

FOOD INGREDIENTS' RECORD OF VIEWS

(As at 12 October 2022)

This document provides a record of Singapore Food Agency (SFA)'s views on the use of specific ingredients in food. The views indicated may be subject to review and amendment based on scientific developments and new information on the safety of these ingredients.

This document does not include food additives/ingredients/substances that are listed in the Food Regulations, or the list of Chinese medicinal materials (CMM) commonly used in food. Please refer to the links below for the relevant documents:

- Food Regulations: <https://www.sfa.gov.sg/legislation>
- List of permitted food additives: <https://www.sfa.gov.sg/regulatory-limits/limits-for-food-additives>
- List of Chinese medicinal materials (CMM) commonly used in food:
[http://www.sfa.gov.sg/docs/default-source/default-document-library/list-of-chinese-medicinal-materials-\(cmm\).pdf](http://www.sfa.gov.sg/docs/default-source/default-document-library/list-of-chinese-medicinal-materials-(cmm).pdf)
- Novel food guidance document: <https://www.sfa.gov.sg/food-import-export/commercial-food-imports> [Click on the word 'document' within the text under "Conditions related to Novel Food"]

For food or food ingredients that are not listed within this document, please check with SFA using our online feedback form:

<https://csp.sfa.gov.sg/feedback>

Guiding notes:

Herbal or botanical ingredients, when added to food products, should not confer any medicinal and/or therapeutic properties to the food. This is because food is generally consumed ad libitum and for nutritional purposes, as opposed to medicines and pharmaceuticals, which are consumed to treat or alleviate a condition of the body.

Use of botanical ingredients listed below are restricted to the specific plant parts specified. When considering the use of extracts of the listed botanicals, only whole extracts are considered to be permitted, unless otherwise specified. Extracts that have been processed to refine levels of active components, or fortified with these active components, are not considered to be whole extracts, and will be required to be evaluated by SFA, before they may be used in food products sold in Singapore.

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BOTANICALS

S/N	Botanical/Scientific Name	English Name	Chinese Name	Part(s) commonly used in food
1	<i>Acer saccharum</i>	Maple water / Maple sap	糖枫 / 硬枫 / 石枫 / 东部糖枫	Sap
2	<i>Adansonia digitata</i>	Baobab fruit	猴面包树	Fruit pulp
3	<i>Allium hypsistum</i>	Jimbu	-	Leaves
4	<i>Allium macrostemon</i>	Longstamen onion bulb	薤白 / 小根蒜 / 山蒜 / 苦蒜 / 小么蒜 / 小根菜 / 野蒜 / 团葱	Flower / Leaves / Root / Bulb
5	<i>Allium tuberosum</i> <i>Rottler ex Spreng.</i> / <i>Allium argyi</i> / <i>Allium roxburghii</i> / <i>Allium tricoccum</i> / <i>Allium uliginosum</i> / <i>Allium clarkei</i>	Garlic Chives / Chinese Leeks / Chinese Chives / Flat Chives / Oriental Garlic	韭菜	Leaves / Flower / Stem / Stalk / Bulb
6	<i>Aloe barbadensis</i> / <i>Aloe vulgaris</i>	Aloe Vera	芦荟	Leaves
7	<i>Angelica keiskei</i> / <i>Angelica keiskei</i> Koidzumi / <i>Angelica utilis</i>	Ashitaba / Tomorrow's Leafd	明日叶	Leaves
8	<i>Antidesma bunius</i>	Mao berry	五月茶 / 通天炮 / 五味子	Leaves / Fruit
9	<i>Aristotelia chilensis</i>	Maqui berry	马基莓 / 马奇果 / 智利酒果	Fruit
10	<i>Avena sativa</i> / <i>Avena byzantina</i>	Oats	燕麦 / 皮燕麦	Seed
11	<i>Bactris gasipaes</i>	Peach palm / Pewanut	桃椰子	Fruit / Leaves
12	<i>Betula pendula</i>	Birch sap	垂枝桦	Leaves
13	<i>Brassica chinensis</i> var. <i>rosularis</i> / <i>Brassica rapa</i> L. subsp. <i>chinensis</i> (L.) Hanelt	Bak choy / Chinese cabbage / Chinese mustard / Chinese white cabbage	小白菜	Leaves
14	<i>Brassica juncea</i>	Indian Mustard / Chinese Mustard / Vegetable Mustard / Mustard / Jie Cai / Kai Choi	芥菜	Leaves / Flower / Seed / Root
15	<i>Camellia oleifera</i>	Camellia	油茶	Seed oil
16	<i>Camellia sinesis</i>	Theae folium / Thea sinensis / Green tea	茶树	Leaves
17	<i>Capsicum annuum</i>	Cayenne pepper / Red Hot Chilli / Paprika	辣椒	Fruit
18	<i>Carum carvi</i>	Caraway Seed	葛缕子	Fruit

