos carries nutritional taglines including, lower in sugar, lower in sodium, lower in saturated fat, higher in calcium and trans fat free.

An example of the statement is "25% lower in sugar as compared to regular [range or name of food category]" or any other statement bearing similar meaning.

Mandatory primary taglines are pre-allocated. Manufacturers may consider an optional second nutrient tagline indicated in parenthesis under each sub-food category or an optional second nutrient tagline based on the criteria under each sub-food category.

Beverages

Sub-category	Fat (g/100g)	Saturated Fat (g/100g)	Trans Fat (g/100g)	Sodium (mg/100 g)	Total sugar (g/100g)	Added Sugar (g/100g)	Tag for HCS
Malted or chocolate drink ^{1,2}	≤ 2	(a)	≤ 0.1	≤ 120	-	≤ 6 ³	Lower in Sugar {Lower in Saturated Fat} {Trans Fat Free} {Lower in Sodium}
3-in-1 or 2-in-1 coffee/tea beverages ¹	≤ 1	-	≤ 0.1	-	≤ 5	-	Lower in Saturated Fat {Trans Fat Free} {Lower in Sugar} {No Added Sugar}
Soluble Coffee/Tea ^{NEW} (including coffee bags with no added fat)	No Added Fat	-	-	-	=	No Added Sugar	No Added Sugar
Sweetened drinks ^{1,2}							
• Non-carbonated drinks/ Asian drink	-	-	-	-	≤ 6g	-	
• Isotonic drinks	-	-	-	-	≤ 6g	-	
• Juice drinks (at least 10% fruit juice)	-	-	-	≤ 40mg	≤ 6g	-	
• Carbonated drinks	-	-	-	-	≤ 7g	-	
Water (Still or Carbonated)	-	-	-	≤ 20mg	0	0	No Added Sugar ⁵ Sugar Free ⁶

^(a) Only products with saturated fat not more than 60% of total fat will qualify

- ¹ Values as per 100ml / 100g prepared or ready to eat. If product is in powder form, the product is to be reconstituted according to manufacturer's direction as stated on the label
- ² Added sugar must be declared in the nutrition information panel.
- ³ Based on the amount of added sugar, such as sucrose, glucose, maltose and fructose. It does not include naturally occurring sugar such as lactose. Declaration of added sugar may be supported by a product formulation report, where necessary.
- ⁴ Lower in Sugar – this tagline is recommended for products which contain sugar (naturally occurring sugar and added sugar) or added sugar.
- ⁵ No Added Sugar – this tagline is recommended for products which contain naturally occurring sugar, with no sugar added to it. This tagline is not eligible for product which contain added sugar.
- ⁶ Sugar Free – this tagline is recommended for products which do not contain naturally occurring sugar or added sugar. This includes products sweetened with intense sweeteners. This tagline is not eligible for products which contain naturally occurring sugar or added sugar.

{ } Denotes an optional secondary tagline.

Cereals

Sub-Category	Energy (kcal/ serving)	Fat (g/100g)	Saturated Fat (g/100g)	Trans Fat (g/100g)	Sodium (mg/100g)	Dietary fibre (g/100g) Revised #	Total Sugar (g/100g)	% of Whole- grains*
Whole-grains								
• Rice (unpolished)				All acceptable				100
• Mixed rice ¹				All acceptable				≥ 20
• Wholegrains ¹				All acceptable				100
Flour, wholemeal	-	-	-	-	No added sodium	≥ 5	-	100
Flour, self-raising	-	-	-	-	≤ 350	≥ 5	-	100
Instant Oats / Oatmeal ²	-	-	-	-	No added sodium	-	No Added Sugar	100
Breakfast cereal, cereal bars, cereal and fruit bars (ready-to- eat) – Adult’s cereal ³		≤ 4 ^(b)	-	-	≤ 400	≥ 4	≤25 ^(a)	≥ 25
Children’s Cereal		≤ 3.3	-	-	-	≥ 4	≤35	≥ 25
Cereal Mix ⁴ Revised		≤ 2	-	≤ 0.1	≤ 120	-	≤ 8	≥ 25 ^(f)
Pasta		≤ 2 ^(c)	-	-	≤ 120	≥ 3	-	100
Oriental noodles (Dry)								
• Brown rice vermicelli “bee hoon”		≤ 2	-	-	≤ 180	≥ 2	-	≥ 80

