smart CHOICES

Healthy Food and Drink Supply Strategy for Queensland Schools

Queensland Government
Department of Education and the Arts
Queensland Health

Acknowledgments

The Queensland Health and Education Queensland Joint Work Plan 2004–2007 Healthy Weight Working Group has produced a strategy to address the nutritional value of food and drinks supplied in Queensland schools.

The strategy is based on the NSW Department of Health and NSW Department of Education and Training *Canteen Menu Planning Guide*, 2004, which is part of the NSW Healthy School Canteen Strategy.

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Diabetes Australia Qld
Dietitians Association of Australia, Queensland Division
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Federation of Parents and Friends Associations
Health Promoting Schools Association Queensland
Heart Foundation (Queensland Branch)
Home Economics Institute of Australia (Queensland) Inc.
Nutrition Australia
Queensland Association of School Tuckshops
Queensland Council of Parents and Citizens' Associations Inc.
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Smart Choices

In recent years, levels of overweight and obesity in children and young people have increased dramatically – now around a quarter of our children are overweight or obese. This is a serious issue as overweight and obesity carry a greater risk of a number of immediate and long-term health and psychosocial problems. Excess weight gain in children is usually a result of excess energy intake (kilojoules or calories) through eating too much food or the wrong type of food, combined with doing too little physical activity or being inactive for too much of the day. Food and drinks consumed by children also affect oral (dental) health and contribute to the high rates of tooth decay in Queensland children.

The development of a strategy to address the nutritional value of food and drinks supplied at school or school activities was identified as an action in the Queensland Health and Education Queensland Joint Work Plan 2004–2007. The *Healthy Food and Drink Supply Strategy for Queensland Schools* is all about offering healthy food and drink choices to students in Queensland schools.

School food and drink supply includes all situations where food is supplied in the school environment – tuckshops, vending machines, school excursions, school camps, fundraising, classroom rewards, school events such as celebrations and sports days, and food used in curriculum activities.

The *Healthy Food and Drink Supply Strategy for Queensland Schools* reflects the *Australian Dietary Guidelines for Children and Adolescents* and *The Australian Guide to Healthy Eating* (AGTHE). Information is provided about the following areas:

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

To support the implementation of the strategy a *Smart Choices* resource package has been produced which comprises:

- *Healthy Food and Drink Supply Strategy for Queensland Schools* including the Food and Drink Selector
- Food and Drink Spectrum poster
- CD-ROM containing a copy of the strategy, which includes the Food and Drink Selector, 'Occasional' Food and Drink Criteria table, Food and Drink Spectrum and a presentation for use by schools and Parents and Citizens Associations.

The *Smart Choices – Food and Drink Selector* offers a new way of determining which food and drinks are able to be supplied in schools. Making selections can be a very challenging task. There are many potential food and drink items that could be supplied in schools. The information provided in this strategy will help to make this task easier.

The role of schools

Schools have an important role in promoting healthy eating and physical activity to students and providing an environment that supports a healthy lifestyle. A healthy diet can improve behaviours critical to educational success and performance at school. Effective school-based nutrition and health interventions can also help improve academic performance.

Tuckshops are an important part of the school environment; they can model healthy food and drink choices that are tasty, interesting and affordable, and provide the means to put into practice nutrition messages taught in the classroom.

Background

The *Healthy Food and Drink Supply Strategy for Queensland Schools* is based on the *Australian Dietary Guidelines for Children and Adolescents (2003)* and *The Australian Guide to Healthy Eating* (AGTHE).

Australian Dietary Guidelines for Children and Adolescents

The *Australian Dietary Guidelines for Children and Adolescents (2003)* were developed by the National Health and Medical Research Council as a useful tool to promote healthy eating patterns. They are based on the best scientific evidence available and current knowledge about what children need to grow and develop to their optimum potential. The guidelines are not listed in order of importance and should be considered together as a package rather than in isolation.

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 two 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.

Source: *Food for Health: Dietary Guidelines for Children and Adolescents in Australia*, National Health and Medical Research Council.

Food safety

The Australian Dietary Guidelines now include a guideline about food safety in recognition of the importance of being vigilant when preparing and serving food. Schools, including the tuckshop, have a responsibility to maintain safe food-handling practices and high standards of hygiene. This is essential to avoid food poisoning and ensure students have access to high-quality, safe and suitable food.

Many resources are available to assist in meeting safe food-handling requirements and are listed on pages 24–25.

The Australian Guide to Healthy Eating

The Australian Guide to Healthy Eating provides information about the amounts and kinds of food we need each day from the five basic food groups to obtain sufficient nutrients for good health and wellbeing and is consistent with the *Australian Dietary Guidelines*.

The Australian Guide to Healthy Eating, Commonwealth Copyright 1998, is reproduced with permission of the Australian Government Department of Health and Ageing, 2005.

The basic five food groups

While the *Australian Dietary Guidelines* provide the general framework for how and what should be eaten, the AGTHE provides more specific advice regarding the number of serves needed from each of the basic five food groups.

The AGTHE uses a plate model, 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. Foods are grouped together because they share a similar range of nutrients. Over three-quarters of food intake should come from three major food groups – the breads, cereals, rice, pasta and noodles group, the vegetables and legumes group, and the fruit group.

Extra foods

Some foods do not fit into the five food groups because they are not essential to provide the nutrients needed. They are regarded as 'extra' foods and 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 it is recommended their intake is limited. When eaten only occasionally or in small serves they can add variety to the diet without replacing the healthier foods needed each day.