19	<i>Cinnamomum tamala</i>	Indian bay leaves / Tejpatta	柴桂 / 桂皮 / 三股筋 / 肉桂 / 桂皮 / 辣皮树	Leaves
20	<i>Citrus</i>	Citrus	柑橘属水果	Fruit / Fibre (extracted from citrus fruit)
21	<i>Citrus aurantium</i>	Giant Golden Citrus	虎头柑 / 大砂柑	Fruit
22	<i>Citrus microcarpa</i>	Kalamansi / Calamansi	四季橘	Fruit
23	<i>Codonopsis lanceolata</i>	Bonnet Bell Flower, Lance Asia Bell, Todok (deodeok)	四叶参 / 山海螺 / 奶参 / 羊乳 / 轮叶党参	Root
24	<i>Coleus amboinicus</i> Lour / <i>Coleus aromaticus</i> / <i>Plectranthus aromaticus</i> / <i>Plectranthus amboinicus</i>	Torbangun / Mexican Mint / Spanish Thyme / Cuban Oregano / Indian Borage	左手香 / 到手香 / 印度薄荷	Leaves
25	<i>Corchorus olitorius</i>	Jute mallow / Nalta jute / Moroheiya	山麻 / 斗鹿 / 油罐草 / 假龙胆草 / 巨腾	Leaves
26	<i>Curcuma longa</i> / <i>Curcuma domestica</i>	Turmeric / Kunyit	黄姜	Rhizome
27	<i>Cyclea Barbata</i> Miers	Green grass jelly / Cincau hijau / Krung ba dan	毛叶轮环藤 / 箕藤 / 金锁匙	Leaves
28	<i>Cymbopogon citratus</i> (DC.) Stapf / <i>Andropogon citriodorum</i> / <i>Acroceras citratus</i>	Sereh Makan / Lemongrass	柠檬草 / 柠檬香茅 / 香茅草	Leaves / Stalk
29	<i>Eragrostis abyssinica</i>	Teff	苔麸 / 埃塞俄比亚画眉草	Grain
30	<i>Euterpe oleracea</i> / <i>Euterpe badiocarpa</i> / <i>Euterpe cuatrecasana</i> / <i>Euterpe beardii</i> / <i>Catis martiana</i>	Acai / Assai Palm / Cabbage Palm / Euterpe Palm / Multi-stemmed Assai Palm	蔬食埃塔棕	Fruit
31	<i>Ferula assa-foetida</i>	Asafetida / Asafoetida	阿魏	Root
32	<i>Garcinia indica</i>	Kokum	印度藤黄	Fruit
33	<i>Garcinia mangostana</i>	Mangosteen	山竹 / 莽吉柿 / 芒翁 / 山竺 / 山竹子 / 倒捻 / 凤果	Fruit / Pericarp / Hull
34	<i>Glebionis coronaria</i>	Crown daisy	茼蒿 / 春菊 / 艾菜 / 打某菜 / 皇帝菜	Leaves / Flower

