



NSW HEALTHY SCHOOL CANTEEN STRATEGY



# CANTEEN MENU PLANNING GUIDE

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'Fresh Tastes @ School'

NSW Healthy School Canteen Strategy

CANTEEN MENU PLANNING GUIDE

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# FRESH TASTES @ SCHOOL



The *Fresh Tastes* NSW Healthy School Canteen Strategy is all about giving students across NSW a taste for healthy foods. It heralds a move beyond nutrition guidelines for school canteens to a government-endorsed approach that helps schools determine the healthier types and frequency of foods that are available for sale in their canteens.

The *Canteen Menu Planning Guide* offers a new way of designing school canteen menus. Menu planning can be a very challenging task. There are thousands of potential food items that could be included on a school canteen menu and making decisions about what to include can be confusing.

This booklet aims to make the job easier to design a school canteen menu that reflects the *Australian Dietary Guidelines for Children and Adolescents*. Information is provided about the following areas:

- the nutritional value of foods
- selecting the most appropriate (and healthiest) food choices
- the nutrient criteria for identifying foods that need to be restricted in their sale.



## The role of canteens

In recent years, Australia has seen increasing levels of overweight and obesity in children and young people. We now have a situation where one in four children are overweight or obese. This is a serious issue as overweight and obesity carries a greater risk of a number of immediate and long-term health problems. Weight gain is usually a result of eating too much food, or the wrong type of food, combined with doing too little physical activity.

To combat the increasing levels of overweight and obesity, the NSW Government launched the *Prevention of Obesity in Children and Young People: NSW Government Action Plan 2003-2007* in October 2003. Many areas for action have been identified within this plan.

One key action area is 'Healthier Schools'. Schools are ideal settings to educate about healthy food choices and physical activity.

School canteens can provide a substantial proportion of a child's daily nutritional intake if both lunch and snacks are regularly purchased from the school canteen.

The school canteen provides the means by which children and adolescents can put into practice the nutrition messages they are being taught in the classroom. The canteen can model healthier food choices that are tasty, interesting and affordable. This can influence food choices at school and in the wider community.

# BACKGROUND



## Australian Dietary Guidelines for Children and Adolescents

The *Canteen Menu Planning Guide* is based on the principles of the *Australian Dietary Guidelines for Children and Adolescents*. Developed by food and nutrition experts, these *Guidelines* use the best available scientific evidence and are updated periodically to incorporate advances in nutrition science.

A copy of the *Guidelines* is shown below. They are not listed in order of importance. Each one deals with a key health issue.

The first guideline encourages support and promotion of breastfeeding as the best nutritional start in life.

The second guideline acknowledges the important role nutritious food plays in growth and development and encourages regular physical activity.

The third guideline outlines the types of foods that should form the basis of a healthy balanced diet and also outlines food sources that should be limited to reduce the risk of chronic disease.

A further guideline stresses the need to be vigilant about food safety.

### THE AUSTRALIAN DIETARY GUIDELINES FOR CHILDREN AND ADOLESCENTS

Encourage and support breastfeeding.

#### **Children and adolescents need sufficient nutritious foods to grow and develop normally.**

Growth should be checked regularly for young children.

**Physical activity** is important for all children and adolescents.

#### **Enjoy a wide variety of nutritious foods.**

Children and adolescents should be encouraged to:

- Eat **plenty of vegetables, legumes and fruits**.
- Eat **plenty of cereals**, (including breads, rice, pasta and noodles), preferably wholegrain.
- Include **lean meat, fish, poultry** and/or alternatives.
- Include **milks, yoghurt, cheese** and/or alternatives. Reduced fat milks are not suitable for young children under 2 years old, because of their energy needs, but **reduced fat** varieties should be encouraged for older children and adolescents.
- Choose **water** as a drink.

#### **and care should be taken to:**

- **Limit saturated fat** and moderate total fat intake. Low fat diets are not suitable for infants.
- Choose foods **low** in salt.
- Consume only moderate amounts of sugars and foods containing **added sugars**.

#### **CARE FOR YOUR CHILD'S FOOD: PREPARE AND STORE IT SAFELY**





## BACKGROUND continued



### The Australian Guide to Healthy Eating

The principles of *The Australian Guide to Healthy Eating* (AGTHE) have also been used in the development of the *Canteen Menu Planning Guide*. The AGTHE is based on both the *Australian Dietary Guidelines for Children and Adolescents* and the *Recommended Dietary Intakes for Use in Australia*.

### The basic five food groups

While the *Australian Dietary Guidelines* provide the general framework for how and what we should eat, the AGTHE provides more specific advice regarding the number of serves we need from each of the basic five food groups. This will ensure that we get all the nutrients our bodies need on a daily basis.

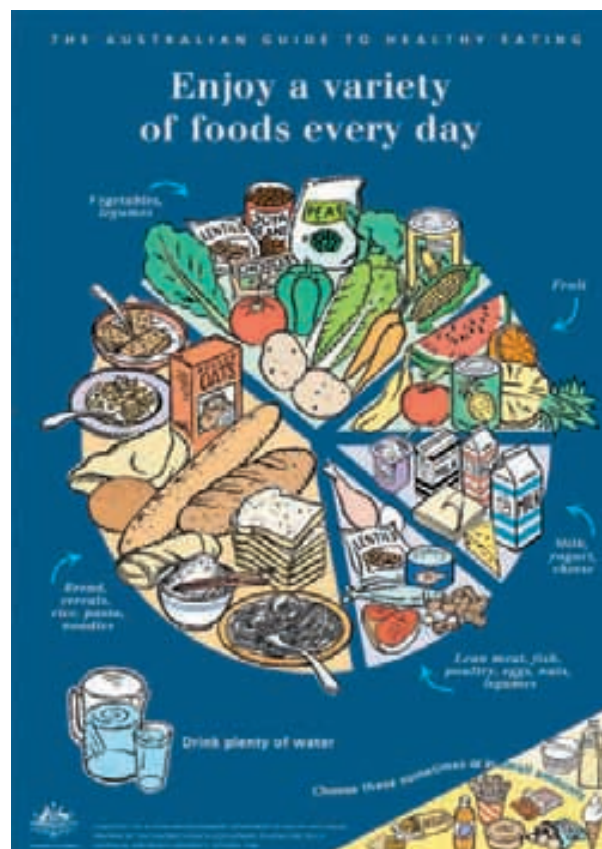
#### Nutrients provided by the food groups

Food Group	Main Nutrients Provided
Bread, cereals, rice, pasta and noodles	Carbohydrate, iron, thiamin
Vegetables and legumes	Vitamins and minerals especially vitamin A and fibre
Fruit	Vitamins, especially vitamin C, fibre and folate
Milk, yoghurt and cheese	Calcium and protein
Meat, fish, poultry, eggs, nuts and legumes	Protein, iron and zinc

The AGTHE uses a plate model (see below), divided into different sized segments, to indicate the proportions of food from each of the five food groups that we should be eating for good health. For example, about two-thirds of our food intake should be coming from two major food groups – the breads, cereals, rice, pasta and noodles group and the vegetables and legumes group.

Foods are grouped together because they share a similar range of nutrients. The five groups and the main nutrients they provide are shown in the table to the left.

#### Australian Guide to Healthy Eating (AGTHE)



## The 'extra' foods

You'll notice that some foods are not positioned on the AGTHE plate but sit outside it in the lower right hand corner. These are regarded as 'extra' foods because they are not essential to provide the nutrients our bodies need.

