Criteria for acquiring the "Healthier Choice" logo

10. Nutrient Criteria for the Bakery products

The details of the criteria are as follow:

Category	Criteria
Bakery Products	Energy ≤ 110 kcal/Serving
	Sodium ≤ 300 mg /100 g
	Total Sugar ≤ 20 g /100 g
	Fiber ≥ 3 g /100 g
	Total fat ≤ 22 g /100 g

11. Nutrient Criteria for the Breakfast cereals

The details of the criteria are as follow:

Category	Criteria
	Sodium ≤ 300 mg /100 g
Breakfast cereals	Total Sugar ≤ 20 g /100 g
	Fiber ≥ 6 g /100 g
	Saturated ≤ 3 g /100 g