

Examples of Foods Considered to be Confectionery

Bubble gum	Fruit straps that are either not 95–100% dried fruit or that have added sugar	Liquorice
Candy bars	Fudge	Lollies
Caramel	Gums/gelatine candies	Marzipan
Carob	fruit juice lollies	Medicated cough lozenges
Chewing gum	gummies	Mints
Chewy lollies	jelly babies	Nougat
Chocolate	jelly beans	Nut or seed brittle or 'snaps'
Chocolate bars	snakes	Praline
Chocolate chips, bits and buttons	marshmallows	Sherbet and sour lollies
Chocolate coatings	Turkish delight	Small compressed drink powder lollies (e.g. choc malt treats)
Chocolate compound	Halva	Small containers/tubes of jelly.
Chocolate/nut spreads (consumed other than as a spread)	Hard and soft icings, frostings and glazes	Sugar-coated choc bits
Chocolate-coated nuts and fruit	Hard/boiled candy	Sugar-coated nuts
Cotton candy/fairy floss	candy canes	Sweetmeats
Crystallised or glazed fruit and ginger	gobstoppers	Toffee
Eucalyptus and honey drops	lollipops	Yoghurt compound
Fondant	Hundreds and thousands and sugar sprinkles	Yoghurt compound toppings and coatings
Fruit balls with added sugar	Jellies	Yoghurt flavoured lollies
Fruit flakes with added sugar		yoghurt snakes
		yoghurt sticks/straps

Small amounts of confectionery products (for example, icing, glazes, choc chips and glacé fruit) can be used as a thin layer, topping or ingredient on or in a nutritious baked item/product. The whole nutritional value of a product containing the confectionery needs to be assessed against the *Nutrient Criteria for an Occasionally Food* (see page 13 of the ['Go for your life' Healthy Canteen Kit – Food Planner](http://www.education.vic.gov.au/management/schooloperations/healthycanteen/download.htm) (<http://www.education.vic.gov.au/management/schooloperations/healthycanteen/download.htm>)).

Remember that the marketing and serve size of a product containing confectionery, as well as its sugar content, should also be taken into consideration when assessing the product's suitability.

