

# **NUTRITIONAL GUIDELINES ON NUTRIENT CRITERIA FOR HEALTHIER CHOICE LOGO MALAYSIA**

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*As of MAY 2024*

*HCL Secretariat, Nutrition Division*



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## CEREAL, CEREAL PRODUCTS & FLOUR CONFECTION GROUP

HCL Category	Energy (100g/ml)	Fat (100g/ml)	Sodium (100g/ml)	Total Sugars (100g/ml)	Dietary Fiber (100g/ml)	Whole Grains (%)	Additional Criteria, AC <sup>1</sup> (100g/ml)	HCL Statement <sup>(a)</sup>
<b>Mil/ Mil Oat Kosong/ Plain Meal/ Oatmeal</b>	-	-	No Added	No Added	≥6g	100%		
<b>Bijirin Sarapan   Breakfast Cereal<sup>2</sup></b>	-	≤10g	≤400mg	≤ 20g	≥6g	≥ 25%	Vitamin B1 Vitamin B6 Vitamin B9 Iron Protein	For Bahasa Malaysia version: <b>Perbandingan produk dalam kategori (Nama Kategori HCL) sahaja</b>
<b>Mi &amp; Pasta   Noodles &amp; Pasta</b>	-	≤2g	≤100mg	-	≥3g	-		
<b>Biskut   Biscuits</b>	≤500kcal	≤20g	≤400mg	≤20g	≥3g	-		For English version: <b>Compared within (Name of HCL Category) category only</b>
<b>Makanan Bijirin Tersedia   Prepared Cereal Food<sup>3</sup></b>	-	≤10g	≤250mg	≤33.3g	≥3g	-	Vitamin B1 Vitamin B6 Vitamin B9 Iron Protein Calcium	
<b>Minuman Bijirin   Cereal Drink</b>	-	≤1.5g	≤37.5mg	≤5g	≥0.45g	-		

<sup>(a)</sup> HCL Statement must be displayed below the HCL Logo. There is no specific font size and format for the statement but it needs to be readable.

<sup>1</sup> Products must contain a minimum quantity of one of the listed nutrients. Refer to specific nutrient values as shown in Annex I.

<sup>2</sup> Includes all breakfast cereal products, granola, muesli, cereal bars and similar products.

<sup>3</sup> Includes cereal beverages premix and instant oatmeal with added ingredients.

## CEREAL, CEREAL PRODUCTS & FLOUR CONFECTION GROUP

HCL Category	Energy (100g)	Fat (100g)	Sodium (100g)	Total Sugars (100g)	Dietary Fiber (100g)	Additional Criteria, AC <sup>1</sup> (100g/ml)	HCL Statement <sup>(a)</sup>
<b>Roti/ Ban/ Mantou   Bread/ Bun/Mantou<sup>2</sup></b>	-	≤5g	≤360mg	≤5g	≥6g		
<b>Roti/ Ban/ Mantou Berinti   Filled Bread/ Bun/ Mantou<sup>3</sup></b>	-	≤10g	≤400mg	≤7g	≥3g		For Bahasa Malaysia version: <b>Perbandingan produk dalam kategori (Nama Kategori HCL) sahaja</b>
<b>Wrap/ Tortilla/ Naan/ Roti Pita/ Roti Canai   Wrap/ Tortilla/ Naan/ Pita Bread/ Flatbread<sup>4</sup></b>	-	≤7g	≤360mg	≤5g	≥6g	Vitamin B1 Vitamin B6 Vitamin B9 Iron Protein	For English version: <b>Compared within (Name of HCL Category) category only</b>
<b>Roti Canai Berinti   Filled Flatbread<sup>4</sup></b>	-	≤10g	≤400mg	≤5g	≥3g		
<b>Pastrri   Pastry</b>	-	≤20g	≤360mg	≤7g	≥3g		
<b>Kek   Cake</b>	-	≤22g	≤300mg	≤24g	≥3g		

<sup>(a)</sup> HCL Statement must be displayed below the HCL Logo. There is no specific font size and format for the statement but it needs to be readable.

<sup>1</sup> Products must contain a minimum quantity of one of the listed nutrients. Refer to specific nutrient values as shown in Annex I.

<sup>2</sup> Refer to all plain bread/ plain bun products.

<sup>3</sup> Refer to bread/ bun products that added or filled with other ingredients (eg: nuts, chocolate, dried fruits, cream & others) beside the basic ingredients & cereals to produce the product.

