

go  
for  
your  
life

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life™



For:

- ✓ School council
- ✓ Principal and school leaders
- ✓ Teachers
- ✓ Canteen staff
- ✓ Students
- ✓ School community

# planner<sup>food</sup>



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# go for your life

## Contents

<b>Introduction</b>	<b>2</b>
<b>Background information</b>	<b>3</b>
<b>Food categories</b>	<b>6</b>
<b>Everyday category (green foods)</b>	<b>8</b>
<b>Select Carefully category (amber foods)</b>	<b>9</b>
<b>Occasionally category (red foods)</b>	<b>11</b>
<b>Food guide tables</b>	<b>16</b>

## › Introduction

School canteens and other school food services are important educational resources. They have an important role in the provision of food to students and the school community as well as being an integral part of the school environment.

The school canteen should reflect the educational goals of the school and support and complement student learning. When consumed daily, the food provided through the school canteen may comprise a third of a student's total daily intake and have a significant influence on their health and nutrition.

It is important that parents, teachers and students work together to support a whole-school approach to building a school culture in which students actively choose nutritious foods and a healthy lifestyle.

The *'Go for your life' Healthy Canteen Kit* contains the following resources to assist schools to develop healthy canteens and other food services:

- *'Go for your life' Healthy Canteen Kit – School Canteens and Other School Food Services Policy* explains the guiding principles, including food selection, food categories, food safety, and the role of the school council in developing a school food service policy.
- *'Go for your life' Healthy Canteen Kit – Food Planner* assists schools and canteens to make appropriate healthy food choices.
- *'Go for your life' Healthy Canteen Kit – Getting Started* provides advice about how to establish a healthy school food service. It includes healthy fundraising ideas, frequently asked questions and a sample canteen policy.
- *'Go for your life' Healthy Canteen Kit – Student Learning Activities* provides a suite of learning activities for each of the six levels of the Victorian Essential Learning Standards (VELS) for Years Prep to 10.
- *'Go for your life' Healthy Canteen Kit – Canteen Manual* provides practical information for canteen managers and school personnel to assist with the management and day-to-day running of the school canteen.
- *'Go for your life' Healthy Canteen Kit* CD-ROM provides an electronic copy of the entire kit.
- *At a glance planner* provides a quick reference in poster form to assist with healthy food choices.
- A poster to promote healthy food choices to students.

The *'Go for your life' Healthy Canteen Kit – Food Planner* will assist with making selections on foods and drinks to be supplied in schools that are consistent with the *School Canteens and Other School Food Services Policy*.

The planner provides information about:

- the nutritional value of foods
- the most appropriate types of foods
- how often these foods should be provided
- how to provide these types of foods
- nutrient criteria for identifying foods that should be limited
- how to read food labels using the nutrient criteria.



## › Background information

### **The Dietary Guidelines for Children and Adolescents in Australia**

The 'Go for your life' Healthy Canteen Kit – Food Planner is based on the *Dietary Guidelines for Children and Adolescents in Australia*\*. These guidelines have been developed by the government in conjunction with food and nutrition experts using current scientific information. The guidelines provide advice to ensure that young people are eating the foods they require to optimise good health and minimise the risk of diseases related to poor nutrition.

#### **The Dietary Guidelines for Children and Adolescents in Australia**

- 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, yoghurts, cheeses and/or alternatives. Reduced-fat milks are not suitable for young children under 2 years, because of their high 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 fats 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.

\*Food for Health: Dietary Guidelines for Children and Adolescents in Australia, *National Health and Medical Research Council, Australian Government Department of Health and Ageing*

## The Australian Guide to Healthy Eating

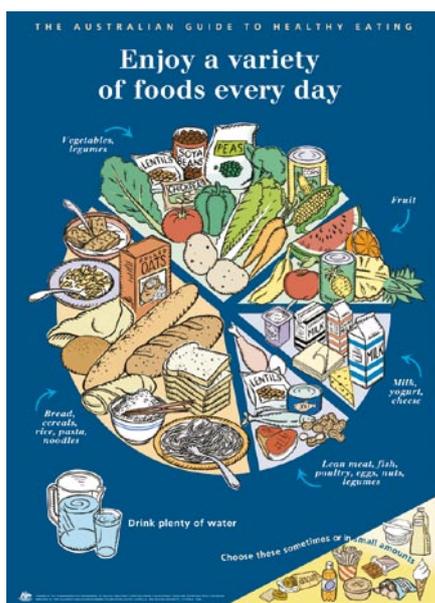
The *Dietary Guidelines for Children and Adolescents in Australia* provide general advice on eating for health. The *Australian Guide to Healthy Eating* provides more specific advice on the proportions of the different food groups that need to be consumed daily for good health and to meet the recommended daily nutrient intakes. The *'Go for your life' Healthy Canteen Kit – Food Planner* is also based on these principles. When planning what foods to provide on the canteen menu or through other school food services, it is important to take into consideration these nutrition models.

