

ALWAYS ON THE CANTEEN MENU

The GREEN category – ‘always on the canteen menu’

Foods and drinks categorised as **GREEN** are consistent with the *2013 Australian Dietary Guidelines* and are based on the five food groups shown on *The Australian Guide to Healthy Eating* ‘plate’. These foods and drinks are the most suitable to be sold in school canteens and should be available on the canteen menu every day. Foods and drinks in this category offer a wide range of nutrients and are generally low in saturated fat and/or sugar and/or sodium (salt).

Food	Examples
Drinks	<p>Low or reduced-fat milk and soy drinks, plain and flavoured.</p> <ul style="list-style-type: none"> • May contain intense (artificial) sweeteners. • Suggested 375mL serve size or less (except coffee-style milk drinks). • Coffee-style milk drinks (including flavoured) may be sold in secondary school (maximum 375mL serve size). <p>Water: plain (tap, spring, mineral or sparkling), with nothing added.</p>
Bread and alternatives	<p>Bagels, burritos, crumpets, English muffins, foccacia, gluten-free, lavash, Lebanese, multigrain, pita, rye, tortillas, Turkish, wholegrain, wholemeal, white high fibre, white.</p> <p>Raisin and fruit bread, un-iced fruit buns, glazed hot cross fruit buns.</p> <p>Plain and savoury scones, pikelets and pancakes.</p>
Breakfast cereals	<p>Wholegrain, wholewheat flakes, wholegrain puffed cereals, porridge, wholewheat biscuits, low in added sugar, higher in fibre and without added confectionery.</p>
Rice, grains, pasta	<p>Plain rice, noodles, pasta, burghul, cracked wheat, polenta, couscous.</p> <p>Plain air-popped popcorn with nothing added.</p>
Yoghurt, custard and cheese (including soy alternatives)	<p>Low or reduced-fat cheese without added confectionery. Low or reduced-fat plain or fruit yoghurt and custard without added confectionery.</p> <ul style="list-style-type: none"> • May contain intense (artificial) sweeteners.
Fruit	<p>Fresh, in-season is the best choice.</p> <p>Frozen, pureed or canned in natural juice (does not include dried fruit).</p>
Vegetables (including legumes)	<p>Fresh, in-season is the best choice.</p> <p>Frozen or canned without added flavourings.</p> <p>Chickpeas, kidney beans, lentils, baked beans (dried or canned), lentil patties and falafels (grilled or baked).</p>
Lean meat, fish, poultry and alternatives	<p>Unprocessed lean beef, chicken, lamb, pork, turkey, fish.</p> <p>Canned tuna, salmon, sardines.</p> <p>Eggs, nuts* (un-salted, un-roasted, dry roasted).</p>

*Check your school policy regarding the use of nuts and products containing nuts.

SELECT CAREFULLY

The **AMBER** category – ‘select carefully’

Foods and drinks categorised as **AMBER** also contain some valuable nutrients, but may be too high in saturated fat and/or sugar and/or sodium (salt) to be categorised as **GREEN**. If these foods are eaten regularly or in large amounts, they may contribute to excess energy (kilojoules) being consumed.

