



# smart CHOICES

## Healthy Food and Drink Supply Strategy for Queensland Schools



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

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# Smart Choices

Approximately, a quarter of our children are overweight or obese. This is a serious issue as people who are overweight or obese 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 government has identified the health of Queenslanders as a priority and has a range of strategies, programs and initiatives to encourage a healthy lifestyle. The aim is to increase the proportion of adults and children with a healthy body weight.

*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 (2013)* and *The Australian Guide to Healthy Eating*.

There are many potential food and drink items that could be supplied in schools and making selections can be a challenging task. The information provided in this strategy will help to make this task easier.

The *Smart Choices food and drink categories* assist with selecting food and drinks to be supplied in schools. Information is provided about:

- 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.

The *Smart Choices Ready Reckoner* provides a guide to food and drinks commonly supplied in schools and the category they are most likely to fit into.

## 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* reflects the *Australian Dietary Guidelines* and *The Australian Guide to Healthy Eating*.



## Australian Dietary Guidelines

The *Australian Dietary Guidelines* 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 people 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.



<b>The Australian Dietary Guidelines</b>
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: <ul style="list-style-type: none"><li>• eat plenty of vegetables, legumes and fruits</li><li>• eat plenty of grain (cereal) foods, (including breads, rice, pasta and noodles), preferably wholegrain</li><li>• include lean meat, fish, poultry and/or alternatives</li><li>• include milks, yoghurt, cheese and/or alternatives. Reduced fat varieties should be encouraged.</li><li>• choose water as a drink.</li></ul>
Care should be taken to: <ul style="list-style-type: none"><li>• limit saturated fat</li><li>• choose foods low in salt</li><li>• consume only moderate amounts foods containing added sugars.</li></ul>
Encourage, support and promote breastfeeding.
Care for your child's food: prepare and store it safely.

Source: Based on material provided by the National Health and Medical Research Council

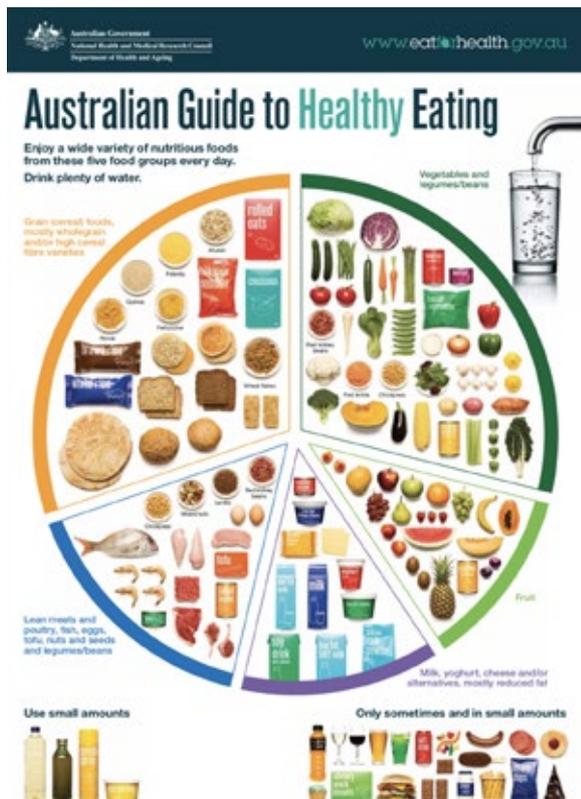


## The Australian Guide to Healthy Eating

*The Australian Guide to Healthy Eating (AGTHE)* 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 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. Over three-quarters of food intake should come from three major food groups – the cereal group, the vegetables and legumes group, and the fruit group.



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### 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 portions they can add variety to the diet without replacing the healthier foods needed each day.



# The food and drink categories

The *Smart Choices food and drink categories* assist with selecting 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 serving sizes.

## RED 'Occasional'

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

Staff and parents also eat from the school tuckshop. While their needs may be different to those of the students', 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 students to try new foods. Classroom activities also provide an opportunity for students to be involved in planning and promoting healthier foods.



