

HEALTH PROMOTION BOARD

Healthier Choice Symbol Nutrient Guidelines

As of April 2026

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General labelling requirements for the use of the Healthier Choice Symbol

HPB reserves the right to make changes to the HCS guidelines at any time.

In line with the national nutrient claim guidelines, comparative claims e.g. *Lower* in sugar, are to carry a statement on the label qualifying the comparison. This edition/version of HCS guidelines carries nutritional taglines including, lower in sugar, lower in sodium, lower in saturated fat, and higher in calcium.

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.

The HCS programme focuses on promoting a balanced diet and a healthy lifestyle and is used to help consumers in making an informed choice when grocery shopping. Therefore, all product packaging and advertising materials are to carry the message 'Eat All Foods in Moderation' to encourage consumers to have a balanced diet.

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, unless otherwise stated.

Sugar

All "sugar" targets follow the WHO definition for **free sugars**. This includes all monosaccharides and disaccharides added to foods by the manufacturer, plus sugars naturally present in honey, syrups and fruit juices. This definition excludes lactose and galactose if naturally present in milk. Deionised fruit juice is also considered free sugar. Where there are "No added sugar" guidelines or taglines, it means that no free sugars should be added to the product.

Partially Hydrogenated Oils (PHO)

The PHO ban in Singapore is in effect since June 2021. All HCS products should be PHO-free.

Nutri-Grade label

The Nutri-Grade labelling requirements for all pre-packaged beverages sold in Singapore came into effect on 30 Dec 2022. For salt, sauces, seasonings, instant noodles and cooking oil, this is expected to come into effect from mid-2027. The HCS must not be used on products that are labelled Nutri-Grade C or D. HCS can be used concurrently with a Nutri-Grade label of A or B, provided that the product meets the HCS criteria and has obtained approval.

Beverages

| Sub-Category | Sugar (g/100ml) | Saturated fat (g/100ml) | Sodium (mg/100ml) | Calcium ¹ (mg/100ml) | % Wholegrain | Taglines for HCS |
|--|---------------------------------|-------------------------|-------------------|---------------------------------|--------------|---|
| Sugar-based drinks | | | | | | |
| Sweetened drinks | $\leq 5^{(d)}$ | ≤ 1.2 | - | - | - | |
| • Non-carbonated drinks/ Asian drink | | | | | | |
| • Isotonic drinks | ≤ 5 | - | - | - | - | Lower in Sugar ^(a) OR |
| • Juice drinks (at least 10% fruit juice) | ≤ 5 | - | ≤ 40 | - | - | No Added Sugar ^(b) OR |
| • Carbonated drinks | ≤ 5 | - | - | - | - | Sugar Free ^(c) |
| • Cordials, syrups and concentrates ⁹ | As prepared: ≤ 5 | - | - | - | - | |
| Juice [^] | | | | | | |
| • Vegetable ² (100%) | ≤ 5 | - | ≤ 120 | - | - | Lower in Sodium {Lower in Sugar} |
| • Fruit and vegetable ³ | ≤ 5 | - | ≤ 120 | - | - | No Added Sugar ^(b) Lower in Sugar |

| Sub-Category | Sugar (g/100ml) | Saturated fat (g/100ml) | Sodium (mg/100ml) | Calcium ¹ (mg/100ml) | % Wholegrain | Taglines for HCS |
|--|--------------------|-------------------------|-------------------|---------------------------------|--------------------|--|
| • Fruit ³ | ≤ 5 | - | - | - | - | No Added Sugar ^(b) Lower in Sugar |
| • Smoothies (dairy, soy or fruit based) ⁴ | ≤ 5 ^(d) | ≤ 1.2 | ≤ 40 | ≥ 60 | - | Lower in Saturated Fat (if dairy based) Lower in Sugar {Higher in Calcium} |
| Dairy/creamer-based drinks • Malted or chocolate drink | ≤ 5 ^(d) | ≤ 1.2 | ≤ 120 | - | - | Lower in Sugar {Lower in Saturated Fat} {Lower in Sodium} |
| • Coffee & Tea ⁵ | ≤ 5 ^(d) | ≤ 1.2 | - | - | - | Lower in Sugar {Lower in Saturated Fat} (creamer-based drinks only) No Added Sugar (Soluble coffee/tea only) ^(b) |
| • Cereal Mix | ≤ 5 ^(d) | ≤ 1.2 | ≤ 120 | - | ≥ 25 ^{6*} | Higher in Wholegrains** {Lower in sugar} {Lower in Saturated Fat} {Lower in Sodium} {Low Glycemic Index}# |

| Sub-Category | Sugar (g/100ml) | Saturated fat (g/100ml) | Sodium (mg/100ml) | Calcium ¹ (mg/100ml) | % Wholegrain | Taglines for HCS |
|---|----------------------|-------------------------|-------------------|---------------------------------|--------------|--|
| • Liquid milk (plain) ⁸ | 0 ^(d) | ≤ 1.2 | - | ≥ 130 | - | Lower in Saturated Fat {Higher in Calcium} |
| • Liquid milk (flavoured) | ≤ 5 ^(d) | ≤ 1.2 | - | ≥ 130 | - | Lower in Sugar {Lower in Saturated Fat} {Higher in Calcium} |
| • Dried milk powder (as reconstituted) ⁷ | ≤ 5 ^(d) | ≤ 1.2 | - | - | - | Lower in Saturated Fat |
| • Children's milk powder (1-3 years old) ⁷ | ≤ 0.5 ^(d) | ≤ 1.2 | - | ≥ 70 | - | Lower in Sugar {Lower in Saturated Fat} {Higher in Calcium} |
| • Children's milk powder (3 years and above) ⁷ | ≤ 1.2 ^(d) | ≤ 1.2 | - | ≥ 140 | - | Lower in Saturated Fat {Lower in Sugar} {Higher in Calcium} |
| • Cultured milk drink/ yogurt drink | ≤ 5 ^(d) | ≤ 1.2 | - | - | - | Lower in Saturated Fat {Lower in Sugar} |
| Plant-based milks | | | | | | Higher in Calcium {Lower in Sugar} |
| • Soy milk/ beverage | ≤ 5 | ≤ 1.2 | ≤ 40 | ≥ 60 | - | {Lower in Saturated Fat} {Lower in Sodium} {Low Glycemic Index}# |

