

HEALTH PROMOTION BOARD

Healthier Choice Symbol Nutrient Guidelines

As of April 2020 (edited Jun 2020)

Contents

Beverages ^{Revised}	3
Cereals	9
Protein ^{NEW}	14
Fats and Oils	18
Fruit and Vegetables	19
Sauces, Spreads and Condiments.....	20
Snacks.....	25
Convenience Meals.....	28
Desserts.....	32

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, 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.

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 { } is under each sub-food category or an optional second nutrient tagline based on the criteria under each sub-food category, unless otherwise stated.

Categories under HCS are generally assessed based on per 100ml prepared or ready to consume for beverages or per 100g for food.

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 will come into effect in June 2021. As of this revision of the guidelines, HCS products should be PHO-free or meet the relevant category guidelines.

Beverages

The Nutri-Grade label for all pre-packaged non-alcoholic beverages sold in Singapore will be gazetted in end 2020 and come into effect in end 2021. After the Nutri-Grade is gazetted, the HCS must not be used on products with a Nutri-Grade label of C or D. HCS can be used concurrently with a Nutri-Grade label of A or B if the product meets both the requirements for Grades A or B under the Nutri-Grade label, and the HCS criteria.

Beverages Revised

Sub-Category	Sugar (g/100ml)	Saturated fat (g/100ml)	Trans 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							Lower in Sugar ^(a)
• Isotonic drinks	≤ 5	-	-	-	-	-	OR No Added Sugar ^(b)
• Juice drinks (at least 10% fruit juice)	≤ 5	-	-	≤ 40	-	-	OR Sugar Free ^(c)
• Carbonated drinks	≤ 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
• Fruit ³	≤ 5	-	-	-	-	-	No Added Sugar ^(b) Lower in Sugar

Sub-Category	Sugar (g/100ml)	Saturated fat (g/100ml)	Trans fat (g/100ml)	Sodium (mg/100ml)	Calcium ¹ (mg/100ml)	% Wholegrain	Taglines for HCS
<ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> Malted or chocolate drink 	≤ 5 ^(d)	≤ 1.2	≤ 0.1	≤ 120	-	-	Lower in Sugar {Lower in Saturated Fat} {Lower in Sodium} {Trans Fat Free}
<ul style="list-style-type: none"> Coffee & Tea ⁵ 	≤ 5 ^(d)	≤ 1.2	≤ 0.1	-	-	-	Lower in Sugar {Lower in Saturated Fat} (creamer-based drinks only) {Trans Fat Free} (creamer-based drinks only) No Added Sugar (Soluble coffee/tea only) ^(b)
<ul style="list-style-type: none"> Cereal Mix 	≤ 5 ^(d)	≤ 1.2	≤ 0.1	≤ 120	-	≥ 25 ^{6*}	Higher in Wholegrains** {Lower in sugar} {Lower in Saturated Fat} {Lower in Sodium} {Trans Fat Free} {Low Glycemic Index}#

Sub-Category	Sugar (g/100ml)	Saturated fat (g/100ml)	Trans fat (g/100ml)	Sodium (mg/100ml)	Calcium ¹ (mg/100ml)	% Wholegrain	Taglines for HCS
• Liquid milk (plain)	0	≤ 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)	Trans 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) NEW 	≤ 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 taken at 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.

(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) Added sugar 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 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.

{ } Denotes an optional secondary tagline.

* 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
<hr/>	
Total dry weight	450g
Total weight of wholegrains ingredients used [^] (dry weight)	150g

****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 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” 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 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” 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.