Sub-Category	Energy (kcal/ serving)	Fat (g/100g)	Saturated Fat (g/100g)	Trans Fat (g/100g)	Sodium (mg/100g)	Dietary fibre (g/100g) Revised #	Total Sugar (g/100g)	% of Whole- grains*
• Wheat noodles Revised		≤ 2	-	-	≤ 180	≥ 2	-	≥15
• Rice-based noodles NEW (Eg- Rice spaghetti, other forms of thicker rice based noodles)		≤ 2	-	-	≤ 180	≥ 2	-	≥ 15
Oriental noodles (Fresh)								
• Wheat-based noodles Revised (E.g. Hokkien Yellow Noodles)		≤ 5	-	-	≤500	≥ 2	-	≥ 15 ^(e)
• Rice-based noodles Revised (e.g. Kuay Teow, Laksa Beehoon)		≤ 5	-	-	≤ 400	≥ 2	-	≥15 ^(e)
Bread (loaf), breadcrumbs, Flat breads (pita, wraps), pizza crust		≤ 5 ^(b)	-	≤ 0.1	≤ 450	≥ 3	-	≥ 25
Buns, rolls (unfilled, plain) Hamburger, hotdog type		≤ 5 ^(b)	-	≤ 0.1	≤ 450	≥ 3	-	≥ 10
Buns, rolls (filled) Cream, jam, fruits, custard, savoury		≤8 ^(b)	-	≤ 0.1	≤ 400	≥ 2	≤ 15	≥ 10
Steamed buns								
• Filled (e.g.“Pau”)		≤ 8 ^(b)	-	-	≤ 250	-	≤ 18	≥10 ^(e)
• Unfilled (e.g “Mantou”)		≤ 8 ^(b)	-	-	≤ 250	-	≤ 15	≥15 ^(e)
Cakes, muffins Revised		≤ 22	-	≤ 0.2 ^(g)	≤ 300	≥ 3	≤ 24	≥ 10 ^(e)
Biscuits and crackers	≤ 250 ^(d)	≤ 25	≤ 10	< 0.5	≤ 420	-	≤ 24	≥ 30 ^(e)

¹ Includes wholegrains eg. Barley, millet, quinoa

² includes raw oats, rolled oats, instant and cooking oats/oatmeal

³ includes instant oatmeal with added ingredients

⁴ includes ready-to-drink and dry mix. Values as per 100ml. If product is in powder form, the product is to be reconstituted according to manufacturer's direction as stated on the label

- (a) Total sugar includes added sugar and sugar in dried fruit.
- (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) Products with fat level marginally above 2% will be accepted if the source of fat is naturally-occurring from the whole-grains used.
- (d) Serving sizes declaration on NIP must reflect the weight of each individually wrapped packet.
- (e) Based on weight of the final product.
- (f) Based on dry weight.
- (g) Where butter is the primary and/or only source of fat used in the recipe, applications can be assessed on a case-by-case basis due to the presence of naturally occurring trans-fat in butter.

Whole-grains content can be calculated by expressing the total amount of whole-grain ingredients used as a proportion of the weight of the final / finished product. An example is shown below

1. Cereal Beverages

Ingredients

Cereal (Whole wheat)	100g
Cereal (wheat, rice etc)	200g
Oats	30g
Other whole-grain ingredients	20g
Other ingredients (sugar)	100g
Total dry weight	450g
Total weight of wholegrains ingredients used [^] (dry weight)	150g
% wholegrains	150g/450(g)x100% = 33.3%

2. Oriental Noodles (Fresh)

Ingredients

Whole meal flour / Brown rice flour	100g
White flour / Rice flour	200g
Oats	30g
Other wholegrain ingredients	20g
Other ingredients	100g
Water	200g
Total weight	650g
Total weight of wholegrains ingredients used [^]	150g
Final / finished product weight (after mixing)	X g
% wholegrains	150g/X(g) x100% = y%

3. Steamed Buns

Ingredients

Whole meal flour	100g
White flour	200g
Oats	30g
Other wholegrain ingredients	20g
Filling	50g
Other ingredients	100g
Water	200g

Total weight (before steaming)	700g
Total weight of wholegrains ingredients used [^]	150g
Final / finished product weight (after steaming)	X g

% whole-grains	$150g/X(g) \times 100\% = y\%$
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4. Biscuits and Crackers