## '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 [Smart Choices 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 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. The best drink in this category is plain water.

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 enjoy it!

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

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

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

### The GREEN Category

Food type	Examples
Breads and alternatives <i>Choose wholemeal or high fibre varieties</i>	Breads, bagels, rolls, wraps, tortillas, plain focaccias, panini, Turkish bread, English muffins, crumpets and similar products. Scones, pikelets, pancakes – plain or fruit varieties without toppings or with reduced fat/sugar toppings such as reduced fat spread, fruit puree, whipped ricotta, yoghurt. Raisin and fruit bread, un-iced fruit buns, glazed hot cross fruit buns. Plain rice cakes and corn cakes, crisp breads and water crackers.
Breakfast cereals <i>Serve with reduced fat milk</i>	Wholegrain and minimally processed cereals and porridge, low in added sugar, higher in fibre and without added confectionery.
Drinks	Plain low or reduced fat milk and soy drinks, with no added flavouring. Plain water – still, spring or sparkling, with no added flavouring.
Fruit	All fresh fruit, frozen fruit or canned fruit in 100% fruit juice.
Meat and alternatives <i>Choose lean cuts and serve with GREEN salad/vegetables</i>	Lean meat cuts - trimmed and/or skinless. Meat patties prepared on site, using lean or trimmed meats. Canned tuna, salmon, sardines. Eggs. Unsalted and dry roasted or raw nut varieties. Grilled or baked falafels, lentil or legume patties (low salt).
Meals <i>Prepare on site and use reduced fat and reduced salt ingredients – include salad/vegetables</i>	Pasta, rice, noodles, casseroles, curries, or similar prepared on site with plenty of vegetables and/or lean meats. Pizza prepared on site using thin, muffin or pita style bases with plenty of vegetables and/or lean meats. Soup, homemade or commercial - reduced fat and low salt. Jacket potato with reduced fat toppings. Sushi and rice paper rolls with lean fillings.
Rice, grains and pasta	Plain rice, grains, noodles, couscous, polenta, burghul, quinoa, cracked wheat or similar prepared on site. Air-popped popcorn with nothing added.
Vegetables and legumes	All vegetables, fresh, frozen and reduced salt canned varieties. All salads – if adding dressing choose reduced salt and fat varieties. All legumes, baked beans, chickpeas, beans, lentils, grilled or baked falafels and lentil patties (low salt).
Yoghurt, custard and cheese <i>Choose reduced fat</i>	Low or reduced fat cheese. Low or reduced fat plain or fruit yoghurt and custard without added confectionery or jelly.



## ‘Select carefully’ – the AMBER category

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 serving 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 menu that consists mostly of AMBER foods will provide students with food choices containing too many kilojoules at the expense of the fresh food choices needed for health and vitality.

### Avoid large serving sizes

Providing foods and drinks in larger servings makes it easier to consume excess kilojoules. Select moderate serving sizes instead. If packaging and promoting foods and drinks in the tuckshop, consider the size of the serving.

### 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.

### 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. Products with a 📌 will need to be assessed against the [‘Occasional’ \(RED\) food and drink criteria tables](#). For more information on better choices and ways of serving these products, refer to the *Ready Reckoner*.