Examples include biscuits, cakes, desserts, pastries, soft drinks, high fat snack items such as crisps, pies, pasties, sausage rolls and other takeaways, lollies and chocolates.

Most of these foods are high in fat (particularly saturated fat), and/or salt and/or added sugar and for these reasons the advice is to limit intake of these foods. Consumed only occasionally, they can add variety to the diet without displacing the healthier foods our bodies need every day.

## Table of serves

How many serves of these foods should children and adolescents eat on average each day? This depends a little on body size and activity level. The table below provides a guide to the daily number of serves of each of the five food groups that should be consumed by children and teenagers.

### Recommended number of daily serves for children and teenagers

Children and Teenagers			
	4-7 YEARS	8-11 YEARS	12-18 YEARS
Extra foods (have no more than)	1-2	1-2	1-3
Lean meat, fish, poultry, nuts and legumes	1/2	1	1
Milk, yoghurt, cheese	2	2	3
Fruit	1	1	3
Vegetables, legumes	2	3	3
Cereals (inc. breads, rice, pasta, noodles)	5-7	6-9	5-11

## Examples of a serve

Cereals, breads etc		
2 slices of bread	1 medium bread roll	1 cup cooked rice, pasta, noodles
1 cup porridge	1 cup breakfast cereal flakes or 1/2 cup muesli	

Vegetables and legumes (choose a variety)		
Starchy vegetables		
1 medium potato/yam	1/2 medium sweet potato	1 medium parsnip
Dark green leafy vegetables		
1/2 cup cabbage, spinach, silverbeet, broccoli, cauliflower or brussels sprouts		
Legumes and other vegetables		
1 cup lettuce or salad vegetables	1/2 cup broad beans, lentils, peas, green beans, zucchini, mushrooms, tomatoes, capsicum, cucumber, sweetcorn, turnips, swede, sprouts, celery, eggplant etc	

Fruit		
1 piece medium sized fruit (eg apple, orange, mango, mandarin, banana, pear, etc)		
2 pieces of smaller fruit (apricots, kiwi, plum, figs)	About 8 strawberries	
About 20 grapes or cherries	1/2 cup fruit juice	1/4 medium melon (eg rockmelon)
Dried fruit (4 dried apricots)	1 1/2 tblspn sultanas	1 cup diced pieces/canned fruit

Milks, yoghurt, cheese & alternatives		
250ml glass or one cup of milk (can be fresh, longlife or reconstituted milk)		
1/2 cup evaporated milk	40g (2 slices) cheese	250ml (1 cup) custard
200g (1 small carton) of yoghurt, plain or fruit, <i>or, as an alternative try:</i>		
1 cup of calcium-fortified soy milk, 1 cup almonds, 1/2 cup pink salmon with bones		

Meat, fish, poultry & alternatives		
65-100g cooked meat/chicken (eg 1/2 cup mince/2 small chops/2 slices roast meat)		
80-120g cooked fish fillet, <i>or, as an alternative try:</i>		
2 small eggs, 1/2 cup cooked dried beans, lentils, chickpeas, split peas or canned beans, 1/3 cup peanuts/almonds		

Extra Foods which we can occasionally include for variety. They are generally higher in fat and/or sugar, kilojoules, salt etc		
1 medium piece of plain cake/1 bun (40g)	3-4 sweet biscuits	Half a chocolate bar (30g)
60g jam, honey (1 tablespoon)	30g potato crisps	Slice pizza = 2 extras
1 can soft drink/2 glasses cordial	2 scoops ice cream	1 meat pie/pasty = 3 extras
1 tablespoon (20g) butter, margarine, oil		

# THE CANTEEN MENU PLANNER



**T**he *Canteen Menu Planner* is a tool designed to assist those involved in planning school canteen menus.

Use the *Canteen Menu Planner* on the opposite page to help plan school canteen menus. You will see three categories: RED, AMBER and GREEN. This is the food spectrum – a visual guide that shows you where certain foods fit on the menu. Each part of the spectrum has key words that describe how these foods fit on the menu and help to guide menu planning.

## **RED 'Occasionally'**

Do not sell these foods on more than two occasions per term.

## **AMBER 'Select carefully'**

Do not let these foods dominate the menu and avoid large serve sizes.

## **GREEN 'Fill the Menu'**

Encourage and promote these foods in the canteen.

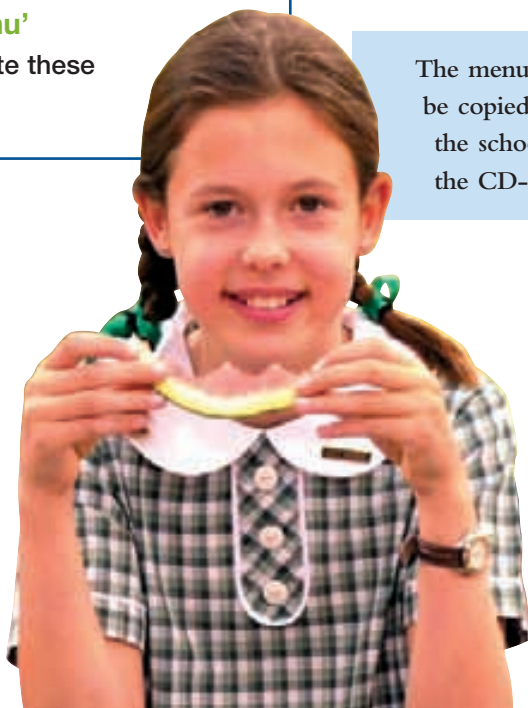
You will note that there is a definite line between the AMBER and RED segments on the food spectrum. This is because under the NSW Healthy School Canteen Strategy the sale of foods in the RED segment needs to be limited. A set of nutrient criteria is provided (on page 13) that will enable you to determine whether a certain food sits within the RED segment of the spectrum.

## **What is an 'Occasional' food day?**

Within the NSW Healthy School Canteen Strategy a food that fits into the RED segment is limited in its sale to two occasions per term. Special events that involve the canteen and the broader school community would be the best choice for this purpose.

An appropriate occasion to sell RED foods might be a mufti day, sausage sizzle or mid term cake stall. Within the Strategy, if two of these days were chosen in the same term, they would represent the two occasions when RED foods were sold.

The menu planner on the opposite page can be copied and laminated for easy reference in the school canteen. An electronic copy is on the CD-ROM at the back of this booklet.







# 'FILL THE MENU'

## THE GREEN FOOD CATEGORY



**F**ill the menu with foods from the **GREEN** segment. They should be encouraged and promoted to students as the best choice and included as a major part of the daily canteen menu.

Foods from this segment of the *Canteen Menu Planner* are the best choices because in general they:

- are good sources of nutrients
- contain less saturated fat and/or added sugar and/or salt
- help to avoid an intake of excess kilojoules.

Foods in the GREEN segment of the food spectrum are based on the basic five food groups and the *Dietary Guidelines* discussed in the 'Background' section. Included are bread, cereals, rice, pasta, noodles, vegetables, fruit, reduced fat milk, yoghurt, cheese, lean meat, fish, poultry, eggs, nuts and legumes.

Providing a range of healthy food choices is important for variety. Water is an important part of the GREEN segment.

Within this segment even healthier choices can be made. Wholegrain breads and cereal products are healthier because they incorporate all of the natural grain and are higher in fibre. For example: air-popped popcorn, high fibre breakfast cereals, wholemeal, rye and high fibre breads and crispbreads. Fruits that are eaten with the skin on are also higher in fibre.