How many serves?

The number of serves of different foods children and young people should eat on average each day depends on an individual's body size and activity level.

The table below provides a guide to the number of serves of each of the five food groups that children and young people should aim to eat each day. Very active children and young people may need more each day than shown in the table.

Children can consume up to one-third of their daily nutritional intake at school. As many children regularly purchase food from school tuckshops, it is important that tuckshops provide a wide variety of foods from the five food groups and promote and model healthy food choices.

What is a serve?

Example serves in the table on the following page define the amount of food that equals one serve within each food group. For example, two slices of bread or one medium bread roll is equivalent to one serve. Read the table below in conjunction with the table on the following page to work out how much food from each food group to aim for each day.

Recommended number of daily serves for children and young people

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

Source: *The Australian Guide to Healthy Eating*, Commonwealth Department of Health and Family Services, 1998.

Examples of a serve

Bread, cereals, rice, pasta, noodles	
2 slices of bread 1 medium bread roll 1 cup cooked rice, pasta, or noodles	1 cup cooked porridge 1 cup breakfast cereal flakes or 1/2 cup muesli
Vegetables and legumes (choose a variety)	
Starchy vegetables	
1 medium potato or yam ½ medium sweet potato 1 medium parsnip	
Dark green leafy vegetables	
½ cup cabbage, spinach, silverbeet, broccoli, cauliflower or brussel sprouts	
Legumes and other vegetables	
1 cup lettuce or salad vegetables ½ 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 (for example apple, orange, mango, mandarin, banana, pear, peach etc.) 2 pieces of smaller fruit for example apricots, kiwi fruit, plums, figs 1 cup diced pieces or canned fruit	½ cup fruit juice ¼ medium melon (rockmelon, honeydew) Dried fruit for example 4 dried apricots, 1½ tablespoons sultanas About 20 grapes or cherries About 8 strawberries
Milks, yoghurt, cheese and alternatives	
250 ml glass or one cup of milk (can be fresh, long life or reconstituted milk) ½ cup evaporated milk 40 g (2 slices) of cheese 250 ml (1 cup custard)	200 g (1 small carton) of yoghurt, plain or fruit, or, as an alternative try: 1 cup of calcium-fortified soy milk ½ cup pink salmon with bones
Meat, fish, poultry and alternatives	
65–100 g cooked meat or chicken (for example ½ cup mince, 2 small chops or 2 slices roast meat) 80–120 g cooked fish fillet, or as an alternative try: 2 small eggs ½ cup cooked (dried) beans, lentils, chick-peas, split peas or canned beans 1/3 cup peanuts or almonds	
Extras These foods can occasionally be included for variety. They are generally higher in saturated fat and/or sugar, kilojoules and salt.	
Some examples include: 1 small–medium piece of plain cake or 1 bun 3–4 plain sweet biscuits Half a small chocolate bar 60 g jam, honey (1 tablespoon)	30 g potato crisps 1 slice pizza = 2 extras 1 can soft drink or 2 glasses cordial 2 scoops ice-cream 1 meat pie or pasty = 3 extras 2 tablespoons of cream or mayonnaise

Source: *The Australian Guide to Healthy Eating*, Commonwealth Department of Health and Family Services, 1998.

The smart choices food and drink selector

The *Smart Choices – Food and Drink Selector* on pages 7–18 assists with making selections on foods and drinks to be supplied in schools. Foods and drinks have been classified into three categories according to their nutritional value: Green, Amber and Red.

GREEN 'Have plenty'

Encourage and promote these foods and drinks in the school.

AMBER 'Select carefully'

Do not let these foods and drinks dominate choices and avoid large serve sizes.

RED 'Occasional'

Limit the availability of these foods and drinks to no more than two occasions per term.

You will note that there is a clear distinction between the AMBER and RED categories. This is because foods in the RED category are to be available on no more than two occasions per term. A set of nutrient criteria is provided (on page 15) that will enable you to determine whether a certain food sits within the RED category.

Staff and parents also eat from the school tuckshop. While their needs may be different to children, it is important that adults in the school model healthy food choices.

Links to the school curriculum

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 children to try new foods. Classroom activities also provide an opportunity for students to be involved in planning and promoting healthier foods.

The Smart Choices – Food and Drink Spectrum which appears on the following page is a visual guide that shows where certain foods and drinks fit. The spectrum has been reproduced as a poster and accompanies this resource package.

Based on the NSW Department of Health and NSW Department of Education and Training *Canteen Menu Planning Guide 2004*, which is part of the NSW Healthy School Canteen Strategy.

'Have plenty' – the GREEN category

These foods and drinks should be encouraged and promoted to students as the best choice and included as a major part of the daily school tuckshop menu. Foods from this category of the food and drink spectrum are the best choices because in general they:

- are excellent sources of important nutrients
- are low in saturated fat and/or added sugar and/or salt
- help to avoid an intake of excess energy (kilojoules)

Foods and drinks in this category are based on the basic five food groups and *The Australian Dietary Guidelines*. 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 this category.

Within this category 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 and drinks

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

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

Promote food and drinks in the GREEN category at all occasions where food and drinks are supplied.

The Queensland Association of School Tuckshops and Nutrition Australia have helpful resources to assist you to encourage and promote these foods. See the contact list on page 24.

The following information provides a broad description and example of the types of food and drinks that fit into the GREEN category of the spectrum.

