

**WHOLE-OF-GOVERNMENT HEALTHIER FOOD AND BEVERAGE POLICY
[EFFECTIVE 1 JUNE 2024]**

1. What are the Healthier Food and Beverage Requirements?

Table 1: Requirements for food and beverages

	Requirements
Healthier beverages	<p>1. [New guideline] By 1 June 2024, all pre-packaged beverages¹ must meet the nutrient thresholds for Grades A or B under the Nutri-Grade grading system, which are: ≤5 grams of free sugar and ≤1.2 grams of saturated fat per 100 ml of beverage.</p> <ul style="list-style-type: none"> • Operators may, however, continue to provide plain full-cream milk.
	<p>2. Hot coffee, tea and malted beverages must be prepared and served with no added sugar² (i.e. 'ko-song').</p> <ul style="list-style-type: none"> • Sugar may be provided at the side for consumers to take/ add on their own. • Operators may continue to add creamer, evaporated milk and condensed milk, but the final beverage served must comply with requirement 4.
	<p>3. [New guideline] By 1 June 2024, creamers, evaporated milk and condensed milk served on the side must be lower in saturated fat.³</p>
	<p>4. [New guideline] By 1 June 2024, all freshly prepared beverages⁴ must meet the nutrient thresholds for Grades A or B under the Nutri-Grade grading system, which are: ≤5 grams of free sugar and ≤1.2 grams of saturated fat per 100 ml of beverage.</p>

¹ See paragraph 1.2

² 'Sugar' here refers to table sugar, and excludes the sugar content in creamers, evaporated milk and condensed milk.

³ Lower saturated fat creamers, evaporated milk and condensed milk include those that carry the Healthier Choice Symbol (HCS), and those that meet the saturated fat criteria under the HCS (i.e. ≤4g of saturated fat/100g of fat, as of Nov 2023. Please refer to the HCS website for the most updated guidelines).

⁴ See paragraph 1.3

Healthier ingredients (healthier oils, lower-sodium ingredients)	<p>5. [New guideline] By 1 June 2024, operators must use healthier cooking oils⁵ for all cooking and food preparation.</p> <p>6. [New guideline] By 1 June 2024, when salt, sauces and seasonings are used or provided, they must be lower in sodium⁶</p>
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1.2 Pre-packaged beverages include the following:

- a) Ready-to-consume beverages that are packed or made up in advance to be ready for sale and/or consumption in packages such as bottles, cans, cartons, packets or other similar containers; and
- b) Powders or concentrates that are meant to be reconstituted or diluted with fluids before consumption as a beverage (e.g. 3-in-1 or 2-in-1 coffee and tea products, fruit juice cordials). [Note: The resultant beverage after dilution are not considered pre-packaged, but freshly prepared].

For the purpose of the WOG Healthier Food and Beverage policy, beverages that are dispensed from machines that dispense beverages according to a pre-fixed formula, with no option for a prospective consumer to customize the amount of any ingredient in the beverage (e.g. fountain drinks, beverage dispensed from automated coffee machines), are also subject to the same guidelines as pre-packaged beverages.

Products that are not Nutri-Grade beverages are not within scope of the Healthier Food and Beverage policy. Please see <https://www.hpb.gov.sg/healthy-living/food-beverage/nutri-grade> for more information on the definition of Nutri-Grade beverage.

1.3 Freshly prepared beverages include the following:

- a) Beverages prepared by hand at the place or premises where they are sold, or at any place or premises before they are sold online, or
- b) Beverages for which a prospective consumer may customise the amount of at least one ingredient in the beverage.

This includes bubble tea, freshly prepared herbal drinks, freshly brewed coffee or tea, freshly squeezed juices, freshly blended smoothies, and non-pre-packaged beverages dispensed from machines, with the option to customise the amount of at least one ingredient in the beverage (e.g. coffee machines in office pantries or hospitals, that allow choice of sugar level or creamers).

Products that are not Nutri-Grade beverages are not within scope of the Healthier Food and Beverage policy. Please see <https://www.hpb.gov.sg/healthy-living/food-beverage/nutri-grade> for more information on the definition of Nutri-Grade beverage.

⁵ Healthier oils include oils that carry the HCS and other plant-based oils (e.g. olive, canola, peanut, soybean and sunflower oil) that meet the saturated fat criteria under the HCS (i.e. $\leq 35\text{g}/100\text{g}$ of saturated fat, as of Nov 2023). Please refer to the HCS website for the most updated guidelines).