Ingredients

Whole meal flour	100g
White flour	200g
Oats	30g
Other wholegrain ingredients	20g
Filling	50g
Other ingredients	100g

Total weight (before baking)	500g
Total weight of wholegrains ingredients used [^]	150g
Final / finished product weight (after baking)	X g

% wholegrains	$150g/X(g) \times 100\% = y\%$
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[^] Whole meal flour, oats, other whole-grain ingredient used. A list of wholegrains can be referred from the link provided (<http://www.wholegrainscouncil.org/whole-grains-101/whole-grains-a-to-z>)

[#] if the wholegrain criteria is met, the dietary fibre criteria will be an elective criteria.

***Labelling requirements for carrying the HCS logo with “Higher in wholegrains” claim**

- (i) Declaration of wholegrains content based on weight of final product
e.g. Wholegrain wheat (44%), oats (12%), brown rice (20%) or ;
e.g. As a front / back of pack labelling statement “Contains x% of wholegrains”.
- (ii) Declaration of wholegrains content per serving expressed as a percentage of the daily requirement. The daily whole-grain requirement is taken as 50g.
e.g. “2 slices of [name of bread] will provide you with [x%] of your daily wholegrain requirement;
e.g. “1 serving of [name of food product] will provide you with [x%] of your daily wholegrain requirement”

Optional health message on Wholegrain products

Manufacturers may place the following health message on wholegrain products bearing the “Higher in wholegrains” logo

- “Wholegrains are essential part of a nutritious[^] diet. As wholegrains contain all parts of the grain (germ, bran and endosperm), it is healthier[^] than refined grains. Examples of wholegrain foods are wholemeal bread, brown rice and [name of food category*]. For more tips on healthy eating, visit HPB’s Food For Health at www.hpb.gov.sg/foodforhealth”

[^]To qualify, Products will need to carry the HCS “Higher in wholegrains” logo and display the NIP

**Manufacturers may choose the third example of the food category from the list of oats, wholegrain breakfast cereals, brown rice vermicelli, wholemeal crackers, whole durum wheat pasta.*

Foods carrying the HCS Low Glycemic Index Logo must fulfil all of the following criteria

1. Food products must first meet all the HCS nutrient guidelines as specified in the category the product falls under, before it can apply for the Low GI claim.
2. Must have a GI value* of less than 55.

**The cut-off values for the classification of low, medium and high GI are standardised internationally (ISO 26642:2010).*

3. Product eligibility for GI testing@:

At least 7.5g of carbohydrate per serving of the food product (This amount of carbohydrate should be present to qualify for GI testing)

Or

50% of the macronutrient must be carbohydrates.

@ Co-developed with Temasek Polytechnic Glycemic Index Research Unit

Dairy Products

Sub-Category	Fat (g/100g)	Sodium (mg/100g)	Total Sugar (g/100g)	Added Sugar (g/100g)	Calcium [^] (mg/100ml)	Tag for HCS
Liquid milk (plain)	≤ 1.5	-	-	-	≥ 130	Lower in Saturated Fat {Higher in Calcium}
Liquid milk (flavoured) ¹	≤ 1.5	-	-	$\leq 6^{(a)}$	≥ 130	Lower in Saturated Fat {Higher in Calcium} {Lower in Sugar}
Dried milk powder ² (as reconstituted)	≤ 2	-	-	-	-	Lower in Saturated Fat
Children's milk powder ² (1 – 3 Years old)	-	-	$\leq 0.5^{(b)}$	-	≥ 70	Lower in Sugar
Children's milk powder ² (3 years and above)	$\leq 2^{(c)}$	-	$\leq 1.2^{(b)}$	-	≥ 140	Lower in Saturated Fat {Lower in Sugar}
Evaporated milk	≤ 4	-	-	-	-	Lower in Saturated Fat
Condensed milk	≤ 4	-	-	-	-	
Cheese						
• soft	< 8	≤ 600	-	-	-	Lower in Saturated Fat
• semi-hard	< 18	≤ 600	-	-	-	{Lower in Sodium}
• hard	< 25	≤ 600	-	-	-	
Processed sliced cheese	≤ 15	-	-	-	-	Lower in Saturated Fat