For more information on better choices within the GREEN category and ways of serving these foods and drinks, refer to the Ready Reckoner on pages 19–23.

The GREEN Category

Food type	Examples
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.
Cereal foods	Rice, pasta, noodles, polenta and burghul (often used in tabouleh salad).
Breakfast cereals	Wholegrain breakfast cereals that are high in fibre and lower in salt and sugar.
Vegetables	Fresh and frozen vegetables used in a variety of different ways.
Fruit	Washed fresh fruits, frozen, canned and dried fruits.
Legumes	All forms of prepared beans and peas – baked beans, red kidney beans, soy beans, mung beans, lentils, chick-peas, peas, bean curd, tofu and pappadums (made from legume flour).
Reduced-fat dairy products	Reduced-fat milk (plain and flavoured), yoghurt, cheese and custard.
Lean meat, fish, poultry and alternatives	Lean chicken, beef, lamb, pork, canned tuna and salmon, and eggs. Unsalted plain and mixed nuts.
Drinks	Water is the best drink and a great thirst quencher! Reduced fat milk and soy drinks also fit into the GREEN category.

'Select carefully' – the AMBER category

Selecting foods and drinks carefully means:

- reducing the number of AMBER foods and drinks supplied and selecting healthier choices from this category
- offering some of these foods and drinks 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. These foods should be selected carefully because in general they:

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

Don't let these foods and drinks dominate

The foods and drinks that are found in the AMBER category offer convenience. It is acknowledged that this is very important in a tuckshop setting. However, these products should not dominate the menu at the expense of healthier choices. A selection 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 and drinks in larger serving sizes, for example, some meat pies are 25 per cent bigger today than they were several years ago. Eating foods and drinks in larger serve sizes makes it easier to consume excess kilojoules. Select moderate serve sizes instead. If you are packaging and promoting foods and drinks in the tuckshop consider the size of the serve.

Select healthier choices within the AMBER category

There are healthier product choices within the AMBER category 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 and drinks that are healthier choices use the Nutrition Australia school tuckshop product guide or the FOCiS Star Choice Registered Product List available from the Queensland Association of School Tuckshops.

Types of foods and drinks that fit into AMBER

The following information provides a broad description of the types of foods and drinks that are likely to fit into the AMBER category of the spectrum. For more information on better choices and ways of serving these products, refer to the Ready Reckoner on pages 19–23.

The AMBER Category

Food type	Examples
Full-fat dairy foods	Milk (plain and flavoured), yoghurt, frozen yoghurt, custard and cheese. Full-fat flavoured milks in large serve sizes can contribute excess energy (kilojoules).
Savoury commercial products	There are many savoury commercial food products in the marketplace. Check labels against the nutrient criteria (on page 15) to ensure products fit into AMBER and not into the RED category. Examples include savoury pastries, spring rolls and dim sims, pasta products such as lasagne, pizza, oven-baked potato products, sausages, frankfurters, meat patties (not crumbed), meat balls and chicken drumsticks. Choose foods from a registered product list.
Processed meats	Use in small amounts only, as larger serve sizes can provide too much saturated fat and/or salt. Examples include devon, ham, salami, bacon, chicken roll, corned beef and pastrami.
Margarine, mayonnaise and oil	Choose polyunsaturated or mono-unsaturated 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 and vegetable extract spreads.
Sauces and gravy	Use sparingly. Choose reduced-salt varieties where available. Examples include tomato sauce, sweet chilli sauce and gravy. Some sauces (for example satay) also contain nut products which are a common allergen.
Snack food bars	Check the label against the nutrient criteria (on page 15). Examples include breakfast bars, cereal bars and fruit bars.
Savoury snack foods and biscuits	Check the label against the nutrient criteria (on page 15). Examples most likely to fit here include oven-baked snack biscuits, popcorn and some dry biscuits.
Cakes, muffins and sweet biscuits	Check the label against the nutrient criteria (on page 15). Some un-iced cakes, muffins and sweet biscuits that are a small to medium serve size or have been modified (for example reduced levels of fat and/or sugar and include fibre) may fit into the AMBER category.
Ice-creams	Ice-creams that are not coated in chocolate, premium or of a large serve size are likely to fall into the AMBER category, such as plain milk-based ice-creams and frozen yoghurts.
Ice blocks, fruit-based ice confection and slushees	Check the label against the nutrient criteria (on page 15). Watch the serve size and choose carefully.
Drinks	Stock fruit juice of no more than 250 ml, as in large amounts it can contribute excess kilojoules. Fruit drinks – choose those with greater than 50% fruit juice. These drinks contribute to tooth decay because of their high acidity level and should not be consumed frequently. Full-fat soy drinks also fit into the AMBER category.
Breakfast cereals	Refined breakfast cereals with added sugars and/or saturated fat fit in the AMBER category.

Many commercial products may fit into either the RED or AMBER category. Read the labels and assess against the *'Occasional' Food and Drink Criteria* on page 15 or select products from the registered products list available through Nutrition Australia and the FOCiS Star Choice list available through the Queensland Association of School Tuckshops to make more suitable choices.

'Occasional' foods and drinks – the RED category

The 'occasional' foods and drinks that make up the RED category of the Food and Drink Spectrum are based on the 'extra' foods as defined in *The Australian Guide to Healthy Eating*.

It is recommended that these foods and drinks are only consumed occasionally, because they:

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

Limit to no more than two occasions per term

Foods and drinks which fit into the RED category should be supplied on no more than two occasions per term. It is important to be consistent across all areas of food provision in the school. This includes the tuckshop, vending machines, fundraising, classroom rewards, excursions, camps, celebrations, sports days, Enterprise Education activities and curriculum activities.

