

THE AMBER CATEGORY

SELECT CAREFULLY



These foods contain some nutrients but are generally higher in saturated fat, salt and added sugar

- If eaten regularly or in large amounts, foods in the **AMBER** category may contribute to excess energy being consumed
- Provide in smaller serve sizes
- “**GREEN**” these foods at every opportunity



THE AMBER CATEGORY



Some restrictions:

- Full-fat dairy foods: milk (plain and flavoured), yoghurt, custard, cheese
 - Coffee milk/soy drinks 375mL or less may be sold in secondary school
- Fruit and vegetable juice – no added sugar
 - At least 99% fruit juice, maximum 250mL serve size
- Dried fruit
 - Including 100% fruit leathers
- Ice slushies, fruit jellies – no added sugar
 - At least 99% fruit juice, maximum 200mL serve size
- Ice blocks – no added sugar
 - At least 99% fruit juice, maximum 125mL serve size
- Jam/honey/toppings/syrups
 - In small amounts



THE AMBER CATEGORY



Need to meet criteria:

- Lean processed meats
- Savoury pastry and bread products
- Ready-to-eat pasta/rice/noodle dishes
- Ready-to-eat hot mixed dishes
- Oven-baked potato products
- Snack food bars (breakfast bars, cereal bars, fruit filled bars)
- Some un-iced cakes, muffins, sweet biscuits
- Savoury snack foods, biscuits, crackers and crispbreads
- Low or reduced-fat ice creams, milk-based ices and dairy desserts



THE RED CATEGORY

NOT RECOMMENDED ON THE CANTEEN MENU



- Low in nutritional value
- May contain excess energy, saturated fat, salt and sugar
- Should not be sold in a healthy school canteen



THE RED CATEGORY



- Sugar sweetened drinks, soft drinks, fruit drinks, iced tea cordial, sports drinks, sports waters, flavoured mineral waters and energy drinks
- Intense (artificially) sweetened foods and drinks with the exception of milk, yoghurt and custard
- Products containing guarana or added caffeine. Coffee-style milk drinks may be sold in secondary school. Maximum 375mL serve size
- Fruit/vegetable juice, less than 99% juice, added sugar, greater than 250mL serve size
- Jelly desserts and ice crushes/slushies, less than 99% fruit, added sugar, greater than 200mL serve size
- Icy-poles and fruit ice blocks, less than 99% juice, added sugar, greater than 125mL serve size



THE RED CATEGORY



- Iced cakes and slices, doughnuts, Danishes, croissants, cream-filled buns/cakes
- All types: sold separately or added to products including; boiled lollies, carob, chocolate (including; boiled lollies, carob, chocolate (including choc chips and chocolate-coated), chocolate spreads, cough lollies, 100s and 1000s, juice jellies, icing, liquorice, soft lollies, yoghurt/carob-coated
- Deep-fried foods
- Cream, coconut cream, coconut milk, butter, copha, ghee and lard



DECIDING IF A FOOD OR DRINK IS SUITABLE FOR SALE

- Clearly fits the **GREEN** category – for sale
- Clearly fits the **RED** category – not for sale
- **AMBER** category – assess against Nutrient Criteria
 - Hot Food and processed meats per 100 grams
 - Snack food items – per serve
- Some food and drinks categorised as **AMBER** have restrictions (for example: 99% fruit juice)

NUTRIENT CRITERIA TABLES



Healthy School Canteens

Table 1: Hot food items and processed meats assessed per 100g

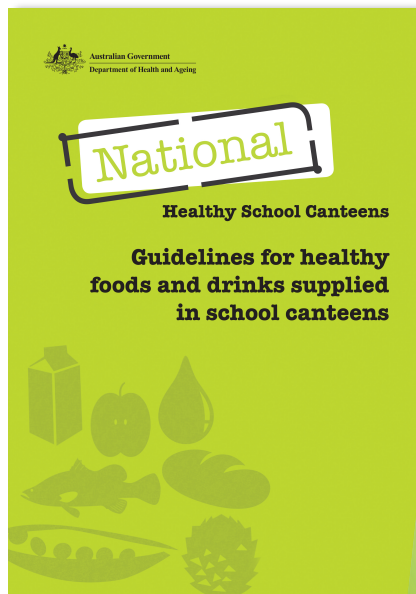
Category	Nutrient Criteria		
	Energy (kJ) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g
Savoury pastries, filled breads, pasta dishes, pizzas, oven-baked potato products, dim sims, spring rolls, rice and noodle dishes	100kJ or less	5g or less	400mg or less
Meat products and alternatives crumbed and not-crumbed (burgers, patties, strips, balls or nuggets), sausages, frankfurts and saveloys, stews, casseroles and curries	1000kJ or less	5g or less	450mg or less
Processed luncheon meats (fritz, devon, chicken loaf, free flow chicken products) and cured meats (for example: ham, bacon)	1000kJ or less	5g or less	750mg or less

Table 2: Snack food items assessed per serve

Category	Nutrient Criteria			
	Energy (kJ) per serve	Saturated fat (g) per serve	Sodium (mg) Per serve	Fibre (g) per serve
Sweet snack food, bars and biscuits	600kJ or less	3g or less	-	1g or more
Savoury snack food, biscuits, crispbreads and crisps	600kJ or less	2g or less	200mg or less	-
	--(Energy must be 1800kJ or less per 100g)--			
Ice creams, milk-based ices and dairy desserts	600kJ or less	3g or less	-	-
	--(Milk must be listed as first ingredient)--			
Un-iced cakes, muffins and sweet pastries	900kJ or less	3g or less	-	1.5g or more

SUPPORTING YOUR CANTEEN

National
Healthy School Canteens



HEALTHY YOUNG PEOPLE IN THE FUTURE

