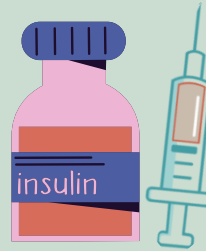


**THINGS YOU
SHOULD
KNOW
ABOUT
NUTRI-GRADE**



1. Why did the government introduce the Nutri-Grade Mark?

Diabetes is a serious health concern in Singapore. The number of Singapore residents with diabetes is projected to reach one million by 2050. In response, Ministry of Health launched the War on Diabetes in 2016 to mobilise a whole-of-society effort to tackle the disease.



Prepacked beverages contribute to 64% of daily sugar intake for more than half of Singaporeans.

The Government introduced the Nutri-Grade mark for prepacked beverages, to help identify beverages that are higher in sugar and saturated fat, and help make more informed, healthier choices.

Source: [Measures for Nutri-Grade Beverages \(hpb.gov.sg\)](https://hpb.gov.sg/Measures-for-Nutri-Grade-Beverages)



2. What is the Nutri-Grade mark?

The Nutri-Grade mark is a nutrition label for beverages. There are 4 colour-coded grades. Beverages with Grade A have the lowest sugar and saturated fat content, whereas beverages with Grade D, have the highest sugar or saturated fat content.

The Nutri-Grade mark is mandatory for beverages with Grades C and D, but voluntary for Grades A and B.



3. How does Nutri-Grade work?

Nutri-Grade Grading System

Advertising prohibition

Mandatory labelling

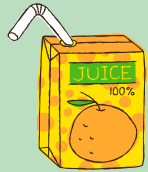
	A	B	C	D
SUGAR CONTENT (grams per 100 ml)	≤1 and no sweetener	>1 to 5	>5 to 10	>10
SATURATED FAT CONTENT (grams per 100 ml)	≤0.7	>0.7 to 1.2	>1.2 to 2.8	>2.8

Beverages are graded based on their sugar and saturated fat content, according to the thresholds above.

4. Where can I find the Nutri-Grade mark?



The Nutri-Grade mark can be found on:



The packaging of ready-to-drink prepacked beverages (e.g. bottle, can, or packet drinks)



The packaging of powders or concentrates (e.g. 3-in-1 instant coffee)



On automated beverage dispensers (e.g. fountain drinks, automated coffee machines)."



QUIZ TIME!

Question 1

How many grades are there in the Nutri-Grade System?

Answer: 4



The slide is decorated with various hand-drawn illustrations of fruits and vegetables. At the top, there is a blue cluster of grapes, a slice of orange, a green lime, and a slice of watermelon. On the left side, there is a whole yellow lemon and a green leaf. On the right side, there is a whole green lime. In the middle-left area, there is a green leaf. In the middle-right area, there is a slice of yellow lemon. In the bottom-left area, there is a whole red strawberry and a yellow banana. In the bottom-center area, there is a green leaf and a slice of green lime. In the bottom-right area, there is a small blue cluster of grapes, a whole red cherry, and a whole orange.

Question 2

What is the Nutri-Grade System?

A: It is a system which helps us identify nutrients in prepacked beverages.

B: It is a system which helps us grade the preference for the different brands of beverages.

C: It is a system which helps us identify healthier beverages' options and consume less sugar.

D; It is a system which helps us identify diabetics.

Answer: C

Question 3

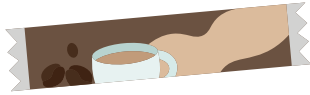
What grade of drink (A,B,C or D) will not be able to advertise?

Answer: D

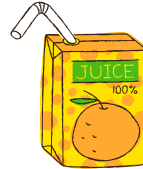
	Advertising prohibition			
	Mandatory labelling			
	A 	B 	C	D
SUGAR CONTENT (grams per 100 ml)	≤1 and no sweetener	>1 to 5	>5 to 10	>10
SATURATED FAT CONTENT (grams per 100 ml)	≤0.7	>0.7 to 1.2	>1.2 to 2.8	>2.8

Question 4

Which of the following will have the Nutri-Grade mark (if Grade C or D)?



A: 3-in-1 Packet Coffee



B: Packet Drink



C: Canned Drink

Answer: All of the Above!

