

Checklist for “3 Less” Dishes


(Appendix I)




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	Not Applicable	Yes	No	Remarks
Choice of Ingredients				
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 soybean products, low-fat evaporated milk, reduced-fat cheese, etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
2. Use healthy vegetable oil, reduced-fat salad dressing and spread without added sugar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
3. Use non-pickled ingredients	<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	<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	<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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Food Preparation and Cooking				
7. Low-fat cooking methods, e.g. steaming, boiling in broth, boiling, stewing, baking, stir-frying with small amount of oil	<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 cereals and dishes with sauce separately	<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 artificial sweetener separately	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

Congratulation! If all the answers above are “Not Applicable” or “Yes”, the dish is a healthier option, please grant  to it and recommend it to your patrons.

Don't forget! If either fruit and vegetables are the sole ingredients of the dish or they occupy at least twice as much the amount of meat present in the dish, please also grant .

Assessor: (Signature) _____

(Name / Post) _____ Date of Assessment : _____