

5

**THINGS YOU  
SHOULD  
KNOW  
ABOUT  
NUTRI-GRADE**



# 1. Why did the government introduce the Nutri-Grade Mark?

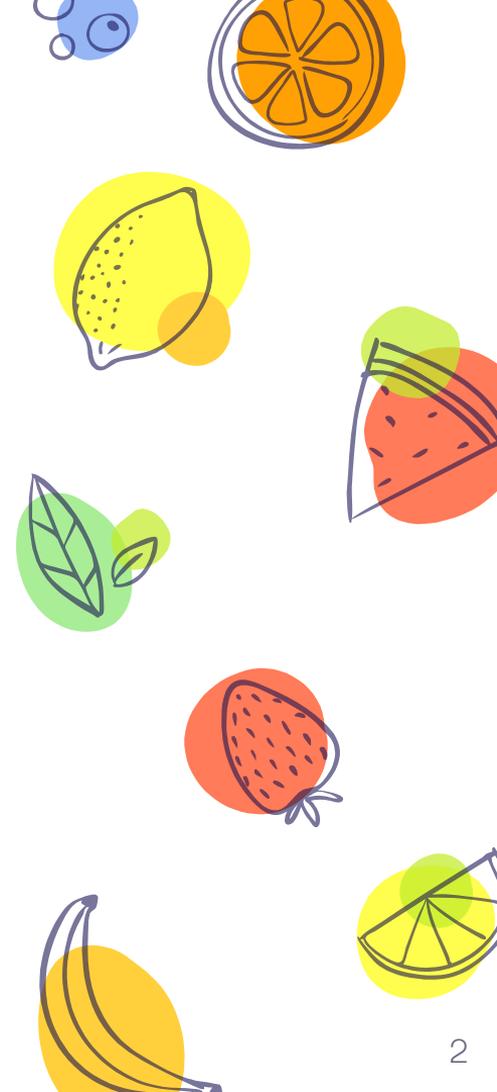
Diabetes is a serious health concern in Singapore. The number of Singapore residents with diabetes is projected to reach one million by 2050, if nothing is done. In response, Ministry of Health launched the War on Diabetes in 2016 to mobilise a whole-of-society effort to tackle the disease.



**Prepacked beverages contribute to 64% of daily sugar intake for more than half of Singaporeans.**

The Government introduced the Nutri-Grade mark for prepacked beverages, to help identify beverages that are higher in sugar and saturated fat, and help make more informed, healthier choices.

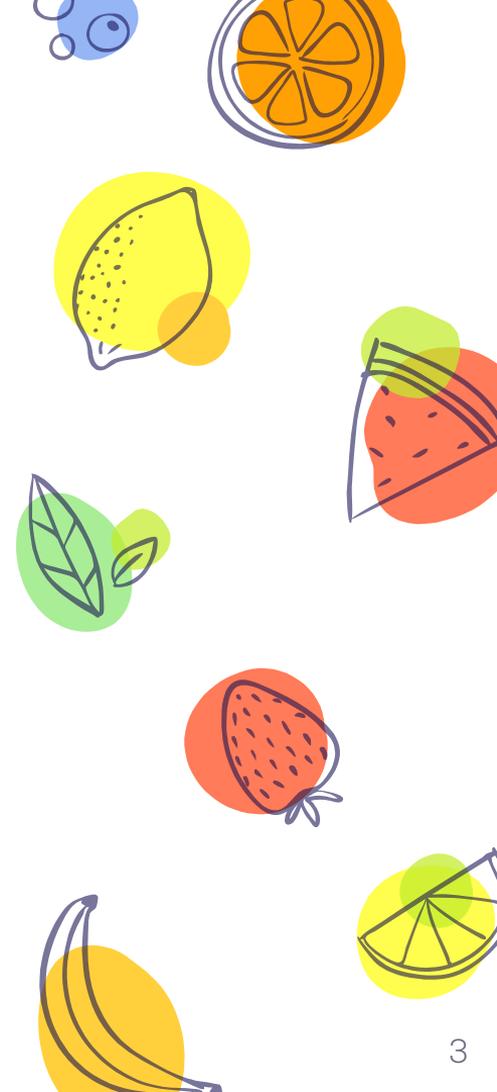
Source: [Measures for Nutri-Grade Beverages \(hpb.gov.sg\)](https://www.hpb.gov.sg/Measures-for-Nutri-Grade-Beverages)



## 2. What is the Nutri-Grade mark?

The Nutri-Grade mark is a nutrition label for beverages. There are 4 colour-coded grades. Beverages with Grade A have the lowest sugar and saturated fat content, whereas beverages with Grade D, have the highest sugar or saturated fat content.

The Nutri-Grade mark is mandatory for beverages with Grades C and D, but voluntary for Grades A and B.



