

## Guidelines on Programme Criteria for MyChoice Logo Malaysia

The programme criteria consists of Nutrient Criteria and Supporting Criteria that need to be fulfilled for MyChoice Logo endorsement.

### a) Nutrient Criteria

Nutrient	Criteria
<b>Food (set Menu)</b>	
Calories	: ≤ 500 kcal; Balanced sources of carbohydrates, protein, fat and fibre
Sodium	: ≤ 650 mg sodium; and
Vegetables	: 1 serving/ set menu
<b>Beverage (Ala Carte)</b>	
Calories	: ≤ 120 kcal/ serving;
Total Sugars*	: ≤ 5g / 100ml drink;  Flavoured Reconstituted Milk : ≤ 7 g sugar/ 100 ml;  Fruit Juice: ≤ 12 g sugar/ 100 ml (No Added Sugar);  The use of artificial sweeteners or sugar substitutes such as stevia must be mentioned in the menu
Sodium	: No addition of sodium salts except for beverages that have obtained the Healthier Choice Logo (HCL)

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\*All monosaccharides and disaccharides

## **ii) Supporting Criteria**

- Display of MyChoice Logo on all MyChoice endorsed menu/beverage in menu books/ menu boards/ digital ordering platforms and marketing materials (where applicable).
- Display of "*Pilih MyChoice*" sticker at all outlet entrances/home page of digital platforms (where applicable).
- Display of nutrients criteria of certified MyChoice menu/beverage in menu books/ menu boards/ digital ordering platforms and marketing materials (where applicable).

**For any enquiries, please contact:**

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