### The five food groups

FOOD GROUP	MAIN NUTRIENTS PROVIDED
<b>Breads, cereals, rice, pasta, noodles</b>	Carbohydrate, fibre, iron, thiamine
<b>Vegetables and legumes</b>	Vitamins and minerals, fibre, folate
<b>Fruit</b>	Carbohydrate, vitamins, especially vitamin C, fibre, folate
<b>Milk, yoghurt, cheese</b>	Protein and calcium
<b>Meat, fish, poultry, eggs, nuts, legumes</b>	Protein, iron, vitamin B12 and zinc

### 'Extra' foods

'Extra' foods are located in very small amounts at the side of the *Australian Guide to Healthy Eating* plate. They are called 'extra' foods because they are not essential to provide the body with the nutrients it needs. These foods include items such as confectionery, cakes, soft drinks, chocolate, biscuits, high-fat snack foods, pastries and takeaway foods. 'Extra' foods are usually very high in added fats, salts and/or sugars and may provide excess kilojoules. Therefore, they are only recommended in small amounts to add variety without replacing the nutritious foods the body needs.



Reproduced with permission from Australian Government Department of Health and Ageing

## How much do children need?

How many serves of the five different food groups children need each day depends on their body size, physical activity levels and stage of growth, but the following table provides a desirable average. Note that these serves are a general recommendation only to meet the minimum nutrient intakes. For better health a higher intake of the fruit and vegetable groups is recommended (two and five serves per day respectively).

FOOD GROUP	NO. OF SERVES		
	4–7 years	8–11 years	12–18 years
<b>Breads and cereals</b>	5–7	6–9	5–11
<b>Vegetables, legumes</b>	2	3	3
<b>Fruit</b>	1	1	3
<b>Dairy (milk, yoghurt, cheese and alternatives)</b>	2	2	3
<b>Lean meat, fish, poultry, nuts, legumes</b>	½	1	1
<b>‘Extra’ foods (for example cakes, biscuits, pies, soft drinks, lollies)</b>	1–2	1–2	1–3

Dietary Guidelines for Children and Adolescents in Australia, *National Health and Medical Research Council, Australian Government Department of Health and Ageing*

The food a child eats during school hours can contribute significantly to the recommended intake.

## What is a serve?

<b>Breads and cereals</b>	1 cup cereal flakes, ½ cup muesli, 1 cup porridge, 2 slices bread, 1 medium bread roll, 1 cup cooked pasta, rice or noodles
<b>Vegetables and legumes</b>	1 medium potato, ½ medium sweet potato, ½ cup green leafy vegetables, ½ cup broad beans, lentils, peas, corn, celery, mushrooms, zucchini, tomato, swede, etc 1 cup lettuce or salad vegetables
<b>Fruit</b>	1 piece medium fruit, 2 pieces smaller fruit (for example, apricots, plums, kiwifruit), ¼ medium melon, 20 grapes or cherries, 8 strawberries, 1½ tablespoons sultanas, 4 dried apricots, ¼ cup fruit juice
<b>Dairy (milk yoghurt, cheese and alternatives)</b>	250 ml milk, ½ cup evaporated milk, 40 g (2 slices cheese), 250 ml (1 cup) custard, 200 g tub yoghurt or alternatives: 1 cup calcium-fortified soy drink, ½ cup pink salmon with bones
<b>Lean meat, fish, poultry, nuts and legumes</b>	65–100 g cooked meat/chicken (for example, ½ cup mince, 2 slices roast meat) 80–120 g cooked fish or alternatives: 2 small eggs, ⅓ cup cooked dried beans, lentils, chickpeas, split peas or canned beans, ⅓ cup peanuts/ almonds*
<b>‘Extra’ foods (for example cakes, biscuits, pies, soft drinks)</b>	3–4 sweet biscuits, 1 medium slice of cake/1 bun, half a chocolate bar, 30 g potato crisps, 1 can soft drink, 2 glasses cordial, 60 g jam/honey, 2 scoops ice-cream, slice pizza = 2 extras, 1 meat pie/pastie = 3 extras

\*Food allergies are the most common triggers for anaphylaxis (severe allergic reaction) in children. Eight foods cause 90 per cent of food allergies: peanuts, cow’s milk, egg, wheat, soybean, tree nuts (for example, cashew), fish and shellfish. Schools should be aware of the risk of hidden allergens. Check your school’s policy regarding students with severe allergies.

## › Food categories

Foods and drinks have been classified into the following three categories according to their nutritional value. To promote healthy eating, schools should provide foods and drinks according to these categories:

- Everyday (green) foods
- Select Carefully (amber) foods
- Occasionally (red) foods.

There are also some foods and drinks that have been identified as not suitable to be supplied through school food services.

**From 2007, high sugar content soft drinks should not be supplied through school food services. This includes energy drinks and flavoured mineral waters with high sugar content.**

**Confectionery is of minimal nutritional value and high in kilojoules. For this reason the sale of confectionery through school food services will be phased out from 2007–2009.**

**From 2009, no confectionery should be supplied through school food services.**



## The three food categories

### Everyday

**Foods and drinks in the Everyday category are most suitable for school food services.**

Schools should:

- ✓ encourage and promote these foods
- ✓ provide a wide range of these foods every day
- ✓ include as the main choices on the canteen menu
- ✓ promote these foods as tasty, fresh and good value choices
- ✓ present these foods in attractive and interesting ways
- ✓ include as the main choices at school events and activities involving food.



