

Annex II: Checklist for “3 Less” dishes



Name of dish _____

Prior to labelling a dish with the “3 Less” dish Logo, please assess the dish with the following criteria and ✓ the appropriate option. If all the answers are “Yes / Not applicable”, the dish fulfils the requirement of “3 Less” dish. Please label the dish with the “3 Less” dish Logo.

| Criteria | Please refer to the Definition of “3 Less” dishes for details | 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 plain soybean products, reduced-fat evaporated milk, reduced-fat cheese, etc. | Grains, Meat, Poultry, Seafood, Eggs, Bean Products and Nuts | | | | |
| 2. Use healthier vegetable oil, reduced-fat salad dressing and low-fat spread without added sugar | Fats & Oils/Salad Dressing/Spread | | | | |
| 3. Use non-preserved ingredients | Vegetables, Meat, Poultry, Seafood, Eggs, Bean Products and Nuts | | | | |
| 4. Use canned vegetables after blanching or reduced-salt canned vegetables, e.g. reduced-salt canned tomato puree | Vegetables | | | | |
| 5. Use natural ingredients or herbs and spices, e.g. garlic, chilli, star anise, lemongrass, basil, etc. for flavoring | Seasonings | | | | |
| 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 | | | | |
| Food Preparation/Cooking/Mode of Serving | | | | | |
| 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 | | | | |
| 8. Thin spread or serve spread separately for sandwiches and toasts | | | | | |
| 9. Serve grains and dishes with sauce separately, except baked rice, baked paste, pizza and baked potato | | | | | |
| 10. Serve low-fat salad dressing or sauce separately | | | | | |
| 11. Dish / Food has already used the least amount of sugar and seasonings with salt (including soy sauce) for flavour. Ready-to-use sauce, chicken powder and MSG are not used | | | | | |
| 12. Provide desserts without added sugar, serve sugar or sweetener separately | | | | | |

Congratulations! If all the answers above are either “Yes” or “Not Applicable”, the dish concerned will be considered a healthier option. Please label it with the “3 Less” dish Logo 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 the amount of meat and its alternatives present in the dish, please also label it with the “More Fruit and Vegetables” dish Logo.

Assessor (Signature) _____

Name / Post _____

Date of Assessment _____