⁶ Lower-sodium salt include those that carry the HCS, and those that meet the sodium criteria under the HCS (i.e., $\leq 300\text{mg}/\text{g}$ of sodium, as of Nov 2023). Lower-sodium soy sauce, oyster sauce and seasoning include those that carry the HCS, and those that meet the sodium criteria under the HCS

PRE-PACKAGED DRINKS

2. What is the Nutri-Grade grading system and what are the nutrient thresholds for Grades A or B?

As part of Singapore's War on Diabetes, the Ministry of Health (MOH) and the HPB announced two measures for pre-packaged non-alcoholic beverages to reduce Singaporeans' sugar intake: a mandatory nutrition label ("Nutri-Grade") based on the beverages' sugar and saturated fat content, and advertising prohibitions for beverages that are graded "D".

The Nutri-Grade mark (see Figure 1) has four colour-coded grades, from Grade A (corresponding to the lowest sugar and saturated fat thresholds) to Grade D (corresponding to the highest sugar and saturated fat thresholds). Beverages graded "C" or "D" must be labelled with a Nutri-Grade mark. Labelling of the Nutri-Grade mark is optional for beverages graded "A" or "B".



Figure 1: The Nutri-Grade mark

The grade of a beverage is the poorer of the following:

- The sugar content grade determined according to Row I in Table 1; and
- The saturated fat content grade determined according to Row II in Table 1.

In summary, the nutrient thresholds for Grades A or B are ≤ 5 grams of free sugar and ≤ 1.2 grams of saturated fat per 100 ml of beverage.

Table 2: Nutri-Grade grading system

	Grade	A	B	C	D
I	Free sugar content* (grams per 100 ml)	≤ 1	>1 to 5	s>5 to 10	>10
II	Saturated fat content (grams per 100 ml)	≤ 0.7	>0.7 to 1.2	>1.2 to 2.8	>2.8
	Use of non-sugar substitutes	Must not contain any non-sugar substitutes	May contain permitted non-sugar substitutes		

* **Free sugars** are all monosaccharides and disaccharides added to foods or beverages by the manufacturer, cook or consumer, and those that are naturally present in fruit juices, fruit juice concentrates, honey and syrups. This excludes sugars from milk (i.e. lactose and galactose).

For powers/concentrates meant to be reconstituted or diluted with fluids before consumption, "100 ml" means 100 ml of the beverage as prepared, according to the

manufacturer's instructions on how to prepare the beverage, labelled on the product packaging.

Please see <https://www.hpb.gov.sg/healthy-living/food-beverage/nutri-grade> for more information on the Nutri-Grade requirements.

3. How can operators ensure pre-packaged beverages meet the requirements?

Pre-packaged beverages sold or provided in government premises must meet the nutrient thresholds for Grades A or B under the Nutri-Grade grading system, and contain **≤5 grams of free sugar and ≤1.2 grams of saturated fat per 100 ml of beverage**.

Operators may do one or more of the following to meet the guidelines:

- a) Sell/provide pre-packaged beverages that carry either the Grade A or Grade B Nutri-Grade mark on its packaging (Note: labelling of the Nutri-Grade mark is optional for beverages graded A or B);
- b) Sell/provide pre-packaged beverages that are listed in the Nutri-Grade directory as a Grade A or B beverage (<https://www.healthhub.sg/programmes/191/nutrition-hub/nutri-grade-a-and-b-drinks>);
- c) Sell/provide pre-packaged beverages that carry the Healthier Choice Symbol (HCS)⁷ on its packaging;
- d) Check the Nutrition Information Panel (NIP) on the packaging of beverages, to ensure they contain ≤5 grams of free sugar and ≤1.2 grams of saturated fat per 100ml; or
- e) Check with the supplier to obtain the nutrient content of the beverages, to ensure they contain ≤5 grams of free sugar and ≤1.2 grams of saturated fat per 100ml.

4. Is it necessary for all pre-packaged beverages sold at government premises to be labelled with the Grade A or B, or HCS?

It is not necessary for pre-packaged beverages sold/provided at government premises to carry the Nutri-Grade mark (Grade A or B), or the Healthier Choice Symbol. As long as the sugar and saturated fat content of the pre-packaged beverage falls within the nutrient thresholds, it may be sold/provided in government premises.

