

Why ice cream is on the list



Some consumers may not associate certain foods with healthy eating. However, the items below all carry the Health Promotion Board's Healthier Choice label as they are being compared with similar products on the market.



Nestle's Koko Krunch breakfast cereal

It is higher in whole grains, with 6.2g of dietary fibre per 100g.

100 Plus Original

It is lower in sugar compared with other isotonic drinks, with 6g of sugar per 100ml.



Ayam Brand sardines in tomato sauce

It contains 223mg of sodium per 100g. That is 25 per cent lower than other canned sardines.

FairPrice straight-cut french fries

It is lower in sodium and saturated fat, with 0.3g of saturated fat and 33mg of sodium per 100g.



Paddle Pop Dragon Pop ice cream

It is healthier than other similar snacks, with 2.5g of fat and 17.8g of sugar per 100g.