## The AMBER Category

Food type	Examples
Bread and alternatives	Commercially produced savoury breads, scrolls, pull-aparts, garlic and herb bread. ♀ Scones, pikelets, pancakes topped with honey, jam, syrup. Flavoured rice and corn cakes.
Breakfast cereals	Refined or processed cereals with some added sugar, flavour and/or sweetener – refined or processed cereals with high amounts of added sugar must not be served.
Drinks	Plain full fat milk and soy drinks, with no added flavouring. All flavoured milk – reduced fat and full fat. Maximum serving size 500mL. Coffee style drinks may only be sold to secondary school students – maximum serving size 375 mL. Fruit and vegetable juice (at least 99% fruit/vegetable juice, non-carbonated, no added flavouring – maximum serving size 250 mL). Slushies must be at least 99% fruit juice with no added sugars, no intense sweeteners, marketed as a fruit-based flavour (maximum serving size 250 mL).
Dried or canned fruit and fruit leathers	Canned fruit in syrup. Dried fruit. Fruit leathers. ♀
Ice creams, milk- based ices and dairy desserts	Low or reduced fat ice creams (not chocolate coated), milk- based ices, and dairy desserts - ensure milk or milk solids or soy is listed as the first ingredient. ♀
Meat and alternatives <i>Choose reduced fat and salt and serve with GREEN salad/vegetables/grains</i>	Sausages (e.g. very lean meat and low salt varieties, chicken, kangaroo), frankfurters, cheerios, commercial meat patties (beef, lamb, chicken, fish or lentils) or chicken fillets, chicken drumsticks, meatballs and similar. ♀ Lean processed luncheon meats, chicken roll/loaf, free flow chicken, cured meats (e.g. ham, bacon), corned beef, devon. Nuts, salted or roasted varieties.
Meals	Commercial pre-packaged or frozen pizza, pasta, rice, noodles and noodle cups, casseroles, curries or similar. ♀ Cream based soups, commercial or made on site. Sushi and rice paper rolls with crumbed filling.
Savoury hot foods <i>Limit the serving size and number per serving – serve with salad/vegetables. Check the nutritional panel of these products carefully to assess whether they fit into the AMBER or RED category.</i>	Pies, party pies, sausage rolls, filled pastries, cheese and spinach triangles, quiches, samosas and similar. ♀ Chicken fillets, patties, nuggets, strips, goujons, fish fingers, crumbed fish, beef or chicken and similar. ♀ Potato/vegetable wedges, gems, hash browns and similar. Instant hot noodle cups, reduced fat and low salt. ♀
Sauces, spreads and condiments	Use all sauces, dips, condiments, gravies and sandwich spreads (excluding butter) in small amounts and choose reduced fat and reduced salt varieties. Honey, jam and syrup.
Snack foods and baked goods	Flavoured commercial popcorn – no butter, reduced salt flavourings. ♀ Un-iced, high fibre and reduced fat varieties of baked goods in a small to medium serving 30–40g. ♀ Snack food bars, muesli bars, savoury biscuits, muffins and similar. ♀
Yoghurt, custard and cheese	Full fat cheese. Full fat plain or fruit yoghurt and custard without added confectionery.

Many commercial products may fit into either the AMBER or RED category. Read the labels and assess against the [‘Occasional’ \(RED\) food and drink criteria tables](#).

## 'Occasional' – the RED category

The 'occasional' foods and drinks that make up the RED category of the [Smart Choices 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, and curriculum activities.

### Types of food that fit into the RED category

The information below provides a broad description of the types of foods and drinks that fall into the RED category. The *Ready Reckoner* can also help to make decisions about these products.

A set of nutrient criteria is also provided to work out whether a food or drink fits into the RED category.