<sup>4</sup> Flatbread includes Roti Boom, Paratha & Capati. Suggested healthy preparation method is recommended on the label.

## FRUITS & VEGETABLES GROUP

HCL Category	Fat (100g)	Sodium (100g)	Total Sugars (100g)	Dietary Fiber (100g)	Additional Criteria, AC <sup>1</sup> (100g)	HCL Statement <sup>(a)</sup>
<b>Buah Berkaling   Canned Fruit</b>	-	-	≤15g	-		For Bahasa Malaysia version: <b>Perbandingan produk dalam kategori (Nama Kategori HCL) sahaja</b>
<b>Koktel Buah Berkaling   Canned Fruit Cocktail</b>	-	-	≤15g	-	Vitamin A Vitamin B9 Vitamin C Dietary Fiber	
<b>Buah Kering   Dried Fruit<sup>2</sup></b>	≤0.5g	No Added	No Added	-		For English version: <b>Compared within (Name of HCL Category) category only</b>
<b>Sayur Berkaling   Canned Vegetable<sup>3</sup></b>	≤5g	≤300mg	≤1.2g	≥1.0g	-	

<sup>(a)</sup> HCL Statement must be displayed below the HCL Logo. There is no specific font size and format for the statement but it needs to be readable.

<sup>1</sup> Products must contain a minimum quantity of one of the listed nutrients. Refer to specific nutrient values as shown in Annex I.

<sup>2</sup> Includes products that fall under Food Regulation Standard 226 and standard 227. Fruits/ Other added ingredients must not add salt & sugar in any production process. The production flow must be attached for HCL authentication.

<sup>3</sup> Includes products that fall under Food Regulation Standard 220.

## FISH & FISH PRODUCTS GROUP

HCL Category	Fat (100g)	Sodium (100g)	Total Sugars (100g)	Omega 3 (100g)	Additional Criteria, AC <sup>1</sup> (100g)	HCL Statement <sup>(a)</sup>
<b><i>Ikan Sardin, Makarel &amp; Salmon Berkaling</i></b> <b>Canned Sardines, Mackerel &amp; Salmon</b>	≤15g	≤400mg	≤2.5g	≥600mg		For Bahasa Malaysia version: <b>Perbandingan produk dalam kategori ikan berkaling sahaja</b>
<b><i>Ikan Tuna Berkaling</i></b> <b>Canned Tuna</b>	≤10g	≤400mg	≤2.5g	≥300mg		For English version: <b>Compared within canned fish category only</b>
<b><i>Lain-Lain</i></b>   <b>Other Fishes</b>	≤5g	≤400mg	≤2.5g	-	Vitamin A Vitamin B1 Vitamin B12 Vitamin D Iron	
<b>Makanan Laut Berkaling</b>   <b>Canned Seafood</b>	≤5g	≤400mg	≤2.5g	-		For Bahasa Malaysia version: <b>Perbandingan produk dalam kategori makanan laut berkaling sahaja</b>  For English version: <b>Compared within canned seafood category only</b>

<sup>(a)</sup> HCL Statement must be displayed below the HCL Logo. There is no specific font size and format for the statement but it needs to be readable.

<sup>1</sup> Products must contain a minimum quantity of one of the listed nutrients. Refer to specific nutrient values as shown in Annex I.

## MEAT & POULTRY GROUP

HCL Category	Fat (100g)	Sodium (100g)	Total Sugars (100g)	Additional Criteria, AC <sup>1</sup> (100g)	HCL Statement <sup>(a)</sup>
<b>Daging Berkaling   Canned Meat <sup>2</sup></b>	≤10g	≤400mg	≤5g	Vitamin A Vitamin B1 Vitamin B12 Vitamin D Iron	For Bahasa Malaysia version: <b>Perbandingan produk dalam kategori daging berkaling sahaja</b>  For English version: <b>Compared within canned meat category only</b>

<sup>(a)</sup> HCL Statement must be displayed below the HCL Logo. There is no specific font size and format for the statement but it needs to be readable.

<sup>1</sup> Products must contain a minimum quantity of one of the listed nutrients. Refer to specific nutrient values as shown in Annex I.

<sup>2</sup> Includes products that fall under Food Regulation Standard 149 and Standard 151.