### Select Carefully

**Foods and drinks in the Select Carefully category contain some valuable nutrients, but may also include unhealthy ingredients.**

Schools should:

- ✓ not let these foods and drinks dominate the canteen menu
- ✓ serve in smaller sizes
- ✓ limit selling times.



### Occasionally

**Foods and drinks in the Occasionally category are not recommended for school food services.**

These foods and drinks:

- ✓ should not be on the regular canteen menu
- ✓ should be supplied on no more than two occasions per term
- ✓ should not be regularly available in other areas of the school such as vending machines.



## › Everyday category (green foods)

Foods and drinks from the Everyday category are consistent with the *Dietary Guidelines for Children and Adolescents in Australia* and are most suitable for school food services. Providing a wide range of these healthy foods is important for variety. Foods and drinks in this category should be promoted as tasty, fresh and good value choices. These foods should be included as part of the canteen menu wherever possible.

Foods and drinks in the Everyday category are based on the basic food groups and include:

- breads and cereals, rice, pasta, noodles
- vegetables
- fruits
- dairy foods – reduced or low-fat milk, yoghurt and cheese
- lean meat and poultry, fish, eggs, nuts\* and legumes (dried beans and lentils)
- water.

These foods and drinks are the best choices because they:

- are often high in nutrients and fibre
- are low in saturated fat and/or added sugars and/or salt
- help to avoid an excess kilojoule intake.

Within this category even healthier choices can be made. Wholegrain breads and cereal products are higher in fibre, for example grainy bread, high-fibre breakfast cereals, air-popped popcorn.

Refer to the food guide tables on pages 16–24 for more information on foods and drinks in this category.

Water is also an important part of the Everyday category.



Checklist for EVERYDAY foods

- ✓ Include most often as the main choices on the canteen menu.
- ✓ Make available every day the canteen is open.
- ✓ Strongly encourage and promote these foods and drinks.
- ✓ Include as the main choices at school events and activities involving food and drink.

\*Food allergies are the most common triggers for anaphylaxis (severe allergic reaction) in children. Eight foods cause 90 per cent of food allergies: peanuts, cow's milk, egg, wheat, soybean, tree nuts (for example, cashew), fish and shellfish. Schools should be aware of the risk of hidden allergens. Check your school's policy regarding students with severe allergies.

## › Select Carefully category (amber foods)

Not all foods and drinks sit in the Everyday or Occasionally categories. In between are a range of foods and drinks that contain some valuable nutrients but may also have some unhealthy ingredients. These foods are included in the Select Carefully category.

Examples of foods and drinks in this category include:

- full-fat dairy foods – milk, yoghurt and cheese
- processed meats
- commercially prepared hot foods
- margarines, oils, spreads, sauces and gravies
- snack food bars (for example, breakfast bars, cereal bars, fruit bars)
- cakes, muffins, sweet biscuits, slices
- savoury snack foods and biscuits
- low or reduced-fat ice-creams, milk-based ice confections and dairy desserts
- ice blocks and ice slushees based on 100 per cent fruit juice
- drinks – 100 per cent fruit juices, some moderate-kilojoule sports waters
- artificially sweetened drinks
- some breakfast cereals (with added sugar and/or saturated fat and low fibre).

Foods and drinks on canteen-registered product buyer guides generally fall into the Select Carefully category. These foods should be selected carefully because they:

- are moderate in added fat and/or sugar and/or salt
- contribute to excess kilojoules if consumed in large serve sizes.
- provide some nutritional value.

Refer to the food guide tables on pages 16–24 for more information on foods and drinks in the Select Carefully category.

Note: Some of the food types listed above may fit into either the Select Carefully category or the Occasionally category. Read the labels and assess against the nutrient criteria for Occasionally foods. (Refer to page 13).



### Checklist for SELECT CAREFULLY foods

- ✓ Do not let these foods and drinks dominate the menu.
- ✓ Avoid large serve sizes.
- ✓ Reduce the number of these foods on the canteen menu.
- ✓ Offer these foods only on certain days of the week or limit selling time.
- ✓ Select healthier choices within this category.
- ✓ Select choices of these foods that contain fruits and/or vegetables or serve with fruits and/or vegetables.
- ✓ Do not promote vigorously at the expense of foods and drinks from the Everyday category.



### To help avoid large serve sizes:

- consider appropriate serve sizes for primary and secondary students – have ‘mini’ options and half-serves for lower primary-aged students
- limit juice and flavoured milk serves (refer to the food guide tables on pages 16–24)
- take serve sizes into consideration when packing, preparing and serving foods

Note: many food companies are now starting to offer child-appropriate serve sizes.

### Special dietary requirements

Some students require special diets for medical reasons. The school principal, child’s teacher or parents should provide advice of any special dietary needs to canteen staff.

Medical conditions that have special dietary requirements include:

- diabetes • coeliac disease • anaphylaxis.

#### Anaphylactic (severe) food allergy

Contact with certain foods can be fatal for people with allergies to these foods. The most common triggers of anaphylaxis are: peanuts, cow’s milk, egg, wheat, soy, tree nuts (for example, cashews), fish and shellfish. The Department of Education & Training has guidelines for schools to support students with anaphylaxis.

