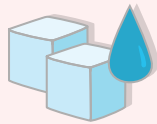


## HOW DO I SERVE FRESHLY PREPARED JUICE TO MEET THE GUIDELINES?

Freshly prepared juice is required to be mixed with ice or water in the ratio of 1 part ice/water to 2 parts of juice. The volume of the mixture must be **330ml or lesser**.



ICE/  
WATER

1 : 2

FRESH  
JUICE



330ml  
OR LESS CUP



### THE FOLLOWING ITEMS OR PRACTICES ARE **NOT ALLOWED**:

- Free access to or addition of **honey, sugar, sugar syrup or cordial syrup** (E.g. Rose syrup, Barley syrup, etc).
- **Added toppings**. E.g. Chocolate, tapioca pearl, whipped cream, coconut flake or any sweetened solid ingredients.

*Note: Non-sugar substitutes such as sugar alcohol (e.g. Sorbitol & xylitol) and intense sweeteners (e.g. Acesulfame K, acesulfame, sucralose) are **not allowed**.*

## HOW MUCH FOOD SHOULD I BE SERVING IN A MEAL?

See below serving sizes to know the amount to serve to meet the Healthy Meals in Schools Programme (HMSP) guidelines.

### WHOLEGRAIN

**SERVING SIZE:** 2 Serves or more

**EXAMPLES OF 1 SERVE:**



**100g** of Cooked Mixed Rice/Pasta (20% or more wholegrain in total)



**2 slices** of Wholegrain Bread



**100g** Cooked Wholegrain Bee Hoon

\*Size of bowl used is 11cm (diameter) x 4cm (height).

### FRUIT

**SERVING SIZE:** ½ Serve or more

**EXAMPLES OF ½ SERVE:**



**1 Wedge** of Watermelon (65g)



**Half** a Medium Apple (65g)



**Half** a Medium Orange (65g)

\*Fruits can be served at any time in the school.

### VEGETABLES

**SERVING SIZE:** 2 Heaped Dessertspoons or more



**EXAMPLES OF VEGETABLES:**



**Leafy Vegetables**  
(E.g. Spinach, Cai Xin, etc)



**Non-leafy Vegetables**  
(E.g. Carrot, Broccoli, etc)

*Starchy vegetables are not considered as vegetable.*

### PROTEIN

**SERVING SIZE:** 2 Heaped Dessertspoons or more



**EXAMPLES OF PROTEINS:**



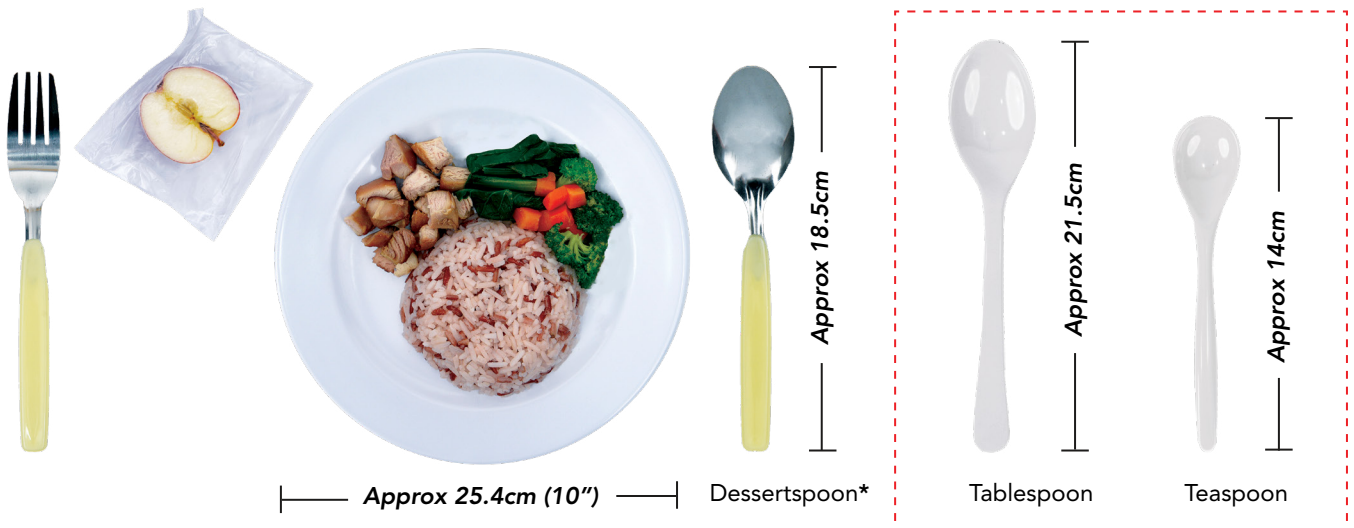
**Lean Meat**  
(e.g. Skinless Chicken or Fish)



**Egg**



**Tofu/ Tau Kwa**




\*1 dessertspoon holds approximately 25g of cooked protein or vegetables.