35	<i>Gnetum gnemon</i> L.	Belinjau, Meninjau / Bago / Gnemon Tree / Maninjau / Minjau / Songkok / Spanish Joint Fir	灌状买麻藤	Leaves / Seed
36	<i>Hibiscus sabdariffa</i> / <i>Hibiscus gossypifolius</i> / <i>Abelmoschus cruentus</i> / <i>Hibiscus digitatus</i> / <i>Sabdariffa rubra</i> / <i>Hibiscus sanguineus</i>	Roselle / Jamaica Sorrel / Red Sorrel / Sorrel / Indian Sorrel / Asam Susar	玫瑰茄 / 山茄子	Flower / Leaves / Fleshy calyxes of the roselle flower
37	<i>Irvingia gabonensis</i>	African Mango seed / Dika nuts	非洲芒果 / 野生芒果 / 野生芒果籽提取物	Fruit / Oil / Fat
38	<i>Jasminum officinale</i>	Jasmine / Common Jasmine	茉莉	Flower
39	<i>Jasminum sambac</i>	Arabian jasmine	茉莉	Flower
40	<i>Lavandula angustifolia</i> Mill.	Lavender	薰衣草	Leaves / Flower
41	<i>Lepidium meyenii</i>	Maca root / pepper grass / pepper weed / maca-maca / maka	瑪卡 / 瑪咖	Root
42	<i>Linum usitatissimum</i>	Flaxseed oil / Flax / Flaxseed / Linseed	亚麻 / 胡麻	Seed
43	<i>Madhuca latifolia</i>	Illipe nut	阔叶马胡卡	Nut
44	<i>Malpighia glabra</i> / <i>M. emarginata</i> and <i>M. punicifolia</i>	Acerola fruit / West Indian Cherry / Barbados cherry / Escobillo	西印度櫻桃 / 黃禱花	Fruit
45	<i>Malva sylvestris</i>	Mallow Flower / Common Mallow	欧錦葵	Seed / Leaves / Flower
46	<i>Medicago sativa</i>	Alfalfa / Lucerne	紫苜蓿	Leaves / Seedling
47	<i>Mentha piperita</i>	Peppermint	欧薄荷 / 辣薄荷	Leaves
48	<i>Momordica cochinchinensis</i> Spreng.	Gac	木鳖果 / 木鳖子 / 木鳖子 / 藤桐子 / 刺苦瓜	Fruit
49	<i>Morinda citrifolia</i>	Noni fruit / Indian mulberry / Great Morinda / Hog Apple / Cheese fruit / Noni berry	海滨木巴戟 / 海巴戟	Leaves / Fruit / Seed
50	<i>Moringa oleifera</i>	Horse-radish Tree / Kelur / Merunggai / Drumstick Tree	辣木	Fruit / Leaves / Flower / Seed
51	<i>Morus rubra</i>	Red mulberry	紅桑	Fruit
52	<i>Myrciaria dubia</i>	Camu	卡姆果	Fruit
53	<i>Myrica rubra</i>	Chinese bayberry	杨梅 / 树梅	Fruit

54	<i>Myristica fragrans</i> Houtt.	Nutmeg / Pokok Pala / Buah Pala / Pala	玉果 / 肉果	Fruit / Seed / Mace
55	<i>Nigella sativa</i> Linn.	Black Cumin / Jintan Hitam / Habatus Sauda / Kolonji seed	黑枯茗	Seed
56	<i>Ocimum basilicum</i>	Basil	九层塔	Leaves
57	<i>Olea europaea</i>	Olive	油橄榄 / 木犀榄 / 齐 墩 / 阿列布	Fruit
58	<i>Opuntia ficus indica</i>	Prickly pear cactus / barbary fig / indian fig / mission cactus / spineless cactus / tuberous prickly pear	梨果仙人掌	Pad / Fruit
59	<i>Opuntia robusta</i>	Wheel cactus	-	Pad / Fruit
60	<i>Opuntia streptacantha / Opuntia cardona</i>	Westwood pear / Gracemere pear / White spine pear	-	Pad / Fruit
61	<i>Origanum majorana</i>	Marjoram / Sweet Marjoram	墨角兰 / 马郁草 / 马 约兰草 / 甜墨角兰 / 多节墨角兰 / 马乔兰	Leaves
62	<i>Oryza sativa</i> L.	Black rice	水稻	Grain
63	<i>Osmanthus fragans / Flos Osmanthus Fragus</i>	Sweet Osmanthus / Fragrant Olive / Sweet Tea / Sweet Olive	桂花	Flower
64	<i>Perilla frutescens / Acrymia nankinensis</i>	Beefsteak Plant / Perilla / Perilla Mint / Chinese Basil	紫苏	Fruit / Leaves / Flower / Seed
65	<i>Petroselinum crispum / Petroselinum / Petroselinum vulgare / Petroselinum hortense var. crispum</i>	Parsley	欧芹 / 荷兰芹	Leaves
66	<i>Physalis peruviana</i>	Cape Gooseberry / Golden Berry	灯笼果	Fruit
67	<i>Picea abies</i>	Norway spruce / European spruce	欧洲云杉	Shoot / Needle
68	<i>Pimenta dioica</i> (L.) Merr.	Allspice / Jamaica Pepper / Pimento	多香果	Fruit
69	<i>Pinus sylvestris</i>	Pine	松树	Inner bark
70	<i>Piper nigrum</i>	Common Pepper / Pepper Plant / Black Pepper / White Pepper / Madagascar Pepper / Lada Hitan	胡椒 / 白胡椒 / 黑胡 椒	Fruit