Types of food that fit into the RED category

A set of nutrient criteria is provided to work out whether a food or drink fits into the RED category of the Food and Drink Spectrum (see page 8). There are many commercial products that may fall into either RED or AMBER categories depending on their nutrient content. Compare the label against the 'Occasional' Food and Drink criteria. The Ready Reckoner on pages 19–23 can also help you to make decisions about these products.

The table below provides a broad description of the types of foods and drinks that fall into the RED category of the spectrum.

The RED Category

Food type	Examples
Sugar and artificially sweetened drinks	Soft drinks, artificially sweetened soft drinks, energy drinks, sports drinks and flavoured mineral waters
Confectionery/lollies	All types
Deep-fried foods	All types
Savoury snack foods	Crisps, chips and other similar products
Ice-creams	Chocolate coated and premium ice-creams
Cakes, muffins, sweet pastries and slices	Croissants, doughnuts, cream-filled buns/cakes, sweet pastries, slices Medium to large serves of many cakes and muffins

Nutrient criteria to identify 'Occasional' foods and drinks

The 'Occasional' (RED) food and drink criteria

The tables on page 15 list a set of nutrient criteria for each category of food and drink that needs to be assessed. There are two main groupings:

- hot food items
- snack foods and drinks.

Each 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 categories.

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

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

Large serving sizes and excess intake of energy have been addressed by limiting the kilojoule content per serve of foods and drinks in the snack foods and drinks categories.

Assessing a product against the criteria

Use the 'Occasional' food and drink criteria table on page 15 to determine if a food or drink fits into the RED category of the spectrum. There are two examples on pages 17–18 to help you understand how to use the Nutrition Information Panel on product labels to assess it against the nutrient criteria.

The 'Occasional' food and drink criteria table

If the hot food item you are considering has more than the number specified in the energy, saturated fat or sodium column it is an 'Occasional' food and drink (RED category).

If the snack food or drink product 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 or drink (RED category).

The 'Occasional' (RED) food and drink criteria tables

Hot food items assessed per 100 g			
Category	Nutrient Criteria		
Food or drink	Energy (kilojoules) per 100 g	Saturated Fat (g) per 100 g	Sodium (mg) per 100 g
Savoury pastries, pasta, pizzas, oven-baked potato products	>1000 kJ	>5 g	>400 mg
Crumbed and coated foods, frankfurters, sausages	>1000 kJ	>5 g	>700 mg

Note: All DEEP-FRIED FOODS fit into the RED end of the spectrum and their supply should be limited in schools. They are too high in kilojoules and fat (usually saturated fat).

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

Snack foods and drinks assessed per serve				
Category	Nutrient Criteria			
Food or drink	Energy (kilojoules) per serve	Saturated Fat (g) per serve	Sodium (mg) per serve	Fibre (g) per serve
Sugar-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 and dairy desserts	>600 kJ	>3 g		
Cakes, muffins and sweet pastries etc.	>900 kJ	>3 g		<1.5 g

Note: All types of CONFECTIONERY and ARTIFICIALLY SWEETENED DRINKS fit into the RED end of the spectrum and their supply should be limited in schools. They are products of minimal nutritional value.

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

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

Based on the NSW Department of Health and NSW Department of Education and Training *Canteen Menu Planning Guide, 2004*, which is part of the NSW Healthy School Canteen Strategy.

Reading nutrition information panels

Food and drink labels – how to read them

Information on food and drink 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 category of the spectrum.

What's on a label?

There is a lot of information on labels today. The focus here is on the Nutrition Information Panel. The nutrients are displayed in a standard format, providing quantity per serve and quantity per 100 g (or 100 ml 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 (for example fibre, iron, calcium).

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

Example Nutrition Information Panel

Servings per package: 8 Serving size: 60 g		
	QUANTITY PER 60 g SERVING	QUANTITY PER 100 g
ENERGY	467 kJ (112 cal)	1555 kJ (372 cal)
PROTEIN	2.6 g	8.6 g
FAT – Total – Saturated	 0.3 g 0.1 g	 1.1 g 0.3 g
CARBOHYDRATE – Sugars	24.1 g 4.1 g	80.5 g 13.7 g
SODIUM	2 mg	8 mg
Ingredients: Whole wheat, fruit paste (25%), (Dried dates, sultanas, pear juice concentrate, glycerol, blackcurrant juice concentrate), sugar, vitamins (Niacin, Riboflavin, Thiamine)		

Highlights show the nutrients of concern in the 'Occasional' Food and Drink Criteria table (see page 15).

Nutrition information and serve size

Comparing a hot food item against the criteria

When making a decision about the suitability of a product to be supplied in a school, the Nutrition Information Panel on the package needs to be compared to the 'Occasional' Food and Drink Criteria table. The example below illustrates how to check the per 100 g column on the Nutrition Information Panel.

Example 1: Crumbed Chicken Fillet Burger

Step 1

You have determined this food belongs in the category: HOT FOOD ITEMS – Crumbed and coated foods.

Hot Food Items are assessed per 100 g, therefore look at the per 100 g column on the Nutrition Information Panel.

Step 2

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

- Energy (kilojoules)
- Saturated fat
- Sodium

Remember if any one is greater than the criteria on the 'Occasional' Food and Drink Criteria table (see page 19) it is then classified as an 'Occasional' food or drink (RED category).