### Encourage and promote these foods

Foods from the GREEN segment can be marketed as tasty, less expensive choices. Take every opportunity to include foods from this category as part of the menu. For example, add at least one salad vegetable to sandwiches and rolls, add salad to burgers, and serve chilled fruit pieces at lunchtime.

Food presentation is an important factor in food selection. Colour, flavour, texture and temperature are key ingredients in the successful presentation of food. If food looks good and tastes great – students will buy it!

The school curriculum seeks to improve students' understanding of good nutrition and develop the skills to make positive health decisions. Learning about healthier food choices may encourage them to try new foods at the canteen. The classroom also provides an avenue for students to be involved in promoting healthier canteen foods. Talk to your teachers and the Student Representative Council (SRC) about opportunities to work together.





## 'FILL THE MENU' – THE GREEN FOOD CATEGORY continued



### Types of food that fit into GREEN

The following information provides a broad description and example of the types of foods that fit into the GREEN segment of the spectrum.

#### Cereal foods

Some breakfast cereals (high in fibre, low in saturated fat and added sugar), pasta, noodles, polenta and burghul (often used in tabouleh salad).

#### Breads

White, multigrain, wholemeal, rye, hi-fibre breads or rolls including: burritos, English muffins, focaccia, lavash, Lebanese, pita, raisin/fruit, tortillas and Turkish. Some corn crispbreads and rice cakes also fit into GREEN.

#### Fruit

Washed fresh fruits, frozen, canned and dried fruits.

#### Vegetables

Fresh and frozen vegetables used in a variety of different ways.

#### Legumes

All forms of prepared beans and peas – red kidney beans, soy beans, mung beans, lentils, chickpeas, peas, bean curd, tofu and pappadums (made from legume flour).

#### Reduced fat dairy products

Reduced fat milk (plain and flavoured), yoghurt, cheese and custard. See also drinks.

#### Lean meat, fish, poultry and alternatives

Lean chicken, beef, lamb, pork, canned tuna and salmon, eggs and nuts.

Check your school policy regarding the use of products containing nuts. For more information on the *Anaphylaxis Guidelines for Schools* go to:

[www.health.nsw.gov.au/pubs/a/pdf/anaphylaxis.pdf](http://www.health.nsw.gov.au/pubs/a/pdf/anaphylaxis.pdf)

#### Drinks

Water – this is the best thirst quencher!

Reduced fat milk and reduced fat soy drinks (plain and flavoured).

Small serves of 99% fruit juice – less than 200ml

High fibre 99% fruit juice – less than 250ml

Some 99% fruit juice frozen crushies – small serves

For more information on better choices within the GREEN segment and ways of serving these foods, refer to the **Ready Reckoner** on pages 19–24.



# 'SELECT CAREFULLY'

## THE AMBER FOOD CATEGORY



Selecting foods carefully refers to:

- reducing the number of **AMBER** foods on your menu and selecting healthier choices
- offering these foods only on certain days of the week
- avoiding large serving sizes.

AMBER foods are mainly processed foods that have had some sugar, salt or fat added to them. It is recommended that these foods are selected carefully because in general they:

- have some nutritional value
- have moderate levels of saturated fat and/or added sugar and/or salt
- can, in large serve sizes, contribute excess energy (kJ).

### Don't let these foods dominate the menu

The foods that are found in the AMBER segment of the spectrum offer convenience. This is very important in a canteen setting. However they should not dominate the menu at the expense of healthier choices. A menu that consists mostly of AMBER foods will provide students with food choices

containing too many kilojoules at the expense of the fresh food choices that children and young people need for health and vitality.

### Avoid large serving sizes

There is a general trend towards serving or packaging foods in larger serving sizes, for example, some meat pies are 25% bigger today than they were several years ago. Consumption of foods in larger serve sizes makes it easier to consume excess kilojoules.

Select moderate serve sizes for sale to students.

If you are packaging and promoting foods within the canteen consider the size of the serve.

### Select healthier choices within AMBER

There are healthier product choices within the AMBER segment of the spectrum that contain reduced levels of saturated fat, salt or sugar when compared to the regular products. To assist you in selecting foods that are healthier choices you can use the NSW School Canteen Association – *Canteen Buyers Guide*. The *Canteen Buyers Guide* contains food products that are professionally assessed to ensure they meet a set of criteria determined by the Association.

### Types of foods that fit into AMBER

The following information provides a broad description of the types of foods that are likely to fit into the AMBER segment of the spectrum. For more information on better choices and ways of serving these foods, refer to the Ready Reckoner on pages 19-24.





## 'SELECT CAREFULLY' – THE AMBER FOOD CATEGORY *continued*

### **Full fat dairy foods**

Milk (plain and flavoured), yoghurt, custard and cheese. Full fat dairy foods are higher in saturated fat and full fat flavoured milks in large serve sizes can contribute excess energy (kJ).

### **Savoury commercial products**

There are many savoury commercial food products in the marketplace. Check labels against the nutrient criteria (on page 13) to ensure products fit into AMBER and not into the RED category. Examples include savoury pastries, spring rolls and dim sims, pasta products, pizza, oven baked potato products, sausages, frankfurters, meat patties, meat balls, chicken drumsticks, pork spare ribs, fried rice and noodles, ready to eat curries, stroganoff and stew type products.

### **Processed meats**

Use in small amounts only, as larger serve sizes can provide too much saturated fat and/or sodium. Examples include devon, ham, salami, bacon, chicken roll, corned beef and pastrami.

### **Margarine, mayonnaise and oil**

Choose polyunsaturated or monounsaturated varieties and use sparingly. Make sure you can see the bread through the spread!

### **Spreads**

Use sparingly. Choose reduced salt varieties where available. Examples include peanut butter and other nut spreads, fish, chicken and meat paste, yeast spreads. Check your school policy regarding the use of products containing nuts. For more information on the *Anaphylaxis Guidelines for Schools* go to: [www.health.nsw.gov.au/pubs/a/pdf/anaphylaxis.pdf](http://www.health.nsw.gov.au/pubs/a/pdf/anaphylaxis.pdf)

### **Sauces and gravy**

Use sparingly. Choose reduced salt varieties where available. Examples include tomato sauce, sweet chilli sauce and gravy. Some sauces (eg satay) also contain nut products. See comment under 'Spreads' regarding these products.

### **Snack food bars**

Check the label against the nutrient criteria (on page 13). Examples include breakfast bars, cereal bars, and fruit bars.

### **Savoury snack foods and biscuits**

Check the label against the nutrient criteria (on page 13). Examples most likely to fit here include oven baked snack biscuits, some popcorn, and some dry biscuits.

### **Cakes, muffins and sweet biscuits**

Check the label against the nutrient criteria (on page 13). Some un-iced cakes, muffins and sweet biscuits that are a small to medium serve size or have been modified (eg reduced levels of fat and/or sugar and include fibre) may fit into the AMBER category.

### **Ice creams, milk based ice confections & dairy desserts**

Ice creams, milk based ice confections & dairy desserts that are not coated in chocolate, premium or in a large serve size are likely to fall into the AMBER category.

### **Ice blocks, water, fruit based ice confections, slushees**

Check the label against the nutrient criteria (on page 13). Watch the serve size and choose carefully.

### **Drinks**

Fruit juice – choose those with greater than 99% juice and keep serving size below 300ml.