71	<i>Platostoma palustre / Mesona procumbens / Mesona chinensis</i>	Hsian-tsao / Chin Chow / Cincau	凉粉草 / 仙草	Leaves / Shoot
72	<i>Plinia cauliflora / Myrciaria cauliflora / Myrciaria jaboticaba / Myrciaria jaboticaba / Myrciaria tenella / Myrciaria trunciflora</i>	Jaboticaba / Brazilian Grape Tree	拟爱神木 / 木葡萄 / 树葡萄 / 小硕果 / 珍宝果 / 嘉宝果	Fruit
73	<i>Plukenetia volubilis</i>	Sacha inchi / Sacha peanut / Mountain peanut / Inca nut / Inca-peanut	印加果 / 星油藤 / 印奇果 / 印加花生 / 南美油藤	Seed / Leaves
74	<i>Punica granatum</i>	Pomegranate / Delima	安石榴 / 石榴	Fruit / Seed
75	<i>Quercus alba</i>	Acorn / White Oak / Quebec oak / Stave oak	北美白橡	Acorn
76	<i>Rhus coriaria</i>	Sumac	阳葛	Fruit
77	<i>Rosa canina / Rosa spp</i>	Dog rose / Dogbrier / Common briar	犬蔷薇 / 狗蔷薇 / 狗牙蔷薇	Rosehip fruit / Fruit
78	<i>Rosa roxburghii Tratt / Rosa microphylla</i>	Chestnut rose / Burr rose / Chinquapin rose	刺梨	Fruit
79	<i>Rumex acetosa</i>	Sorrel / Spinach dock / Narrow-leaved dock	酸模	Leaves
80	<i>Salvia hispanica</i>	Chia Seed	奇亚籽	Seed
81	<i>Salvia Rosmarinus / Rosmarinus officinalis</i>	Rosemary	迷迭香	Leaves
82	<i>Santalum acuminatum</i>	Quandong / Native peach	框东	Fruit
83	<i>Sargassum fasiforme</i>	Hizikia / Hijiki seaweed	羊栖菜 / 鹿尾菜	Seaweed
84	<i>Satureja hortensis</i>	Summer savory / Winter savory	夏季香薄荷	Leaves
85	<i>Siraitia grosvenorii</i>	Luo Han Guo / Monk Fruit	罗汉果	Fruit
86	<i>Smallanthus sonchifolius</i>	Yacon / Peruvian Ground Apple	雪莲果	Tuber
87	<i>Sorbus aucuparia</i>	Rowanberry	花楸浆果	Fruit
88	<i>Synsepalum ducificum</i>	Miracle fruit	神秘果 / 变味果 / 蜜拉圣果	Fruit
89	<i>Syzygium aromaticum / Acca caryophyllus / Eugenia aromatica</i>	Clove / Cengkih / Chengkeh / Chingkeh	丁香	Flower bud