Cereals

Sub-Category	Fat (g/100g)	Trans fat (g/100g)	Sodium (mg/100g)	Dietary fibre (g/100g) #	Sugar (g/100g)	% of Whole-grains*	Taglines for HCS**
Whole-grains							
• 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) ^{Revised} . Also includes instant oatmeal with added ingredients ³	≤ 4 ⁽⁴⁾	-	≤ 400	≥ 4	Target to be achieved by 2022 ≤20 ^(a) Target to be achieved by 2024 ≤18 ^(a)	≥ 25	Lower in sugar Higher in wholegrains
Children’s Cereal	≤ 3.3	-	-	≥ 4	Target to be achieved by 2022 ≤28 ^(a) Target to be achieved by 2024 ≤25 ^(a)	≥ 25	Lower in sugar Higher in wholegrains

Sub-Category	Fat (g/100g)	Trans fat (g/100g)	Sodium (mg/100g)	Dietary fibre (g/100g) #	Sugar (g/100g)	% of Whole-grains*	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
• Wheat 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⁾	≤ 0.1	≤ 450	≥ 3	-	≥ 25	Higher in wholegrains
Buns, rolls (unfilled, plain) Hamburger, hotdog type	≤ 5 ⁽⁴⁾	≤ 0.1	≤ 450	≥ 3	-	≥ 10	Higher in wholegrains

Sub-Category	Fat (g/100g)	Trans fat (g/100g)	Sodium (mg/100g)	Dietary fibre (g/100g) #	Sugar (g/100g)	% of Whole-grains*	Taglines for HCS**
Buns, rolls (filled) Cream, jam, fruits, custard, savoury	≤8 ⁽⁴⁾	≤0.1	≤ 400	≥ 2	≤ 15	≥ 10	Higher in wholegrains
Steamed buns							
• Filled (e.g.“Pau”)	≤ 8 ⁽⁴⁾	-	≤ 250	-	≤ 18	≥10 ^(c)	Higher in wholegrains
• Unfilled (e.g. “Mantou”)	≤ 8 ⁽⁴⁾	-	≤ 250	-	≤ 15	≥15 ^(c)	Higher in wholegrains
Cakes and pastries ^{Revised} (e.g. muffins, swiss rolls, pound cakes, waffles, tarts, croissants etc)	≤ 22	≤0.2	≤ 300	≥ 3 ^(d)	Target to be achieved by 2022: ≤ 23 ^(a) Target to be achieved by 2024: ≤ 21 ^(a)	≥ 10 ^(c)	Lower in sugar 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 marginally above 2% will be accepted if the source of fat is naturally-occurring from the whole-grains used.
- (c) Based on final weight of product
- (d) Products in this category must meet both the wholegrain and dietary fibre requirements.

*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. 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
% whole-grains	$150g/X(g) \times 100\% = y\%$

^ 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>)

***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 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 claim 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

Protein NEW

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 	≤ 10 ^(a)	≤ 450	-	-	Lower in Sodium and Lower in Saturated Fat
Seafood					
Fresh and Frozen (plain)	No added fat	No added sodium from all sources	-	-	No Added Sodium {Lower in Saturated Fat}
<ul style="list-style-type: none"> • Canned² <ul style="list-style-type: none"> ○ Seafood 	≤ 5 ^(b)	≤ 400	-	-	Lower in Sodium {Lower in Saturated Fat}
<ul style="list-style-type: none"> ○ Fish <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}
<ul style="list-style-type: none"> • Processed² <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}

Sub-Category	Fat (g/100g)	Sodium (mg/100g)	Sugar (g/100g)	Calcium^ (mg/100g)	Taglines for HCS
- <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					
• soft	< 8	≤ 600	-	-	Lower in Saturated Fat {Lower in Sodium}
• semi-hard	< 18	≤ 600	-	-	
• hard	< 25	≤ 600	-	-	
• Processed sliced cheese	≤ 15	-	-	-	Lower in Saturated Fat
• Cheese spread	≤ 15	-	-	-	
• Yogurt <i>revised</i>	≤ 2	-	Target to be achieved by 2022 ≤ 9 Target to be achieved by 2024 ≤ 8	-	Lower in Sugar * OR No Added Sugar * {Lower in Saturated Fat}
Egg products <i>Revised</i>					
• Egg products e.g. egg tofu	≤ 10 ^(a)	≤ 250	-	-	Lower in Sodium {Lower in Saturated Fat}

Sub-Category	Fat (g/100g)	Sodium (mg/100g)	Sugar (g/100g)	Calcium^ (mg/100g)	Taglines for HCS
Plant based protein/ soy products					
• Legumes - canned	-	≤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)	≤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.