Diet soft drinks.

Sports waters and sweetened waters, Frozen juice and Slushies and Fruit drinks – check against the Occasional food criteria.

### **Breakfast cereals**

Some breakfast cereals with added sugars and/or saturated fat fit into AMBER. Avoid those with high levels of added sugar.

Some food products listed above will fit into the RED end of the spectrum and some into AMBER.

Read the labels and assess against the 'Occasional' Food Criteria on page 13 or select products from the *Canteen Buyers Guide* to make suitable choices for your canteen menu.



# 'OCCASIONAL' FOODS

## THE RED FOOD CATEGORY



The 'Occasional' foods that make up the **RED** segment of the Food Spectrum are based on the 'extra' foods as defined in *The Australian Guide to Healthy Eating* (AGTHE). These are described earlier in this booklet on page 4.

It is recommended in the *Canteen Menu Planning Guide* that these foods are eaten occasionally, because they:

- lack adequate nutritional value
- are high in saturated fat, and/or added sugar and/or salt
- can contribute excess energy (kilojoules).

### Limit to two occasions per term

Within the NSW Healthy School Canteen Strategy, any food that fits into the RED segment of the spectrum is limited in its sale to (no more than) two occasions per term. Refer to page 5 for more information.

Consistency across all areas of food provision in the school canteen is a key component of the Strategy. This includes over the counter sales, contractors, special events (fundraising), classroom rewards and the sale of food and drinks in vending machines.

### Types of food that fit into RED

A set of nutrient criteria has been developed to work out whether a food fits into the RED segment of the Food Spectrum (see pages 12–13). There are many commercial products that may fall into either RED or AMBER categories depending on their nutritional content. Compare the label against the 'Occasional' Food Criteria. The **Ready Reckoner** on pages 19–24 can also help you to make decisions about these products.

The following information provides a broad description of the types of foods that fall into the RED segment of the spectrum.

**Sugar sweetened drinks** – soft drinks, energy drinks, sports drinks, flavoured mineral waters, some sports waters and fruit drinks.

**Confectionery** – all types.

**Deep fried foods** – all types.

**Savoury snack foods** – most crisps, chips and other similar products.

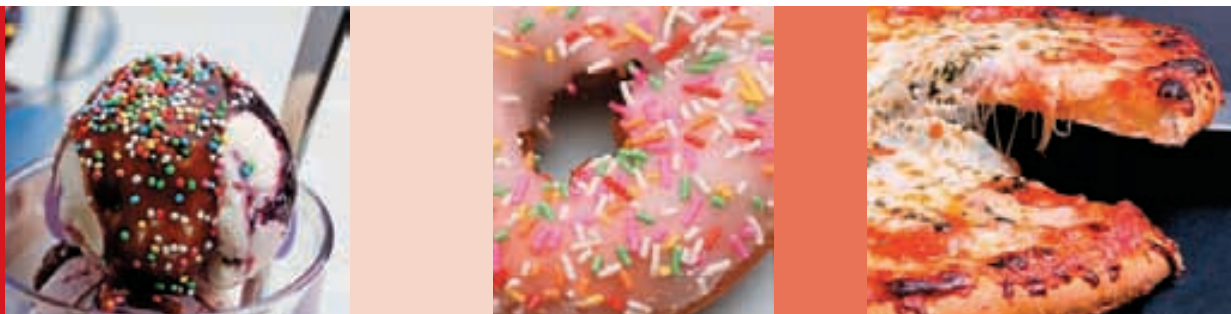
**Ice creams** – chocolate coated and premium ice creams.

**Cakes, muffins, sweet pastries & slices** – croissants, doughnuts, cream-filled buns/cakes, sweet pastries, slices. Large serves of many cakes and muffins.



## Appendix 1

# THE 'OCCASIONAL' FOOD CRITERIA



### Nutrient criteria to identify 'Occasional' foods

The tables on page 13 list a set of nutrient criteria for each category of food that needs to be assessed. There are TWO main groupings:

- Hot food items
- Snack foods and drinks.

Each food category's characteristics have been considered in the development of the criteria. Total fat and added sugar are not included in the criteria. By setting a limit on the total kilojoule content of the product, the amount of fat or sugar that can be added is restricted.

Within the two main groupings of hot food items, and snack foods and drinks, there are a number of food categories.

**Hot foods** are assessed per 100g due to the wide variation in serve sizes within this grouping.

**Snack foods and drinks** are assessed 'per serve'. The 'per serve' measure has been designed for ease of use. It applies to those foods that are generally pre-packaged into individual serves.

Large serving sizes and the over-consumption of kilojoules have been addressed by limiting the kilojoule content per serve of foods in the snack foods and drinks categories.

### Assessing a food product against the criteria

Use the 'Occasional' Food Criteria Table on page 13 to determine if a food or drink fits into the RED segment of the spectrum.

If the item you are considering has more than the number specified in the energy, saturated fat or sodium column, or less than the number in the fibre column, it is an 'Occasional' food.

There are two examples on pages 15 and 16 to help you understand how to use food labels to assess a product against the nutrient criteria.



## Appendix 1 continued

# THE 'OCCASIONAL' FOOD CRITERIA TABLE

If the item you are considering has more than the number specified in the energy, saturated fat or sodium column, or less than the number in the fibre column, it is an 'Occasional' food.

ASSESSED PER 100g		HOT FOOD ITEMS	
CATEGORY		NUTRIENT CRITERIA	
Food or Drink	Energy (kJ) per 100g	Saturated Fat (g) per 100g	Sodium (mg) per 100g
Savoury pastries, pasta, pizzas, oven baked potato products, dim sims, spring rolls, fried rice and noodles.	>1000kJ	>5g	>400mg
Crumbed & coated foods (eg patties, ribs, chicken products), frankfurters, sausages.	>1000kJ	>5g	>700mg

**Note:** All foods **DEEP FRIED** on the premises fit into the **RED** end of the spectrum and are limited for sale in school canteens. They are too high in kilojoules and fat (usually saturated fat).

ASSESSED PER SERVE (as sold in the school canteen)		SNACK FOODS & DRINKS		
CATEGORY		NUTRIENT CRITERIA		
Food or Drink	Energy (kJ) per serve	Saturated Fat (g) per serve	Sodium (mg) per serve	Fibre (g) per serve
Sugar sweetened drinks and ices*	>300kJ		>100mg	
Snack food bars & sweet biscuits	>600kJ	>3g		<1.0g
Savoury snack foods & biscuits	>600kJ	>3g	>200mg	
Ice creams, milk based ice confections & dairy desserts	>600kJ	>3g		
Cakes, muffins & sweet pastries etc	>900kJ	>3g		<1.5g

**Note:** All types of **CONFECTIONERY** fit into the **RED** end of the spectrum and are limited for sale in school canteens. They are foods of minimal nutritional value.

\*The sugar sweetened drinks and ices criteria applies to: soft drinks, flavoured mineral waters, energy drinks, sports drinks, sports waters, slushies, ice blocks and ice confections.

**Key:** > means more than, < means less than.



## Appendix 2

# READING NUTRITION INFORMATION PANELS



### Food labels – how to read them

Information on food labels can be confusing. When you know how to read them, you'll find the label the best source of information about a product.

Nutrition Information Panels that manufacturers attach to their products allow you to work out whether or not they fit into the **RED** segment of the food spectrum.

### What's on a label?

There is a lot of information on food labels today. The focus here is on the Nutrition Information Panel. The nutrients are displayed in a standard format, providing amount per serve and per 100g (or 100ml if liquid) of the food.

