

This chapter outlines the nutritional criteria for “More Fruit and Vegetables” dishes and “3 Less” dishes.

“More Fruit and Vegetables” dish



Means that either fruit or vegetables are the sole ingredients of the dish, or they occupy at least twice as much the amount of meat and its alternatives present in the dish. If vegetables are not cooked in the dish, they should occupy at least 4 times as much the amount of meat and its alternatives present in the dish.

The following foods should not be counted as fruit and vegetables:

- Preserved fruit and vegetables, e.g. preserved mustard and pickled cucumber;
- Deep fried (including quick deep-fried) vegetables and other ingredients;
- Vegetables that are high in carbohydrate but low in dietary fibre are not classified as vegetable, e.g. potato, sweet potato
- Soybean products, e.g. tofu and soybean sheet, are not classified as vegetable because their dietary fibre content decreases significantly during food processing;
- Fruit and vegetables used as garnish; and
- Durian, avocado, coconut and their products are not counted because of their relatively high fat content.

Example of dishes qualified for the “More Fruit and Vegetables” dish Logo:

Chinese cuisine:

- Wax gourd urn
- Mixed vegetable with mung bean vermicelli
- Stir-fried zucchini with shrimp
- Seasonal vegetable with duo-mushroom
- Set Meal: 1 serving of steamed pork patty (about ½ bowl) + 1 bowl of blanched lettuce + 1 bowl of steamed rice

Others:

- Minestrone soup
- Green salad
- Prawn salad with green papaya
- Baked broccoli with cheese
- Set Meal: 1 serving of spaghetti bolognaise (containing ½ bowl of vegetables and ½ bowl of minced beef) + Green salad (1 bowl)





“3 Less” dish



Means that the dish has taken the following suggestions, used healthier ingredients and cooking methods to decrease the content of fat / oil, salt and sugar.

Choices of Ingredients / Cooking Methods	Suggestions	Examples of healthier ingredients / cooking methods	Examples of less healthy ingredients / cooking methods
Fats & Oils / Salad Dressing / Spread	<ul style="list-style-type: none"> Use healthy vegetable oil Use low- or reduced-fat salad dressing Use spread which is reduced-fat and without added sugar 	Corn oil, olive oil, canola oil, peanut oil, sunflower oil, soybean oil, reduced-fat peanut butter, jam without added sugar	Butter, lard, coconut oil, palm oil, margarine containing trans fat, shortening, salad dressing, condensed milk, jam with added sugar, peanut butter, chocolate spread, kaya, goose liver pate
Grains	<ul style="list-style-type: none"> Use grains which is low in fat and without added sugar 	White bread, whole wheat bread, white rice, red rice, egg noodles, spaghetti, rice vermicelli, Chinese noodles	Croissant, pastry, “cocktail bun”, “pineapple bun”, bun with lotus seed paste, stir-fried rice and noodles, fried flat noodles, fried instant noodles, E-Fu noodles, Yu-Mein noodles
Vegetables	<ul style="list-style-type: none"> Use fresh, frozen or reduced-salt canned vegetables to replace pickles 	Fresh or frozen vegetables, canned vegetables with reduced salt or after blanching	Preserved mustard greens, pickled vegetables, dried radish, preserved mustard, salted mustard root, pickled mustard
Fruit	<ul style="list-style-type: none"> Use fresh fruit or pure fruit juice (except coconut because it is high in saturated fat) Use fruit products without added sugar 	Fresh fruit, canned fruit in juice, dried and frozen fruit without added sugar, 100% fruit juice	Canned fruit in syrup, dried fruit and juice with added sugar, durian, coconut and its products
Meat, Poultry, Seafood, Eggs, Beans Products and Nuts	<ul style="list-style-type: none"> Use fresh / frozen lean meat to replace preserved meat Use non-fried plain bean products Use non-fried nuts without added salt and sugar 	Fresh or frozen lean beef, pork, fishes, seafood such as scallop, shrimp, crab, skinless poultry, canned tuna in water, tofu, soybean sheet, plain vegetarian meat, dry-roasted and plain nuts	Pork brisket, connective tissue under skin of pig (“pig neck”), fatty beef, beef brisket, chicken wings, chicken paw, canned tuna in oil, luncheon meat, sausage, ham, bacon, ready-to-use meatballs, imitation crab meat, Chinese sausage, salted fish, salted eggs, tofu puff, fried soybean stick, fried gluten, seasoned vegetarian meat, fried cashew nut, roasted nuts with added salt
Dairy products	<ul style="list-style-type: none"> Use skimmed, low-fat or reduced-fat plain dairy products 	Skimmed or low-fat milk, milk powder, yoghurt, reduced-fat cheese	Full cream milk, cream, evaporated milk, condensed milk, creamer
Desserts	<ul style="list-style-type: none"> Desserts without added sugar (sugar or sweetener can be served separately) 	Any desserts without added sugar, e.g. soybean curd dessert, red bean sweet soup	Ice cream, desserts with added sugar, e.g. coconut pudding, cheese cake
Seasonings	<ul style="list-style-type: none"> Use natural ingredients to replace seasonings or sauce which are high in salt or fat 	Garlic, ginger, spring onion, onion, lemon or lime juice, vinegar, parsley, five spices powder, mustard powder, star anise	Shrimp paste, fermented soybean curd, salted black bean, chicken powder. MSG, ready-to-use sauces (e.g. black pepper sauce, curry, satay), oyster sauce



Choices of Ingredients / Cooking Methods	Suggestions	Examples of healthier ingredients / cooking methods	Examples of less healthy ingredients / cooking methods
<p>Preparation of Ingredients/ Cooking Methods / Mode of Serving</p>	<ul style="list-style-type: none"> • Replace quick deep-frying with blanching to prepare meat • Blanch noodles before stir-frying to reduce the usage of oil • Blanch canned vegetables to reduce sodium content • Use low-fat cooking methods • Serve low-fat salad dressing or sauce separately • Serve grains dishes with sauce separately, except baked rice, baked pasta, pizza and baked potatoes • Thin spread or serve spread separately for sandwiches and toasts • Provide desserts without added sugar, sugar and artificial sweetener can be served separately • Hotpot restaurants must serve at least one kind of “3 Less” soup base 	<p>Boiling, steaming, grilling, baking, stewing, stir-frying or pan-frying with small amount of oil</p>	<p>Deep-frying (including the frying process of meat prior to cooking), braising in heavy sauce, pour salad dressing or condiments over the dishes</p>

Example of dishes qualified for the “3 Less” dish Logo:

Chinese cuisine:

- Stewed chicken (skinless) with Chinese mushroom
- Steamed egg with minced pork and mung bean vermicelli
- Steamed soybean curd with mixed vegetables
- Steamed fish
- Stewed radish with lean beef shank

Others:

- Beef (filet) cube skewer
- Chicken pasta Carbonara (in low-fat white sauce)
- Vermicelli with chicken in soup
- Steamed fish in Thai style
- Beef roll with Enoki

Restaurants must use the Checklist for “3 Less” dishes (Annex II) for final checking before labelling a dish with the “3 Less” dish Logo.