Step 3

Compare the Nutrition Information Panel per 100 g with the criteria from the 'Occasional' Foodand Drink Criteria table (see page 19).

Nutrition Information Panel for crumbed chicken fillet burger

Servings per package: 60 Average serving size: 120 g		
	Quantity per serve	Quantity per 100 g
ENERGY	1176 kJ	980 kJ
PROTEIN	17.4 g	14.5 g
FAT – Total – Saturated	 15.8 g 4.1 g	 13.2 g 3.4 g
CARBOHYDRATE – Sugars	18.3 g 0.2 g	15.3 g 0.2 g
SODIUM	734 mg	612 mg

You have now determined that this crumbed chicken fillet burger is in the AMBER food category and NOT in the RED category.

Kilojoules are within the criteria at 980 kJ/100 g

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

Sodium is within the criteria at 612 mg/100 g

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

Comparing a snack food item against the criteria

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 the category: SNACK FOODS AND DRINKS – Savoury snack foods and biscuits.

Snack Foods and Drinks are assessed per serve, therefore look at the per serve column on the Nutrition Information Panel.

Step 2

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

- Energy (kilojoules)
- Saturated fat
- Sodium

Step 3

Determine your serve size: At your tuckshop you sell 24 biscuits as a serve. This is one and a half times the serve on the label, that is, 16 × 1.5 = 24 biscuits

Step 4

Compare the Nutrition Information Panel per serve with the criteria from the 'Occasional' Food and Drink Criteria table (see page 20).

- Energy: 770 kJ × 1.5 serves = 1155 kJ as served
- Saturated Fat: 3.9 g × 1.5 = 5.8 g as served
- Sodium: 238 mg × 1.5 = 357 mg as served

You have now determined that at this serving size, these savoury biscuits ARE an 'Occasional' food or drink (RED category) and should be limited for supply to no more than two times per term.

Nutrition Information Panel for Baked Savoury Biscuits

Servings per package: 6 Average serving size: 16 biscuits (35 g)		
	Quantity per serve 16 Biscuits (35 g)	Quantity 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
CARBOHYDRATE – Sugars	20.4 g 1.1 g	58.1 g 3.2 g
DIETARY FIBRE	1.4 g	4.0 g
SODIUM	238 mg	678 mg

This serving of biscuits is over the set criteria for energy at 1155 kJ

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

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

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

Ready reckoner of commonly supplied food and drinks

Using the Ready Reckoner

These tables will provide you with a guide to food and drinks commonly supplied in schools, and the category they are most likely to fit into. Circles in two columns indicate that brands or varieties of foods and drinks in this category differ and may fit into one or other of the categories shown.

Foods	Likely part of the food and drink spectrum			Comments
	Green	Amber	Red	
Breads and alternatives ■ Select a variety of different breads, including wholegrain. ■ scones – plain or fruit ■ raisin, fruit bread or buns ■ rice and corn cakes	● ● ● ●			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. Toasted breads/jaffles served with fillings are a tasty alternative to sandwiches. They are often popular winter foods. 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. Bread cases can be filled with similar fillings to the baked potatoes. Toasted raisin/fruit bread or buns are often popular as snack foods. Rice and corn cakes can be served with interesting vegetable toppings.
Rice and noodles ■ fried rice ■ stir fried noodles ■ hot noodle cups ■ sushi	● ● ● ●	● ● ●		Plain rice and noodles are in the GREEN category. Rice-based and noodle-based dishes can be high in sodium and saturated fat. Choose reduced fat and salt reduced versions.
Breakfast cereals	●	●		Choose wholegrain cereals, wholewheat flake and puffed cereals, porridge, and wholewheat breakfast biscuits. These fit into the GREEN category. Serve with reduced-fat milk. Refined cereals are likely to be in AMBER.
Fruit ■ fresh ■ frozen ■ canned ■ dried	● ● ● ●			Any fresh fruit in season – whole, sliced, cubed, wedges, quarters, spirals (for example apple slinkies can be made using a special peeling and slicing machine). 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.

Foods	Likely part of the food and drink spectrum			Comments
	Green	Amber	Red	
Vegetables ■ fresh ■ baked potatoes ■ corn on the cob	● ● ●			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.
Legumes ■ baked beans ■ lentil patties ■ felafels	● ●	 ●		Baked beans can be used in sandwiches and jaffles as a meat alternative. Choose salt reduced varieties. Lentil patties and felafels can be used in rolls and sandwiches or served with salads.
Salads ■ garden/mixed ■ pasta ■ potato ■ rice ■ tabouleh ■ coleslaw ■ egg	 ● ● ● ● ● ● ●	 ● ● ● ● ● ● ●		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. For the salad to fit in the GREEN category, select the dressing carefully – no dressing or a no-oil or reduced-oil dressing is recommended.
Soups ■ canned ■ commercially prepared ■ canteen made	 ● ● ●	 ● ● ●		Soups either made in the canteen for example 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.
Dairy foods ■ yoghurt ■ custard ■ cheese ■ fromage frais ■ milk	Reduced fat	Full fat		Children and adolescents of school age do not need the full-fat varieties of these products. The reduced-fat versions should be encouraged. Yoghurt – plain and fruit varieties and custard can be frozen in summer and sold as a snack. Fromage frais – reduced fat fruit or vanilla. See drinks.
Meat/fish/poultry (not crumbed) and alternatives ■ lean meats (for example roast beef) ■ lean chicken meat (no skin) ■ turkey ■ egg (hard boiled then mashed or sliced) ■ fish (for example tuna or salmon in spring water, sardines) ■ nuts ■ meat pattie (not crumbed) ■ fish pattie ■ char-grilled chicken fillet ■ chicken drumsticks ■ meat balls ■ pork spare ribs	 ● ● ● ● ● ● 	 ● ● ● ● ● ●	 ● ● ● ● ● ●	These foods are a good source of protein and can be used for hot rolls, sandwiches, salad plates, pizza topping etc. Some of these products will fit into the RED category. Check labels carefully. These products are usually used to make the following items in the canteen: – burgers – kebabs – burritos and tacos – focaccias 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).