| Sub-Category | Sugar (g/100ml) | Saturated fat (g/100ml) | Sodium (mg/100ml) | Calcium ¹ (mg/100ml) | % Wholegrain | Taglines for HCS |
|--|-----------------|-------------------------|-------------------|---------------------------------|--------------|---|
| <ul style="list-style-type: none"> Other plant-based milks (e.g. almond, oat etc) | ≤ 5 | ≤ 1.2 | ≤40 | - | - | Lower in Sugar {Lower in Sodium} {Lower in Saturated Fat} |
| Other <ul style="list-style-type: none"> Water (Still or Carbonated) | 0 | - | ≤20 | - | - | No added sugar ^(b) Sugar free ^(c) |

For all HCS beverages:

Values as per 100ml prepared or ready to drink. If product is in powder form, the product is to be reconstituted according to manufacturer's direction as stated on the label.

[^] No added free sugar allowed

¹ The RDA for Calcium is 800mg.

² Not applicable to juice drinks or cordials.

³ Not applicable to cordials and concentrates.

⁴ For smoothies to be dairy based, they should contain at least 15% dairy based ingredients. For smoothies to be soy based, they should contain at least 15% soy based ingredients. If fruits are added, dairy/soy should be 40% of the total product to be considered dairy/soy based.

⁵ Includes 3-in-1 or 2-in-1 coffee/tea, all soluble coffee/tea, all coffee/tea bags (*including kosong*) and all coffee beans and tea leaves. Excludes ready to drink bottled or canned coffee/tea

⁶ Based on dry weight

⁷ Excluding infant formula for babies aged 0-12 months.

⁸ Plain lactose-free milk should not contain any added sugars, except for those that are naturally produced through the enzymatic hydrolysis of lactose.

⁹ For cordials, syrups, and concentrates, manufacturers should include preparation and reconstitution instructions, as well as energy and nutrient values per 100ml and/or per serving (in ml) for the reconstituted beverage that is prepared and ready for consumption.

- (a) Lower in Sugar – this tagline is recommended for products which contain naturally occurring sugar or added sugar.
- (b) No added sugar tagline can only be used if there is no free sugar added to the product.
- (c) Sugar Free – this tagline is recommended for products which do not contain free sugar. This includes products sweetened with intense sweeteners. This tagline is not eligible for products which contain added or free sugar.
- (d) Lactose and galactose must be declared in the Nutrition Information Panel, for drinks containing dairy based ingredients.

Foods carrying the HCS Low Glycemic Index claim must fulfil all 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 or equal to 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.

{ } Denotes an optional secondary tagline.

* Wholegrains content can be calculated by expressing the total amount of wholegrain 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 wholegrain ingredients | 20g |
| Other ingredients (sugar) | 100g |
| <hr/> | |
| Total dry weight | 450g |
| Total weight of wholegrains ingredients used [^] (dry weight) | 150g |
| <hr/> | |
| % wholegrains | 150g/450(g)x100% = 33.3% |

** Labelling requirements for carrying the HCS 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 wholegrain 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” HCS tagline

- “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 healthier eating, visit HealthHub (<https://www.healthhub.sg/>)”

[^]To qualify, Products will need to carry the HCS “Higher in wholegrains” tagline 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.

Energy drinks

Energy drinks will not be eligible for HCS. Energy drinks are non-alcoholic beverages that contain caffeine, vitamins and other ingredients for example, taurine, ginseng, and guarana. They are typically marketed as being able to boost energy and increase physical and mental performance.

Beverages dispensed from automated beverage dispensers:

(i) Non-customisable beverages dispensed from automated beverage dispensers (ABDs)

To allow consistency in assessment across all beverages, non-customisable beverages dispensed from automated beverage dispensers (ABDs) should be assessed without ice.

(ii) Non-customisable blended ice beverages dispensed from automated beverage dispensers (ABDs)

For blended beverages where ice is incorporated into the preparation, rather than being added to the beverages separately, we recognise that ice serves as the main medium to form the beverages with minimal addition of other fluids and cannot be removed due to practical limitations. In such cases, ice can be factored into the assessment.

Cereals

| Sub-Category | Fat (g/100g) | Saturated Fat (g/100g) | Sodium (mg/100g) | Dietary fibre (g/100g) [#] | Sugar (g/100g) | % of Wholegrains* | Taglines for HCS** |
|---|--------------------|------------------------|------------------|-------------------------------------|---------------------|-------------------|---|
| Wholegrains | - | - | - | - | - | 100 | Higher in wholegrains |
| • Rice (unpolished) | - | - | - | - | - | 100 | Higher in wholegrains |
| • Mixed rice ¹ | - | - | - | - | - | ≥ 20 | Higher in wholegrains |
| • Wholegrains ¹ | - | - | - | - | - | 100 | Higher in wholegrains |
| Flour, wholemeal | - | - | No added sodium | ≥ 5 | - | 100 | Higher in wholegrains |
| Flour, self-raising | - | - | ≤ 350 | ≥ 5 | - | 100 | Higher in wholegrains |
| Instant Oats / Oatmeal ² (Plain only) | - | - | No added sodium | - | No Added Sugar | 100 | Higher in wholegrains |
| Breakfast cereal, cereal bars, cereal and fruit bars (ready-to-eat) – (Adult’s cereal). Also includes instant oatmeal with added ingredients ³ | ≤ 4 ⁽⁴⁾ | - | ≤ 400 | ≥ 4 | ≤ 18 ^(a) | ≥ 25 | Lower in sugar Higher in wholegrains |
| Children’s Cereal | ≤ 3.3 | - | - | ≥ 4 | ≤ 25 ^(a) | ≥ 25 | Lower in sugar Higher in wholegrains |