### Reading Nutrition Information Panels

Nutrition Information Panels provide information on the amount of energy (kilojoules), protein, total fat, saturated fat, carbohydrate, sugars and sodium (salt), as well as any other nutrient about which a claim is made (eg fibre, iron, calcium).

**Tip:** Always check the serve size of the food product. The serve quoted on some food and drink labels may not be the same as the serve size of food you sell in the canteen.

### Example Nutrition Information Panel

**Servings per package: 3**  
**Serving size: 150g**

	QUANTITY PER SERVING	QUANTITY PER 100G
<b>Energy</b>	<b>677kJ</b>	<b>405kJ</b>
Protein	6.1g	4.2g
<b>Fat – Total</b>	7.4g	4.9g
<b>– Saturated</b>	<b>4.0g</b>	<b>2.5g</b>
Carbohydrate – Total	18.8g	12.6g
Sugars	8.8g	5.9g
<b>Sodium</b>	<b>450mg</b>	<b>300mg</b>
<b>Fibre</b>	<b>1.2g</b>	<b>0.8g</b>

**Ingredients:** flour, sugar, oil, flavours.

**Highlights** show the nutrients of concern in the 'Occasional' Food Criteria (see page 13)



## Appendix 3

# NUTRITION INFORMATION AND SERVE SIZE

### Comparing a hot food item against the criteria

When making a decision about the suitability of a product for sale in the school canteen, the Nutrition Information Panel on the package needs to be compared to the 'Occasional' Food Criteria Table.

The example below illustrates how to check the per 100g column on the Nutrition Information Panel.

### Example 1: Crumbed Chicken Fillet Burger

#### STEP 1

You have determined this food belongs in:

HOT FOOD ITEMS – Crumbed & coated foods.

The Nutrition Information Panel on the package is laid out as shown at right.

As Hot Food Items are assessed per 100g, you are going to look at the per 100g column on the Nutrition Information Panel.

#### STEP 2

Look at the per 100g column for ALL these nutrients:

- Energy (kilojoules)
- Saturated fat
- Sodium

Remember if **any one** is greater than the criteria on the 'Occasional' Food Criteria Table (see page 13) it is then classified as an 'Occasional' food.

#### STEP 3

Compare the Nutrition Information Panel per 100g with the criteria from the 'Occasional' Food Criteria Table (see page 13).

#### Nutrition Information Panel

Servings per package: 60		
Average serving size: 120g		
	PER SERVE 120g	PER 100g
Energy (kJ)	1176kJ	<b>980kJ</b>
Protein	17.4g	14.5g
Fat	15.8g	13.2g
– Saturated	4.1g	<b>3.4g</b>
Carbohydrate	18.3g	15.3g
– Sugars	0.2g	0.2g
Sodium	734mg	<b>612mg</b>



CATEGORY	NUTRIENT CRITERIA		
Food or Drink	Energy (kJ) per 100g	Saturated Fat (g) per 100g	Sodium (mg) per 100g
Crumbed & coated foods, frankfurters, sausages	>1000kJ	>5g	>700mg

Kilojoules are within the criteria at 980kJ/100g

Saturated fat is within the criteria at 3.4g/100g

Sodium is within the criteria at 612mg/100g

You have now determined that this food is NOT an 'Occasional' food.

## Comparing a snack food item against the criteria

When making a decision about the suitability of a product for sale in the school canteen, the Nutrition Information Panel on the package needs to be compared to the 'Occasional' Food Criteria Table.

The example below illustrates how to check the per serve column on the Nutrition Information Panel.

### Example 2: Baked Savoury Biscuits

#### STEP 1

You have determined this food belongs in:

SNACK FOODS & DRINKS – Savoury snack foods & biscuits.

The Nutrition Information Panel on the package is laid out as shown at right.

As Snack Foods & Drinks are assessed per serve, you are going to look at the per serve column on the Nutrition Information Panel.

#### STEP 2

Look at the 'per serve' column for ALL these nutrients:

- Energy (kilojoules)
- Saturated fat
- Sodium

#### Nutrition Information Panel

Servings per package: 6		
Average serving size: 16 biscuits (35g)		
	PER SERVE 16 BISCUITS (35g)	PER 100g
<b>Energy (kJ)</b>	<b>770kJ</b>	2195kJ
Protein	5.2g	14.8g
<b>Fat</b>	8.8g	25.1g
– Total	<b>3.9g</b>	11.1g
– Saturated		
Carbohydrate – Total	20.4g	58.1g
– Sugars	1.1g	3.2g
Dietary Fibre	1.4g	4.0g
<b>Sodium</b>	<b>238mg</b>	678mg

#### STEP 3

Determine your serve size:

At your canteen you sell 24 biscuits as a serve.

This is one and a half times the serve on the label

ie  $16 \times 1.5 = 24$  biscuits



#### STEP 4

Compare the Nutrition Information Panel per serve with the criteria from the 'Occasional' Food Criteria Table (see page 13).

- Energy:  $770\text{kJ} \times 1.5 \text{ serves} = 1155\text{kJ}$  as served
- Saturated Fat:  $3.9\text{g} \times 1.5 = 5.8\text{g}$  as served
- Sodium:  $238\text{mg} \times 1.5 = 357\text{mg}$  as served

CATEGORY	NUTRIENT CRITERIA		
Food or Drink	Energy (kJ) per serve	Saturated Fat (g) per serve	Sodium (mg) per serve
Savoury snack foods & biscuits	>600kJ	>3g	>200mg

This serving of biscuits is over the set criteria for energy at 770kJ.

This serving of biscuits is over the set criteria for saturated fat at 5.8g.

This serving of biscuits is over the set criteria for sodium at 357mg.

You have now determined that at this serving size, these savoury biscuits fit in the RED segment and are an 'Occasional' food.

# FREQUENTLY ASKED QUESTIONS

## Are children and adolescents currently eating too many 'extra' ('Occasional') foods?

Childhood and adolescence is a time of growth and development. It is very important that children and young people eat a wide variety of foods from the five basic food groups to ensure that their bodies get all the nutrients they need.

Unfortunately, dietary survey data suggest that children and young people are consuming inadequate types, quantities and varieties of the basic five food groups causing them to miss out on some important nutrients.

At the same time, the number of 'extra' foods being consumed is excessive. Research shows that children and young people are consuming at least 30% of their daily energy intake (equivalent to approximately 3-6 serves per day) mainly in the form of biscuits, cakes, sweet and savoury pastries, soft drinks, confectionery and crisps.

The table on page 4 shows the recommended number of serves of 'Extra' foods. For children 4-11 years no more than 1-2 'extras' should be consumed per day and no more than 1-3 'extras' for 12-18 year olds.

## Why is the sale of 'extras' ('Occasional') food limited?

If these foods feature prominently in the school canteen it sends a message to our children that they can be eaten every day in unlimited quantities, rather than as 'Occasional' foods that need to be limited. We are not helping our children to distinguish between the basic core foods and 'extras'.

There are many opportunities for the 1-3 serves of 'extras' or as we have called them 'Occasional' foods to be consumed outside of school hours. By limiting them to the two 'Occasional' food days per term we are allowing the healthier choices to feature prominently on the school canteen menu.

## What will I do when a product is supplied without a label?

If a label is not included on an individual product, check the packaging or ask your distributor for the Nutrition Information Panel that must be supplied by manufacturers about the food product. If you are a member, you can ask the NSW School Canteen Association, which may be able to assist.

