


# Appendix I: Checklist for "3 Less" Dishes




Name of dish: \_\_\_\_\_

Prior to granting the "3 Less" Logo to a dish, please assess the dish with the following criteria and "✓" the appropriate option. If all the answers are "Not applicable / Yes", the dish fulfills the requirement of "3 Less". Please grant the "3 Less" Logo to it.

Criteria	Please refer to the Definition of "3 Less" for details	Not Applicable	Yes	No	Remarks
<b>Choice of Ingredients</b>					
1. Use low- or reduced-fat ingredients and foods, e.g. steamed white rice, noodles in soup, non-fried noodles, lean meat, skinless poultry, non-fried plain soybean products, reduced-fat evaporated milk, reduced-fat cheese, etc.	Grains, Meat, Poultry, Seafood, Eggs, Bean Products and Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
2. Use healthier vegetable oil, reduced-fat salad dressing and low-fat spread without added sugar	Fats & Oils / Salad Dressing / Spread	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
3. Use non-preserved ingredients	Vegetables, Meat, Poultry, Seafood, Eggs, Bean Products and Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
4. Use canned vegetables after blanching or reduced-salt canned vegetables, e.g. reduced-salt canned tomato puree	Vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
5. Use natural ingredients or herbs and spices, e.g. garlic, chilli, star anise, lemongrass, basil, etc. for flavoring	Seasonings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
6. Use fruit and fruit products without added sugar, e.g. canned fruits in juice, fruit juice, dried fruits or jam without added sugar	Fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
<b>Food Preparation/ Cooking/ Mode of Serving</b>					
7. Low-fat cooking methods, e.g. steaming, boiling in broth, boiling, stewing, baking, stir-frying with small amount of oil	Preparation of Ingredients / Cooking Methods / Mode of Serving	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
8. Thin spread or serve spread separately for sandwiches and toasts		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
9. Serve grains and dishes with sauce separately, except baked rice, baked paste, pizza and baked potato		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
10. Serve low-fat salad dressing or sauce separately		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
11. Dish / Food has already used the least amount of sugar and seasonings with salt (including soy sauce) for favor. Ready-to-use sauce, chicken powder and MSG are not used		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
12. Provide beverages and desserts without added sugar, serve sugar or sweetener separately		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

Congratulations! If all the answers above are either "Not Applicable" or "Yes", the dish concerned will be considered a healthier option. Please grant the  "3 Less" Logo to it and recommend it to your patrons.

Don't forget that if fruit and vegetables are the sole ingredients of the dish, or they occupy at least twice (or 4 times if uncooked vegetables) as much as the amount of meat and its alternatives present in dish, please also grant the  "More fruit and vegetables" Logo to it!

Assessor: (Signature) \_\_\_\_\_

(Name / Post) \_\_\_\_\_ Date of Assessment: \_\_\_\_\_