Foods	Likely part of the food and drink spectrum			Comments
	Green	Amber	Red	
Processed meats ■ devon ■ ham ■ chicken roll ■ corned beef ■ bacon ■ pastrami ■ salami	 	 ● ● ● ● ● ● ●	 	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.
Crumbed chicken, fish or vegetable products ■ chicken nuggets ■ chicken fillet wedges ■ chicken patty ■ fish fingers ■ fish burgers ■ vegetable patties ■ battered saveloys and sausages (beef, lamb and chicken varieties) ■ frankfurters	 	 ● ● ● ● ● ● ●	 ● ● ● ● ● ● ● ●	It's important to check the label against RED as some products are often high in saturated fat and sodium. Again, if using these products, DON'T DEEP FRY. Limit the number per serve of nuggets and chip type products to keep down the kilojoules. Sausages and battered saveloys are very high in saturated fat and sodium placing them into the RED end of the spectrum. Most frankfurters are high in sodium. Choose a reduced fat and sodium version and serve on a bun to boost the nutritional value.
Commercial oven-baked potato products ■ wedges ■ chips ■ hash browns ■ scallops ■ gems	 	 ● ● ● ● ●	 ● ● ● ● ●	Oven-baked potato products usually fit into the AMBER category. Check the label to be sure and serve in small amounts. All deep fried foods are in the RED category.
Pasta products ■ lasagne ■ spaghetti bolognaise ■ macaroni cheese	 	 ● ● ●	 ● ● ●	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.
Pizza ■ hawaiian ■ supreme ■ cheese and bacon ■ muffin and pita bread-based pizzas	 ●	 ● ● ● ●	 ● ● ● 	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. Muffin and pita bread pizzas make a good snack. Pizzas can be topped with lean meats and fruit or vegetables and served as a snack food.

Foods	Likely part of the food and drink spectrum			Comments
	Green	Amber	Red	
Savoury pastries/breads				The saturated fat content of many pastries will put them into the RED category. Check the label against the criteria.
■ 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.		●	●	A number of companies make reduced fat versions.
■ savoury croissants			●	Croissants are very high in saturated fat and kilojoules and fall into the RED end of the spectrum.
■ garlic bread		●	●	Can be high in saturated fat, sodium and kilojoules. Check the label. To make your own, lightly brush with olive oil and crushed garlic.
Spring rolls, chiko rolls, and dim sims		●	●	Check these products against the criteria. Some will fall into AMBER. DON'T DEEP FRY. Oven-bake these foods or steam dim sims to keep the fat and kilojoules down.
Spreads				Use sparingly. Choose reduced-salt varieties where available.
■ peanut butter and other nut spreads, fish, chicken and meat paste, yeast and vegetable extract spreads		●		Make sure you can see the bread through the spread!
■ chocolate spreads, honey and jam		●	●	These spreads have minimal nutritional value and may contribute to tooth decay if eaten frequently. Fill bread with other Smart Choices such as lean meats and vegetables.
Sauces and gravy				Use sparingly. Choose reduced salt varieties where available.
■ tomato		●	●	
■ sweet chilli		●	●	
■ BBQ		●	●	
■ soy		●	●	
■ satay/peanut		●	●	
■ gravy		●	●	
Fats and oils				Choose polyunsaturated or mono-unsaturated varieties and use sparingly.
■ margarine and oil		●	●	
■ mayonnaise		●	●	Butter is high in saturated fat; use polyunsaturated margarine instead.
Cakes, muffins, sweet biscuits and slices		●	●	Some un-iced cakes, muffins and sweet biscuits that are a small to medium serve size or have been modified (for example reduced levels of fat or sugar and include fibre) may fit into AMBER. Check label against the RED criteria.
Ice-creams, milk-based ice confections and dairy desserts				Check standard ice-creams, milk-based ice confections and dairy desserts against the RED criteria.
■ chocolate coated			●	
■ premium			●	
■ standard reduced and low fat ice-creams and milk-based ice confections		●	●	
■ dairy desserts		●	●	
Ice blocks, water/fruit-based ice confection/slushees		●	●	Watch the serve size and check against the RED criteria. Choose those with greater than 50% fruit juice and watch the serve size.