### The RED Category

Food type	Examples
Confectionery	All types sold separately or added to products including boiled lollies, cough lollies, jelly lollies, frozen jellies, jelly fillings, juice jellies, chocolate chips, carob, chocolate, chocolate/yoghurt/carob coated items, liquorice, hazelnut spreads, icing, jelly or cream based fillings and similar products.
Deep fried food	All deep fried food including foods that have been deep-fried or battered and reheated.
Drinks	All sugar-sweetened drinks, soft drinks, intensely-sweetened drinks (excluding milk), carbonated juices and other carbonated drinks, flavoured mineral waters, cordials, flavoured waters, vitamin/nutrient waters, sports drinks and waters, fruit drinks, iced teas and similar.
Fats and oils	Saturated fats including butter, lard, ghee, copha, coconut and palm oil. Cream, coconut cream and full fat coconut milk.
Ice cream and ices	Chocolate coated or premium products. Slushies with less than 99% fruit juice or more than the maximum serving size of 250mL
Savoury hot food	Pies, party pies, sausage rolls, filled pastries, cheese and spinach triangles, quiches, samosas and similar. ♀ Chicken fillets, patties, nuggets, strips, goujons, fish fingers, crumbed fish, beef or chicken and similar. ♀ Potato/vegetable wedges, gems, hash browns and similar. ♀ Instant hot noodle cups, reduced fat and low salt. ♀
Sweet pastries	All croissants, danishes and similar – plain and savoury.
Snack foods and baked goods	Potato chips (crisps), corn chips, vegetable chips (crisps), cereal based snacks (corn chips, rice chips), extruded snacks (savoury, puffs, balls or rings) and similar snacks. Products which are iced or cream filled, with added confectionery e.g. slices, cakes, chocolate chip cookies, doughnuts, buns or similar products. Snack food bars, muesli bars, pretzels, chick pea snacks, savoury biscuits, muffins and similar. ♀
Yoghurt, custard, dairy desserts	Products containing chocolate or added confectionery.

Many commercial products may fit into either the AMBER or RED category. Read the labels and assess against the ['Occasional' \(RED\) food and drink criteria tables](#).

# Nutrient criteria to identify ‘Occasional’ (RED) foods and drinks

## The ‘Occasional’ (RED) food and drink criteria

The [‘Occasional’ \(RED\) food and drink criteria tables](#) list the 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 serving sizes within this grouping.

**Snack foods and drinks are assessed ‘per serving’.** The ‘per serving’ measure is provided for ease of use. It applies to those products that are generally pre-packaged into individual servings.

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

## Assessing a product against the criteria

Use the [‘Occasional’ \(RED\) food and drink criteria tables](#) to determine if a food or drink fits into the RED category.

## The ‘Occasional’ (RED) food and drink criteria table

If the hot food item being considered 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 being considered 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

**NOTE:** All drinks other than plain water, milk (plain and flavoured) and at least 99% fruit or vegetable juice (non-carbonated) are classified as RED and their supply limited to no more than two occasions per term.

The *Savoury snack foods and biscuits* category does not apply to chips and similar snacks as all chips and similar snacks are classified at RED and their supply limited to no more than two occasions per term.

The *Cakes, muffins and sweet pastries* category does not apply to products with sweet fillings, icings, cream and added confectionery as these are classified as RED and their supply limited to no more than two occasions per term.

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

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

Snack foods and drinks assessed per serving				
Category	Nutrient Criteria			
Food or drink	Energy (kilojoules) per serving	Saturated Fat (g) per serving	Sodium (mg) per serving	Fibre (g) per serving
Ices and ice confection	>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

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



# 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.

## 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 serving 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).

## Example Nutrition Information Panel

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



# Nutrition information and serving 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' (RED) food and drink criteria tables*. 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 amount** is **greater than** the criteria on the *'Occasional' food and drink criteria table* 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' (RED) food and drink criteria tables*.

### Nutrition Information Panel for crumbed chicken fillet burger

Servings per package: 60		
Average serving size: 120 g		
	Quantity per serving	Quantity 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
CARBOHYDRATE		
– Sugars	0.2 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 serving** 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 serving, therefore look at the per serving 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 serving size: At your tuckshop you sell 24 biscuits as a serving. This is one and a half times the serving on the label, that is,  $16 \times 1.5 = 24$  biscuits

#### Step 4

Compare the Nutrition Information Panel per serve with the criteria from the ['Occasional' \(RED\) food and drink criteria tables](#).