| Sub-Category | Fat (g/100g) | Saturated Fat (g/100g) | Sodium (mg/100g) | Dietary fibre (g/100g)[#] | Sugar (g/100g) | % of Wholegrains* | Taglines for HCS** |
|---|-------------------------|-----------------------------------|-----------------------------|---|-----------------------|------------------------------|---------------------------|
| Pasta | ≤ 2 ^(b) | - | ≤ 120 | ≥ 3 | - | 100 | Higher in wholegrains |
| Oriental noodles (Dry) | | | | | | | |
| • Brown rice vermicelli “bee hoon” | ≤ 2 | - | ≤ 180 | ≥ 2 | - | ≥ 80 | Higher in wholegrains |
| • Noodles (to include non cereal-based noodles with whole grains e.g. legumes based, Soy based noodles) | ≤ 2 | - | ≤ 180 | ≥ 2 | - | ≥ 15 | Higher in wholegrains |
| • Rice-based noodles (E.g. Thicker rice-based noodles) | ≤ 2 | - | ≤ 180 | ≥ 2 | - | ≥ 15 | Higher in wholegrains |
| Oriental noodles (Fresh) | | | | | | | |
| • Wheat-based noodles (e.g. Hokkien Yellow Noodles) | ≤ 5 | - | ≤ 500 | ≥ 2 | - | ≥ 15 ^(c) | Higher in wholegrains |
| • Rice-based noodles (e.g. Kuay Teow, Laksa Beehoon) | ≤ 5 | - | ≤ 400 | ≥ 2 | - | ≥ 15 ^(c) | Higher in wholegrains |
| Bread (loaf), breadcrumbs, Flat breads (pita, wraps), pizza crust | ≤ 5 ⁽⁴⁾ | - | ≤ 450 | ≥ 3 | - | ≥ 25 | Higher in wholegrains |

| Sub-Category | Fat (g/100g) | Saturated Fat (g/100g) | Sodium (mg/100g) | Dietary fibre (g/100g) [#] | Sugar (g/100g) | % of Wholegrains* | Taglines for HCS** |
|---|--------------------|------------------------|------------------|-------------------------------------|---------------------|---------------------|---|
| Buns, rolls (unfilled, plain) Hamburger, hotdog type | ≤ 5 ⁽⁴⁾ | - | ≤ 450 | ≥ 3 | - | ≥ 10 | Higher in wholegrains |
| Buns, rolls (filled) Cream, jam, fruits, custard, savoury | ≤ 8 ⁽⁴⁾ | - | ≤ 400 | ≥ 2 | ≤ 15 | ≥ 10 | Higher in wholegrains |
| Steamed buns | | | | | | | |
| • Filled (e.g. “Pau”) | ≤ 8 ⁽⁴⁾ | - | ≤ 250 | - | ≤ 18 | ≥ 10 ^(e) | Higher in wholegrains |
| • Unfilled (e.g. “Mantou”) | ≤ 8 ⁽⁴⁾ | - | ≤ 250 | - | ≤ 15 | ≥ 15 ^(e) | Higher in wholegrains |
| Cakes and pastries (e.g. muffins, swiss rolls, pound cakes, waffles, tarts, croissants etc) | ≤ 22 | - | ≤ 300 | ≥ 3 ^(d) | ≤ 21 ^(a) | ≥ 10 ^(e) | Lower in sugar Higher in wholegrains |
| Roti Prata | - | ≤ 7 | - | ≥ 4 | - | ≥ 25 | Higher in wholegrains |

if the wholegrain criteria are met, the dietary fibre criteria will be an elective criterion.

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

- 1 Includes wholegrains e.g. Barley, millet, quinoa
 - 2 Includes raw oats, rolled oats, instant and cooking oats/oatmeal
 - 3 Includes instant oatmeal with added ingredients
 - 4 Products with fat contents that exceed the criteria but <10% will be accepted if the saturated fat % is <20% of the total fat.
- (a) Targets are for free sugar only, as per WHO definition. Sugar from plain dried fruit (i.e. sugar coated or treated fruit is excluded) is exempt from this definition. Businesses will need to provide a declaration and calculation to show the estimation of sugar from dried fruits in their products.
- (b) Products with fat level above 2% will be accepted if the source of fat is naturally occurring from the wholegrains used. Such products must indicate (e.g. footnote below the Nutrition Information Panel) that the source of fat is naturally occurring.
- (c) Based on final weight of product
- (d) Products in this category must meet both the wholegrain and dietary fibre requirements.