5. How can operators interpret the information on the Nutrient Information Panel on packaging to determine if a product meets the Healthier Food and Beverage requirements?

To determine the sugar and saturated fat content of beverages, refer to the Nutrition Information Panel (NIP) on the packaging.

⁷ The HCS guidelines for beverages have been revised to align with the nutrient thresholds for Grades A or B under the Nutri-Grade grading system.

The NIP on beverage packaging may include information on the amount of energy, protein, total fat, saturated fat, carbohydrate and sugar in the beverage. These may be stated in terms of per 100g / 100ml or per serving of the beverage.

Examples of the NIP are shown below, with the sugar and saturated fat content highlighted.

Example 1: NIP of a juice drink.

NUTRITION INFORMATION			
Servings per package: 10 Serving Size: 30 g (1 sachet)			
	Per serving	Per 100 g	Per 100 ml**
Energy	198 kcal*	660 kcal*	96 kcal*
Protein	1.5 g	5.0 g	0.7 g
Total Fat	10.9 g	36.3 g	1.92 g
- Saturated Fat	4.0 g	13.3 g	1.9 g
Monounsaturated fat	2.9 g	9.6 g	1.4 g
Polyunsaturated fat	4.0 g	13.3 g	1.9 g
Omega 3	0.5 g	1.7 g	0.2 g
Omega 6	0.7 g	2.3 g	0.3 g
- Trans Fat	0.1 g	0.3 g	0.0 g
Cholesterol	0 mg	0 mg	0 mg
Carbohydrate	23.5 g	78.3 g	11.3 g
- Total Sugar	18.0 g	60.0 g	8.7 g
- Fructose	2.0 g	6.7 g	1.0 g
Dietary Fibre	1.5 g	5.0 g	0.7 g
Sodium	270 mg	900 mg	130 mg
Other nutrients claimed (e.g. Calcium, Vitamin A, Vitamin C)			

*1kcal = 4.2kJ

** As reconstituted according to label directions

This beverage contains:

- 8.7 g of free sugar per 100ml (exceeds threshold of 5 g)
- 1.9 g of saturated fat per 100ml (exceeds threshold of 1.2 g)

This beverage does not meet the Healthier Food and Beverage requirements and thus will need to be replaced.

Example 2: NIP of a milk-based beverage

NUTRITION INFORMATION		
Servings per package: 2 Serving size: 250ml		
	Per serving	Per 100ml
Energy	112.5 kcal	45 kcal
Protein	2 g	0.8 g
Total fat	2.5 g	1.0 g
- Saturated fat	1.75 g	0.7 g
Carbohydrate	16.25 g	6.5 g
- Sugar	14.75 g	5.9 g
- Free sugar	4.75 g	1.9 g
- Lactose	10 g	4 g

This beverage contains:

- 1.9 g of free sugar per 100ml (within threshold of 5 g)
- 0.7 g of saturated fat per 100ml (within threshold of 1.2 g)

This beverage meets the Healthier Food and Beverage requirements and thus can be sold/provided.

As stated in FAQ #2, the nutrient thresholds under the Nutri-Grade grading system are based on per 100 ml of beverage, as prepared in its ready-to-drink form.

Therefore, if the product is in powder form, the nutrient value to be used should be after reconstitution according to manufacturer's directions as stated on the label. The NIP should state the amount of sugar and saturated fat as prepared in its ready-to-

drink form. However, if the NIP only states the amount of nutrients in the product as sold in powder form, caterers should use the information to calculate the nutrient values in the beverage as prepared. The volume of the powder should be added onto the volume of the water to derive the total reconstituted drink volume, and 1 gram of powder can be assumed to be roughly equivalent to 1 ml. Please see example below.

Example 3: 3-in-1 powder which declares NIP in the form of 'Per 100g'

Preparation Instruction:

Add 200ml of hot water to 1 sachet and stir.

NUTRITION INFORMATION		
Servings per package: 10		
Serving size: 30g (1 sachet)		
	Per serving	Per 100g
Energy	180 kcal	600 kcal
Protein	2 g	6.6 g
Total fat	10 g	33.3 g
- Saturated fat	4 g	13.3 g
- Trans fat	0.1 g	0.3 g
Cholesterol	0 mg	0 mg
Carbohydrate	25 g	83.3 g
- Sugar	17.2 g	57.3 g
Dietary Fibre	1 g	3.3 g
Sodium	300 mg	1 g

Calculation of nutrient content per 100ml

Amount of sugar in 1 sachet (30g) = 17.2 g
 Amount of sat fat in 1 sachet (30g) = 4 g

Amount of sugar in 1 drink, as prepared = 17.2 g
 Amount of sat fat in 1 drink, as prepared = 4 g

The volume of 1 drink can be assumed to be 200 ml + 30 ml = 230 ml.