### 3. How does Nutri-Grade work?

Beverages are graded based on their sugar and saturated fat content, according to the thresholds below.

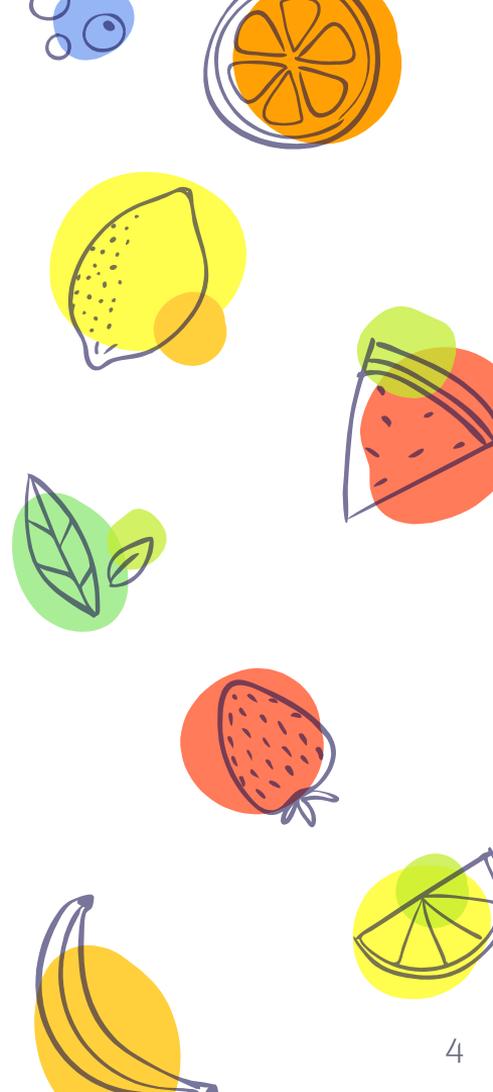
Schools are only allowed to serve beverages graded A or B. This means that only beverages with sugar content of 5g or less per 100ml, and saturated fat content of 1.2g or less per 100ml, can be served.

#### Nutri-Grade Grading System

	A	B	C	D
<b>SUGAR CONTENT</b> (grams per 100 ml)	≤1 and no sweetener	>1 to 5	>5 to 10	>10
<b>SATURATED FAT CONTENT</b> (grams per 100 ml)	≤0.7	>0.7 to 1.2	>1.2 to 2.8	>2.8

Advertising prohibition (applies to categories C and D)

Mandatory labelling (applies to categories C and D)



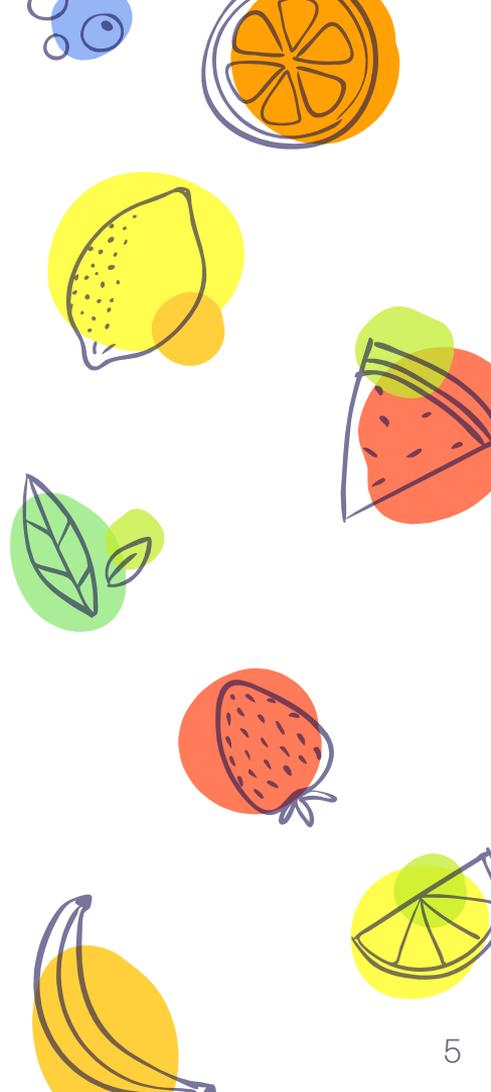
## 4. What are the Nutri-Grade beverages?

**Prepacked beverages** that are **ready-to-consume** for sale in packages such as bottles, cans, cartons, packets or other similar containers.



**Prepacked beverages** that are **powders or concentrates** that are meant to be reconstituted or diluted with fluids before consumption (e.g. 3-in-1 instant coffee beverage, cordials)

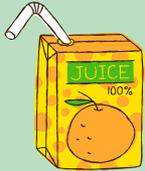
**Beverages dispensed from automated beverage dispensers,** with no option to customise the amount of any ingredient in the beverage. Includes fountain drinks and beverages dispensed from automated coffee machines.