For more information, go to: [www.sofweb.vic.edu.au/wellbeing/support/anaphyl.htm](http://www.sofweb.vic.edu.au/wellbeing/support/anaphyl.htm).

Absolute and strict avoidance of nuts and nut products is extremely important for anyone with an anaphylactic nut allergy.

Canteen staff need to be well aware of students with such allergies and familiar with the school’s management strategies for these students.

For detailed information on special dietary requirements refer to ‘Go for your life’ *Healthy Canteen Kit – Canteen Manual*, page 9.

## › Occasionally category (red foods)

Foods and drinks in this category are not consistent with the *Dietary Guidelines for Children and Adolescents in Australia* and are not suitable for school food services.

Foods and drinks in this category are based on the 'extra foods' as defined in the *Australian Guide to Healthy Eating* and include:

- sugar-sweetened drinks – sports drinks, cordial, fruit-flavoured drinks
- deep-fried foods
- pastry-based or crumbed hot foods
- savoury snack foods – crisps, chips, biscuits and other similar products
- ice-creams, ice confections and dairy desserts, for example chocolate-coated and premium ice-creams, icy-poles
- cakes, muffins, sweet biscuits, slices, bars, donuts, danishes, croissants
- cream, butter, copha and chocolate spreads.

These foods and drinks are the least suitable as, generally, they:

- are very low in nutritional value
- are high in saturated fat and/or added sugar and/or added salt
- provide excess kilojoules.



### **Foods and drinks which fit into the Occasionally (red foods) category should be supplied on no more than two occasions per term.**

There are many foods and drinks that may fall into either the Occasionally category or the Select Carefully category. Read the labels and assess against the nutrient criteria for an Occasionally food. The food guide tables on pages 16–24 provide more information on the types of foods that fall into the Occasionally category.

**From 2007, high sugar content soft drinks should not be supplied through school food services. This includes energy drinks and flavoured mineral waters with high sugar content.**

**Confectionery is of minimal nutritional value and high in kilojoules. For this reason the sale of confectionery through school food services will be phased out from 2007–2009.**

**From 2009, no confectionery should be supplied through school food services.**

## How to identify foods and drinks in the Occasionally category

The following tables list a set of nutrient criteria\* for certain types of foods and drinks that may fall under the Occasionally category.

These nutrient criteria tables are a useful tool to determine if a particular food fits into either the Select Carefully category or Occasionally category.

There are nutrient criteria for two types of food groupings:

- hot food items
- snack foods and drinks.

These food types are the most likely to fit into the Occasionally category. Food types such as fruit and vegetables do not require assessing against nutrient criteria as these foods are usually in the Everyday category.

The nutrient criteria have been developed specific to each food category's characteristics.

Note that:

- total fat and sugar have not been included within the nutrient criteria. A total kilojoule (energy) criteria limit has been set, which indirectly limits the amount of fat and sugar that can be included in a food
- hot foods are assessed per 100 grams to allow for the wide variation in serve sizes within this group
- snack foods and drinks are assessed per serve as this grouping is generally pre-packaged into individual serves
- in the snack foods and drinks category large serve sizes and excess energy intake have been addressed by limiting the kilojoule content per serve.

*\*Based on the Fresh Tastes @ School, NSW Healthy School Canteen Strategy Occasional Food Criteria.*



## Nutrient criteria for Occasionally foods

If the food 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 Occasionally food.

### Hot food items (assessed per 100 g)

FOOD	ENERGY (KJ) PER 100 G	SATURATED FAT (G) PER 100 G	SODIUM (MG) PER 100 G
Savoury pastries, pasta, oven-baked potato products	>1000 kJ	>5 g	>400 mg
Crumbed and coated foods, frankfurts, sausages	>1000 kJ	>5 g	>700 mg

Based on the Fresh Tastes @ School, NSW Healthy School Canteen Strategy Occasional Food Criteria.

Note: All types of deep-fried foods fit into the Occasionally category and are not recommended for supply in schools as they are too high in kilojoules and fat.

### Snack foods and drinks (assessed per serve)

FOOD OR DRINK	ENERGY (KJ) PER SERVE	SATURATED FAT (G) PER SERVE	SODIUM (MG) PER SERVE	FIBRE (G) PER SERVE
Sweetened drinks and ices*	>300 kJ		>100 mg	
Snack food bars and sweet biscuits	>600 kJ	>3 g		<1.0 g
Savoury snack foods and biscuits	>600 kJ	>3 g	>200 mg	
Ice-creams, milk-based ice confections, dairy desserts	>600 kJ	>3 g		
Cakes, muffins, sweet pastries	>900 kJ	>3 g		<1.5 g

Based on the Fresh Tastes @ School, NSW Healthy School Canteen Strategy Occasional Food Criteria.

\*The sweetened drinks and ices category applies to cordials, fruit-flavoured drinks, sports drinks, sports waters, ice blocks and ice confections.

### Example 1

Following is an example of an assessment of a hot food using the nutrient criteria for Occasionally foods.

- This food product is a hot food, so refer to the nutrient criteria for hot foods (see page 13, Crumbed and coated foods, frankfurts and sausages).
- Refer to the per 100 G column on the food label for assessing hot foods.
- Compare the nutrients on the food product label with the corresponding nutrient values in the nutrient criteria table on the previous page.