Amount of sugar in 100 ml, as prepared = (17.2 g / 230ml) x 100ml = **7.5 g (exceeds threshold of 5 g)**
 Amount of sat fat in 100 ml, as prepared = (4 g / 230ml) x 100ml = **1.7 g (exceeds threshold of 1.2 g)**

This beverage does not meet the Healthier Food and Beverage requirements and thus will need to be replaced.

6. What if the amount of sugar and saturated fat is not stated in the Nutrition Information Panel? How can operators determine if the drink meets the requirements?

Since December 2022, all pre-packaged beverages sold in Singapore should have a Nutrition Information Panel on their packaging, specifying the energy value and amount of carbohydrate, total sugar, protein, fat and saturated fat in the beverage. Note that if there is no carbohydrate in the product, this means there is no sugar in the product. Similarly, if there is no fat in the product, this means there is no saturated fat in the product.

If there is ambiguity, you may wish to check with the supplier to confirm the nutrient content of the products. Furthermore, if you would like to formally test the sugar and saturated fat content in a beverage, you may conduct a nutrient analysis. Direct chemical analysis using official methods of the Association of Official Analytical Chemists (AOAC) and/or alternative methods shown to be equivalent to AOAC official methods is recommended. A list of Singapore Accreditation Council-Singapore Laboratory Accreditation Scheme (SAC-SINGLAS) accredited laboratories can be found at the following link: <http://www.sac-accreditation.gov.sg>. Such nutrient analyses would also be able to determine the level of lactose and galactose).

FRESHLY PREPARED DRINKS

7. **What are malted drinks?**

These are drinks that are made with malted barley/ rice/ other cereal grains or the extract of these malts. Examples of malted drinks are Horlicks, Ovaltine and Milo.

8. **How can operators ensure the freshly prepared beverages provided meet the Healthier Food and Beverage requirements?**

Freshly prepared beverages sold or provided in government premises must meet the nutrient thresholds for Grades A or B under the Nutri-Grade grading system, and contain **≤5 grams of free sugar and ≤1.2 grams of saturated fat per 100 ml of beverage.**

Operators may do one or more of the following to meet the guidelines:

- a) If concentrate or powders are used,
 - i. Use those that carry either the Grade A or Grade B Nutri-Grade mark, and/or HCS, on its packaging, and follow the manufacturer's directions on the label to prepare the beverage; or
 - ii. Check the NIP of the product or check with the supplier to determine its sugar and saturated fat content, and determine an appropriate recipe to ensure the resultant beverage meets the nutrient thresholds. Please refer to FAQ #4 Example 3, as an example of how to calculate the nutrient values for products requiring reconstitution.

- b) If made from scratch,
 - i. Determine the sugar and saturated fat content of the ingredients, either based on NIP of supplier or other reasonable means, and calculate the final nutrient value of the resultant beverage to ensure it meet the thresholds (see example below); or
 - ii. Send the resultant beverage for lab analyses, to ensure it meets the nutrient thresholds.

For either option (b)(i) or (b)(ii), operators should determine a fixed formulation/ recipe for the beverage that meets the nutrient thresholds and prepare the beverage in a similar manner each time.

Example: Calculation based on ingredients

An operator prepares a barley drink, made by brewing the following ingredients:

- 2 litres of water
- 200 g of barley
- 90 g of sugar (rock sugar/ brown sugar etc.)

The operator should measure the volume of the resultant drink, wherever possible. Assuming the volume of the resultant drink is 2440 ml (measured using measuring cup), this means there is 90 g of sugar per 2440 ml. This is equivalent to 3.7 g per 100 ml. This is within the nutrient threshold.

None of the ingredients added contain saturated fat. Thus, the resultant drink would not contain saturated fat. This is within the nutrient threshold.

This recipe would produce a beverage that can meet the Healthier Food and Beverage requirements and thus can be sold in government premises.