Foods	Likely part of the food and drink spectrum			Comments
	Green	Amber	Red	
Confectionery				Note: All types of confectionery fit into the RED end of the spectrum. They are foods of minimal nutritional value, or are too high in energy (kilojoules) and saturated fat.
■ lollies – boiled, jellies, juice jellies, cough lollies, liquorice etc.			●	
■ chocolates, carob			●	
Savoury snack foods				Air-popped, no added fat or salt popcorn is a high-fibre, low-fat choice.
■ popcorn	●			
■ flavoured popcorn		●	●	Read the label for flavoured popcorn – it may be too high in saturated fat and salt.
■ crisps and chips			●	Check against the RED criteria. Crisps and chips are generally too high in energy (kilojoules) and/or saturated fat and/or sodium. They fit mostly into the RED category.
Savoury biscuits		●	●	Check against the RED criteria as some products are too high in saturated fat and sodium.
Snack food bars				Choose carefully. Watch the serve size. Check against the RED criteria. These foods are also sticky and can contribute to tooth decay if eaten regularly.
■ cereal-based bars		●	●	
■ fruit bars		●	●	
■ breakfast bars		●	●	
Drinks				
■ Artificially sweetened soft drinks			●	Artificially sweetened drinks fit into the RED category because they have no nutritional value and are high in acidity which can contribute to tooth decay and erosion if consumed regularly.
■ Energy drinks			●	Fit into the RED end of the spectrum. They are foods of minimal nutritional value and are high in caffeine.
■ Flavoured mineral water			●	Fit into the RED end of the spectrum. They are foods of minimal nutritional value.
■ Fruit juices		●		Serve fruit juice chilled or frozen. Stock juices that are smaller in serve size (not more than 250 ml) and look out for products that contain some fibre and no added sugar.
■ Fruit drinks		●	●	Fruit drinks can contain from 5–50% or more fruit juice. Choose those with more than 50% fruit juice and keep the serve size to below 250 ml. Fruit drinks that are larger in serve size will fit into the RED category.
■ Cordials			●	Fit into the RED category. Cordials have no nutritional value.
Milks –				Over the age of two 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.
■ reduced-fat	●			
■ full-fat		●		
■ Soft drinks and sports drinks			●	Fit into the RED category. They are drinks of minimal nutritional value.
■ Sports water		●	●	These are moderate in energy content and fit into the AMBER or RED category. Check the label.
Soy drinks –				Over the age of two years, children and adolescents are encouraged to drink reduced-fat soy drinks. Choose calcium-enriched, reduced-fat or low-fat varieties of plain and flavoured soy drinks, or fresh fruit soyshakes or smoothies.
■ reduced-fat	●			
■ full-fat		●		
■ Water	●			Water is the best thirst quencher. Plain water (spring, mineral or sparkling – serve icy cold in summer). Tip! Some primary schools serve iced water by the cup – charging only for the cup.

Based on the NSW Department of Health and NSW Department of Education and Training *Canteen Menu Planning Guide, 2004*.

Resources

Websites

Education Queensland

www.education.qld.gov.au/schools/healthy

The Safe and Healthy Schools website.

Queensland Health

www.health.qld.gov.au

Information is available about healthy living, including nutrition, physical activity and food safety.

www.foodsafetymatters.gov.au

Dedicated food safety website aimed at schools.

Association of Independent Schools of Queensland

www.aisq.qld.edu.au

Queensland Catholic Education Commission

www.qcec.qld.catholic.edu.au/site/www/index.cfm

Queensland Association of School Tuckshops (QAST)

www.qast.org.au

Telephone for inquiries about tuckshop management, membership and the Registered Product lists. Telephone: 07 3324 1511

Nutrition Australia

www.nutritionaustralia.org/about_us/offices/qld.asp

Telephone for information about the Nutrition in Schools Advisory Service and the School Tuckshop Product Guide.
Telephone: 07 3257 4393

Queensland Council of Parents and Citizens Associations Inc.

www.qcpca.org.au/

Contains a copy of the *P&C Operations Manual* that includes a section on retail operations including tuckshops. This manual also includes a section on food safety for tuckshops.

National Heart Foundation

www.heartfoundation.com.au

Contact for brochures and posters such as *School Lunch Box Ideas*, *Your Heart* and *Eat Smart, Play Smart – A Manual for Out of School Hours Care.*
Telephone the Heartline on 1300 36 27 87

Food Standards Australia and New Zealand

www.foodstandards.gov.au/

For information about food safety, food standards and food labelling.

Commonwealth Department of Health and Ageing

www.health.gov.au/pubhlth/publicat/document/fdcons.pdf

The Australian Guide to Healthy Eating consumer's booklet.

National Health and Medical Research Council

www.nhmrc.gov.au/publications/nhome.htm

A copy of the *Dietary Guidelines for Children and Adolescents in Australia* can be downloaded from this website.

Publications

The Australian Guide to Healthy Eating

To obtain copies of the booklet and poster contact the Commonwealth Department of Health and Ageing on 1800 020 103 extension 8654 (free call) or email phd.publications@health.gov.au

Food for Health – Dietary Guidelines for Children and Adolescents

To obtain copies of the booklet, pamphlet and poster produced by the National Health and Medical Research Council contact National Mail and Marketing on 1800 020 103 ext 9520 (free call) or email nmm@nationalmailing.com.au.

Management Sense Food Sense

A comprehensive manual produced by the Federation of Canteens in Schools (FOCiS). Copies and prices can be obtained from QAST on 07 3324 1511.

Looking After Our Kids

A video and handbook resource for school principals, parent bodies, tuckshop convenors, tuckshop assistants and volunteers to help them understand and comply with the Food Safety Standards. A free copy was sent to every school tuckshop in Australia in 2002. For additional copies (subject to availability) contact the Food Safety and Surveillance Section, Australian Government Department of Health and Ageing on (02) 6289 5131 or email: foodsafety@health.gov.au

Food safety for fundraising events

A pocket book guide to assist charities and community organisations meet their legal obligations under Queensland food safety laws. Copies can be obtained from local Public Health Units. See below for locations and contact numbers.