## LEGUMES, NUTS & SEED GROUP

HCL Category	Fat (100g)	Sodium (100g)	Total Sugars (100g)	Dietary Fiber (100g)	Protein (100g)	Additional Criteria, AC <sup>1</sup> (100g)	HCL Statement <sup>(a)</sup>
<b>Kekacang/ Kacang/ Biji-Bijian   Legume/ Nut/ Seed<sup>2</sup></b>	No Added	≤120 mg	No Added	≥3g	-		For Bahasa Malaysia version: <b>Perbandingan produk dalam kategori (Nama Kategori HCL) sahaja</b>
<b>Mentega Kacang   Peanut Butter</b>	-	≤400 mg	≤15g	-	≥24g	Vitamin A Vitamin D Vitamin E Dietary Fiber <sup>3</sup>	For English version: <b>Compared within (Name of HCL Category) category only</b>
<b>Plant Based Protein/ Protein Berasaskan Tumbuhan</b>	≤10g	≤450mg	-	-	≥10g	Iron Dietary Fiber Vitamin B12	

<sup>(a)</sup> HCL Statement must be displayed below the HCL Logo. There is no specific font size and format for the statement but it needs to be readable.

<sup>1</sup> Products must contain a minimum quantity of one of the listed nutrients. Refer to specific nutrient values as shown in Annex I.

<sup>2</sup> Only includes ready to eat products and mixed nuts products. Nuts/ Other added ingredients must not add with oil/fat and sugar in any production process. The production flow must be attached for HCL authentication.

<sup>3</sup> Dietary Fiber ≥ 6g/ 100g.

## DAIRY & DAIRY PRODUCTS (b)

HCL Category	Fat (100g/ml)	Total Sugars (100g/ml)	Calcium (100g/ml)	Sodium (100g/ml)	Protein (100g/ml)	Additional Criteria, AC <sup>1</sup> (100g/ml)	HCL Statement (a)
<b>Susu Segar   Fresh Milk</b>							As per Food Regulation 1985 (Standard 82) -
<b>Susu Campuran Semula @ Susu Bancuhan Kosong   Plain Recombined Milk @ Reconstituted Milk</b>	-	No Added Sugar	≥130mg <sup>3</sup>	-	-		For Bahasa Malaysia version: <b>Perbandingan produk dalam kategori susu sahaja</b>
<b>Susu Tepung Kosong   Plain Milk Powder</b>	-	No Added Sugar	≥900mg <sup>3</sup>	-	-		For English version: <b>Compared within milk category only</b>
<b>Susu Campuran Semula @ Susu Bancuhan Berperisa   Flavoured Recombined Milk @ Reconstituted Milk</b>	-	≤7g	≥130mg <sup>3</sup>	-	-	Vitamin B2 Vitamin B9 Vitamin B12 Vitamin D	For Bahasa Malaysia version: <b>Perbandingan produk dalam kategori susu berperisa sahaja</b>  For English version: <b>Compared within flavoured milk category only</b>
<b>Susu Tepung Berperisa   Flavoured Milk Powder</b>	-	≤ 46.7g	≥900mg <sup>3</sup>	-	-		For English version: <b>Compared within flavoured milk category only</b>
<b>Keju Proses   Processed Cheese <sup>2</sup></b>	-	-	≥240mg	≤830mg	-		For Bahasa Malaysia version: <b>Perbandingan produk dalam kategori keju proses sahaja</b>  For English version: <b>Compared within processed cheese category only</b>

(a) HCL Statement must be displayed below the HCL Logo. There is no specific font size and format for the statement but it needs to be readable.

(b) Excludes infant formula, all special purposes food, FMPC & any milk products that targeted to specific group. HCL Products shall not be labelled or promoted in any way that will promote the products under the scope of code of ethics for the marketing of the infant foods & related products directly or indirectly.

<sup>1</sup> Products must contain a minimum quantity of one of the listed nutrients. Refer to specific nutrient values as shown in Annex I.

<sup>2</sup> Refers to processed slice cheese.

<sup>3</sup> Calcium level to be achieved by 1<sup>st</sup> January 2024 ≥150mg/100ml (liquid milk) AND ≥1000mg/100g (milk powder)