*Wholegrains content can be calculated by expressing the total amount of wholegrain ingredients used as a proportion of the weight of the final / finished product. An example is shown below

1. 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 |
| <hr/> | |
| Total weight | 650g |
| Total weight of wholegrains ingredients used [^] | 150g |
| Final / finished product weight (after mixing) | X g |
| % wholegrains | $150g/X(g) \times 100\% = y\%$ |

2. Steamed Buns

Ingredients

| | |
|---|--|
| Whole meal flour | 100g |
| White flour | 200g |
| Oats | 30g |
| Other wholegrain ingredients | 20g |
| Filling | 50g |
| Other ingredients | 100g |
| Water | 200g |
| <hr/> | |
| Total weight (before steaming) | 700g |
| Total weight of wholegrains ingredients used [^] | 150g |
| Final / finished product weight (after steaming) | X g |
| % wholegrains | $150g/X(g) \times 100\% = y\%$ |

^ Whole meal flour, oats, other wholegrain 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>)

***Labelling requirements for carrying the HCS 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 wholegrain 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 healthier eating, visit HealthHub (<https://www.healthhub.sg/>)”

^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 claim must fulfil all 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 or equal to 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

Protein

| Sub-Category | Fat (g/100g) | Sodium (mg/100g) | Sugar (g/100g) | Calcium^ (mg/100g) | Taglines for HCS |
|--|-------------------------|-------------------------------------|----------------|-----------------------|---|
| Animal based protein | | | | | |
| Meat & poultry | ≤ 10 | ≤ 120 | - | - | Lower in Saturated Fat {Lower in Sodium} |
| <ul style="list-style-type: none"> • Fresh and Frozen | | | | | |
| <ul style="list-style-type: none"> • Canned and Processed¹ | $\leq 10^{(a)}$ | ≤ 450 | - | - | Lower in Sodium and Lower in Saturated Fat |
| Seafood | | | | | |
| Seafood | No added fat | No added sodium from all sources | - | - | No Added Sodium {Lower in Saturated Fat} |
| <ul style="list-style-type: none"> • Fresh and Frozen (plain) | | | | | |
| <ul style="list-style-type: none"> • Canned <ul style="list-style-type: none"> ○ Seafood² | $\leq 5^{(b)}$ | ≤ 400 | - | - | Lower in Sodium {Lower in Saturated Fat} |
| <ul style="list-style-type: none"> ○ Fish³ <ul style="list-style-type: none"> - Canned in sauce/water - Canned in oil | No added fat (c) | ≤ 400 ≤ 400 | - - | - - | Lower in Sodium {Lower in Saturated Fat} |

| Sub-Category | Fat (g/100g) | Sodium (mg/100g) | Sugar (g/100g) | Calcium [^] (mg/100g) | Taglines for HCS |
|--|--------------------|---------------------|----------------|-----------------------------------|--|
| <ul style="list-style-type: none"> Processed ² <ul style="list-style-type: none"> Made from fish & seafood (e.g. frozen fish fillet) | ≤ 5 ^(b) | ≤ 450 | - | - | Lower in Sodium {Lower in Saturated Fat} |
| <ul style="list-style-type: none"> <i>Surimi</i> products (e.g. fish ball, crab stick, fish cake) | ≤ 5 ^(b) | ≤ 550 | - | - | Lower in Saturated Fat (for breaded products) Lower in Sodium |
| Dairy | | | | | |
| Cheese | | | | | |
| <ul style="list-style-type: none"> Soft Semi-hard Hard | < 8 | ≤ 600 | - | - | Lower in Saturated Fat {Lower in Sodium} |
| <ul style="list-style-type: none"> Processed sliced cheese Cheese spread | ≤ 15 | - | - | - | Lower in Saturated Fat |
| <ul style="list-style-type: none"> Yogurt | ≤ 2 | - | ≤ 8 | - | Lower in Sugar * OR No Added Sugar * {Lower in Saturated Fat} |

| Sub-Category | Fat (g/100g) | Sodium (mg/100g) | Sugar (g/100g) | Calcium^ (mg/100g) | Taglines for HCS |
|---|--------------------|------------------|----------------|--------------------|--|
| Egg products | | | | | |
| • Egg products e.g. egg tofu | ≤10 ^(a) | ≤250 | - | - | Lower in Sodium {Lower in Saturated Fat} |
| Plant based protein/ soy products | | | | | |
| • Legumes - canned ⁴ | - | ≤300 | - | - | Lower in Sodium {Low Glycemic Index}# |
| • Soybean curds – Hard (e.g. Tau Kwa) | ≤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} # |
| • Plant based meat alternatives (vegetarian) ⁵ | ≤10 ^(a) | ≤600 | - | - | Lower in Sodium and Saturated Fat |

^ The RDA for Calcium is taken at 800mg.

* “No added sugar” tagline should only be used for products that contain no added free sugar (i.e. plain yogurt). “Lower in sugar” tagline is intended for products that contain free sugar.

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

² First ingredient must be seafood. Criteria for canned seafood are based on consumption method.

³ First ingredient must be seafood. Canned fish in sauces – based on consumption method i.e. whole content (net weight).
Canned fish in water – based on consumption method i.e. drained weight
Canned fish in oil:

- Fat criteria based on the type of oil, thus not affected by drained weight or net weight
- Sodium criteria based on drained weight

⁴ Canned in sauces – based on consumption method i.e. whole content (net weight)
Canned in water – based on consumption method i.e. drained weight

⁵ Canned Plant-Based Meat Alternatives – based on consumption method i.e. whole content (net weight)

- (a) Products with fat marginally above 10g/100g will be approved if the saturated fat is 20% or less of the total fat.
- (b) Products that exceed the criteria and less than 10g/100g fat will be accepted if saturated fat is 20% or less of the total fat. Products with more than 10g/100g fat will be assessed individually.
- (c) Products will be approved if the saturated fat content of the oil used for canning is 20% or less of its total fat
- (d) Product with fat level that exceed the criteria and less than 10g/100g will be approved if the % saturated fat is 20% or less of the total fat.

{ } Denotes an optional secondary tagline.

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

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2. Must have a GI value* of less than or equals to 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.