CRUMBED CHICKEN FILLET BURGER	PER 120 G SERVE	PER 100 G
Energy	1176 kJ	980 kJ
Protein	17.4 g	14.5 g
Fat – total	15.8 g	13.2 g
– saturated	4.1 g	3.4 g
Carbohydrates – total	18.3 g	15.3 g
– sugars	0.2 g	0.2 g
Sodium	734 mg	612 mg

**Energy:** 980 kJ per 100 g is less than (<) 1000 kJ

**Fat, saturated:** 3.4 g sat. fat per 100 g is less than (<) 5 g

**Sodium:** 612 mg sodium per 100 g is less than (<) 700 mg

The result is as follows:

- **Energy:** 980 kJ per 100 g is less than (<) 1000 kJ.
- **Fat, saturated:** 3.4 g sat. fat per 100 g is less than (<) 5 g.
- **Sodium:** 612 mg sodium per 100 g is less than (<) 700 mg.

These values are all less than the nutrient criteria; therefore this food is **not** an Occasionally food and can be included in the Select Carefully category.



## Example 2

Following is an example of an assessment of a snack food using the nutrient criteria for Occasionally foods.

- This food product is a snack food so refer to the nutrient criteria (page 13) for snack foods (Savoury snack foods and biscuits).
- Refer to the per serve column on the food label for assessing snack foods and drinks.
- Check if the specified serve size on the label is your canteen's actual serve size. Assess the serve size as served in your canteen, for example the serve listed on the food label may be sixteen biscuits, whereas your canteen may bag up twenty biscuits.
- Compare the nutrients on the food product label with the corresponding nutrient values in the nutrient criteria table on page 13.

BAKED SAVOURY BISCUIT	PER SERVE (16 BISCUITS, 35 G)	PER 100 G
Energy	770 kJ	2195 kJ
Protein	5.2 g	14.8 g
Fat – total – saturated	8.8 g 3.9 g	25.1 g 11.1 g
Carbohydrates – total – sugars	20.4 g 1.1 g	58.1 g 3.2 g
Fibre	1.4 g	4.0 g
Sodium	238 mg	678 mg

**Energy:** 770 kJ per serve is greater than (>) 600 kJ

**Fat, saturated:** 3.9 g sat. fat per serve is greater than (>) 3 g

**Sodium:** 238 mg sodium per serve is greater than (>) 200 mg.

The result is as follows:

- **Energy:** 770 kJ per serve is greater than (>) 600 kJ
- **Fat, saturated:** 3.9 g sat. fat per serve is greater than (>) 3 g
- **Sodium:** 238 mg sodium per serve is greater than (>) 200 mg.

This snack food product at this serving size is not within the nutrient criteria and therefore falls in the Occasionally category. Do not include these biscuits on the menu and look for a healthier choice.



## › Food guide tables

The following tables provide a detailed guide of the types of foods commonly sold in school canteens and where they fit into the 'Go for your life' Healthy Canteen Kit – Food Planner categories. Where there is more than one possible category, this indicates that brands and varieties of this food or product may differ and may fit into either of the categories marked. Ideas and suggestions are provided for judging which of these categories to choose.

### Food types

FOODS		EVERYDAY	SELECT CAREFULLY	OCCASIONALLY	COMMENTS AND SUGGESTIONS
<b>Breads and alternatives</b>	Breads/rolls – wholemeal, wholegrain, multigrain, high-fibre white, pita bread, English muffins, lavash bread, Lebanese bread, foccacia, bagels, crumpets	✓			<p>Breads can be used in many different ways for both snacks and main meal choices in the canteen.</p> <p>Choose a variety of different breads, preferably wholegrain, to add interest to your canteen menu.</p> <p>Try breads hot such as jaffles, hot rolls and wraps.</p> <p>Experiment with interesting sandwich fillings and spreads. Always include vegetables in fillings.</p> <p>Tip: See the bread through the spread!</p>
	Raisin and fruit breads or fruit buns (no icing)	✓			
	Scones – plain, savoury or fruit	✓			
	Pikelets	✓			Try cooking pikelets plain or with ricotta or fruit.
	Rice or corn cakes/crackers	✓			
	Crisp bread, wholemeal or grainy crackers	✓			Serve crisp bread or crackers as a snack or as part of a salad lunch meal.
<b>Rice, grains, noodles and pasta</b>	Plain rice, pasta and noodles	✓			<p>Avoid adding fats when cooking these dishes. Add plenty of vegetables for a healthy meal.</p> <p>Try dishes like couscous salad, rice salad, noodle stir-fries and pasta bakes.</p>
	Commercially prepared pasta products, instant noodles and rice		✓	✓	Watch commercially prepared and instant-style noodles and rice as they may be high in saturated fat and sodium. Choose reduced fat and sodium varieties.