Sub-Category	Fat (g/100g)	Sodium (mg/100g)	Total Sugar (g/100g)	Added Sugar (g/100g)	Calcium [^] (mg/100ml)	Tag for HCS
Cheese spread	≤ 15	-	-	-	-	
Yogurt	≤ 2	-	-	-	-	Lower in Saturated Fat
Cultured milk drink/ yoghurt drink ¹	≤ 1	-	-	≤ 7 ^(b)	-	Lower in Saturated Fat {Lower in Sugar}
Smoothies ³	≤ 2	-	≤ 5 ^(b)	-	-	Lower in Saturated Fat {Lower in Sugar}
Frozen yogurt	≤ 5	≤ 120	≤ 20	-	-	Lower in Saturated Fat {Lower in Sugar} {Lower in Sodium}

[^] The RDA for Calcium is taken at 800mg.

¹ Added sugar must be declared in the nutrition information panel.

² Excluding infant formula.

³ Smoothies should contain at least 15% of dairy based ingredients. If fruits are added, it should be 40% of the total product. Fruit Smoothies should contain at least 90% of fruit products.

^(a) Based on the amount of added sugar, such as sucrose, glucose, maltose and fructose. It does not include naturally occurring sugar such as lactose. Declaration of added sugar may be supported by a product formulation report, where necessary.

^(b) Sugars from all sources, excluding lactose, both naturally present and added. This is based on per 100ml reconstituted beverage.

^(c) For products with marginally higher fat content (excess by 10% maximum), the saturated fat content should not exceed 60% of the total fat.

{ } Denotes an optional secondary tagline.

Eggs and Egg Products

Sub-Category	Fat (g/100g)	Sodium (mg/100g)	Cholesterol (mg/100g)	Total Sugar (g/100g)	Tag for HCS
Fresh eggs	≤ 10	-	≤ 320	-	Lower in Cholesterol
Egg substitutes	$\leq 10^{(a)}$	≤ 250	≤ 120	-	Lower in Sodium
Egg products (e.g. egg tofu)					{ Lower in Saturated Fat }
Egg jam (kaya)	≤ 8	-	≤ 120	≤ 40	Lower in sugar { Lower in Saturated Fat }

^(a) Product with fat level marginally above 10% will be approved if the saturated fat is 20% or less of the total fat.

{ } Denotes an optional secondary tagline.

Fats and Oils

Sub-Category	Fat (g/100g)	Saturated Fat (g/100g)	Trans Fat (g/100g)	Sodium (mg/100g)	Sugar (g /100g)	Tag for HCS
Margarine / fat spreads	-	≤ 27 ^(a)	< 0.5	≤ 400	-	Trans fat free {Lower in Saturated Fat} {Lower in Sodium}
Edible oil (retail)	-	≤ 20 ^(b)	≤ 1.5	-	-	Lower in Saturated Fat {Trans Fat Free}*
Edible oil (food service) ^(d)		≤ 35g	≤ 0.5g			Lower in Saturated Fat
Salad dressings / Mayonnaise	≤ 5 ^(c)	-	-	≤ 500	≤15	Lower in Saturated Fat {Lower in Sodium} {Lower in Sugar}

^(a) Only products with not more than 27% of total fat will qualify.

^(b) Only products with not more than 20% of total fat will qualify. Products with saturated fat more than 20% but less than 25% of total fat will be assessed individually.

^(c) Products with a fat level of between 5 and 10% will also be approved if the saturated fatty acids are 20% or less of the total fat.

^(d) Other guidelines that Edible oil for food service needs to comply with:

- i. Moisture and insoluble impurities (AOCS Ca 2c-25, 2009) : ≤0.10%
- ii. Peroxide Value (AOCS Cd 8b-90, 2011): ≤5 meq/kg
- iii. Oil Stability Index (AOCS Cd 12b-92, 2013): ≥14 hours at 110°C

{ } Denotes an optional secondary tagline.

* Only products that contain no more than 0.5g of Trans Fat per 100g will qualify to carry this optional tagline.

