


HOW DO I CHECK IF A PRODUCT IS WHOLEGRAIN?


Below are some tips to identify a wholegrain product. Products which fall under Cereal category of Healthier Choice Symbol nutrient guidelines must meet the wholegrain requirement.

1

CHOOSE PRODUCT WHICH HAS THE HEALTHIER CHOICE SYMBOL WITH HIGHER IN WHOLEGRAIN TAGLINES.



Higher in Wholegrains





2

INGREDIENT'S LIST SHOULD INCLUDE ONE OR MORE OF THESE KEYWORDS:

INGREDIENTS:
WHOLEGRAIN, WHOLEMEAL, WHOLE WHEAT, WHOLE DURUM WHEAT, ETC

3

LIGHT OR DARK BROWN IN COLOUR OR CONTAIN BROWN SPOTS.

EXAMPLE OF WHOLEGRAIN PRODUCTS



Fill Buns/
Bread Rolls



Mantou/Pau



Cereal



Wrap



Bread



Noodle

HOW TO PREPARE RICE TO MEET WHOLEGRAIN REQUIREMENT?

1 CUP
WHOLEGRAIN RICE + **4 CUPS**
WHITE RICE



For **rice-based food** (E.g. Fried rice, Sushi), it must contain **20% or more wholegrains** per serve.