## Why are full fat dairy products in the AMBER category?

Dairy foods are a good source of protein, vitamin A, some B vitamins and most notably calcium. However, full fat dairy products are high in saturated fat. Adults and children over 2 years of age are encouraged to choose reduced-fat varieties.

## Why are saturated fat and sodium included in the 'Occasional' Food Criteria?

Both these nutrients are listed in the *Dietary Guidelines for Children and Adolescents* as components in the diet that should be limited. With regular consumption, high amounts of these in the diet raise the level of blood fats (cholesterol) and increase blood pressure. Both of these are risk factors for heart disease and stroke. It is important to promote good eating habits that reduce consumption of these nutrients early in life, in order to reduce the risk of chronic diseases in the future.





# RESOURCES



## Websites

### NSW Department of Health

[www.health.nsw.gov.au/obesity](http://www.health.nsw.gov.au/obesity)

Information available about obesity and healthy canteens.

<http://www.health.nsw.gov.au/pubs/a/pdf/anaphylaxis.pdf>

*Anaphylaxis Guidelines for Schools*

### NSW Department of Education and Training

[www.schools.nsw.edu.au](http://www.schools.nsw.edu.au)

### Catholic Education Commission

[www.cecnsw.catholic.edu.au](http://www.cecnsw.catholic.edu.au)

### Association of Independent Schools

[www.studentnet.edu.au/aispd](http://www.studentnet.edu.au/aispd)

### NSW School Canteen Association

[www.schoolcanteens.org.au](http://www.schoolcanteens.org.au)

### Federation of P&C Associations of NSW

[www.pandc.org.au](http://www.pandc.org.au)

### Food Standards Australia and New Zealand

For information about food labels

<http://www.foodstandards.gov.au/whatsinfood/foodlabelling.cfm>

### Commonwealth Department of Health and Ageing

[www.health.gov.au/internet/wcms/publishing.nsf/Content/health-pubhlth-strateg-food-guide-index.htm](http://www.health.gov.au/internet/wcms/publishing.nsf/Content/health-pubhlth-strateg-food-guide-index.htm)

*Food for Health – Dietary Guidelines for Children and Adolescents*

*The Australian Guide to Healthy Eating*

## Publications

### Commonwealth Department of Health and Ageing

- *Food for Health – Dietary Guidelines for Children and Adolescents*
- *The Australian Guide to Healthy Eating*

To obtain copies of the booklets contact 1800 020 103 extension 8654 (toll free number) or email:

[phd.publications@health.gov.au](mailto:phd.publications@health.gov.au)



# READY RECKONER

## OF COMMONLY SOLD FOODS IN SCHOOL CANTEENS

### Using the Ready Reckoner

These tables will provide you with a guide to foods commonly sold in the school canteen, and the segment of the *Canteen Menu Planner* (see page 6) they are most likely to fit into. Where there are two colours shown, this indicates that brands or varieties of foods in this category differ and may fit into one or other of the segments shown.

To help you find your way around the Ready Reckoner look at the index below.

Breads; rice & noodles; breakfast cereals	page 19
Fruit; vegetables; legumes; salads; soups; dairy foods	page 20
Meat/fish/poultry (not crumbed) & alternatives; spreads; processed meats	page 21
Crumbed chicken, fish or vegetable products; oven baked potato and pasta products; pizza; savoury pastries/breads	page 22
Spring rolls, chiko rolls and dim sims; sauces & gravy; fats & oils; cakes, muffins, sweet biscuits and slices; ice creams & milk based ice confections; ice blocks, water or fruit based ice confection/slushees; confectionery; savoury snack foods	page 23
Savoury biscuits; snack food bars; drinks	page 24

FOODS	LIKELY PART OF THE FOOD SPECTRUM			COMMENTS
	See the NSWSCA Buyers Guide for better choices			
	GREEN	AMBER	RED	
<p><b>Breads and alternatives</b></p> <p>Select a variety of different breads, preferably wholegrain. See page 8 for a list of different breads.</p> <ul style="list-style-type: none"> <li>■ raisin and fruit bread</li> <li>■ buns, finger buns, scones - sweet or savoury</li> <li>■ rice and corn cakes</li> <li>■ garlic bread</li> </ul>	<p>■</p> <p>■</p> <p>■</p> <p>■</p>	<p>■</p> <p>■</p> <p>■</p>		<p>Breads can be used in a variety of different ways for snacks and/or main meal choices in the school canteen. Choose a variety of breads to add interest to your canteen menu.</p> <p>Toasted breads/jaffles served with fillings are a tasty alternative to sandwiches. They are often popular winter foods.</p> <p>Rolls can be split, have reduced fat cheese added, wrapped in foil and heated in the food warmer. Some rolls can be purchased already made up.</p> <p>Bread cases can be filled with similar fillings to the baked potatoes.</p> <p>Toasted raisin/fruit bread or buns are often popular as snack foods.</p> <p>Rice corn cakes can be served with interesting vegetable toppings.</p> <p>Can be high in saturated fat, sodium and kilojoules. To make your own, lightly brush with olive oil and crushed garlic</p> <p><b>Tip!</b> Make sure you can see the bread through the spread.</p>
<p><b>Rice &amp; noodles</b></p> <ul style="list-style-type: none"> <li>■ fried rice</li> <li>■ stir fried noodles</li> <li>■ hot noodle cups</li> <li>■ sushi</li> </ul>	<p>■</p> <p>■</p> <p>■</p> <p>■</p>	<p>■</p> <p>■</p> <p>■</p> <p>■</p>	■	<p>Plain rice and noodles are in the GREEN segment. Rice and noodle based dishes can be high in sodium and saturated fat. Choose reduced fat and salt reduced versions. Check against RED criteria.</p>
<p><b>Breakfast cereals</b></p>	<p>■</p>	<p>■</p>		<p>Choose wholegrain cereals, wholewheat flake and puffed cereals, porridge, and wholewheat breakfast biscuits. These fit into the GREEN segment. Serve with reduced fat milk.</p> <p>Refined cereals are likely to be in AMBER.</p>