9. **What does “sugar at the side” mean?**

Table sugar may be provided separately for consumers to take or add on their own. This could be in the form of sugar sachets with stirrers or a sugar dispenser. Operators are encouraged to find the most efficient location for these items, for example they could be placed away from the counter in order to prevent delays at the payment counter.

10. **What are the requirements for different types of freshly prepared beverages?**

Please see table below for examples of how the requirements apply to commonly consumed freshly prepared beverages.

	<u>Requirement 2:</u> Creamers, evaporated milk, condensed milk served on the side must be lower in saturated fat	<u>Requirement 3:</u> Hot coffee, tea and malted beverages must be served with no added sugar (table sugar)	<u>Requirement 4: Meet nutrient thresholds for Nutri-Grade Grade A or B</u> (The below are broad guidance; please note that operators must still do due diligence to ensure beverages meet the sugar and saturated fat thresholds described in Paragraph 1)
Hot Kopi / Teh (prepared with coffee powder, water, condensed milk)	NA if creamers, evaporated milk, condensed milk are added to the beverage	NA (no table sugar used)	To serve condense milk at the side instead of pre- adding into the beverage If condensed milk is added to the beverage:

	If served at the side, creamers, evaporated milk, condensed milk must be lower in saturated fat		<ul style="list-style-type: none"> • Use less condensed milk to lower sugar content • Use less condensed milk, OR use lower-fat versions to lower saturated fat content
Hot Kopi C/ Teh C (prepared with coffee powder, water, evaporated milk, sugar)		To serve as 'Kosong' (no sugar pre-added)	To serve evaporated milk at the side instead of pre-adding into the beverage If evaporated milk is added to the beverage: <ul style="list-style-type: none"> • Use less evaporated milk, OR use lower-fat versions to lower saturated fat content
Hot Kopi O/ Teh O (prepared with coffee powder, water, sugar)			<i>Nutrient thresholds are already met as sugar cannot be pre-added.</i>
Hot malted drink (prepared with premix powder, water, sugar)			Use premix that is lower in sugar and saturated fat (e.g. Nutri-Grade A/B or carry HCS)
Iced Kopi / Teh (prepared with coffee powder, water, condensed milk, ice)		NA (no table sugar used)	To serve condensed milk at the side instead of pre-adding into the beverage If condensed milk is added to the beverage: <ul style="list-style-type: none"> • Use less condensed milk to lower sugar content • Use less condensed milk, OR use lower-fat versions to lower saturated fat content
Iced Kopi C/ Teh C (prepared with coffee powder, water, evaporated milk, sugar, ice)		NA (requirement only applies to hot coffee/tea/ malted drinks)	<ul style="list-style-type: none"> • Use less sugar to lower sugar content To serve evaporated milk at the side instead of pre-adding into the beverage If evaporated milk is added to the beverage:

			<ul style="list-style-type: none"> Use less evaporated milk, OR use lower-fat versions to lower saturated fat content
Iced Kopi O/ Teh O (prepared with coffee powder, water, sugar, ice)			Use less sugar to lower sugar content
Iced malted drink (prepared with premix powder, water, sugar, ice)			<ul style="list-style-type: none"> Use premix that is lower in sugar and saturated fat (e.g. Nutri-Grade A/B or carry HCS) Use less sugar to lower sugar content
Other freshly prepared beverages other than coffee/tea/malted drinks		To serve as 'Kosong' (no sugar pre-added)	<ul style="list-style-type: none"> Lower in sugar Lower in saturated fat

HEALTHIER INGREDIENTS

11. How do operators determine which oils are healthier?

Healthier oil refers to oils endorsed with Health Promotion Board's HCS logo and other plant-based oils (e.g. olive, canola, peanut, soybean and sunflower oil) that meet the saturated fat criteria under the HCS (i.e. $\leq 35\text{g}/100\text{g}$ of saturated fat, as of July 2023). Please refer to the HCS website for the most updated guidelines

For any brand of oil, you may look at the NIP available on the packaging to find out the saturated fat content of the oil.

Example:



12. Which brand of oil qualifies as a healthier oil?

The following list is non-exhaustive. These are the brand names of healthier oils that we are aware of. Please speak to your oil supplier to find out if they carry any of these named oil products. For other brands that are not listed in the table below, if the saturated fat content meets the criteria of 35% or less, they can also qualify as a healthier oil.