Fats and Oils

| Sub-Category | Fat (g/100g) | Saturated Fat (g/100g) | Sodium (mg/100g) | Sugar (g/100g) | Taglines for HCS |
|---|-----------------|---------------------------|---------------------|----------------|---|
| Margarine / fat spreads | - | ≤ 27% of Total Fat | ≤ 400 | - | Lower in Saturated Fat {Lower in Sodium} |
| Cooking oil (retail) | - | ≤ 20% of Total Fat | - | - | Lower in Saturated Fat |
| Cooking oil (food service) ¹ | - | ≤ 30% of Total Fat | - | - | Lower in Saturated Fat |

¹ Other guidelines that cooking 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.

Fruit and Vegetables

| Sub-Category | Fat (g/100g) | Sugar (g/100g) | Sodium (mg/100g) | Taglines for HCS |
|-------------------------------------|--|----------------|----------------------------------|---|
| Fresh¹ | | | | |
| Vegetables | - | - | - | Eat 2+2 servings of fruits and vegetables daily |
| Fruit | - | - | - | Eat 2+2 servings of fruits and vegetables daily |
| Frozen / Chilled² | | | | |
| Vegetables | No added fat | No added sugar | No added sodium from all sources | No Added Sodium |
| Fruit | No added fat | No added sugar | No added sodium from all sources | No Added Sugar {No Added Sodium} |
| Frozen Potato | ≤5 ^(a) | - | ≤ 120 | Lower in Sodium {Lower in Saturated Fat} |
| Canned³ | | | | |
| Vegetables | - | - | ≤ 300 | Lower in Sodium |
| Fruit | Canned in light or extra light syrup ^(b) or natural juice | | | Lower in Sugar |
| Dried | | | | |
| Vegetables | No added fat | No added sugar | ≤ 120 | Lower in Sodium {Lower in Saturated Fat} |
| Fruit | No added fat | No added sugar | No added sodium from all sources | No Added Sugar {No Added Sodium} |

(a) Product with fat level that exceed the criteria and less than 10g/100g will be approved if saturated fat is 20% or less of the total fat.

(b) “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°[^].
Extra light syrup is defined as not less than 10° Brix but less than 14° Brix[^].

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

¹ Included fresh vegetables and fresh fruit that is chilled.

² Excluded fresh vegetables and fruits

³ Canned in sauce – based on consumption method i.e. whole content (Net weight)

Canned in water – based on consumption method i.e. drained weight

{ } Denotes an optional secondary tagline.

Sauces and Condiments

| Sub-category ¹ | Fat (g/100g) | Saturated fat (g/100g) | Sugar (g/100g) | Sodium (mg/100g) | Taglines for HCS |
|--|-----------------|------------------------|----------------|---------------------|--|
| Asian cooking sauces | | | | | |
| <ul style="list-style-type: none"> Asian sweet sauce <p>e.g. rojak sauce, plum sauce, yusheng sauce, sweet & sour sauce, coffee sauce, lemon sauce, satay sauce, teriyaki sauce etc</p> | - | - | ≤ 34 | ≤ 1800 | <p>Lower in Sodium</p> <p>{Lower in Sugar}</p> |
| <ul style="list-style-type: none"> Asian savoury sauce and mix^{2a} <p>e.g. black pepper sauce, black bean sauce, belacan or sambal, kung bo sauce, XO sauce, laksa paste, mee goreng paste, curry fish/chicken paste, mee siam paste etc</p> | - | ≤ 6 | ≤ 13 | ≤ 2000 | <p>Lower in Sodium</p> <p>{Lower in Sugar}</p> <p>{Lower in Saturated Fat}</p> |
| <ul style="list-style-type: none"> Bean paste <p>e.g. miso, doenjang, black bean paste</p> | - | ≤ 1 | ≤ 10 | ≤ 4300 | <p>Lower in Sodium</p> <p>{Lower in Sugar}</p> <p>{Lower in Saturated Fat}</p> |
| <ul style="list-style-type: none"> Oyster sauce and substitutes <p>e.g. Oyster sauce, vegetarian oyster sauce, abalone sauce, scallop sauce, etc</p> | - | - | ≤ 18 | ≤ 2800 | <p>Lower in Sodium</p> <p>{Lower in Sugar}</p> |

| Sub-category ¹ | Fat (g/100g) | Saturated fat (g/100g) | Sugar (g/100g) | Sodium (mg/100g) | Taglines for HCS |
|---------------------------------------|--------------|------------------------|----------------|------------------|--|
| Soy-based sauces | | | | | Lower in Sodium |
| • Dark soya sauce | - | - | ≤ 25 | ≤ 6000 | {Lower in Sugar} |
| • Light or flavoured soya sauce | - | - | ≤ 10 | ≤ 5700 | Lower in Sodium {Lower in Sugar} |
| • Sweet soya sauce | - | - | ≤ 57 | ≤ 3300 | Lower in Sodium {Lower in Sugar} |
| Fish sauce | - | - | ≤ 3 | ≤ 6500 | Lower in Sodium {Lower in Sugar} |
| Recipe mix (cube)^{2b} | | | | | Lower in Sodium |
| e.g. Japanese curry cubes | - | ≤ 21 | ≤ 11 | ≤ 4500 | {Lower in Sugar} {Lower in Saturated Fat} |