90	<i>Tamarindus indica</i>	Tamarind / Asam / Asam Jawa / Tamarindo / Indian Date	罗望子 / 酸豆	Fruit
91	<i>Tendrilleaf fritillary bulb / Bulbus ritillariae cirrhosae / Fritillaria cirrhosa</i>	Chuan Bei Mu	川贝母 / 川贝	Bulb
92	<i>Terminalia ferdinandiana</i>	Kakadu plum / Gubinge	卡卡杜李 / 公山羊李	Fruit
93	<i>Theobroma grandiflorum</i>	Cupuacu	大花可可 / 古布亚苏	fruit
94	<i>Thymus vulgaris L. / Origanum thymus / Thymus collinus</i>	Thyme / Garden Thyme / Common Thyme / English Thyme	百里香	Leaves
95	<i>Tiliacora trianda</i>	Yanang	蔘露藤	Leaves
96	<i>Trachyspermum copticum / Trachyspermum ammi</i>	Ajowan fruit / Bishop's-weed / Ethiopian caraway / Ajawa / Ajamoda	印度藏茴香	Fruit / Leaves / Seed
97	<i>Trigonella foenum- graecum</i>	Fenugreek / Methi seed	胡芦巴 / 云香草 / 香 草 / 苦草 / 苦豆 / 苦 朵菜 / 香苜蓿 / 香豆 子	Leaves / Seed
98	<i>Triticum turanicum</i>	Kamut / Khorasan wheat	小麦	Grain
99	<i>Vaccinium myrtillus</i>	Bilberries / Bilberry / Blueberry / Hurtleberry	黑果越桔	Fruit
100	<i>Vanilla planifolia</i>	Vanilla	扁叶香草兰	Pod
101	<i>Zingiber officinale</i>	Common Ginger / Ginger / Halia	姜	Rhizome

MUSHROOMS

S/N	Scientific Name	English Name	Chinese Name
1	<i>Agaricus blazei</i> Murill / <i>Agaricus subrufescens</i>	Cogumelo do Sol / Himematsutake	姬松茸 / 巴西蘑菇
2	<i>Boletus edulis / Boletus badius / Boletus smithii</i>	Boletus mushrooms / Porcini mushrooms / Bay boletus / Smith's boletus	美味牛肝菌 / 大腿蘑 / 网纹牛 肝菌
3	<i>Cantharellus spp / Cantharellus cibarius / Cantharellus tubaeformis</i>	Chanterelle mushrooms / Yellow chanterelle / Winter chanterelle	鸡油菇 / 鸡油菌 / 黄菇 / 酒杯 蘑菇
4	<i>Flammulina velutipes</i>	Enoki	金针菇
5	<i>Grifola frondosa</i>	Maitake mushroom	灰树花 / 舞菇 / 贝叶多孔菌 / 云蕈 / 栗子蘑 / 栗蘑 / 千佛菌 / 莲花菌 / 甜瓜板 / 奇果菌 / 叶 奇果菌

6	<i>Hypsizygus marmoreus</i>	White beech mushroom / Bunashimeji / Hon-shimeji	斑玉蕈 / 玉蕈 / 蟹味菇 / 荷叶离褶伞 / 真姬菇
7	<i>Lentinus Edodes Mycelia</i>	Shiitake mushroom	香菇 / 冬菇 / 北菇 / 香蕈 / 厚菇 / 薄菇 / 花菇 / 椎茸
8	<i>Pleurotus cornucopiae</i> (Paulet) Rolland	Golden oyster mushroom / Tamogi Take	白黄侧耳 / 姬菇 / 紫孢侧耳
9	<i>Pleurotus ferulae</i> / <i>Pleurotus eryngii</i> var. <i>ferulae</i>	King trumpet mushroom / French horn mushroom / Eryngi / King oyster mushroom / King brown mushroom / Boletus of the steppes	杏鲍菇
10	<i>Pleurotus ostreatus</i>	Oyster mushroom / Common oyster mushroom / White oyster mushroom / Gray oyster mushroom	平菇 / 侧耳 / 糙皮侧耳 / 蠔菇 / 黑牡丹菇 / 北风菌 / 鲍鱼菇 / 天喜菇
11	<i>Pleurotus salmoneostramineus</i>	Salmon Oyster / Strawberry Oyster / Flamingo Mushroom / Takihiro Hiratake / Tabang Ngungut	桃红侧耳 / 桃红平菇
12	<i>Shizophyllum commune</i>	Split gill	裂褶菌 / 白参
13	<i>Volvariella volvacea</i>	Straw mushroom	草菇 / 兰花菇 / 美味草菇 / 美味包脚菇 / 苞脚菇 / 中国蘑菇 / 稻草菇 / 秆菇 / 麻菇 / 南华菇 / 贡菇 / 家生菇