Food	Examples
Drinks	<p>Full-fat milk and soy drinks, plain and flavoured.</p> <ul style="list-style-type: none"> • May contain intense (artificial) sweeteners. • Suggested 375mL serve size or less (except coffee-style milk drinks). • Coffee-style milk drinks (including flavoured) may be sold in secondary school (maximum 375mL serve size). <p>Fruit and vegetable juice.</p> <ul style="list-style-type: none"> • At least 99% fruit/vegetable juice, including sparkling varieties, no added sugar (maximum 250mL serve size).
Breakfast cereals	Higher in added sugar and lower in fibre.
Yoghurt, custard and cheese (including soy alternatives)	<p>Full-fat cheese without added confectionery. Full-fat plain or fruit yoghurt and custard without added confectionery.</p> <ul style="list-style-type: none"> • May contain intense (artificial) sweeteners.
Dried fruit, fruit leathers	All types. Fruit leathers must be 100% fruit. Keep the serve size small.
Fruit ice blocks, fruit jelly desserts, ice crushes and slushies	<p>At least 99% fruit juice and no added sugar.</p> <ul style="list-style-type: none"> • Ice slushies and fruit jellies (maximum 200mL serve size). • Fruit ice blocks (maximum 125mL serve size).
Meat products and alternatives	<p>Burgers, patties, strips, balls, nuggets, sausages, frankfurts, saveloys (crumbed and not crumbed), stews, casseroles and curries.</p> <p>Lean processed luncheon meats, fritz, devon, chicken loaf, free flow chicken, cured meats (for example: ham, bacon). Chicken drumsticks and wings.</p>
Savoury hot food items	Savoury pastries, filled breads, pasta dishes, pizzas, oven-baked potato products, dim sims, spring rolls, rice and noodle dishes.
Sweet and savoury snack foods	Baked snack biscuits, breakfast bars, rice/corn crackers and cakes, crispbreads, fruit filled bars, flavoured popcorn, muesli bars, nut* and seed bars, sweet or savoury biscuits.
Un-iced cakes, muffins and sweet pastries	Some un-iced cakes and muffins that are small in serve size or have been modified to reduce the amount of saturated fat and/or sugar or with added fibre.
Ice creams, milk-based ices and dairy desserts	<p>Low or reduced-fat ice creams (not chocolate-coated), milk-based ices, custards and dairy desserts.</p> <ul style="list-style-type: none"> • Milk must be listed as the first ingredient.
Fats and oils	Choose polyunsaturated and monounsaturated oils and spreads and use sparingly (for example: sunflower, safflower, corn, soya bean, olive, canola).
Spreads, dips, relishes	Nut* spreads, fish/chicken/meat pastes, yeast spreads, dips, salsa, relishes. Use sparingly.
Sauces	Tomato sauce, tomato paste, mustard, sweet chilli, BBQ, soy, satay. Choose low or reduced-salt products and use sparingly.
Toppings, syrup, jam, honey	Small amounts, use sparingly.

*Foods and drinks categorised as **AMBER** may require assessment against the **AMBER** Nutrient Criteria Tables on page 10.

NOT RECOMMENDED ON THE CANTEEN MENU

The **RED** category – ‘not recommended on the canteen menu’

Foods and drinks categorised as **RED** are not consistent with the *2013 Australian Dietary Guidelines* and should not be sold in a healthy school canteen.

They are low in nutritional value and may also be high in saturated fat and/or added sugar and/or added sodium (salt). They may also provide excess energy (kilojoules). There is ample opportunity for children to consume these foods outside school hours at the discretion of their parents.

Food	Examples
Any product assessed according to the Amber Nutrient Criteria, that does not meet the criteria for energy (kJ), saturated fat, sodium or fibre.	
Drinks	Soft drinks, iced tea, cordial, sports waters, sports drinks, flavoured mineral water, energy drinks, sweetened waters.
Intense (artificial) sweeteners*	Any product containing intense (artificial) sweeteners* with the exception of flavoured milk, fruit yoghurts and custards.
Caffeine and guarana	Any product containing guarana. Coffee-style products (including flavoured), mocha, latte, cappuccino or similar, with the exception of coffee-style milk drinks. Coffee-style milk drinks (including flavoured) in primary school. Coffee-style milk drinks greater than 375mL serve size in secondary school.
Fruit/vegetable juice	Less than 99% juice and/or added sugar and/or greater than 250mL serve size.
Jelly desserts, ice crushes and slushies	Less than 99% fruit juice and/or added sugar and/or greater than 200mL serve size.
Icy-poles and fruit ice blocks	Less than 99% fruit juice and/or added sugar and/or greater than 125mL serve size.
Cakes and slices	Iced cakes and slices, doughnuts, Danishes, croissants, cream-filled buns/cakes.
Confectionary	All types: sold separately or added to products including; boiled lollies, carob, chocolate (including choc chips and chocolate-coated), chocolate spreads, cough lollies, 100s and 1000s, juice jellies, icing, liquorice, soft lollies, yoghurt/ carob-coated.
Deep-fried food	All types.
Fats	Cream, coconut cream, coconut milk, butter, cophera, ghee, lard.

*Code number and prescribed name for intense (artificial) sweeteners include:

950 (acesulphame potassium), 951 (aspartame), 952 (cyclamate), 953 (isomalt), 954 (saccharin), 955 (sucralose), 956 (alitame), 957 (thaumatin), 961 (neotame), 965 (maltitol or hydrogenated glucose syrup), 966 (lactitol), 967 (xylitol), 968 (erythritol)