## DAIRY & DAIRY PRODUCTS (b)

HCL Category	Fat (100g/ml)	Total Sugars (100g/ml)	Calcium (100g/ml)	Probiotic	Protein (100g/ml)	Additional Criteria, AC <sup>1</sup> (100g/ml)	HCL Statement (a)
<b><i>Susu Kultur @ Susu Fermentasi</i>   Cultured Milk @ Fermented Milk (c)</b>	≤1.5g	≤7g (exclude lactose)	-	≥10 <sup>6</sup> CFU /ml	-	Vitamin B2 Vitamin B9 Vitamin B12 Vitamin D	For Bahasa Malaysia version: <b>Perbandingan produk dalam kategori (Nama Kategori HCL) sahaja</b>
<b><i>Yogurt</i>   Yoghurt</b>	≤2.0g	≤7g (exclude lactose)	-	-	-	Dietary Fiber Calcium	
<b><i>Minuman Yogurt</i>   Yoghurt Drink</b>	≤1.5g	≤5g (exclude lactose)	≥60mg	-	-	Vitamin B2 Vitamin B9 Vitamin B12 Vitamin D Dietary Fiber	For English version: <b>Compared within (Name of HCL Category) category only</b>

(a) HCL Statement must be displayed below the HCL Logo. There is no specific font size and format for the statement but it needs to be readable.

(b) Excludes infant formula, all special purposes food, FMPC & any milk products that targeted to specific group. HCL Products shall not be labelled or promoted in any way that will promote the products under the scope of code of ethics for the marketing of the infant foods & related products directly or indirectly.

(c) Must contain significant amount of Probiotic 10<sup>6</sup> cfu/ml during the shelf life of the product.

<sup>1</sup> Products must contain a minimum quantity of one of the listed nutrients. Refer to specific nutrient values as shown in Annex I.

## BEVERAGES GROUP

HCL Category	Fat (100g/ml)	Total Sugars (100g/ml)	Sodium (100g/ml)	Additional Criteria, AC <sup>1</sup> (100g/ml)	HCL Statement <sup>(a)</sup>
<b>Air Minuman @ Air Mineral   Drinking Water @ Mineral Water</b>		As per Food Regulations 1985 (Standard 360A & 360B)			-
<b>Jus Sayur   Vegetable Juice</b>	-	≤12.0g & No Added Sugar	≤100mg		
<b>Jus Buah   Fruit Juice</b>	-	≤12.0g & No Added Sugar	-	Vitamin A Vitamin B9 Vitamin C Dietary Fiber	For Bahasa Malaysia version: <b>Perbandingan produk dalam kategori (Nama Kategori HCL) sahaja</b>
<b>Jus Campuran Buah &amp; Sayur   Mixes Fruit &amp; Vegetable Juice</b>	-	≤12.0g & No Added Sugar	≤100mg		
<b>Minuman Jus Buah   Fruit Juice Drinks</b>	-	≤5.0g	≤20mg		For English version: <b>Compared within (Name of HCL Category) category only</b>
<b>Minuman Buah   Fruit Drinks</b>	-	≤5.0g	≤20mg		
<b>Minuman Botani   Botanical Beverage</b>	-	≤5.0g	-	-	
<b>Serbuk Minuman Botani   Botanical Beverage Powder</b>	-	≤16.7g	-	-	
<b>Minuman Isotonik Elektrolit   Isotonic Electrolyte Drink</b>	-	≤5.0g	-	-	
<b>Minuman Berperisa   Flavoured Drink</b>	-	≤5.0g	-	-	

<sup>(a)</sup> HCL Statement must be displayed below the HCL Logo. There is no specific font size and format for the statement but it needs to be readable.

<sup>1</sup> Products must contain a minimum quantity of one of the listed nutrients. Refer to specific nutrient values as shown in Annex I.

## BEVERAGES GROUP

HCL Category	Fat (100g/ml)	Total Sugars (100g/ml)	Sodium (100g/ml)	Dietary Fiber (100g/ml)	Additional Criteria, AC <sup>1</sup> (100g/ml)	HCL Statement <sup>(a)</sup>
<b>Minuman Teh   Tea Drink</b>	≤1.5g	≤5.0g	-	-	-	
<b>Teh Campuran   Tea Mix</b>	≤10 g	≤33.3 g	-	-	-	
<b>Minuman Kopi   Coffee Drink</b>	≤1.5g	≤5.0g	-	-	-	
<b>Kopi Pracampuran   Coffee Premix</b>	≤10 g	≤33.3 g	-	-	-	
<b>Minuman Coklat   Chocolate Drink</b>	≤1.5g	≤5.0g	-	-	Vitamin B1 Vitamin B6 Vitamin B9 Calcium <sup>3</sup> Iron Dietary Fiber	
<b>Serbuk Minuman Coklat   Chocolate Drink Powder</b>	≤10 g	≤33.3 g	-	-		
<b>Minuman Malt   Malted Drink</b>	≤1.5g	≤5.0g	≤37.5 mg	≥0.45g	Vitamin B1 Vitamin B6 Vitamin B9 Calcium Iron	
<b>Serbuk Minuman Malt   Malted Drink Powder</b>	≤10 g	≤33.3 g	≤250 mg	≥3.0g		

For Bahasa Malaysia  
version:  
**Perbandingan produk  
dalam kategori (Nama  
Kategori HCL) sahaja**

For English version:  
**Compared within (Name of  
HCL Category) category  
only**

<sup>(a)</sup> HCL Statement must be displayed below the HCL Logo. There is no specific font size and format for the statement but it needs to be readable.