{ } Denotes an optional secondary tagline.

(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

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.

Fats and Oils

Sub-Category	Fat (g/100g)	Saturated Fat (g/100g)	Trans fat (g/100g)	Sodium (mg/100g)	Sugar (g/100g)	Taglines for HCS
Margarine / fat spreads	-	≤ 27% of Total Fat	<0.5	≤ 400	-	Trans Fat Free {Lower in Saturated Fat} {Lower in Sodium}
Edible oil (retail)	-	≤ 20% of Total Fat ^(a)	≤1.5	-	-	Lower in Saturated Fat {Trans Fat Free}*
Edible oil (food service) ¹	-	≤ 35	≤0.5	-	-	Lower in Saturated Fat {Trans Fat Free}*
Salad dressings / Mayonnaise	≤ 5 ^(b)	-	-	≤ 500	≤15	Lower in Saturated Fat {Lower in Sodium} {Lower in Sugar}

¹ 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

^(a) Products with saturated fat more than 20% but less than 25% of total fat will be assessed individually.

^(b) Products with fat levels that exceed the criteria and less than 10g/100g will also be approved if the saturated fat is 20% or less of the total fat.

{ } Denotes an optional secondary tagline.

* Only products that contain less 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)	Taglines for HCS
Fresh ¹				
Vegetables	-	-	-	Eat 2+2 servings of fruits and vegetables daily
Fruit	-	-	-	Eat 2+2 servings of fruits and vegetables daily
Frozen / Chilled ²				
Vegetables <i>revised</i>	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}
Canned				
Vegetables	-	-	≤ 300	Lower in Sodium
Fruit <i>revised</i>	Canned in light or extra light syrup ^(b) or natural juice			Lower in Sugar
Dried				
Vegetables <i>revised</i>	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

Sauces, Spreads and Condiments

Sub-category ^{1,#}	Fat (g/100g)	Trans fat (g/100g)	Sugar (g/100g)	Sodium (mg/100g)	Taglines for HCS
Asian cooking sauces					
<ul style="list-style-type: none"> Asian Sweet sauce e.g. rojak sauce, plum sauce, yusheng sauce, sweet & sour sauce, coffee sauce, lemon sauce, satay sauce, etc	-	-	≤ 29	≤ 2500	Lower in Sugar
<ul style="list-style-type: none"> Asian Savoury sauce e.g. black pepper sauce, black bean sauce, belacan or sambal, kung bo sauce, XO sauce, etc	-	-	-	≤ 1400	Lower in Sodium
<ul style="list-style-type: none"> Oyster/vegetarian oyster sauces (incl. Abalone sauce) 	-	-	-	≤ 3000	Lower in Sodium
Soy-based sauces					
<ul style="list-style-type: none"> Dark Soy sauce 	-	-	≤ 40	≤ 4000	Lower in Sugar
<ul style="list-style-type: none"> Soy sauce (Others) and Marinades e.g. Herb/spice-infused soy sauce, flavoured / seasoned soy sauce	-	-	≤ 21	≤ 3500	Lower in Sugar Lower in Sodium

Sub-category ^{1,#}	Fat (g/100g)	Trans fat (g/100g)	Sugar (g/100g)	Sodium (mg/100g)	Taglines for HCS
<ul style="list-style-type: none"> Light Soy sauce 	-	-	-	≤ 4500	Lower in Sodium
Recipe mixes <ul style="list-style-type: none"> Asian Recipe Mixes² e.g. Laksa paste, mee goreng paste, Curry fish/chicken paste, Mee siam paste, Mee goreng paste, etc	-	-	≤ 5	≤ 250	Lower in Sugar Lower in Sodium
Tomato/ chilli sauces	-	-	≤ 18	≤ 750	Lower in Sugar
Other sauces (Western) e.g. BBQ, steak sauce, mustard	-	-	-	≤ 800	Lower in Sodium
Pasta sauce <ul style="list-style-type: none"> Tomato based Cream / cheese based 	≤ 5 ^(a)	-	-	≤ 300 ≤ 400	Lower in Sodium {Lower in Saturated Fat}
Soup and broth³	≤ 4 ^(a)	-	-	≤ 200	Lower in Sodium {Lower in Saturated Fat}
Sweetened syrups e.g. sugar syrup for cooking	-	-	≤ 60	-	Lower in Sugar