| Sub-category ¹ | Fat (g/100g) | Saturated fat (g/100g) | Sugar (g/100g) | Sodium (mg/100g) | Taglines for HCS |
|---|-----------------|---------------------------|----------------|---------------------|---|
| Chilli and hot sauce | - | - | ≤ 21 | ≤ 1600 | Lower in Sodium {Lower in Sugar} |
| Ketchup³ and brown sauce e.g. tomato ketchup, BBQ, steak sauce | - | - | ≤ 25 | ≤ 900 | Lower in Sodium {Lower in Sugar} |
| Mustard | - | ≤ 0.9 | ≤ 7 | ≤ 1600 | Lower in Sodium {Lower in Sugar} {Lower in Saturated Fat} |
| Emulsified sauce and dressing e.g. Salad dressings / mayonnaise | - | ≤ 5 | ≤ 11 | ≤ 900 | Lower in Sodium {Lower in Sugar} {Lower in Saturated Fat} |
| Pasta sauce • Tomato-based sauce | - | ≤ 0.8 | ≤ 5 | ≤ 350 | Lower in Sodium {Lower in Sugar} {Lower in Saturated Fat} |
| Pasta sauce • Non-tomato based sauce e.g. cream / cheese based / pesto sauce | - | ≤ 4 | ≤ 3 | ≤ 600 | Lower in Sodium {Lower in Sugar} {Lower in Saturated Fat} |

| Sub-category ¹ | Fat (g/100g) | Saturated fat (g/100g) | Sugar (g/100g) | Sodium (mg/100g) | Taglines for HCS |
|---|--------------|------------------------|----------------|------------------|---|
| Soup and broth (ready-to-serve)⁴ | ≤ 4 | - | - | ≤ 200 | Lower in Sodium {Lower in Saturated Fat} |
| Soup and broth (non-concentrate)⁵ e.g. water or milk-based products consisting of vegetable, meat or fish broth with or without other ingredients (e.g. vegetables, meat, noodles) that can be used in a preparation of a dish without reconstitution. | - | - | ≤ 1 | ≤ 400 | Lower in Sodium {Lower in Sugar} |
| Soup and broth (dry concentrate)⁵ e.g. concentrated soup or broth that requires reconstitution with liquid (e.g. bak kut teh, stock cubes, powdered soup stock), with or without addition of other optional ingredients (e.g. vegetables meat, noodles) in dry form. | - | ≤ 14 | ≤ 9 | ≤ 9000 | Lower in Sodium {Lower in Sugar} {Lower in Saturated Fat} |
| Soup and broth (liquid concentrate)⁵ e.g. concentrated soup or broth that requires reconstitution with liquid (such as hotpot soup base) with or without addition of other optional ingredients (e.g. vegetables meat, noodles) in liquid form. | - | ≤ 7 | ≤ 10 | ≤ 4500 | Lower in Sodium {Lower in Sugar} {Lower in Saturated Fat} |
| Herb, spice and seasoning mix⁵ e.g. furikake toppings, dry spice/seasoning mixes for cooking (e.g. biryani mix, barbeque seasoning) and dry cures or rubs that are applied to external surfaces of meat or fish (e.g. steak spice) | - | ≤ 1 | ≤ 13 | ≤ 7500 | Lower in Sodium {Lower in Sugar} {Lower in Saturated Fat} |

| Sub-category ¹ | Fat (g/100g) | Saturated fat (g/100g) | Sugar (g/100g) | Sodium (mg/100g) | Taglines for HCS |
|---|--------------|------------------------|----------------|------------------|------------------------|
| Others | | | | | |
| • Creamer and alternatives (e.g. evaporated milk, condensed milk, non-dairy creamers) | ≤4 | - | - | - | Lower in Saturated Fat |
| • Coconut milk | - | ≤12 | - | - | Lower in Saturated Fat |

| Sub-category | Sodium | Potassium | Taglines for HCS |
|--|------------|------------|------------------|
| Salt and salt substitutes ⁶ | ≤ 300 mg/g | ≤ 180 mg/g | Lower in Sodium |

¹ 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 Eighth Schedule of the Singapore Food Regulation for a list of permitted general purpose food additives.

^{2a} Values as per 100ml / 100g as sold. Recipe mixes and convenience pastes that comprise a mixture of ingredients and other sauces, intended to enable the user to conveniently prepare a specific dish. Includes but not limited to laksa paste, mee siam paste, rendang paste. Product is marketed as a pre-mix for a specific dish rather than a single ingredient. Excludes seasoning powders and recipe mixes in compacted/compressed solid (e.g. cube) form and in powdered form.

^{2b} Values as per 100ml / 100g as sold, before dilution or reconstitution. Recipe mix in compacted/compressed solid (e.g. cube) form, that comprise a mixture of ingredients and other sauces, intended to enable the user to conveniently prepare a specific dish. Includes but not limited to Japanese curry cubes.

³ Tomato ketchup shall contain not less than 4% (w/w) tomato solids derived from clean and wholesome tomatoes and typically contains only fruit concentrate/essence/paste/pulp/puree, sugar, salt and other additives. It shall be strained, with or without heating, to exclude seeds or other coarse or hard substances, and shall contain no fruit or vegetable other than tomato except onion, garlic, spices for flavoring. It may be used as a condiment to be added or dipped at the table. Excludes tomato sauces with other ingredients such as pasta sauces.

⁴ Values as per 100ml / 100g prepared or ready to eat.

⁵ Values as per 100ml / 100g as sold, before dilution or reconstitution.

⁶ Labelling Requirements

- These products shall carry a health message to inform individuals with restricted medical condition for sodium or potassium intake to consult their physicians before consumption:
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.

{ } Denotes an optional secondary tagline.

Spreads

| Sub-category | Fat (g/100g) | Sugar (g/100g) | Sodium (mg/100g) | Taglines for HCS |
|---|--------------|-----------------------------|----------------------------------|--|
| Sweet spreads <ul style="list-style-type: none"> • Egg jam (kaya) | ≤8 | ≤40 | - | Lower in Sugar or No Added Sugar (If applicable) {Lower in Saturated Fat} |
| <ul style="list-style-type: none"> • Nuts and seed butters (e.g. peanut butter / almond butter / hazelnut butter) | - | No added sugar | No added Sodium from all sources | No Added Sugar {No Added Sodium} {Low Glycemic index}* |
| <ul style="list-style-type: none"> • Chocolate spreads | - | ≤40 | - | Lower in Sugar |
| <ul style="list-style-type: none"> • Fruit Spreads | No added fat | No added sugar ¹ | - | No Added Sugar ¹ |

{ } Denotes an optional secondary tagline.

