

Appendix 2: Nutritional Criteria for Snack Classification

Food

Instruction for Use:

It is recommended to provide or sell snacks in no more than 125 kcal^a of energy and drinks to 250 ml or less.

- Classify ready-to-eat and pre-packaged snacks according to the nutrition label and ingredient list;
- Classify snacks that is not covered in the nutritional labeling scheme, e.g. fresh, bulk-packed and self-prepared food, according to 'Other food';
- Please refer to Appendix 1 for the details of serving size of snacks.

Ready-to-eat pre-packaged food (with nutrition label)

Type of Food	Examples of food products	Snacks to Choose Less <i>Any items that meet ANY of the following criteria</i>	Snacks to Choose in Moderation <i>Any items that fail the 'Snacks to Choose Less' (Red) criteria, and meet ANY of the following criteria</i>	Snacks of Choice <i>Any items that meet ALL of the following criteria</i>
Grains	<ul style="list-style-type: none"> - Biscuits, crackers - Cake - Breakfast cereals and cereal bar - Instant noodles 	Per 100g <ul style="list-style-type: none"> - >15.0g of sugar - >20.0g of total fat - >600mg of sodium With sweeteners (for primary school students only)	Per 100g <ul style="list-style-type: none"> - >5.0g to ≤15.0g of sugar - >3.0g to ≤20.0g of total fat - >120mg to ≤600mg of sodium OR Any biscuits, crackers, breakfast cereals and cereal bar contain dietary fibre ≥3g/100g and meet two of the following criteria: <ul style="list-style-type: none"> - >5.0g to ≤15.0g of sugar - >3.0g to ≤20.0g of total fat - >120mg to ≤600mg of sodium 	Per 100g <ul style="list-style-type: none"> - ≤5.0g of sugar - ≤3g of total fat - ≤120mg of sodium
Vegetables	<ul style="list-style-type: none"> - Seaweed - Green peas 	Per 100g <ul style="list-style-type: none"> - >15.0g of sugar - >20.0g of total fat - >600mg of sodium With sweeteners (for primary school students only)	Per 100g <ul style="list-style-type: none"> - >5.0g to ≤15.0g of sugar - >3.0g to ≤20.0g of total fat - >120mg to ≤600mg of sodium 	Per 100g <ul style="list-style-type: none"> - ≤5.0g of sugar - ≤3g of total fat - ≤120mg of sodium

^a 1kcal ≈ 4.2kJ

Ready-to-eat pre-packaged food (with nutrition label)

It is recommended to provide or sell snacks in no more than 125 kcal^a of energy and drinks to 250 ml or less.

Type of Food	Examples of food products	Snacks to Choose Less <i>Any items that meet <u>ANY</u> of the following criteria</i>	Snacks to Choose in Moderation <i>Any items that fail the 'Snacks to Choose Less' (Red) criteria, and meet <u>ANY</u> of the following criteria</i>	Snacks of Choice <i>Any items that meet <u>ALL</u> of the following criteria</i>
Fruits	<ul style="list-style-type: none"> - Dried fruit - Canned fruit - Fruit chips 	<p>Per 100g</p> <ul style="list-style-type: none"> - >20.0g of total fat - >600mg of sodium <p>With sweeteners (for primary school students only)</p>	<p>Per 100g</p> <ul style="list-style-type: none"> - Added sugar ^b - >3.0g to ≤20.0g of total fat - >120mg to ≤600mg of sodium 	<p>Per 100g</p> <ul style="list-style-type: none"> - No added sugar ^b - ≤3g of total fat - ≤120mg of sodium
Meat, Fish, Egg, and Alternatives	<ul style="list-style-type: none"> - Fish sausage - Beef and pork jerky - Squid jerky - Bean curd pudding 	<p>Per 100g</p> <ul style="list-style-type: none"> - >15.0g of sugar - >20.0g of total fat - >600mg of sodium <p>With sweeteners (for primary school students only)</p>	<p>Per 100g</p> <ul style="list-style-type: none"> - >5.0g to ≤15.0g of sugar - >3.0g to ≤20.0g of total fat - >120mg to ≤600mg of sodium 	<p>Per 100g</p> <ul style="list-style-type: none"> - ≤5.0g of sugar - ≤3g of total fat - ≤120mg of sodium
Nuts	<ul style="list-style-type: none"> - Nuts 	<p>Per 100g</p> <ul style="list-style-type: none"> - >15.0g of sugar - >600mg of sodium <p>With sweeteners (for primary school students only)</p>	<p>Per 100g</p> <ul style="list-style-type: none"> - Added oil ^b - >5.0g to ≤15.0g of sugar - >120mg to ≤600mg of sodium 	<p>Per 100g</p> <ul style="list-style-type: none"> - No added oil ^b - ≤5.0g of sugar - ≤120mg of sodium

^a 1kcal ≈ 4.2kJ

^b 'List of Ingredients' can be used to determine whether the food items have been added with fat/oil, salt or sugar. As per the legal requirement, the ingredient shall be listed in descending order by weight or volume determined as at the time of their use when the food was packaged in the 'List of ingredients' (also known as 'composition' or 'contents').