Sub-category ^{1,#}	Fat (g/100g)	Trans fat (g/100g)	Sugar (g/100g)	Sodium (mg/100g)	Taglines for HCS
Sweet spreads					
• Egg jam (kaya)	≤8	-	≤40	-	Lower in Sugar {Lower in Saturated Fat}
• Nuts and seed butters (e.g. peanut butter / almond butter / hazelnut butter) <i>Revised</i>	-	≤0.1	Target to be achieved by 2022: ≤5 Target to be achieved by 2024: No added sugar	No added Sodium from all sources	Lower in Sugar or No Added Sugar (If applicable) {No Added Sodium} {Low Glycemic index}* {Trans Fat Free}
• Chocolate spreads <i>NEW</i>	-	-	Targets to be achieved by 2022: ≤46 Targets to be achieved by 2024: ≤40	-	Lower in Sugar
• Fruit Spreads	No added fat	-	No added sugar ⁵	-	No Added Sugar ⁵
Others					
• Evaporated milk	≤4	-	-	-	Lower in Saturated Fat
• Condensed milk	≤4	-	-	-	Lower in Saturated Fat

Sub-category ^{1,#}	Fat (g/100g)	Trans fat (g/100g)	Sugar (g/100g)	Sodium (mg/100g)	Taglines for HCS
• Herbs and spices	No added fat	-	No added sugar	No added sodium from all sources	No Added Sodium {No Added Sugar}

Sub-category	Sodium	Potassium	Taglines for HCS
Table Salt ⁴	≤ 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.

² Values as per 100ml / 100g prepared or ready to eat. Recipe mixes can be powdered or in paste form that can be reconstituted according to manufacturer’s direction as stated on the label. Product is marketed as a pre-mix for a specific dish rather than a single ingredient

³ 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.

⁴ 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.

⁵ 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.

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

{ } Denotes an optional secondary tagline.

Where applicable and relevant, dietary fibre in the amounts of ≥25% higher compared to reference sauce may be added.

*** Foods carrying the HCS Low Glycemic Index claim 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.

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
<hr/>	
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
<hr/>	
Total weight	510g
Sodium contribution from sauce	10g x Analysed sodium value
Sodium per 100g prepared	Total sodium content / total weight x 100

Snacks

Subcategory	Fat (g/100g)	Saturated fat (g/100g)	Trans fat (g/100g)	Sodium (mg/100g)	Sugar (g/100g)	%wholegrains *	Taglines for HCS
Savoury snacks							
<ul style="list-style-type: none"> Crisps/ Chips¹ <i>revised</i> 	≤ 19	-	≤0.5	≤400	-	-	Lower in Sodium
<ul style="list-style-type: none"> Savoury biscuits and crackers <i>revised</i> 	≤ 25	≤10	<0.5	≤ 420	-	≥30% ^(a)	Higher in wholegrains** {Low Glycemic Index}#
<ul style="list-style-type: none"> 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}#
<ul style="list-style-type: none"> Dried vegetables (snacks) 	No added fat	-	-	≤120	No added sugar	-	Lower in Sodium {Lower in Saturated Fat}
Sweet snacks							
<ul style="list-style-type: none"> Chocolate confectionery ^{NEW} e.g. chocolate bars, filled bars, assortments, diabetic and low calorie chocolate 	-	-	-	-	-	-	<p style="text-align: center;">Target to be achieved by 2022: ≤44</p> <p style="text-align: center;">Target to be achieved by 2024: ≤38</p> <p>Lower in Sugar</p>