FOODS		EVERYDAY	SELECT CAREFULLY	OCCASIONALLY	COMMENTS AND SUGGESTIONS
<b>Breakfast cereals</b>	High fibre, low fat	✓			Wholegrain cereals, wholewheat flakes and biscuits, and porridge fit into the Everyday category. Serve these with low-fat milk.
	Refined cereals		✓		Refined cereals with added sugar and low fibre usually fit into the Select Carefully category. Tip: Include as a nibble mix in a small bag for a healthy alternative snack idea.
<b>Fruit</b>	Fresh	✓			Serve whole or cut portions of fresh fruit in season. Serve in interesting ways, for example fruit kebabs, grapes in a cup, chopped fruit served in square wafer cone.  Serve chilled unsweetened fruit salad – fresh or pre-cut. Try serving with a dollop of low-fat yoghurt, ice-cream or custard.
	Frozen	✓			Try frozen fruit, for example grapes or a banana on a stick.
	Canned (in natural juice)	✓			
	Dried	✓			Dried fruit is sticky, so is best eaten as part of a meal.
<b>Vegetables</b>	Baked potatoes	✓			Cook potatoes in their skins, split and fill with any combination of sandwich fillings or other ingredients such as baked beans, mince, creamed corn, tabouli, tuna, diced vegetables. Top with low-fat grated cheese, low-fat yoghurt or low-fat sour cream.
	Corn on the cob	✓			Include plenty of vegetables in hot foods, for example vegetable lasagna or pasta sauce, vegetable stir-fries, vegetable patties, vegetable fillos, spinach and ricotta cannelloni.
	Vegetable sticks and dip	✓			Add diced vegetables to fried rice.  Tip: Frozen or canned vegetables are a convenient alternative if fresh vegetables are not available.  Include vegetables as snacks, for example vegetable pieces, celery sticks and peanut butter*, chunky vegetable pieces with low-fat and low-salt dips, a small container of mixed bite-sized vegetables such as cherry tomatoes, carrot sticks, peas, cucumber.
	Cherry tomatoes	✓			Corn on the cob or vegetable soup can be a warm recess snack in winter.



\* Food allergies are the most common triggers for anaphylaxis (severe allergic reaction) in children. Eight foods cause 90 per cent of food allergies: peanuts, cow's milk, egg, wheat, soybean, tree nuts (for example, cashew), fish and shellfish. Schools should be aware of the risk of hidden allergens. Check your school's policy regarding students with severe allergies.

FOODS		EVERYDAY	SELECT CAREFULLY	OCCASIONALLY	COMMENTS AND SUGGESTIONS
<b>Legumes</b>	Chick peas, kidney beans and lentils	✓			Dried or canned. Add canned kidney beans to bolognese sauce. Use canned beans as an interesting addition to salads. Use in soups.
	Baked beans	✓			Choose salt-reduced baked beans and use as a meat alternative in jaffles, sandwiches or as a topping on potatoes.
	Lentil patties	✓			Lentil patties can be used in rolls, sandwiches or as a wrap and served with salad. They can be easily made, or purchased commercially (often higher in salt).
	Falafel	✓	✓		Some commercially made falafels may be higher in fat and salt.
<b>Salads</b>	All garden vegetable mixtures	✓			Try interesting combinations, for example warm chicken/beef salads, Asian-style salads, roast vegetable salads, Greek salads.
	Bean mix	✓			Include a protein source such as lean meat, tuna, chicken, low-fat cheese, nuts* or legumes.
	Tabouli	✓			Serve as a salad plate, box or tub.
	Rice	✓			Use different dressings for variety. Dressings should be low-fat and low-salt – a no-oil dressing is good.
	Potato salad	✓	✓		Salads dressed with lots of oil or mayonnaise may fall in the Select Carefully category.
	Coleslaw	✓	✓		
	Egg	✓	✓		
	Pasta	✓	✓		
<b>Soups</b>	Canteen made	✓	✓		Soups are nutritious, satisfying winter foods that are inexpensive and easy to prepare.
	Canned	✓	✓		Soups either made in the canteen or low-salt, commercially prepared or canned soups can be sold in cups along with a bread roll.
	Commercially prepared	✓	✓		When serving soup to younger children stand and cool slightly before serving. When making soup, use reduced-salt stock, avoid adding salt and use herbs and spices instead. Some canned and commercially prepared soups may be high in salt.
<b>Dairy foods</b>	Yoghurt	✓	✓		Reduced-fat dairy products are recommended for school-aged children and adolescents.
	Custard and dairy desserts		✓	✓	Reduced-fat yoghurt and custard can be frozen as a summer snack. Plain natural yoghurt makes a good sauce or dressing for savoury foods.
	Cheese	✓	✓		Use reduced-fat cheeses as standard in the canteen. Ricotta and cottage cheese are naturally lower in fat than other cheeses.
	Milk (see drinks)				