## 5. Where can I find the Nutri-Grade mark?



The Nutri-Grade mark can be found on:



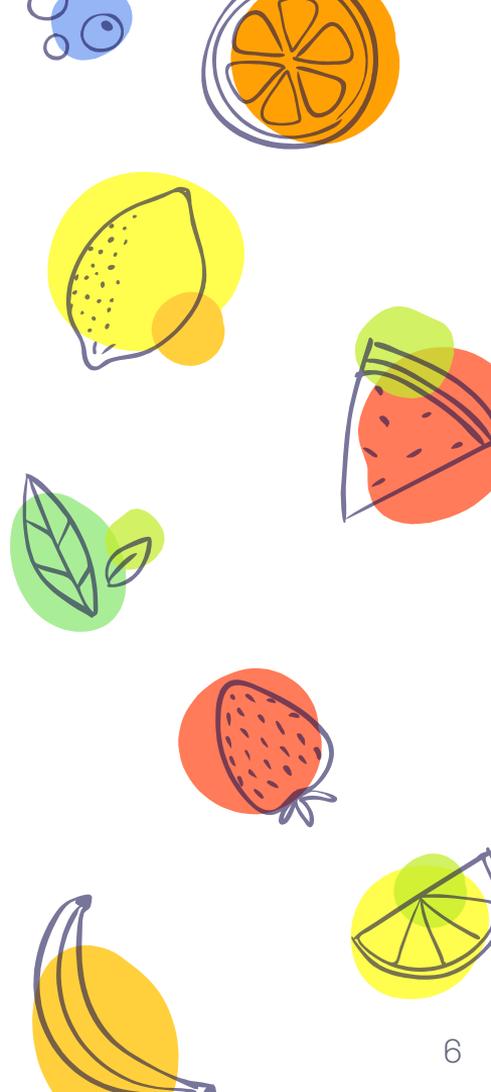
The packaging of ready-to-drink prepacked beverages (e.g. bottle, can, or packet drinks)



The packaging of powders or concentrates (e.g. 3-in-1 instant coffee)



On automated beverage dispensers (e.g. fountain drinks, automated coffee machines)."



QUIZ TIME!

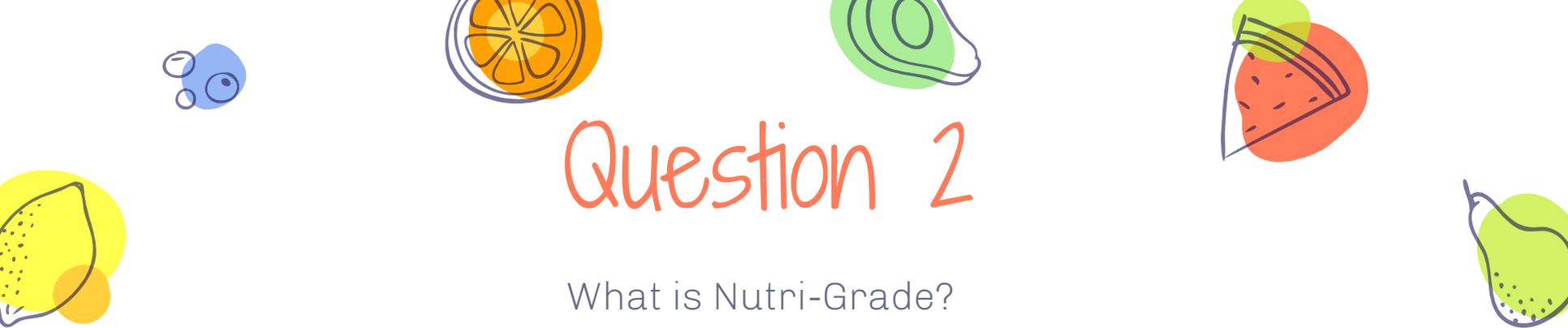


# Question 1

How many grades are there in Nutri-Grade?

Answer: 4





# Question 2

What is Nutri-Grade?

A: It is a nutrition label which helps us grade the hygiene level of the prepacked beverages.

B: It is a -nutrition label which helps us grade our preference for the different brands of beverages.

C: It is a nutrition label which helps us identify beverages that are higher in sugar and saturated fat.

D; It is a nutrition label which helps us identify diabetics.

**Answer: C**



# Question 3

Which grade (A, B, C or D) will be disallowed from advertising?