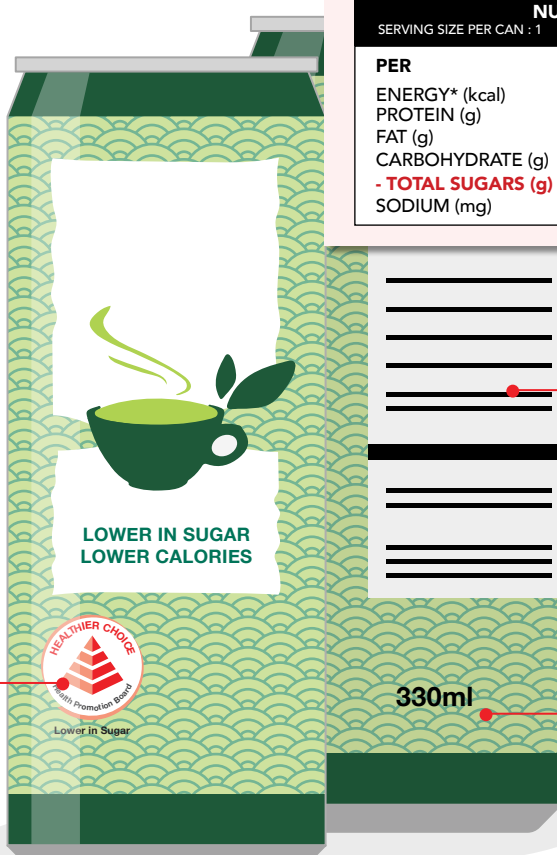
## WHAT KIND OF COMMERCIALLY PREPARED OR PRE-PACKED BEVERAGES ARE ALLOWED?

Products endorsed with Healthier Choice Symbol or equivalent are allowed to be sold in school. The volume of beverages must be **330ml or lesser**.

**1 CHOOSE PRODUCT WHICH HAS THE HEALTHIER CHOICE SYMBOL**



Lower in Sugar



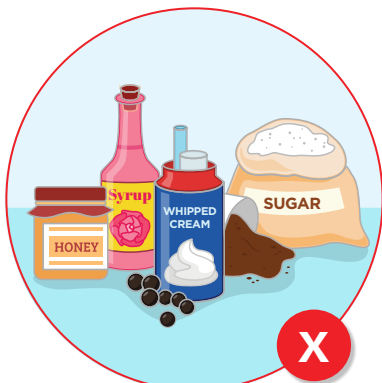
**2 SUGAR LEVEL MUST BE LESS THAN OR EQUAL TO 5g PER 100ml**

NUTRITION INFORMATION		
SERVING SIZE PER CAN : 1	SERVING SIZE : 300mL	
PER	SERVING SIZE	100mL
ENERGY* (kcal)	51	17
PROTEIN (g)	0	0
FAT (g)	0	0
CARBOHYDRATE (g)	12.9	4.3
<b>- TOTAL SUGARS (g)</b>	12.9	<b>4.3</b>
SODIUM (mg)	15	5

**3 TOTAL VOLUME OF PRODUCT MUST BE 330ml OR LESSER**

*Serving size limit is not applicable to calorie-free drinks (e.g. Bottled water, Sparkling water, and etc).*

Note: At least **10%** of the total product available for sale must be **calorie-free** (e.g. bottled water).



### THE FOLLOWING ITEMS OR PRACTICES ARE **NOT ALLOWED**:


- Free access to or addition of **honey, sugar, sugar syrup** or **cordial syrup** (E.g. Rose syrup, Barley syrup, etc).
- **Added toppings**. E.g. Chocolate, tapioca pearl, whipped cream, coconut flake or any sweetened solid ingredients.

Note: Non-sugar substitutes such as sugar alcohol (e.g. Sorbitol & xylitol) and intense sweeteners (e.g. Acesulfame K, acesulfame, sucralose) are **not allowed**.


## HOW DO I CHECK IF A PRODUCT IS WHOLEGRAIN?

Below are some tips to identify a wholegrain product. Products which fall under Cereal category of Healthier Choice Symbol nutrient guidelines must meet the wholegrain requirement.

**1** CHOOSE PRODUCT WHICH HAS THE **HEALTHIER CHOICE SYMBOL WITH HIGHER IN WHOLEGRAIN TAGLINES.**





Higher in Wholegrains



**2** INGREDIENT'S LIST SHOULD INCLUDE ONE OR MORE OF THESE **KEYWORDS:**

**INGREDIENTS:**  
WHOLEGRAIN, WHOLEMEAL, WHOLE WHEAT, WHOLE DURUM WHEAT, ETC

**3** LIGHT OR DARK BROWN IN COLOUR OR CONTAIN BROWN SPOTS.

### EXAMPLE OF WHOLEGRAIN PRODUCTS



Fill Buns/  
Bread Rolls



Mantou/Pau



Cereal



Wrap



Bread



Noodle

### HOW TO PREPARE RICE TO MEET **WHOLEGRAIN REQUIREMENT?**

**1 CUP** WHOLEGRAIN RICE + **4 CUPS** WHITE RICE



For **rice-based food** (E.g. Fried rice, Sushi), it must contain **20% or more wholegrains** per serve.

## WHAT ARE THE SAUCES, SPREADS AND CONDIMENTS ALLOWED?

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

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



Lower in Sodium



### ASIAN COOKING SAUCES

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

### RECIPE MIXES

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

### TABLE SALT

### SOUP AND BROTH

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

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