Resources for students

Name: _____

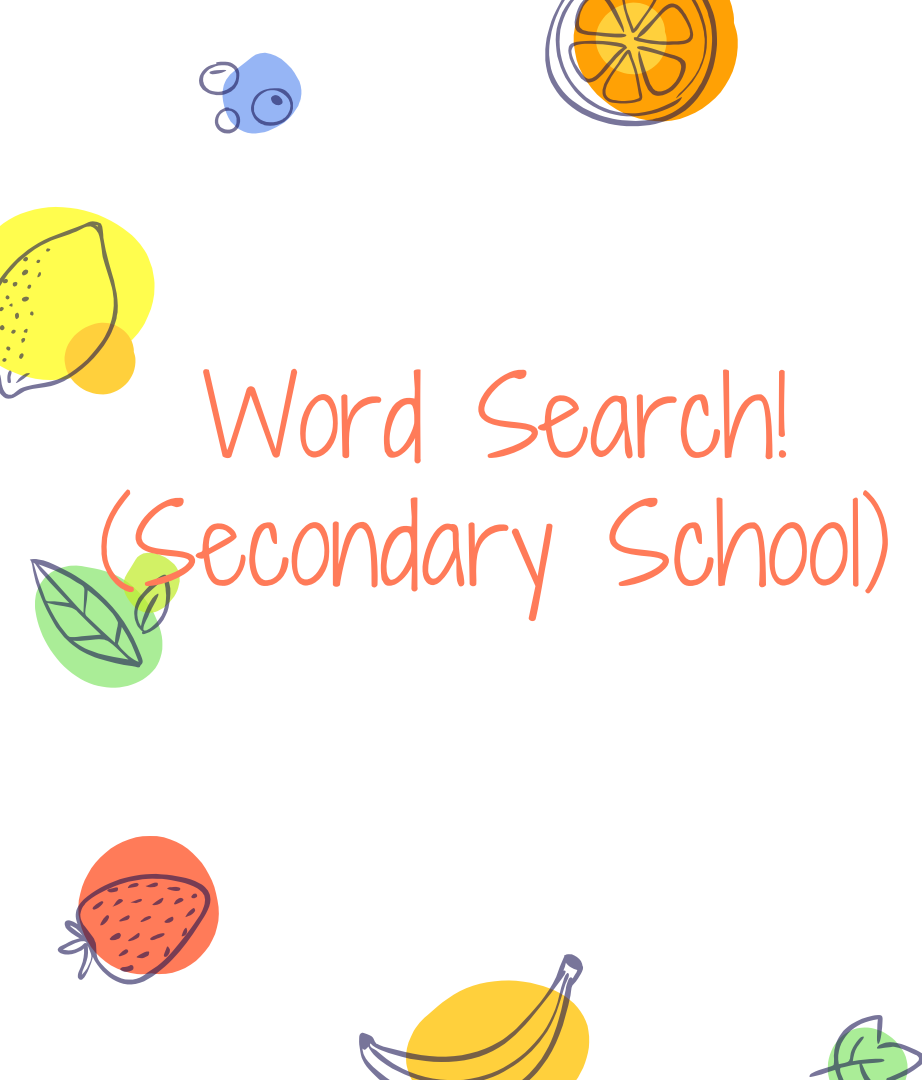
Nutri-Grade

G	C	A	N	N	E	D	Q	B	L	T	L
S	W	E	E	T	E	N	E	R	O	S	C
N	U	T	R	I	G	R	A	D	E	Y	X
J	N	D	I	A	B	E	T	E	S	H	Z
N	N	U	H	E	A	L	T	H	L	B	F
J	M	Y	S	U	G	A	R	E	D	M	D
M	R	A	U	P	A	C	K	E	T	T	B
S	A	T	U	R	A	T	E	D	P	E	J

Find the words that are underlined and bolded in the puzzle.

Words are hidden ➡ and ⬇

1. The **NutriGrade** mark tells us the level of sugar and saturated fat in drinks.
2. The NutriGrade mark can be found on canned and packet drinks.
3. Diabetes is a serious health concern in Singapore



Word Search!

(Secondary School)

Name: _____

Nutri-Grade

N	F	U	T	W	I	L	A	B	E	L	L	I	N	G	K	K	W
B	O	H	X	E	Q	J	U	I	C	E	Q	M	J	N	J	S	P
N	X	N	U	T	R	I	G	R	A	D	E	N	J	M	V	W	Y
C	Z	K	K	M	I	Z	S	A	T	U	R	A	T	E	D	E	L
D	A	E	N	E	R	G	Y	D	R	I	N	K	S	U	P	E	Y
X	K	N	K	G	N	X	G	Z	O	S	U	G	A	R	O	T	C
T	O	D	N	D	M	V	S	G	I	N	S	U	L	I	N	E	J
Z	D	Y	U	E	M	B	R	X	D	W	Y	J	D	C	G	N	D
X	M	X	M	G	D	H	E	A	L	T	H	L	L	C	F	E	B
P	A	C	K	E	T	W	I	O	J	O	S	R	R	L	D	R	Q
Z	I	C	G	J	Q	D	X	C	P	E	K	S	R	B	A	E	L
H	N	B	B	X	W	D	I	A	B	E	T	E	S	Y	T	M	S

Find the words that are underlined and bolded in the puzzle.

Words are hidden ➡, ⬇ and ↘

1. The **NutriGrade** mark tells us the level of sugar and saturated fat in drinks.
2. The NutriGrade mark can be found on canned and packet drinks like orange juice and energy drinks.
3. **Diabetes** is a serious health concern in Singapore.
4. Avoid unnecessary sweetener and check the NutriGrade labelling.