- Energy:  $770 \text{ kJ} \times 1.5 \text{ servings} = 1155 \text{ kJ as served}$
- Saturated Fat:  $3.9 \text{ g} \times 1.5 = 5.8 \text{ g as served}$
- Sodium:  $238 \text{ mg} \times 1.5 = 357 \text{ mg as served}$

You have now determined that at this serving size, these savoury biscuits **ARE** an 'Occasional' food or drink (RED) 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 serving 16 Biscuits (35 g)	Quantity per 100 g
<b>ENERGY</b>	<b>770 kJ</b>	2195 kJ
PROTEIN	5.2 g	14.8 g
FAT		
– Total	8.8 g	25.1 g
– Saturated	<b>3.9 g</b>	11.1 g
CARBOHYDRATE		
– Sugars	1.1 g	3.2 g
DIETARY FIBRE	1.4 g	4.0 g
<b>SODIUM</b>	<b>238 mg</b>	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 serving	Saturated Fat (g) per serving	Sodium (mg) per serving
Savoury snack foods and biscuits	>600 kJ	>3 g	>200 mg



# Resources



## Websites

### Department of Education

[www.education.qld.gov.au/students/student-health-safety-wellbeing/student-health/smart-choices](http://www.education.qld.gov.au/students/student-health-safety-wellbeing/student-health/smart-choices)

The Smart Choices website: Resources, information sheets, FAQs, recipes, training and videos.

### Queensland Health

[www.qld.gov.au/health/staying-healthy/environmental/food](http://www.qld.gov.au/health/staying-healthy/environmental/food) Information about food handling and hygiene.

[www.healthier.qld.gov.au](http://www.healthier.qld.gov.au)

Information is available about choosing healthier options, including recipes.

### Independent Schools of Queensland

[www.isq.qld.edu.au](http://www.isq.qld.edu.au)

Information about independent schools.

### Queensland Catholic Education Commission

[www.qcec.catholic.edu.au](http://www.qcec.catholic.edu.au)

Information about catholic schools.

### Queensland Association of School Tuckshops (QAST)

[www.qast.org.au](http://www.qast.org.au)

Information about tuckshop management, food safety, menus and training courses.

### NAQ Nutrition

[www.naqld.org/services/food-smart-schools](http://www.naqld.org/services/food-smart-schools)

Information about the Food Smart School service.

Telephone: 07 3257 4393

Email: [info@foodsmartschools.org](mailto:info@foodsmartschools.org)

### P&Cs Queensland

[www.pandcsqld.com.au](http://www.pandcsqld.com.au)

Support for state school P&Cs.

### Food Standards Australia and New Zealand

[www.foodstandards.gov.au](http://www.foodstandards.gov.au)

Information about food safety, food standards, and food labelling.

### National Heart Foundation

[www.heartfoundation.org.au](http://www.heartfoundation.org.au)

Information about healthy eating ideas.

[www.heartfoundation.org.au/programs/healthy-kids-website](http://www.heartfoundation.org.au/programs/healthy-kids-website)

Information about school lunch box ideas, simple food swaps for healthier eating.

Telephone the Heart Foundation Helpline on 131112

### Commonwealth Department of Health

[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

Information about the *Australian Dietary Guidelines*, including the *Australian Guide to Healthy Eating*.

### National Health and Medical Research Council

<https://nhmrc.gov.au/health-advice/nutrition>

A copy of the *Australian Dietary Guidelines* and healthy eating posters can be downloaded from this website.





## Publications

### ***The Australian Guide to Healthy Eating***

The *Australian Guide to Healthy Eating* and *Australian Dietary Guidelines*, which provide advice on eating for health and wellbeing, are available at [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

### ***Australian Dietary Guidelines***

The Australian Government Department of Health provides dietary guidelines that outline advice about the amount and kind of foods that we need to eat for health and wellbeing  
[www.eatforhealth.gov.au/sites/default/files/content/The%20Guidelines/n55f\\_children\\_brochure.pdf](http://www.eatforhealth.gov.au/sites/default/files/content/The%20Guidelines/n55f_children_brochure.pdf)

### ***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 online at [www.publications.qld.gov.au/dataset/food-safety-for-non-profit-organisations/resource/f9bafd7c-1d28-4a8a-b009-eb08e177aed](http://www.publications.qld.gov.au/dataset/food-safety-for-non-profit-organisations/resource/f9bafd7c-1d28-4a8a-b009-eb08e177aed)