¹ Fruit spreads can only claim “No added sugar” if their source of free sugar come from fruit. No other sources of free sugar are allowed.

*** Foods carrying the HCS Low Glycemic Index claim must fulfil all 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 or equal to 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.

Snacks

| Subcategory | Fat (g/100g) | Saturated fat (g/100g) | Sodium (mg/100g) | Sugar (g/ 100g) | %wholegrains * | Taglines for HCS |
|--|-----------------|--|---------------------|--------------------|---------------------|--|
| Savoury snacks | | | | | | |
| • Crisps/ Chips ¹ | ≤ 19 | - | ≤400 | - | - | Lower in Sodium |
| • Savoury biscuits and crackers | ≤ 25 | ≤10 | ≤ 420 | - | ≥30% ^(a) | Higher in wholegrains** {Low Glycemic Index}# |
| • Ready to eat legumes, nuts and/or seeds | - | % of sat fat must be ≤20% of total fat | ≤120 | No added sugar | - | Lower in Sodium {Low Glycemic Index}# |
| • Dried vegetables (snacks) | No added fat | - | ≤120 | No added sugar | - | Lower in Sodium {Lower in Saturated Fat} |
| Sweet snacks | | | | | | |
| • Chocolate confectionery e.g. chocolate bars, filled bars, assortments, diabetic and low calorie chocolate | - | - | - | ≤38 | - | Lower in Sugar |
| • Sweet confectionery (hard and soft candy) e.g. sweets, sugar free candy | - | - | - | ≤40 | - | Lower in sugar |

| Subcategory | Fat (g/100g) | Saturated fat (g/100g) | Sodium (mg/100g) | Sugar (g/ 100g) | %wholegrains * | Taglines for HCS |
|---|--------------|------------------------|----------------------------------|-----------------|----------------|------------------|
| • Sweet biscuits e.g. chocolate flavoured biscuits, fruit flavoured biscuits, cookies | - | - | - | ≤21 | - | Lower in sugar |
| • Dried fruit | No added fat | - | No added sodium from all sources | No added sugar | - | No Added Sugar |

(a) Based on final weight on product.

¹ The less than 100 calorie criteria for crisps/chips is an elective criteria. Products that can meet the elective criteria can carry a “less than 100 calories” tagline and serving sizes on NIP must be changed to weight of each individually wrapped package.

* Wholegrains content can be calculated by expressing the total amount of wholegrain ingredients used as a proportion of the weight of the final / finished product. An example is shown below

1. Biscuits and Crackers

Ingredients

| | |
|---|-----------------------------|
| Whole meal flour | 100g |
| White flour | 200g |
| Oats | 30g |
| Other wholegrain ingredients | 20g |
| Filling | 50g |
| Other ingredients | 100g |
| <hr/> | |
| Total weight (before baking) | 500g |
| Total weight of wholegrains ingredients used [^] | 150g |
| Final / finished product weight (after baking) | X g |
| % wholegrains | 150g/X(g) x100% = y% |

**** Labelling requirements for carrying the HCS 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 wholegrain 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” HCS tagline

- “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 healthier eating, visit HealthHub (<https://www.healthhub.sg/>)”
[^]To qualify, Products will need to carry the HCS “Higher in wholegrains” tagline 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 claim must fulfil all 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 or equals to 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.

Convenience Meals

| Sub-category | Calories/ serving | Fat (g/100g) | Saturated Fat (g/100g) | Sodium (mg/100g) | %Wholegrain content | Taglines for HCS |
|--|----------------------|-----------------|---------------------------|-----------------------|---|---|
| 'Meal-type' products ¹ | | | | | | |
| Main meals ² | ≤500 ^(a) | - | ≤3 | ≤ 400 | Criteria for wholegrains are applicable for cereal based convenience meals ⁴ | Higher in Wholegrains ^(b) {Lower in Saturated Fat} ^(c) {Lower in Sodium} {Low Glycemic Index}# |
| Small meals ³ | ≤300 ^(a) | - | ≤3 | ≤ 400 | Criteria for wholegrains are applicable for cereal based convenience meals ⁴ | Higher in Wholegrains ^(b) {Lower in Saturated Fat} ^(c) {Lower in Sodium} {Low Glycemic Index}# |
| Instant noodle (dry) | - | - | ≤ 8 ^(d) | ≤ 1100 ^(d) | Criteria for wholegrains are optional ⁴ | Lower in Sodium {Lower in Saturated Fat} {Higher in Wholegrains} ^(f) {Low Glycemic Index}# |

| Sub-category | Calories/ serving | Fat (g/100g) | Saturated Fat (g/100g) | Sodium (mg/100g) | %Wholegrain content | Taglines for HCS |
|-------------------------|----------------------|--------------------|---------------------------|-----------------------|---|---|
| Instant noodle (soup) | - | - | ≤ 8 ^(d) | ≤ 1800 ^(d) | Criteria for wholegrains are optional ⁴ | Lower in Sodium {Lower in Saturated Fat} {Higher in Wholegrains} ^(f) {Low Glycemic Index}# |
| Other convenience meals | - | ≤ 8 ^(e) | - | ≤ 400 | Criteria for wholegrains are applicable for cereal based convenience meals ⁴ | Higher in Wholegrains ^(b) {Lower in Saturated Fat} ^(c) {Lower in Sodium} {Low Glycemic Index}# |

^(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) For instant noodles, the criteria are based on products as sold.

