

WHAT ARE THE SAUCES, SPREADS AND CONDIMENTS ALLOWED?

Below are examples of Sauces, Spreads and Condiments which are available in the market and endorsed with Healthier Choice Symbol.

PRODUCTS MUST BE ENDORSED
WITH **HEALTHIER CHOICE SYMBOL**
OR EQUIVALENT.



Lower in Sodium



ASIAN COOKING SAUCES

- **Asian Sweet Sauce**
Plum sauce, Lemon sauce, Satay sauce, etc
- **Asian Savoury Sauce**
Black bean sauce, Black pepper sauce, Oyster sauce, etc

RECIPE MIXES

- **Asian Recipe Mixes**
E.g. Laksa paste, Mee goreng paste, Curry paste, etc

TABLE SALT

SOUP AND BROTH

SOY BASED SAUCES, PASTA SAUCES, TOMATO/CHILLI SAUCES, AND OTHER SAUCES (WESTERN)

*Please refer to the **Healthier Choice Symbol Nutrient Guidelines** for more information.