Brisbane Northside 3250 8509
Brisbane Southside 3000 9148
Bundaberg 4150 2780
Cairns 4050 3601
Charleville 4656 8100
Gold Coast 5509 7222
Hervey Bay 4197 7277

Ipswich 3810 1500
Longreach 4658 0859
Mackay 4968 6611
Mt Isa 4744 4846
Redcliffe 3897 6480
Rockhampton 4920 6989
Sunshine Coast 5409 6600
Thursday Island 4069 0400
Toowoomba 4631 9888
Townsville 4750 4000

Queensland Health healthy eating brochures

Titles include *Great Food for Young People*, *Better Eating for a Healthier Lifestyle* and *Great Lunches and Snacks for Hungry Kids*.

Contact Queensland Health publications on 07 3234 0842.

Queensland food legislation – Information for schools

www.health.qld.gov.au/phs/documents/ehu/16846.pdf

An information sheet on food legislation that affects Queensland schools.

How to use the CD-ROM

On the attached CD-ROM you will find:

- *Food and Drink Supply Strategy for Queensland Schools* including the Food and Drink Selector
- 'Occasional' Food and Drink Criteria table
- Food and Drink Spectrum
- Presentation for use by schools and Parents and Citizens' Associations.

The materials are in Adobe Acrobat PDF format (suitable for use on both Windows PC and Apple Macintosh).

Viewing materials on the CD-ROM

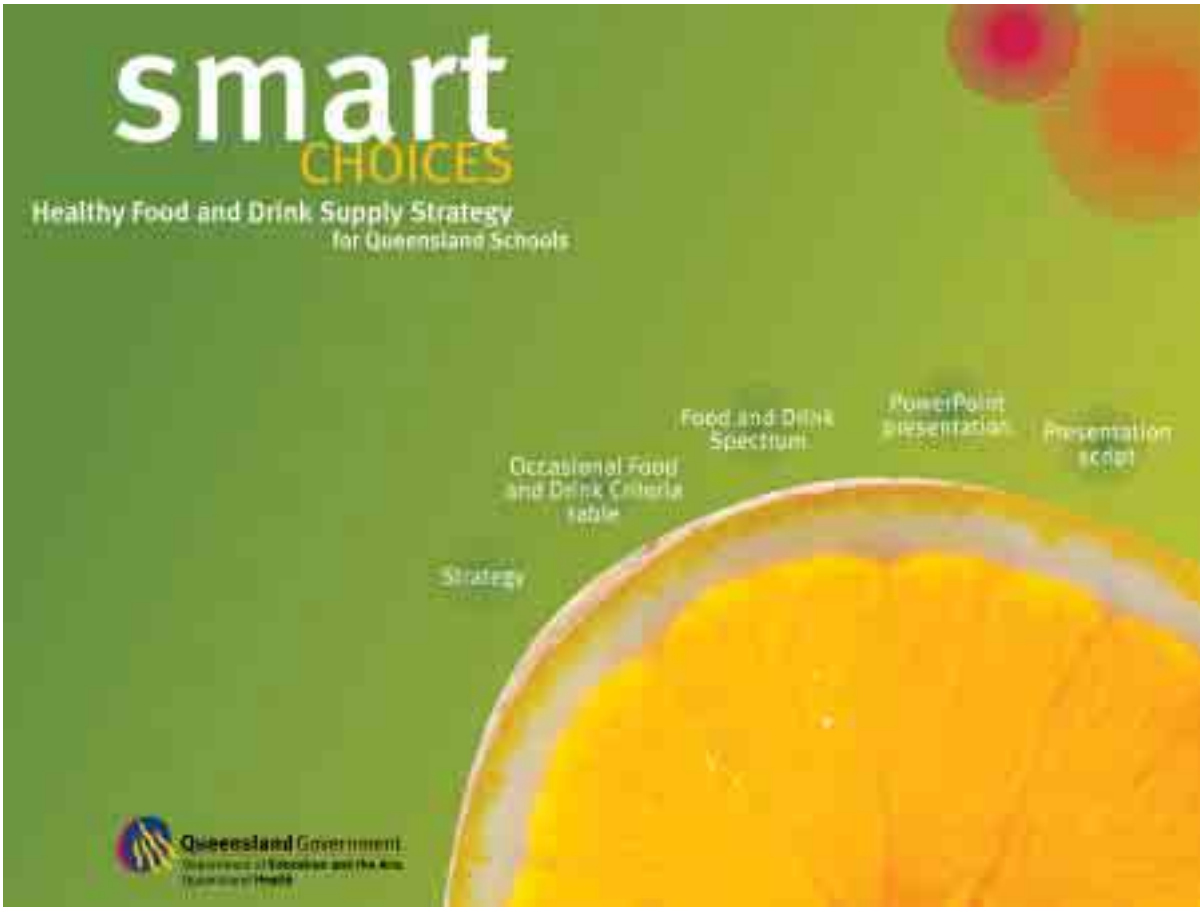
The CD-ROM should start automatically. If not, please open the PDF titles Start_Here. Select the coloured icons to open the document you wish to view (see example below).

When you are finished viewing the material, close the window (or select Close from the File menus on your computer).

To print the material, please follow the instruction below.

Printing additional copies

To print additional copies of any of the materials, select the coloured icon listing the document you wish to print. Then select Print from the File menu on your computer. Click on OK to begin printing the material.

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'.