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FOODS		EVERYDAY	SELECT CAREFULLY	OCCASIONALLY	COMMENTS AND SUGGESTIONS
<b>Meat/fish/poultry (not crumbed) and alternatives</b>	Lean meats, for example roast beef, stir-fry strips	✓			These foods are a good source of protein and can be used in sandwiches, hot rolls, and salads, on pizzas, in hot dishes, burgers or wraps, stir-fries, casseroles.
	Lean chicken meat (no skin)	✓			Check all meats for visible fat.
	Turkey	✓			
	Egg	✓			Try omelettes, frittatas, mashed or sliced hard-boiled eggs.
	Fish, for example tuna or salmon in spring water, sardines	✓			
	Nuts*	✓			Check your school's policy on nuts and nut products and allergy.
	Meat, chicken or fish patties (not crumbed)		✓		Ensure minced meat for burgers is lean or pre-made patties are labelled low fat. For a healthier meal, serve these Select Carefully foods with salad or add vegetables.
	Meat balls		✓		
	Chicken drumsticks and wings		✓		Remove skin from chicken. Chicken drumsticks are a popular choice when basted in honey and soy sauce and baked.
<b>Processed meats</b>	Ham Corned beef/silverside Devon Chicken loaf/roll		✓		These foods are usually high in sodium and/or saturated fat, putting them in the Select Carefully category. Lean leg ham and silverside are better choices.
	Bacon Pastrami Salami		✓	✓	If using these products, choose the reduced-fat versions, use in small amounts and serve with salad and bread-based foods.
<b>Crumbed or coated chicken, fish or vegetable products</b>	Chicken nuggets		✓	✓	Some of these products may be high in saturated fat and/or sodium so it is important to check them against the nutrient criteria for an Occasionally food.
	Chicken fillet wedges/strips		✓	✓	
	Chicken patties		✓	✓	If using these products don't deep fry.
	Fish fingers		✓	✓	Serve in small quantities to keep the kilojoule intake down.
	Fish burgers		✓	✓	Serve with vegetables.
	Vegetable patties		✓	✓	
	Sausages, frankfurts, hotdogs		✓	✓	Most frankfurts are high in sodium. Choose a reduced-fat and sodium version and serve on a wholemeal bun to boost the nutritional value.
	Crumbed or battered saveloys/sausages			✓	Sausages and battered saveloys are very high in saturated fat and sodium, placing them in the Occasionally category. They are not recommended for supply in school canteens.

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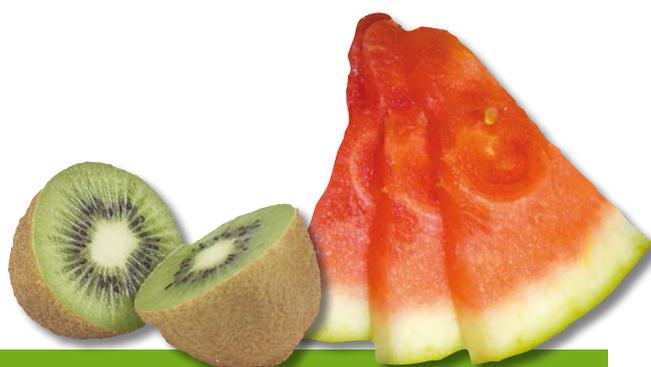
FOODS		EVERYDAY	SELECT CAREFULLY	OCCASIONALLY	COMMENTS AND SUGGESTIONS
Oven-baked potato products	Wedges Chips Hash browns Scallops Gems		✓	↯	Oven-baked potato products usually fit into the Select Carefully category but check the label against the nutrient criteria to be sure. Don't deep fry and serve in small quantities.
	Pasta products Lasagna Spaghetti bolognese Macaroni cheese		✓	↯	Check the label against the nutrient criteria for an Occasionally food. Pastas served with a tomato-based sauce and vegetables are a good option. Avoid large serve sizes and serve with plenty of salad. Use low-fat cheeses and sauces, for example ricotta.
	Pizza		✓	↯	Choose thin crust pizzas. Select those with vegetable toppings and lean meat. Avoid salami or shredded pizza ham. Add extra vegetable toppings.
	Muffin or pita-based vegetarian	✓			
	Homemade	✓	✓		Pita bread or muffins make a good base. Top with lean meat, vegetables and low-fat cheese.
Savoury pastries/breads	Standard meat pies, sausage rolls, pasties, party pies, chicken and potato pies, cheese and bacon pies, cheese and spinach triangles, quiche, samosas		✓	↯	Many pastries are high in saturated fat and sodium and fall into the Occasionally category. Check the label against the nutrient criteria for an Occasionally food. There are some reduced-fat, small serve versions available. Choose those that are vegetable-based. Filo pastry or lavash bread is a healthier alternative.
	Savoury croissants			↯	Croissants are very high in saturated fat and kilojoules. They are not recommended for supply in school canteens.
	Garlic bread		✓	↯	May be high in saturated fat and sodium. Check the label. To make your own healthier version, lightly brush or spray bread with olive oil and crushed garlic.

FOODS		EVERYDAY	SELECT CAREFULLY	OCCASIONALLY	COMMENTS AND SUGGESTIONS
<b>Spring rolls, chiko rolls, dim sims</b>			✓	✓	<p>Check these products against the nutrient criteria for an Occasionally food.</p> <p>When using varieties of these products that fall into the Select Carefully category, don't deep fry. Oven bake or steam.</p> <p>Choose vegetable-based versions.</p>
<b>Sauces and gravies</b>	Tomato, sweet chilli, BBQ, soy, satay*, pickles, chutneys and gravies		✓		<p>Choose reduced-salt and reduced-fat varieties where possible and use sparingly.</p> <p>Check the school policy regarding the use of nuts and nut products and allergy when using satay sauces.</p>
<b>Fats and oils</b>	Margarine and oil		✓	✓	<p>Choose monounsaturated or polyunsaturated varieties and use sparingly</p> <p>Butter, cophu, ghee and lard are high in saturated fat. Use polyunsaturated or monounsaturated margarine or oils instead</p>
	Mayonnaise and dressings		✓		<p>Choose reduced or low-fat varieties and use sparingly.</p>
<b>Spreads</b>	Peanut butter and other spreads*		✓	✓	<p>Check your school policy regarding nuts and nut products and allergy.</p> <p>Use spreads sparingly. Choose reduced-fat, reduced-salt varieties where available.</p> <p>Tip: See the bread through the spread!</p>
	Jam/fruit spread, honey, Vegemite/yeast spreads, meat pastes		✓		
	Chocolate spreads, syrups and toppings			✓	