**Answer: D**

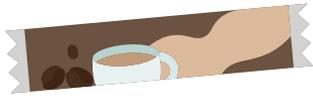
	A 	B 	C	D
<b>SUGAR CONTENT</b> (grams per 100 ml)	≤1 and no sweetener	>1 to 5	>5 to 10	>10
<b>SATURATED FAT CONTENT</b> (grams per 100 ml)	≤0.7	>0.7 to 1.2	>1.2 to 2.8	>2.8

Advertising prohibition (arrow pointing to D)

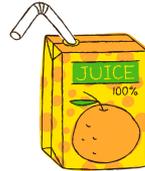
Mandatory labelling (arrow pointing to C and D)

# Question 4

Which of the following will have the Nutri-Grade mark (if graded C or D)?



**A: 3-in-1 Packet Coffee**



**B: Packet Drink**

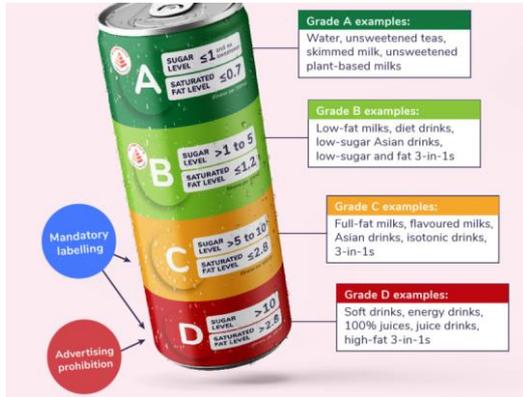


**C: Canned Drink**

**Answer: All of the Above!**

# Question 5

What grades (A,B,C or D) are allowed to be served in schools?



A: Grade A only

B: Grade A & B

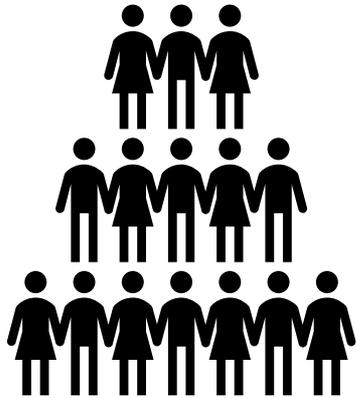
C: Grade A,B & C

D: All Grades are allowed in school

**Answer: B – Only Grade A & B!**

# Question 6

If nothing was done, what is the projected number of Singapore residents that will suffer from diabetes in 2050?



A: 10,000

B: 100,000

C: 1 Million

D: 5 Million

**Answer: C - 1 million**

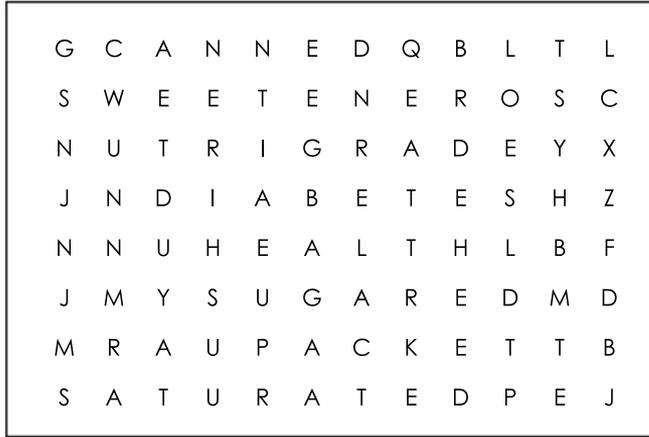
# Resources for students



# Word Search! (Primary School)

Name: \_\_\_\_\_

## Nutri-Grade



Find the following words in the puzzle.  
Words are hidden → and ↓ .

CANNED  
DIABETES  
HEALTH

NUTRIGRADE  
PACKET  
SATURATED

SUGAR  
SWEETENER

# Word Search! (Secondary School)

Name: \_\_\_\_\_

## Nutri-Grade

N F U T W I L A B E L L I N G K K W  
B O H X E Q J U I C E Q M J N J S P  
N X N U T R I G R A D E N J M V W Y  
C Z K K M I Z S A T U R A T E D E L  
D A E N E R G Y D R I N K S U P E Y  
X K N K G N X G Z O S U G A R O T C  
T O D N D M V S G I N S U L I N E J  
Z D Y U E M B R X D W Y J D C G N D  
X M X M G D H E A L T H L L C F E B  
P A C K E T W I O J O S R R L D R Q  
Z I C G J Q D X C P E K S R B A E L  
H N B B X W D I A B E T E S Y T M S

Find the following words in the puzzle.  
Words are hidden → ↓ and ↘ .

CANNED  
DIABETES  
ENERGY DRINKS  
HEALTH  
INSULIN

JUICE  
LABELLING  
NUTRIGRADE  
PACKET  
SATURATED

SUGAR  
SWEETENER