Fruit and Vegetables

Sub-Category	Fat (g/100g)	Sugar (g/100g)	Sodium (mg/100g)	Tag for HCS
Fresh				
Vegetables	-	-	-	Eat 2+2 servings of fruits and vegetables daily
Fruit	-	-	-	Eat 2+2 servings of fruits and vegetables daily
Frozen / Chilled				
Vegetables	-	-	≤300	Lower in sodium
Fruit	No added fat	No added sugar	No added sodium ^(a)	No Added Sugar {No Added Sodium}
Frozen Potato	≤5 ^(b)	-	≤ 120	Lower in sodium {Lower in Saturated Fat}
Canned				
Vegetables	-	-	≤ 300	Lower in sodium
Fruit	Canned in light syrup ^(c) or natural juice			Lower in sugar
Dried				
Vegetables	No Added fat	-	≤ 120	Lower in sodium {Lower in Saturated Fat}
Fruit	No added fat	No added sugar	No added sodium ^(a)	No Added Sugar {No Added Sodium}
Fruit spreads	No added fat	No added sugar	-	No Added Sugar

Sub-category	Fat (g/100g)	Sugar (g/100g)	Sodium (mg/100g)	Tag for HCS
Juice¹				
Vegetable ² (100%)	-	≤12.5	≤ 120	Lower in sodium {Lower in Sugar}
Fruit ³ (at least 60% fruit juice ^(d))	-	≤12.5	-	No Added Sugar
Fruit and Vegetable Juice ³	-	≤12.5	≤120	No Added Sugar

¹ Values as per 100ml, **no added sugar allowed**.

² Not applicable to juice drinks or cordials.

³ Not applicable to cordials and concentrates.

^(a) Sodium from all sources

^(b) Product with fat level between 5% and 10% will be approved if the % saturated fat is 20% or less of the total fat.

^(c) “Light syrup” is defined as °Brix greater than or equal to 14° but less than 18°^.

For canned apricots and canned cherries, light syrup is defined as °Brix greater than or equal to 16° but less than 21°^.

^Refer to **CODEX GUIDELINES FOR PACKING MEDIA FOR CANNED FRUITS (CAC/GL 51-2003)**

^(d) **Labelling requirements for Fruit Juice**

- (a) State ‘Eat 2+2 servings of fruit and vegetables daily’ or use the 2+2 logo. Manufacturers may obtain the soft copy of the logo from HPB
- (b) State ‘Up to 1 serving (250ml) may come from juice for each group’
- (c) Nutrition Information Panel (NIP) to include “total sugars”



{ } Denotes an optional secondary tagline.

Legumes, Nuts and Seeds

Sub-Category	Fat (g/100g)	Trans Fat (g/100g)	Sodium (mg/100g)	Added Sugar (g/100g)	Calcium [^] (mg/100g)	Tag for HCS
Legumes – Canned	-	-	≤ 300	-	-	Lower in Sodium {Low Glycemic Index} [#]
Legumes, Nuts and/or Seeds – ready to eat	(a)	-	≤ 120	No Added Sugar	-	Lower in Sodium {Low Glycemic Index} [#]
Nuts and seed butters (e.g. peanut butter / almond butter / hazelnut butter)	-	≤ 0.1	No added Sodium ^(b)	-	-	Trans Fat Free {Lower in Sodium} {Low Glycemic Index} [#]
Soy products						Higher in Calcium {Lower in Sodium}
• Soy milk / beverage ¹	≤ 2 ^(c)	-	≤ 40	≤ 6	≥ 60	{Lower in Sugar} {Low Glycemic Index} [#]
• Soybean curds - Hard (e.g. “Tau kua”)	< 5 ^(d)	-	≤ 120	-	≥ 120	Higher in Calcium {Lower in Sodium} {Low Glycemic Index} [#]
• Soybean curds - Soft (e.g. “Tau hu or tofu”)	≤ 5 ^(d)	-	≤ 120	-	≥ 60	Higher in Calcium {Lower in Sodium} {Low Glycemic Index} [#]

¹ Added sugar must be declared in the nutrition information panel. Based on the amount of added sugar, such as sucrose, glucose, maltose and fructose. It does not include naturally occurring sugar such as lactose. Declaration of added sugar may be supported by a product formulation report, where necessary.

(a) Products will be approved if the % saturated fat is 20% or less of the total fat.

(b) Sodium from all sources.

(c) Product with fat level between 2% and 5% will be approved if the % saturated fat is 20% or less of the total fat.

(d) Product with fat level between 5% and 10% will be approved if the % saturated fat is 20% or less of the total fat.

^ The RDA for Calcium is taken at 800mg. For nutrient claims that are “High” or “Rich”, the reference quantity, taken as 200ml, must contain at least 50% of the calcium RDA.

{ } Denotes an optional secondary tagline.