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FOODS		EVERYDAY	SELECT CAREFULLY	OCCASIONALLY	COMMENTS AND SUGGESTIONS
<b>Cakes, muffins, sweet pastries, slices, biscuits</b>			✓	↙	Check the product against the nutrient criteria for an Occasionally food.  Some un-iced cakes, muffins and sweet biscuits that are a small serve size and are reduced fat, high fibre and based on fruit may fall into the Select Carefully category.
				↙	Most commercially produced sweet products fall into the Occasionally category, for example, donuts, croissants, chocolate slices, danishes and lamingtons.
<b>Ice-creams, milk-based ice confections, dairy desserts</b>	Chocolate-coated and premium			↙	Check ice-creams, milk-based ice confections and dairy desserts against the nutrient criteria for an Occasionally food.
	Reduced and low-fat ice-creams and milk-based ice confections		✓	↙	
	Dairy desserts		✓	↙	



FOODS		EVERYDAY	SELECT CAREFULLY	OCCASIONALLY	COMMENTS AND SUGGESTIONS
<b>Ice blocks, water- or fruit-based ice confections, ice crushes</b>			✓	✓	Check against the nutrient criteria for an Occasionally food. Choose those that are based on 100% fruit juice.
<b>Savoury snack foods</b>	Popcorn	✓			Popcorn with no added fat, salt or sugar is a high-fibre, low-fat alternative snack food to chips.
	Flavoured popcorn		✓	✓	The product may be too high in saturated fat and/or sodium. Check against the nutrient criteria for an Occasionally food.
	Crisps and chips			✓	Crisps and chips are usually too high in kilojoules and/or saturated fat and/or sodium. They mostly fit into the Occasionally category.
	Savoury biscuits		✓	✓	Check against the nutrient criteria for an Occasionally food. Many products are too high in saturated fat and/or sodium.
<b>Snack food bars*</b>	Cereal-based Fruit Breakfast		✓	✓	Choose carefully. Look for high-fibre products and watch the serve size. Check against the nutrient criteria for an Occasionally food.
<b>Confectionery</b>	<p><b>Confectionery is of minimal nutritional value and high in kilojoules. For this reason the sale of confectionery through school food services will be phased out from 2007–2009.</b></p> <p><b>From 2009, no confectionery should be supplied through school food services.</b></p>				

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FOODS		EVERYDAY	SELECT CAREFULLY	OCCASIONALLY	COMMENTS AND SUGGESTIONS
Drinks	Water	✓			Water is the best thirst quencher and the drink most suitable for children. Provide plain water, spring, mineral or sparkling. Ensure it is icy cold in summer.
	Milk – Reduced fat	✓			Over the age of 2 years, children and adolescents are encouraged to drink reduced-fat milks. Choose reduced-fat or low-fat varieties of plain and flavoured milks, or fresh fruit milkshakes or smoothies.
	Milk – Full fat		✓		Watch the serve size of flavoured milk. A recommended serve size is 250–300ml or less.
	Soy drinks – Reduced fat, plain or flavoured	✓			Children and adolescents do not need full-fat soy drinks. Choose calcium enriched reduced- or low-fat versions.
	Soy drinks – Full fat, plain or flavoured		✓		Watch the serve size of flavoured soy drinks. A suggested serve size is 250 to 300 ml or less. Larger quantities of flavoured soy drinks can contribute excess kilojoules.
	Fruit juices (100%)		✓		The recommended serve size for juices is 125 ml. Stock the smallest serve sizes of juices (not more than 250 ml). Larger quantities of juice can contribute excess kilojoules. Try to choose juices that contain some fibre.
	Sports waters		✓	✓	Some sports waters that are very slightly flavoured and moderate in kilojoules fit the Select Carefully category. Larger quantities of sports waters can contribute excess kilojoules. Check against the nutrient criteria for Occasionally foods.
	Artificially sweetened		✓		Artificially sweetened drinks fit into the Select Carefully category.
	Fruit-flavoured drinks			✓	Fruit-flavoured drinks can contain from 5–50% or more fruit juice. They are of minimal nutritional value and fit into the Occasionally category.
	Cordial			✓	Cordial is of minimal nutritional value. It fits into the Occasionally category and is not recommended for supply in school canteens.
Sports drinks			✓	Sports drinks are of minimal nutritional value. They fit into the Occasionally category and are not recommended for supply in school canteens.	

**From 2007, high sugar content soft drinks should not be supplied through school food services. This includes energy drinks and flavoured mineral waters with high sugar content.**