^(e) Product with fat level that exceed the criteria and less than 10g/100g will be accepted if the saturated fat is 20% or less of the total fat.

^(f) Higher in Wholegrains tagline can only be used if the wholegrain criteria are met.

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 Main meals refer to ready-to-eat meals that are intended for consumption as breakfast, lunch or dinner such as frozen meals, ready-to-heat meals. Typical weight > 200g
- ³ Small meals refer to light meals that are intended for consumption as quick bites or snacks such as sandwiches, wraps, pies, Asian glutinous rice. Typical weight <200g
- ⁴ 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 |
|---|--|
| <ul style="list-style-type: none"> • 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 |
| <ul style="list-style-type: none"> • ≥20% wholegrains | Ready-to-eat rice-based meals, instant porridge, sushi, dim sum (<i>lor mai fan, fan choy, chee chiong fun, carrot cake</i>) |
| <ul style="list-style-type: none"> • Dry wheat noodles (≥15% whole wheat) | Instant noodles, cup noodles *wholegrain criteria is optional only for the sub-category of instant noodles |
| <ul style="list-style-type: none"> • Dry rice vermicelli (≥80% brown rice) | Ready-to-eat rice vermicelli meals |
| <ul style="list-style-type: none"> • Pasta (whole durum wheat pasta / wholemeal pasta / semolina) • Wholemeal pizza base ((≥ 25% wholegrains) | Frozen/Chilled ready-to-eat pasta-based meals, pizzas |
| <ul style="list-style-type: none"> • Fresh oriental rice / wheat noodles (≥15% wholegrains) | Frozen / Chilled / Ready-to-eat noodle meals |
| <ul style="list-style-type: none"> • Other wholegrain ingredients[^] A list of wholegrains can be referred from the link provided (http://www.wholegrainscouncil.org/whole-grains-101/whole-grains-a-to-z) | |

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.”

Foods carrying the HCS Low Glycemic Index claim must fulfil all 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 or equal to 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.

Desserts

| Sub-category | Calories/ serving | Fat (g/100g) | Saturated Fat (g/100g) | Dietary Fibre (g/100g) | Sodium (mg/100g) | Sugar (g/ 100g) | Taglines for HCS |
|---|-------------------|-----------------|---------------------------|---------------------------|---------------------|--------------------|--|
| Local Soup Desserts¹ | | | | | | | |
| <ul style="list-style-type: none"> Clear soup desserts e.g. cheng tng, green bean soup, tau suan, red bean soup, etc. | ≤ 200 | - | - | ≥3 | - | ≤ 6 | Lower in Sugar |
| <ul style="list-style-type: none"> Soup desserts containing cream² e.g. black sesame paste, almond paste, walnut paste, pulut hitam, bobo chacha, chendol, etc. | ≤ 200 | ≤ 2.5 | ≤ 1.5 | ≥3 | - | ≤ 6 | Lower in Sugar {Lower in Saturated Fat} |
| <ul style="list-style-type: none"> Concentrated desserts⁴ e.g. bird's nest, hashima, peach resin, snow fungus | - | - | - | - | - | ≤5 | Lower in Sugar |
| Jellies ⁵ | | | | | | | |
| <ul style="list-style-type: none"> e.g.grass jelly, aiyu jelly, fruit jellies,etc. Does not include jelly drinks. | - | - | - | ≥3 | - | ≤11 | Lower in Sugar |

| Sub-category | Calories/ serving | Fat (g/100g) | Saturated Fat (g/100g) | Dietary Fibre (g/100g) | Sodium (mg/100g) | Sugar (g/ 100g) | Taglines for HCS |
|---|-------------------|--------------|---|------------------------|------------------|---|---|
| Pudding | | | | | | | Lower in Sugar |
| e.g. mango pudding, almond pudding, etc | - | ≤ 1.5 | ≤ 60% of Total Fat | ≥ 3 | ≤ 120 | ≤ 11 | {Lower in Sodium} {Lower in Saturated Fat} |
| Local and seasonal cakes | | | | | | | Lower in Sugar |
| e.g. nian gao, mooncakes, pineapple tarts, nonya kueh, tapioca kueh, etc. | - | - | ≥ 25% sat fat reduction compared to reference food ³ | ≥ 3 | - | ≥ 25% sugar reduction compared to reference food ³ | {Lower in Saturated Fat} |
| Frozen desserts | | | | | | | |
| • Ice cream ⁶ | - | ≤ 12 | - | ≥ 3 | - | ≤ 15 | Lower in Sugar |
| • Ice confectionery | - | - | - | ≥ 3 | - | ≤ 15 | Lower in Sugar |
| • Frozen yogurt | - | ≤ 5 | - | ≥ 3 | ≤ 120 | ≤ 15 | {Lower in Saturated Fat} {Lower in Sodium} |

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 This refers to any local soup desserts that contains any fat or dairy component such as coconut milk, evaporated milk, condensed milk, cow's milk (UHT, chilled pasteurised or powdered), creamer, soy milk, cooking oil

³ From Appendix V: Glossary of terms within "A Guide to Nutrition Labelling for Food Products (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

⁴ Classification of desserts is determined based on the percentage of solid content. If the drained weight of the product is $\leq 50\%$, it is classified as a beverage.

⁵ To classify a product as a jelly or jelly drink, the composition (i.e. percentage of solid components) of the product will be taken into consideration. If the drained weight of the product is $\leq 50\%$, it is classified as a jelly drink.

⁶ The less than 200 Calorie criteria for ice cream is an elective criteria. Products that can meet this criteria can carry the less than 200 Calories tagline and serving sizes on NIP must be changed to weight of each individually wrapped package.