<sup>1</sup> Products must contain a minimum quantity of one of the listed nutrients. Refer to specific nutrient values as shown in Annex I.

## BEVERAGES GROUP

HCL Category	Fat (100g/ml)	Total Sugars (100g/ml)	Sodium (100g/ml)	Dietary Fiber (100g/ml)	Calcium (100g/ml)	Additional Criteria, AC <sup>1</sup> (100g/ml)	HCL Statement <sup>(a)</sup>
<b><i>Minuman berasaskan Tumbuhan   Plant-Based Drink</i></b>						Vitamin B1 Vitamin B6 Vitamin B9 Iron Calcium Protein	For Bahasa Malaysia version: <b>Perbandingan produk dalam kategori Serbuk/ Minuman Berasaskan Tumbuhan sahaja</b>
<b>Cereal based<sup>2</sup>   Berasaskan bijirin</b>	≤1.5g	≤5.0g	≤37.5mg	≥0.45g	-		
<b>Soy Bean/ Legume &amp; Nut based<sup>3</sup>   Kacang Soya/ Kacang &amp; Legum<sup>3</sup></b>	-	≤5.0g	≤37.5mg	-	≥60mg <sup>4</sup>	Vitamin B2 Vitamin B9 Vitamin B12 Vitamin D Protein	
<b><i>Serbuk Minuman berasaskan Tumbuhan   Plant-Based Drink Powder</i></b>						Vitamin B1 Vitamin B6 Vitamin B9 Iron Calcium Protein	For English version: <b>Compared within Plant-Based Drink/ Powder category only</b>
<b>Cereal based<sup>2</sup>   Berasaskan bijirin</b>	≤10g	≤33.3g	≤250mg	≥3.0g	-		
<b>Soy Bean/ Legume &amp; Nut based<sup>3</sup>   Kacang Soya/ Kacang &amp; Legum<sup>3</sup></b>	-	≤33.3g	≤250mg	-	≥400mg <sup>4</sup>	Vitamin B2 Vitamin B9 Vitamin B12 Vitamin D Protein	

(a) HCL Statement must be displayed below the HCL Logo. There is no specific font size and format for the statement but it needs to be readable.

<sup>1</sup> Products must contain a minimum quantity of one of the listed nutrients. Refer to specific nutrient values as shown in Annex I.

<sup>2</sup> Includes all cereal based plant-based drink/ powder (eg: oat, rice, wheat, etc.)

<sup>3</sup> Includes all legume, nut & seed-based plant-based drink/ powder (eg: peanut, hazelnut, sesame, etc.)

<sup>4</sup> Calcium Level to be achieved by 1st January 2024 ≥75mg/100ml (RTD) and ≥500mg/100g (powder).

## SOUPS GROUP

HCL Category	Energy (100g)	Fat (100g)	Sodium (100g)	Total Sugars (100g)	HCL Statement <sup>(a)</sup>
<b>Instant Soups &amp; Broth   Sup Segera<sup>1</sup></b>	≤100 kcal	≤4g	≤200 mg	≤4 g	For Bahasa Malaysia version: <b>Perbandingan produk dalam kategori (Nama Kategori HCL) sahaja</b>  For English version: <b>Compared within (Name of HCL Category) category only</b>

<sup>(a)</sup> HCL Statement must be displayed below the HCL Logo. There is no specific font size and format for the statement but it needs to be readable.

1. This includes already part-cooked soups/ broth and only needs to be heated before serving or ready for consumption

## SAUCES GROUP

HCL Category	Sodium (100g)	Total Sugars (100g)	HCL Statement <sup>(a)</sup>
<b>Kicap   Soya Sauce</b>	≤3000mg	≤16g	For Bahasa Malaysia version: <b>Perbandingan produk dalam kategori (Nama Kategori HCL) sahaja</b>
<b>Sos Cili/ Tomato   Chili/ Tomato Sauce</b>	≤400mg	≤16g	For English version: <b>Compared within (Name of HCL Category) category only</b>

<sup>(a)</sup> HCL Statement must be displayed below the HCL Logo. There is no specific font size and format for the statement but it needs to be readable.