Name of Product
AFIAT Blended Vegetable Oil
Bellstar Brand Blended Cooking Oil
Canola Oil
Cargill Canola Oil blend
Cook Pal 90
Cook PAL LS
Darts Brand Blended Cooking Oil
Golden Circle Blended Cooking Oil (Canola Blend from Celestial Ventures)
Golden Circle Blended Oil (Sunflower blend from Able Perfect)
Golden Circle Canola Oil
Golden Circle Premium Vegetable oil
Golden Circle Soya Bean Oil
Golden Medallion Blended Vegetable Cooking Oil (Canola Oil blend with natural antioxidant)
Golden Medallion Blended Vegetable Cooking Oil/PAR Premium Choice Vegetable Oil (Deep Frying Formula)
HOLA Premium Canola Oil Blend
Imperial Brand Healthier Cooking Oil
JJW Blended Vegetable Cooking Oil with Canola
Knife Cooking oil
Linda Canola Oil
Linda Healthier Vegetable Oil
Linda Premium Vegetable Oil
Linda Soya Bean Oil
Oki Blended Cooking Oil (OKBLJTN15KEC2)
Oki Blended Cooking Oil (OKBLKTN17KEC1)
Oki Blended Cooking Oil (OKBLL(R)TN17KEC2)
Oki Blended Cooking Oil (OKBLLTN15KEC4)
Oki Blended Cooking Oil (OKBLLTN17KEC2)
RBD Double Fractionated Palm Olein (75%) + Canola Oil (25%)
RBD Palm Olein (70%) + Canola Oil (30%)
Royal Miller Blended Oil
Sabrina Brand Blended Cooking Oil
Sailing Boat Premium
Sotong Blended Vegetable Oil
Sunbeam Healthier Premium Blend
Super Q Blended Vegetable Cooking Oil
Super Refined Blended Healthier Oil
Super Refined Blended Vegetable Oil

Tsuru Canola Blended Cooking Oil
Tsuru Canola Blended Cooking Oil (from Celestial Ventures Sdn Bhd)
Tsuru Canola Cooking Oil
Tsuru Soybean Blended Cooking Oil
Tsuru Sunflower Blended Cooking Oil

13. Does this mean that if operators use salt in cooking and food preparation, or provided on the side it has to be lower in sodium?

Yes, by 1 June 2024, if salt, sauces and seasonings (i.e. light and dark soy sauces, oyster sauce and seasonings) are used in cooking, food preparation or provided on the side, it has to be lower in sodium.

14. Where can operators get lower-sodium salt, soy sauces, oyster sauce and seasonings?

A list of suppliers that provide lower-sodium sauces and seasonings can be found at www.hpb.gov.sg/healthy-living/food-beverage/healthier-ingredient-schemes/list-of-healthier-ingredient-suppliers.

For salt, below are some brands that carry lower-sodium salt:

Brand	Name of Product
Pagoda	Less Sodium Mineral Salt
GoodSalt	GoodSalt
GoodSalt	K-Salt
Pansalt	Pansalt Lower Sodium Mineral Salt

Both lists are non-exhaustive of the suppliers and products that meet guidelines. Please speak to your supplier to find out if they carry any lower-sodium products from these brands. For brands that are not listed, if the sodium content meets the sodium criteria under HCS, they can also qualify as a lower-sodium product.

15. How do operators determine if a product meets the sodium criteria under the HCS?

For any brand of salt/sauces/ seasonings, you may look at the NIP available on the packaging to find out the sodium content of the product. The sodium content should comply with the sodium criteria under HCS, as below.

- a) For salt: ≤300mg/g sodium
- b) For light soy sauce: ≤4500mg/100g sodium
- c) For dark soy sauce: ≤4000mg/100g sodium
- d) For other soy sauce/ marinades: ≤3500mg/100g sodium
- e) For oyster/vegetarian oyster sauce: ≤3000mg/100g sodium
- f) For soup and broth seasoning: ≤200mg/100g sodium, as prepared or ready to eat

You may refer to the HCS website for the most updated guidelines: <https://www.hpb.gov.sg/food-beverage/healthier-choice-symbol>.

If the NIP is not available, you may request for your supplier to obtain the sodium information from the manufacturers directly.