Ready-to-eat pre-packaged food (with nutrition label)

It is recommended to provide or sell **snacks in no more than 125 kcal^a of energy and drinks to 250 ml or less.**

Type of Food	Examples of food products	Snacks to Choose Less <i>Any items that meet <u>ANY</u> of the following criteria</i>	Snacks to Choose in Moderation <i>Any items that fail the 'Snacks to Choose Less' (Red) criteria, and meet <u>ANY</u> of the following criteria</i>	Snacks of Choice <i>Any items that meet <u>ALL</u> of the following criteria</i>
Chestnuts ^c	- Chestnuts	Per 100g - >20.0g of total fat - >600mg of sodium With sweeteners (for primary school students only)	- Added sugar ^b Per 100g - >3.0g to ≤20.0g of total fat - >120mg to ≤600mg of sodium	- No added sugar ^b Per 100g - ≤3g of total fat - ≤120mg of sodium
Dairy Products	- Yoghurt - Cheese	With sweeteners (for primary school students only)	- Added sugar ^b Per 100g - >3.0g of total fat	- No added sugar ^b Per 100g - ≤3g of total fat
Other Food Items	- Candies - Chocolate - Chips and crisps	Per 100g - >15.0g of sugar - >20.0g of total fat - >600mg of sodium With sweeteners (for primary school students only)	Per 100g - >5.0g to ≤15.0g of sugar - >3.0g to ≤20.0g of total fat - >120mg to ≤600mg of sodium	Per 100g - ≤5.0g of sugar - ≤3g of total fat - ≤120mg of sodium

^a 1kcal ≈ 4.2kJ

^b 'List of Ingredients' can be used to determine whether the food items have been added with fat/oil, salt or sugar. As per the legal requirement, the ingredient shall be listed in descending order by weight or volume determined as at the time of their use when the food was packaged in the 'List of ingredients' (also known as 'composition' or 'contents').

^c Chestnuts belong to the food group of nuts. However, unlike nuts containing about 40% of fat, chestnuts contain less than 3% of fat. They also contain naturally occurring sugar. Therefore, the nutritional criteria for classification of nuts are not applicable to chestnuts.

Food items without nutrition label

It is recommended to provide or sell snacks in no more than 125 kcal^a of energy and drinks to 250 ml or less.

Type of Food	Snacks to Choose Less <i>Snacks are high in fat, salt or sugar</i>	Snacks to Choose in Moderation <i>Snacks contain more fat, salt and sugar</i>	Snacks of Choice <i>Snacks contain less fat, salt and sugar</i>
Grains	<ul style="list-style-type: none"> - Sandwich biscuits - Corn kernels with butter - Fried grains, e.g. French fries, donut - Toast with butter, condensed milk or jam with added sugar 	<ul style="list-style-type: none"> - Plain biscuits - Toast with jam without added sugar - Ham sandwich 	<ul style="list-style-type: none"> - White bread, whole-wheat bread, raisin bread - Boiled corn - Toast with peanut butter - Egg sandwich - Tuna salad sandwich
Vegetables	-	-	<ul style="list-style-type: none"> - Fresh vegetables, e.g. cherry tomato - Green salad (with minimal amount of salad dressing if preferred)
Fruits	-	- Dried fruit with added sugar	<ul style="list-style-type: none"> - Fresh fruit - Dried fruit without added sugar
Meat, Fish, Egg, and Alternatives	<ul style="list-style-type: none"> - Fried food items, e.g. fried chicken wings, fried fish fillets and fish balls 	<ul style="list-style-type: none"> - Chicken wing in soy sauce - Steamed dim-sum, e.g. dumpling, 'siu mai' 	<ul style="list-style-type: none"> - Boiled egg
Nuts	-	- Nuts with added salt	- Dry-roasted plain nuts
Chestnuts ^c	-	-	-
Dairy Products	-	-	-
Other Food Items	<ul style="list-style-type: none"> - Butter 	-	<ul style="list-style-type: none"> - Trans fat-free margarine

^a 1kcal ≈ 4.2kJ

Drinks

It is recommended to provide or sell **snacks in no more than 125 kcal^a of energy and drinks to 250 ml or less.**

Type of Drinks	Snacks to Choose Less <i>Any items that meet <u>ANY</u> of the following criteria</i>	Snacks to Choose in Moderation <i>Any items that fail the 'Snacks to Choose Less' (Red) criteria, and meet <u>ANY</u> of the following criteria</i>	Snacks of Choice <i>Any items that meet <u>ALL</u> of the following criteria</i>
Milk (Including milk-based Yogurt drinks ^b)	With caffeine or sweeteners (for primary school students only)	- Added sugar ^c Per 100ml - >1.5g of total fat	- No added sugar ^c Per 100ml - ≤1.5g of total fat
Probiotic Drinks ^d Soy Drinks Chinese Beverages / Herbal Tea	Per 100ml - >7.5g of sugar With caffeine or sweeteners (for primary school students only)	Per 100ml - >5.0g to ≤7.5g of sugar - >1.5g of total fat	Per 100ml - ≤5.0g of sugar - ≤1.5g of total fat
Fruit Juice	- Added sugar ^c With sweeteners (for primary school students only)	- No added sugar ^c	Not Applicable
Vegetable Juice Other Drinks	Per 100ml - >7.5g of sugar - >300mg of sodium With caffeine or sweeteners (for primary school students only)	Per 100ml - >5.0g to ≤7.5g of sugar - >1.5g of total fat - >120mg to ≤300mg of sodium	Per 100ml - ≤5.0g of sugar - ≤1.5g of total fat - ≤120mg of sodium

^a 1kcal ≈ 4.2kJ

^b Milk-based yogurt drinks refer to products that milk composition is listed in the first or second place of the list of ingredients.

^c 'List of Ingredients' can be used to determine whether the food items have been added with fat/ oil, salt or sugar. As per the legal requirement, the ingredient shall be listed in descending order by weight or volume determined as at the time of their use when the food was packaged in the 'List of ingredients' (also known as 'composition' and 'contents').

^d Probiotic drinks include yoghurt drinks whose milk composition **is not** listed in the first or second place of the list of ingredients.