Foods carrying the HCS Low Glycemic Index Logo must fulfil all of the following criteria

1. Food products must first meet all the HCS nutrient guidelines as specified in the category the product falls under, before it can apply for the Low GI claim.

2. Must have a GI value* of less than 55.

**The cut-off values for the classification of low, medium and high GI are standardised internationally (ISO 26642:2010).*

3. Product eligibility for GI testing:

At least 7.5g of carbohydrate per serving of the food product (This amount of carbohydrate should be present to qualify for GI testing)

Or

50% of the macronutrient must be carbohydrates.

4. Products which do not meet the carbohydrate criteria for GI testing will be evaluated on a case by case basis.

Meat and Poultry

Sub-Category	Fat (g/100g)	Sodium (mg/100g)	Tag for HCS
Fresh and Frozen	≤ 10	≤ 120	Lower in Saturated Fat {Lower in Sodium}
Canned and Processed ¹	$\leq 10^{(a)}$	≤ 450	Lower in sodium and Lower in saturated fat

¹ The first or second ingredient of ‘processed meat’ must be meat or poultry.

^(a) Products with fat marginally above 10% will be approved if the saturated fat is 20% or less of the total fat.

{ } Denotes an optional secondary tagline.

Seafood

Sub-Category	Fat (g/100g)	Sodium (mg/100g)	Tag for HCS
Fresh and Frozen (plain)	No added fat	No added sodium ^(a)	Lower in Sodium {Lower in Saturated Fat}
Canned ¹			
• Seafood	≤ 5 ^(b)	≤ 400	Lower in sodium
• Fish			{Lower in Saturated Fat}
- Canned in sauce/water	(c)	≤ 400	
- Canned in oil	(d)		
Processed ¹			
• Made from fish & seafood (e.g. frozen fish fillet)	≤ 5 ^(b)	≤ 450	Lower in sodium {Lower in Saturated Fat}
• Surimi products (e.g. fish ball, crab stick, fish cake)	≤ 5 ^(b)	≤ 550	Lower in Saturated Fat (for breaded products) {Lower in Sodium}

¹ First ingredient must be seafood.

^(a) Sodium from all sources.

^(b) Products with 5-10% fat will be accepted if saturated fat is 20% or less of the total fat.
Products with more than 10% fat will be assessed individually.

^(c) Fish canned in sauce/water with no added oil will be accepted.

^(d) Products will be approved if the saturated fat content of the oil used for canning is 20% or less of its total fat

{ } Denotes an optional secondary tagline.

Sauces, Soups and Recipe Mixes

Sub-category(a)	Fat (g/100g)	Sodium (mg/100g)	Tag for HCS
Light Soy sauce	-	≤ 4500	Lower in Sodium
Dark Soy sauce		≤ 4000	Lower in Sodium
Soy sauce (Others) and Marinades e.g. Herb/spice-infused soy sauce, flavoured / seasoned soy sauce		≤ 3500	Lower in Sodium
Sweet sauce		≤ 2500	Lower in Sodium
Oyster/vegetarian oyster sauces	-	≤ 3000	Lower in Sodium
Tomato/ chilli sauces	-	≤ 750	Lower in Sodium
Other Sauces (Asian) e.g. Condiments, dips, glazes		≤ 1400	Lower in Sodium
Pasta sauce	≤ 5 ^(b)		Lower in Sodium
• Tomato based		≤ 300	
• Cream / cheese based		≤ 400	{Lower in Saturated Fat}
Other sauces (Western) e.g. BBQ, steak sauce, mustard		≤ 800	Lower in Sodium
Recipe Mixes ¹			
• Asian e.g. Laksa paste, mee goreng paste, Curry fish/chicken		≤ 250	Lower in Sodium
• Western		≤ 300	
Soup and broth ¹	≤ 4 ^(b)	≤ 200	Lower in Sodium
			{Lower in Saturated Fat}

	Sodium	Potassium	Tag for HCS
Table Salt ^(c)	≤ 300mg / g	≤ 180mg / g	Lower in Sodium

^(a)The use of Sodium alternatives and replacers are allowed in the formulation of the product e.g. Potassium Chloride, IMP, yeast extracts, natural flavour enhancers, mixes of herbs and spices etc. Manufacturers may refer to the Eight schedule of the Singapore Food Regulation for a list of permitted general purpose Food Additives.