Example:



COMPLIANCE

16. Which premises are required to comply with the WOG Healthier Food and Beverage Policy?

The following premises are required to comply:

- Government premises used for government offices, including army camps, fire stations, police posts/centres.
- Government premises used for government service centres
- Government premises used for the promotion of health and wellness*
 - Parks and nature reserves
 - Reservoirs
 - Sport facilities
 - Community clubs/centres and Residents' Committees
- Government premises used for education for children and youth*
 - Polytechnics
 - ITE
 - Public libraries
 - The Science Centre

All other government premises not included in above list are encouraged to comply with the policy. For further enquiries, please email [WOG Healthier Food Beverage@hpb.gov.sg](mailto:WOG_Healthier_Food_Beverage@hpb.gov.sg)

*F&B establishments in these premises licensed under the Singapore Food Agency as "Restaurant", "Café", "Snack Bar", "Eating House/ Food Court/ Canteen" are required to either become a Healthier Dining Programme partner or comply with the Healthier Food and Beverage requirements upon lease renewal. More information is provided in the next section.

17. Does this mean that by 1 June 2024, all food and drinks on the shelves/counters or in meeting rooms/ pantries must comply with the policy requirements?

Yes. Approximately 6 months is provided for implementation, including any variations to existing contracts and any necessary changes to the retail shelves/ F&B menus/ meeting rooms/ pantries/ vending machine offerings.

18. **I run a restaurant/ café/ snack bar/ food court/ canteen within a government premise used for health and wellness (e.g. park, hospital) or education (e.g. Polytechnic). I am an existing Healthier Dining Programme partner. What is required of me?**

The policy requirements are already met. We encourage you to increase the healthier options offered in your menu by meeting the Healthier Food and Beverage requirements.

19. **I run a takeaway/ bakery within a government premise used for health and wellness or education. I am an existing Healthier Dining Programme partner. What is required of me?**

In addition to the Healthier Dining Programme requirements, the Healthier Food and Beverage requirements are required to be met by 1 June 2024.

20. **I run a F&B establishment (all types) within a government office. I am an existing Healthier Dining Programme partner. What is required of me?**

In addition to the Healthier Dining Programme requirements, the Healthier Food and Beverage requirements are required to be met by 1 June 2024 .

HEALTHIER DINING PROGRAMME

21. **Under the Healthier Food and Beverage Policy, food and beverage (F&B) establishments licensed by SFA as ‘restaurant’, ‘café’, ‘snack bar’ or eating house/ food court/ canteen’ within government premises that**
(a) promote health and wellness, or
(b) serve an education role among children and youth;

are required to be either Healthier Dining Programme partners or comply with the Healthier Food and Beverage requirements upon lease renewal.

Does this mean such F&B establishments (as specified above) are allowed to choose which to implement – the Healthier Dining Programme or Healthier Food and Beverage requirements?

Yes. These F&B businesses are able to opt for either one of the two options for compliance upon lease renewal, in discussion with the government agency landlord.

Please note that the above does not apply to F&B establishments licensed as 'takeaway' or 'bakery'; nor for any F&B establishment within government offices or service centres. These establishments are required to comply with the Healthier Food and Beverage requirements by 1 June 2024.

22. **What is the Healthier Dining Programme (HDP)?**

The Healthier Dining Programme encourages F&B businesses to provide healthier food and drink options. There are specific nutrition (food and drink) and publicity guidelines for each F&B setting (e.g. restaurant, quick service restaurant, bakery, café, food kiosk, brand chains, food court etc.).

23. **How can I apply for HDP?**

Any F&B business registered and operating in Singapore can apply for HDP.

To apply for HDP, visit <https://www.hpb.gov.sg/healthy-living/food-beverage/healthier-dining-programme>.

Do refer to the HDP website for more information, including:

- Application forms for each F&B setting;
- Specific guidelines for each F&B setting;
- Healthier Dining Programme Nutrition Guidelines⁸;
- Recipe Analysis Tool.

24. **How long is the application process for HDP?**

On average, a new application takes about 2-3 months to be approved.

25. **Where can operators get more information on HDP?**

Please refer to HPB's website for more information on Healthier Dining Programme (<https://www.hpb.gov.sg/healthy-living/food-beverage/healthier-dining-programme>).

For more enquiries, please email HPB_Healthy_Eating@hpb.gov.sg.

⁸ https://www.hpb.gov.sg/docs/default-source/default-document-library/healthier-dining-programme-nutrition-guidelines95bc93f6468366dea7adff0000d8c5a.pdf?sfvrsn=363ff572_0