ALGAE

S/N	Scientific Name	English name	Chinese name
1	<i>Arthrospira platensis</i> / <i>Spirulina platensis</i> / <i>Spirulina maxima</i>	Spirulina	螺旋藻
2	<i>Ascophyllum nodosum</i>	Norwegian kelp	褐藻 / 泡叶藻 / 海藻
3	<i>Caulerpa lentitillifera</i>	Sea grape / Green caviar / Latok	长茎葡萄蕨藻
4	<i>Chondrus crispus</i>	Irish moss / Carrageen moss	爱尔兰苔
5	<i>Cryptomonadales chlorella</i> / <i>Chlorella sorokiniana</i> / <i>Chlorella vulgaris</i>	Chlorella	小球藻
6	<i>Eucheuma cottonii</i> / <i>Kappaphycus alvarezii</i>	Seaweed / Gusô	长心卡帕藻
7	<i>Gigartina chamissoi</i>	-	-
8	<i>Laminaria digitata</i>	Oarweed	掌状海带
9	<i>Palmaria palmate</i> / <i>Lithothamnium calcareum</i> / <i>Lithothamnion calcareum</i> / <i>Haematococcus pluvialis</i>	Dulse / Red algae	红藻
10	<i>Porphyra yezoensis</i>	Nori	海苔 / 紫菜
11	<i>Ulva lactuca</i>	Sea lettuce	石莼 / 海莴苣
12	<i>Undaria pinnatifida</i>	Wakame powder	裙带菜 / 若布 / 翅藻 / 海带芽

13	<i>Chlamydomonas reinhardtii</i>	-	莱茵衣藻
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BACTERIA SPECIES

S/N	Scientific Name
1	<i>Bacillus coagulans</i> GBI-30, (ATCC PTA-6086)
2	<i>Bacillus coagulans</i> SANK 70258
3	<i>Bacillus subtilis</i> natto
4	<i>Bifidobacterium bifidum</i>
5	<i>Bifidobacterium breve</i>
6	<i>Bifidobacterium lactis</i>
7	<i>Bifidobacterium longum</i>
8	<i>Lactobacillus acidophilus</i>
9	<i>Lactobacillus bulgaricus</i>
10	<i>Lactobacillus casei</i>
11	<i>Lactobacillus delbrueckii</i>
12	<i>Lactobacillus paracasei</i>
13	<i>Lactobacillus plantarum</i>
14	<i>Lactobacillus rhamnosus</i>
15	<i>Lactobacillus salivarius</i>
16	<i>Lactococcus lactis</i>
17	<i>Leuconostoc mesenteroides</i>
18	<i>Propionibacterium acidipropionici</i>

CARBOHYDRATES / SACCHARIDES

S/N	Name
1	Allulose
2	D-ribose
3	D-tagatose
4	High fructose tapioca syrup
5	Isomaltooligosaccharide
6	Isomaltulose (Palatinose)
7	Maltodextrin
8	Resistant maltodextrin
9	Xylo-oligosaccharides (XOS)

OTHERS

S/N	Name
1	Hashima
2	Kala Namak (Indian black salt)
3	Medium Chain Triglycerides
4	<i>Saccharomyces cerevisiae</i> (Brewer yeast / Baker yeast)

Revision History

1. 12 October 2022 – Initial Issue

References

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