^(b)Product with fat level marginally above the stated guideline will be accepted if the saturated fat is 20% or less of the total fat.

^(c) Labelling Requirements

- These products shall carry a health message to inform consumers that the products are for healthy individuals. E.g. “Persons with restricted medical condition for sodium or potassium intake should consult their physicians.”
- In line with national labelling requirements for comparative claims, the statement, “at least 25% less sodium as compared to regular table salt” or any wording bearing similar meaning must be reflected on the label.

¹ Values as per 100ml / 100g prepared or ready to eat. If product is in powder form, the product is to be reconstituted according to manufacturer’s direction as stated on the label.

{ } Denotes an optional secondary tagline.

RECIPE MIXES

Calculation of sodium content based on manufacturer’s preparation instructions

Example 1

Amount of sauce / mix / paste	80g
Fresh ingredients – chicken	100g
Fresh ingredients – Vegetables	60g
Other ingredients	20g
Water	100g
Total weight	360g
Sodium contribution from sauce	80g x Analysed sodium value
Sodium per 100g prepared	Total sodium content / total weight x 100

SOUPS , BROTHS

Example 2

Amount of concentrate / powder / mix/ paste	10g
Water (500ml)	500g
Total weight	510g
Sodium contribution from sauce	10g x Analysed sodium value
Sodium per 100g prepared	Total sodium content / total weight x 100

Snacks

	Energy (kcal /Serving) [^]	Fat (g/100g)	Trans Fat (g/100g)	Sodium (mg/100g)	Total Sugar (g/ 100g)	Tag for HCS
Crisps/ Chips	≤100	≤ 25	≤0.5	≤500	-	Less Than 100 Calories
Ice Cream	≤200	≤12	≤0.5	-	≤ 21	Less Than 200 Calories

[^] Serving sizes on NIP must be changed to weight of each individually wrapped packet.

Convenience meals

Sub-category	Calories/ serving	Fat (g/100g)	Saturated Fat (g/100g)	Trans Fat (g/100g)	Sodium (mg/100g)	Total Sugar (g/ 100g)	Wholegrain content^ (%)	Tag for HCS logo
‘Meal-type’ products’ ¹								
Main meals ³	<u>≤500</u> ^(a)	=	≤2.0	≤ 0.1	≤ 400	-	Criteria for whole-grains are applicable for cereal based convenience meals ²	Higher in Wholegrains ^(b) {Lower in Saturated fat} ^(c) {Lower in Sodium} {Trans Fat Free} {Low Glycemic Index} [#]
Small meals ⁴	<u>≤300</u> ^(a)	=	≤3.0	≤ 0.1	≤ 400	-	Criteria for whole-grains are applicable for cereal based convenience meals ²	Higher in Wholegrains ^(b) {Lower in Saturated fat} ^(c) {Lower in Sodium} {Trans Fat Free} {Low Glycemic Index} [#]

Sub-category	Calories/ serving	Fat (g/100g)	Saturated Fat (g/100g)	Trans Fat (g/100g)	Sodium (mg/100g)	Total Sugar (g/ 100g)	Wholegrain content [^] (%)	Tag for HCS logo
								Higher in Wholegrains ^(b)
Other convenience meals (e.g. instant noodles)	=	≤ 8 ^(d)	-	≤ 0.1	≤ 400	-	Criteria for whole-grains are applicable for cereal based convenience meals ²	{Lower in Saturated fat} ^(c) {Lower in Sodium} {Trans Fat Free} {Low Glycemic Index} [#]

¹ A 'meal-type' product is a food that:

- Is represented or promoted as a quick and easy alternative to a prepared meal or light meal. Typically, it is already part-cooked to the point where it needs only to be heated before serving or ready for consumption. It is commonly known as, a breakfast, lunch, dinner, meal, main dish, quick-bite, ready-to-go meals or pizza/pasta.