# READY RECKONER

## OF COMMONLY SOLD FOODS IN SCHOOL CANTEENS

FOODS	LIKELY PART OF THE FOOD SPECTRUM			COMMENTS
	GREEN	AMBER	RED	
	See the NSWSCA Buyers Guide for better choices			
<b>Fruit</b> <ul style="list-style-type: none"> <li>■ fresh</li> <li>■ frozen</li> <li>■ canned</li> <li>■ dried</li> <li>■ leathers</li> </ul>	■	■		<p>Any fresh fruit in season – whole, sliced, cubed, wedges, quarters, spirals (eg apple slinkies can be made using a special peeling and slicing machine).</p> <p>Fruit salad with a mixture of interesting fruit, served cold is a refreshing alternative. A scoop of reduced fat ice cream, a dollop of custard, yoghurt or fromage frais can add interest and variety.</p> <p>Choose fruit leathers with &gt;95% dried fruit content. Fruit leathers/bars with &lt;90% fruit should be assessed under snack food bars.</p>
<b>Vegetables</b> <ul style="list-style-type: none"> <li>■ baked potatoes</li> <li>■ corn on the cob</li> </ul>	■			<p>Baked potatoes can be cooked in their skins, split and filled with choices of sandwich fillings; they can also be filled with creamed corn, tabouleh, savoury mince or baked beans topped with cheese. Bread cases can also use these fillings.</p>
<b>Legumes</b> <ul style="list-style-type: none"> <li>■ baked beans</li> <li>■ lentil patties</li> <li>■ falafels</li> </ul>	■	■		<p>Baked beans can be used in sandwiches and jaffles as a meat alternative. Choose salt reduced varieties. Lentil patties and falafels can be used in rolls and sandwiches or served with salads.</p>
<b>Salads</b> <ul style="list-style-type: none"> <li>■ garden/mixed</li> <li>■ pasta/rice</li> <li>■ potato</li> <li>■ tabouleh</li> <li>■ coleslaw</li> </ul>	■	■		<p>These salads could be served as a salad plate, box or tub. Lean meats, chicken, tuna or reduced fat cheese add protein and variety. Salads dressed with lots of oil and mayonnaise will fit into AMBER. Select the dressing carefully – a no oil or reduced oil dressing is preferable.</p>
<b>Soups</b> <ul style="list-style-type: none"> <li>■ canned</li> <li>■ commercially prepared</li> <li>■ canteen made</li> </ul>	■	■		<p>Soups are a great winter food. Soups either made in the canteen (eg pumpkin, vegetable) or produced from low salt commercially prepared soup mixes can be sold in cups with a bread roll or bread stick (grissini). If serving soup to younger children, stand and allow to cool slightly before serving for safety reasons.</p>
<b>Dairy foods</b> <ul style="list-style-type: none"> <li>■ yoghurt</li> <li>■ custard</li> <li>■ cheese</li> <li>■ fromage frais</li> <li>■ milk</li> </ul>	Reduced Fat ■	Full Fat ■		<p>Children and adolescents of school age do not need the full fat varieties of these products. The reduced fat versions should be encouraged.</p> <p>Yoghurt – plain and fruit varieties and custard can be frozen in summer and sold as a snack.</p> <p>Fromage frais – reduced fat fruit or vanilla.</p> <p>See drinks.</p>

# READY RECKONER

## OF COMMONLY SOLD FOODS IN SCHOOL CANTEENS

FOODS	LIKELY PART OF THE FOOD SPECTRUM			COMMENTS
	GREEN	AMBER	RED	
	See the NSWSCA Buyers Guide for better choices			
<b>Meat/fish/poultry (not crumbed) &amp; alternatives</b> <ul style="list-style-type: none"> <li>■ lean meats (eg roast beef)</li> <li>■ lean chicken meat (no skin)</li> <li>■ turkey</li> <li>■ egg (hard boiled then mashed or sliced)</li> <li>■ fish (eg tuna or salmon in spring water, sardines)</li> <li>■ nuts</li>   <li>■ ready to eat curries, stroganoff, stew type products</li> <li>■ meat pattie (not crumbed)</li> <li>■ fish pattie</li> <li>■ char-grilled chicken fillet</li> <li>■ chicken drumsticks</li> <li>■ meat balls</li> <li>■ pork spare ribs</li> </ul>	<ul style="list-style-type: none"> <li>■</li> <li>■</li> <li>■</li> <li>■</li> <li>■</li> <li>■</li> <li>■</li> </ul>	<ul style="list-style-type: none"> <li>■</li> <li>■</li> <li>■</li> <li>■</li> <li>■</li> <li>■</li> <li>■</li> </ul>	<ul style="list-style-type: none"> <li>■</li> <li>■</li> <li>■</li> <li>■</li> <li>■</li> <li>■</li> <li>■</li> </ul>	<p>These foods are a good source of protein and can be used for hot rolls, sandwiches, salad plates, pizza topping etc.</p> <p>Check the school policy regarding the use of nuts.</p> <p>Serve with rice, pasta or grain such as cous cous.</p> <p>Some of these products will fit into the RED segment. Check labels carefully. These products are usually used to make the following items in the canteen:</p> <ul style="list-style-type: none"> <li>– burgers</li> <li>– kebabs</li> <li>– burritos and tacos</li> <li>– focaccias</li> <li>– served with a salad</li> </ul> <p>For a healthy and filling meal serve all of the above with salad. Burritos and tacos (fill with reduced fat savoury mince and kidney beans, salad and reduced fat yoghurt; chicken burritos are a tasty alternative).</p>
<b>Spreads</b> <ul style="list-style-type: none"> <li>■ peanut butter and other nut spreads, fish, chicken and meat paste, yeast spreads, honey, jam.</li> </ul>		<ul style="list-style-type: none"> <li>■</li> </ul>		<p>Check the school policy regarding the use of products containing nuts especially if using satay or peanut sauces.</p> <p>Use sparingly. Choose reduced salt varieties where available.</p> <p>Chocolate/sweet spreads are RED if served alone. Must be served with a bread based food.</p>
<b>Processed meats</b> <ul style="list-style-type: none"> <li>■ devon</li> <li>■ ham</li> <li>■ chicken roll</li> <li>■ corned beef</li> <li>■ bacon</li> <li>■ pastrami</li> <li>■ salami</li> </ul>		<ul style="list-style-type: none"> <li>■</li> </ul>		<p>These foods are usually high in sodium and/or saturated fat putting them in AMBER. They are not as nutritious as lean cuts of meat. If using these foods, use in small amounts and serve with a bread-based product and salad.</p>



# READY RECKONER

## OF COMMONLY SOLD FOODS IN SCHOOL CANTEENS

FOODS	LIKELY PART OF THE FOOD SPECTRUM			COMMENTS
	GREEN	AMBER	RED	
	See the NSWSCA Buyers Guide for better choices			
<b>Crumbed chicken, fish, meat or vegetable products</b> <ul style="list-style-type: none"> <li>■ chicken nuggets</li> <li>■ chicken fillet wedges</li> <li>■ chicken patty</li> <li>■ fish fingers</li> <li>■ fish burgers</li> <li>■ vegetable patties</li> <li>■ meat patties</li> <li>■ frankfurters, sausages (beef, lamb &amp; chicken varieties)</li> <li>■ battered saveloys</li> </ul>		■	■	<p>Many of these products will fit into the RED category as they are high in saturated fat and sodium. Check the label against the criteria. Again, if using these products, DON'T DEEP FRY.</p> <p>Limit the number per serve of nuggets and chip type products to keep down the kilojoules.</p> <p>Most frankfurters and sausages are high in sodium. Choose a reduced fat and sodium version and serve on a bun to boost the nutritional value.</p> <p>Battered saveloys are very high in saturated fat and sodium placing them into the RED end of the spectrum.</p>
<b>Oven baked potato products</b> <ul style="list-style-type: none"> <li>■ wedges</li> <li>■ chips</li> <li>■ hash browns</li> <li>■ scallops</li> <li>■ gems</li> </ul>		■	■	<p>Some oven baked potato products fit into the AMBER segment. Check the label to be sure. DON'T DEEP FRY! Serve in small quantities.</p>
<b>Pasta products</b> <ul style="list-style-type: none"> <li>■ lasagne</li> <li>■ spaghetti bolognaise</li> <li>■ macaroni cheese</li> </ul>	■	■	■	<p>Check the label against the RED criteria. Pastas served with fresh tomato based sauces are a good choice. Avoid large serves. Serve with plenty of salad.</p>
<b>Pizza</b> <ul style="list-style-type: none"> <li>■ hawaiian</li> <li>■ supreme</li> <li>■ cheese and bacon</li> <li>■ muffin based pizza</li> </ul>		■	■	<p>Go for the thin crust or bread based pizzas as these have less fat. Select those with vegetables in the topping or serve with salad.</p> <p>Muffin pizzas make a good snack. Muffin pizzas can be topped with lean meats and fruit or vegetables and served as a snack food.</p>
<b>Savoury pastries/breads</b> <ul style="list-style-type: none"> <li>■ standard meat pies, sausage rolls, pasties, party pies, chicken and potato pies, cheese and bacon pies, cheese and spinach triangles, quiche, samosas and other fancy versions.</li> <li>■ savoury croissants</li> </ul>		■	■	<p>The saturated fat content of many pastries will put them into the RED segment. Check the label against the criteria. A number of companies make reduced fat versions.</p> <p>Croissants are very high in saturated fat and kJ and fall into the RED end of the spectrum.</p>