Subcategory	Fat (g/100g)	Saturated fat (g/100g)	Trans fat (g/100g)	Sodium (mg/100g)	Sugar (g/ 100g)	%wholegrains *	Taglines for HCS
<ul style="list-style-type: none"> Sweet confectionery (hard and soft candy) <small>NEW</small> e.g. sweets, sugar free candy 	-	-	-	-	<p>Target to be achieved by 2022: ≤ 50</p> <p>Target to be achieved by 2024: ≤ 40</p>	-	Lower in sugar
<ul style="list-style-type: none"> Sweet biscuits e.g. chocolate flavoured biscuits, fruit flavoured biscuits, cookies <small>NEW</small> 	-	-	-	-	<p>Target to be achieved by 2022: ≤ 23</p> <p>Target to be achieved by 2024: ≤ 21</p>	-	Lower in sugar
<ul style="list-style-type: none"> 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. If meeting this criteria, product can carry less than 100 calories tagline and serving sizes on NIP must be changed to weight of each individually wrapped package.

* 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. 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) 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 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” 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 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” 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 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.

Convenience Meals

Sub-category	Calories/ serving	Fat (g/100g)	Saturated Fat (g/100g)	Trans fat (g/100g)	Sodium (mg/100g)	%Wholegrain content	Taglines for HCS
'Meal-type' products' ¹							
Main meals ² <i>revised</i>	≤500 ^(a)	-	≤3	≤0.1	≤ 400	Criteria for whole-grains are applicable for cereal based convenience meals ⁴	Higher in Wholegrains ^(b) {Lower in Saturated Fat} ^(c) {Lower in Sodium} {Trans Fat Free} {Low Glycemic Index}#
Small meals ³	≤300 ^(a)	-	≤3	≤0.1	≤ 400	Criteria for whole-grains are applicable for cereal based convenience meals ⁴	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)	%Wholegrain content	Taglines for HCS
Other convenience meals (e.g. instant noodles)	-	≤ 8 ^(d)	-	≤0.1	≤ 400	Criteria for whole-grains are applicable for cereal based convenience meals ⁴	Higher in Wholegrains ^(b) {Lower in Saturated Fat} ^(c) {Lower in Sodium} {Trans Fat Free} {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) 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.

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 refers 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 refers 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 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
<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
<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 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) 	

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 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)	Trans 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}
Jellies								
e.g. grass jelly, aiyu jelly, fruit jelly, etc	-	-	-	-	≥ 3	-	≤ 11	Lower in Sugar
Pudding								
e.g. mango pudding, almond pudding, etc	-	≤ 1.5	≤ 60% of Total Fat	-	≥ 3	≤ 120	≤ 11	Lower in Sugar {Lower in Sodium} {Lower in Saturated Fat}

Sub-category	Calories/ serving	Fat (g/100g)	Saturated Fat (g/100g)	Trans fat (g/100g)	Dietary Fibre (g/100g)	Sodium (mg/100g)	Sugar (g/ 100g)	Taglines for HCS
Local and seasonal cakes 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 Sugar {Lower in Saturated Fat}
Frozen desserts Revised								
• Ice cream ⁴	-	≤12	-	≤0.5	≥3	-	To be achieved by 2022: ≤16 To be achieved by 2024: ≤15	Lower in Sugar
• Ice confectionery	-	-	-	-	≥3	-	To be achieved by 2022: ≤16 To be achieved by 2024: ≤15	Lower in Sugar
• Frozen yogurt	-	≤5	-	-	≥3	≤120	To be achieved by 2022: ≤16 To be achieved by 2024: ≤15	Lower in Sugar {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 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

⁴ The less than 200 calorie criteria for ice cream is an elective criteria. If meeting this criteria, product can carry less than 200 calories tagline and serving sizes on NIP must be changed to weight of each individually wrapped package.