## FATS & OIL GROUP

HCL Category	Energy (100g)	Fat (100g)	Sodium (100g)	Total Sugars (100g)	HCL Statement <sup>(a)</sup>
<b>Sos Salad   Salad Dressing</b>	≤350 kcal	≤5g	≤750 mg	≤11 g	For Bahasa Malaysia version: <b>Perbandingan produk dalam kategori (Nama Kategori HCL) sahaja</b>  For English version: <b>Compared within (Name of HCL Category) category only</b>

<sup>(a)</sup> HCL Statement must be displayed below the HCL Logo. There is no specific font size and format for the statement but it needs to be readable.

## CONVENIENCE FOOD GROUP

HCL Category	Energy (100g)	Fat (100g)	Sodium (100g)	Total Sugars (100g)	Dietary Fiber (100g)	Additional Criteria, AC <sup>1</sup> (100g)	HCL Statement <sup>(a)</sup>
<b>Mi Segera   Instant Noodles</b>		≤16g	≤700mg	-	≥3g	Vitamin B1 Vitamin B6 Vitamin B9 Iron Protein	For Bahasa Malaysia version: <b>Perbandingan produk dalam kategori (Nama Kategori HCL) sahaja</b>
<b>Instant Pasta   Pasta Segera<sup>2</sup></b>	≤200kcal	≤5g	≤400mg	≤4.5g	-	-	For English version: <b>Compared within (Name of HCL Category) category only</b>

<sup>(a)</sup> HCL Statement must be displayed below the HCL Logo. There is no specific font size and format for the statement but it needs to be readable.

<sup>1</sup> Products must contain a minimum quantity of one of the listed nutrients. Refer to specific nutrient values as shown in Annex I.

<sup>2</sup> This includes already part-cooked pasta and only needs to be heated before serving or ready for consumption

## EDIBLE ICE GROUP

HCL Category	Calcium (100g/ml)	Total Sugars (100g/ml)	Additional Criteria, AC <sup>1</sup> (100g/ml)	HCL Statement <sup>(a)</sup>
<b><i>Ais Krim</i></b> <sup>(b)</sup>   <b>Ice Cream</b> <sup>(b)</sup>	≥100mg	≤15g	Vitamin A Vitamin E Vitamin D Vitamin B1 Vitamin B2 Vitamin B6 Vitamin B12 Vitamin B9 Vitamin C Iron Dietary Fiber Protein	For Bahasa Malaysia version: <b>Perbandingan produk dalam kategori (Nama Kategori HCL) sahaja</b>
<b><i>Konfeksi Ais</i></b>   <b>Ice Confection</b>	≥50mg	≤15g		For English version: <b>Compared within (Name of HCL Category) category only</b>

<sup>(a)</sup> HCL Statement must be displayed below the HCL Logo. There is no specific font size and format for the statement but it needs to be readable.

<sup>(b)</sup> Products must contain not less than 10% of milk fat.

<sup>1</sup> Products must contain a minimum quantity of one of the listed nutrients. Refer to specific nutrient values as shown in Annex I.

**ADDITIONAL CRITERIA (AC)**

The nutrient in the product with additional criteria must be equal or exceed the values below:

Nutrient	Unit	Value per 100g		Value per 100ml	
		Current Level	New Target by January 2024	Current Level	New Target by January 2024
Vitamin A	µg	120	120	60	60
Vitamin E	mg	1.5	1.5	0.75	0.75
Vitamin D	µg	0.75	2.25	0.375	1.125
Vitamin B1 (Thiamin)	mg	0.21	0.18	0.105	0.09
Vitamin B2 (Riboflavin)	mg	0.24	0.18	0.12	0.09
Vitamin B6 (Pyridoxine)	mg	0.3	0.195	0.15	0.10
Vitamin B12 (Cobalamin)	µg	0.15	0.36	0.075	0.18
Vitamin B9 (Folic Acid)	µg	30	60	15	30
Vitamin C	mg	9	15	4.5	7.5
Calcium	mg	120	150	60	75
Iron	mg	2.1	2.1	1.05	1.05
Dietary Fiber	g	3	3	1.5	1.5
Protein	g	5	5	2.5	2.5

*\*\*The nutrient values in Additional Criteria (AC) will be amended and updated accordingly based on the latest Nutrient Reference Values (NRV) in Food Regulation 1985.*