



## WHAT KIND OF COMMERCIALLY PREPARED OR PRE-PACKED BEVERAGES ARE ALLOWED?

Products endorsed with Healthier Choice Symbol or equivalent are allowed to be sold in school. The volume of beverages must be **330ml or lesser**.

**1 CHOOSE PRODUCT WHICH HAS THE HEALTHIER CHOICE SYMBOL**



Lower in Sugar



330ml

**2 SUGAR LEVEL MUST BE LESS THAN OR EQUAL TO 5g PER 100ml**

NUTRITION INFORMATION		
	SERVING SIZE PER CAN : 1	SERVING SIZE : 300mL
<b>PER</b>	<b>SERVING SIZE</b>	<b>100mL</b>
ENERGY* (kcal)	51	17
PROTEIN (g)	0	0
FAT (g)	0	0
CARBOHYDRATE (g)	12.9	4.3
<b>- TOTAL SUGARS (g)</b>	12.9	<b>4.3</b>
SODIUM (mg)	15	5

**3 TOTAL VOLUME OF PRODUCT MUST BE 330ml OR LESSER**

*Serving size limit is not applicable to calorie-free drinks (e.g. Bottled water, Sparkling water, and etc).*

*Note: At least **10%** of the total product available for sale must be **calorie-free** (e.g. bottled water).*



### THE FOLLOWING ITEMS OR PRACTICES ARE **NOT ALLOWED**:

- Free access to or addition of **honey, sugar, sugar syrup or cordial syrup** (E.g. Rose syrup, Barley syrup, etc).
- **Added toppings**. E.g. Chocolate, tapioca pearl, whipped cream, coconut flake or any sweetened solid ingredients.

*Note: Non-sugar substitutes such as sugar alcohol (e.g. Sorbitol & xylitol) and intense sweeteners (e.g. Acesulfame K, acesulfame, sucralose) are **not allowed**.*