# READY RECKONER

## OF COMMONLY SOLD FOODS IN SCHOOL CANTEENS

FOODS	LIKELY PART OF THE FOOD SPECTRUM			COMMENTS
	GREEN	AMBER	RED	
	See the NSWSCA Buyers Guide for better choices			
<b>Spring rolls, chiko rolls, and dim sims</b>		■	■	Check these products against the RED criteria. Many will fall into AMBER. DON'T DEEP FRY. Oven bake these foods or steam dim sims to keep the fat and kilojoules down.
<b>Sauces and gravy</b> ■ tomato ■ sweet chilli ■ BBQ ■ soy ■ satay/peanut ■ gravy		■		Use sparingly. Choose reduced salt varieties where available. Check the school policy regarding the use of products containing nuts, especially if using satay or peanut sauces.
<b>Fats &amp; oils</b> ■ margarine and oil ■ mayonnaise		■		Choose polyunsaturated or monounsaturated varieties and use sparingly. Butter is high in saturated fat, use polyunsaturated margarine instead.
<b>Cakes, muffins, sweet biscuits and slices</b>		■	■	Some un-iced cakes, muffins and sweet biscuits that are a small to medium serve size or have been modified (eg reduced levels of fat or sugar and include fibre) may fit into AMBER. Check label against the RED criteria.
<b>Ice creams, milk based ice confections &amp; indulgent dairy desserts (not yoghurts)</b> ■ chocolate coated ■ premium ■ standard, reduced and low fat ice creams & milk based ice confections ■ dairy desserts		■	■ ■ ■	Check standard ice creams, milk based ice confections and dairy desserts against the RED criteria.
<b>Ice blocks, water or fruit based ice confections, slushees</b>		■ ■	■ ■	Choose those with greater than 90% fruit juice. Check against the RED criteria and choose small sizes.
<b>Confectionery</b> ■ lollies – boiled, jellies, juice jellies, cough lollies, liquorice, yoghurt coated ■ chocolates, carob			■	Note: All types of confectionery fit into the RED end of the spectrum and their sale is limited to twice per term in schools. They are foods of minimal nutritional value, or are too high in energy (kJ) and saturated fat.
<b>Savoury snack foods</b> ■ popcorn ■ flavoured popcorn  ■ crisps and chips	■	■ ■	■ ■	Air popped, no added fat popcorn is a high fibre, low fat choice. Read the label for flavoured popcorn – it may be too high in saturated fat and sodium. Check against the RED criteria. Crisps and chips are generally too high in energy (kJ) and/or saturated fat and/or sodium.

# READY RECKONER

## OF COMMONLY SOLD FOODS IN SCHOOL CANTEENS

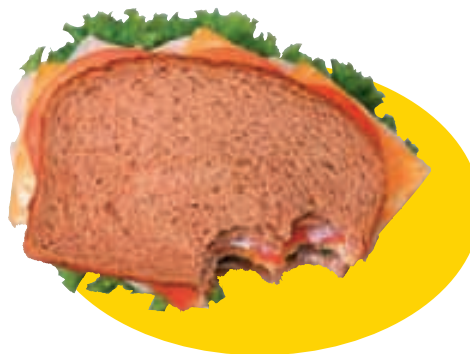
FOODS	LIKELY PART OF THE FOOD SPECTRUM			COMMENTS
	GREEN	AMBER	RED	
	See the NSWSCA Buyers Guide for better choices			
<b>Savoury biscuits</b>		■	■	Check against the RED criteria as some products are too high in saturated fat and sodium.
<b>Snack food bars</b> ■ cereal based bars ■ fruit bars ■ breakfast bars		■	■	Choose carefully. Watch the serve size. Check against the RED criteria.
<b>Drinks</b>				
<b>Artificially sweetened drinks</b>		■		Artificially sweetened drinks fit into the AMBER segment.
<b>Soft drinks</b>			■	Most of these drinks will fit into the RED segment as they are high in kilojoules and some form of sugar and contain little if any nutritional value. Check the label against the RED criteria.
<b>Energy drinks</b>			■	
<b>Flavoured mineral water</b>			■	
<b>Sports drinks</b>			■	
<b>Cordials</b>			■	
<b>Iced Tea</b>			■	
<b>Fruit juice</b>	■	■		Serve fruit juice chilled or frozen. Stock juices that are small (less than 300ml) and look out for products that contain fibre and no added sugar.
<b>Fruit drinks</b>		■		Fruit drinks can contain as little as 5% fruit juice. Check against RED criteria. Fruit juice in small containers are a better choice.
<b>Milks</b> ■ reduced fat ■ full fat	■	■		Children and adolescents do not need full fat milk. Choose reduced fat or low fat varieties of plain and flavoured milks, or fresh fruit milkshakes or smoothies.
<b>Soy drinks</b> ■ reduced fat ■ full fat	■	■		Children and adolescents do not need full fat soy drinks. Choose calcium enriched, reduced fat or low fat varieties of plain and flavoured soy drinks, or fresh fruit soyshakes or smoothies.
<b>Water</b>	■			Water is the best thirst quencher. Plain water (spring, mineral or sparkling – serve icy cold in summer). <b>Tip!</b> Some primary schools serve iced water by the cup – charging only for the cup.
<b>Sweetened waters</b>		■	■	Contain varying amounts of sweetener so check against the RED criteria.
<b>Sports waters</b>		■	■	

# HOW TO USE THE CD-ROM

On the attached CD-ROM you will find all the materials in this guide. The materials are in Adobe Acrobat PDF format (suitable for use on both Windows PC and Apple Macintosh).

## Materials on the CD-ROM

- Canteen Menu Planning Guide
- 'Occasional' Food Criteria
- Canteen Menu Planner Model
- Presentations
- Presentation script
- Presentation overheads



## Viewing Materials on the CD-ROM

All the material included on the CD-ROM is in Adobe Acrobat PDF format (suitable for use on both Windows PC and Apple Macintosh).

To view any of the Presentation material, open the PDF titled Start\_Here. Click on the coloured icons to select the document you wish to view (see example at right). When you are finished viewing the material, simply close the window (or select Close from the File menu on your computer).

To print the material to your laser or inkjet printer, please follow the instructions below.

## Printing additional copies

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## About Adobe Acrobat Reader

The material included on the CD-ROM is in Adobe Acrobat PDF format. To view the files you will need to have Adobe Acrobat Reader installed on your computer. If you do not have Adobe Acrobat Reader installed, there is a copy provided on the CD-ROM. You will find an installer for PC or Macintosh in the folder labelled "Acrobat".





Your **Canteen Menu**  
**Planning Guide** CD-ROM  
should be attached here.



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