² Only wholegrain options will be acceptable. The standards for wholegrains for ingredients used in the recipe can be obtained under the respective sub-categories for "Cereals". Examples of wholegrain options are listed below

Wholegrain standards for ingredients used in the recipe	Examples of convenience meals
• Wholemeal bread (≥25% wholegrains) • Wholemeal pita (≥25% wholegrains) • Wholemeal wraps(≥25% wholegrains) • Wholemeal buns and rolls (≥10% wholegrains)	Sandwiches, rolls, wraps, fold-overs, burgers, pizza
• Rice / dehydrated rice (≥20% unpolished rice) • Glutinous rice (≥20% unpolished rice) • Rice flour (≥ 20% unpolished rice)	Ready-to-eat rice-based meals, instant porridge, sushi, dimsum (<i>lor mai fan, fan choy, chee chiong fun, carrot cake</i>)
• Dry wheat noodles (≥15% whole wheat)	Instant noodles, cup noodles
• Dry rice vermicelli (≥80% brown rice)	Ready-to-eat rice vermicelli meals
• Pasta (whole durum wheat pasta / wholemeal pasta / semolina) • Wholemeal pizza base (25% wholegrains)	Frozen/Chilled ready-to-eat pasta based meals, pizzas
• Fresh oriental rice / wheat noodles (≥15% wholegrains)	Frozen / Chilled / Ready-to-eat noodle meals
• Other whole-grain ingredients[^] A list of wholegrains can be referred from the link provided (http://www.wholegrainscouncil.org/whole-grains-101/whole-grains-a-to-z)	

³ Main meals refers to ready-to-eat meals that are intended for consumption as lunch or dinner such as frozen meals, ready-to-heat meals. Typical weight > 200g

⁴ Small meals refers to light meals usually consumed as lunch or snacks. Example: sandwiches, wraps, pies, Asian glutinous rice. Typical weight <200g

Labelling requirements for “Higher in wholegrains”

1. Declaration of wholegrain content under ingredient list

E.g. Wholemeal bread (25% wholegrains), chicken, mayonnaise..

E.g. Rice (20% brown rice), fish, cheese, salt, flavouring..

E.g. Ingredients for noodle cake (10% wholegrains): Wheat flour, whole-wheat flour, tapioca starch, monosodium glutamate, etc..

E.g. Whole durum wheat pasta, beef, tomatoes..

2. Statement expressing the amount of wholegrains available per serving and as a per cent of the daily wholegrain requirement. The daily wholegrain requirement being 50g.

E.g “ 1 serving of [name of product] provides you with [x]g of wholegrains, that meets [x%] of your daily wholegrain requirement.”

(a) 10% variation will be accepted.

(b) Primary tagline, “Higher in Wholegrains” only applies for cereal based convenience meals.

(c) For non-cereal based convenience meals, the primary tagline will be “Lower in Saturated fat”.

(d) Product with fat level between 8% and 10% will be accepted if the saturated fat is 20% or less of the total fat.

Foods carrying the HCS Low Glycemic Index Logo must fulfil all of the following criteria

1. The Low Glycemic Index logo is only applicable to food products in the cereal based convenience meals.

2. Food products must first meet all the HCS nutrient guidelines as specified in the category the product falls under, before it can apply for the Low GI claim.

3. Must have a GI value* of less than 55.

**The cut-off values for the classification of low, medium and high GI are standardised internationally (ISO 26642:2010).*

4. Product eligibility for GI testing:

At least 7.5g of carbohydrate per serving of the food product (This amount of carbohydrate should be present to qualify for GI testing)

Or

50% of the macronutrient must be carbohydrates.

{ } Denotes an optional secondary tagline.

Miscellaneous

Sub-category	Fat (g/100g)	Saturated Fat (g/100g)	Trans Fat (g/100g)	Sodium (mg/100g)	Total Sugar (g/ 100g)	Tag for HCS logo
Jellies	-	-	-	-	≤13	Lower in Sugar
Pudding	≤ 1.5	(a)		≤ 120	≤13	Lower in Saturated Fat {Lower in Sodium} {Lower in Sugar}
Plant-Based Meat Alternatives (Vegetarian)	≤ 10 ^(b)	-	-	≤ 600	-	Lower in Sodium and Saturated Fat
Mooncakes	≥ 25% fat reduction compared to reference food ^(c)		≤ 0.1	-	≥ 25% sugar reduction compared to reference food ^(c)	Lower in Saturated Fat and Sugar
Herbs and Spices	No added Fat	-	-	No added Sodium ^(d)	No added Sugar	No added Sodium {No added Sugar}

^(a) Only products with saturated fat not more than 60% of total fat will qualify

^(b) Product with fat level marginally above the stated guideline will be accepted if the saturated fat is 20% or less of the total fat.

^(c) 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.

^(d) Sodium from all sources

{ } Denotes an optional secondary tagline.