

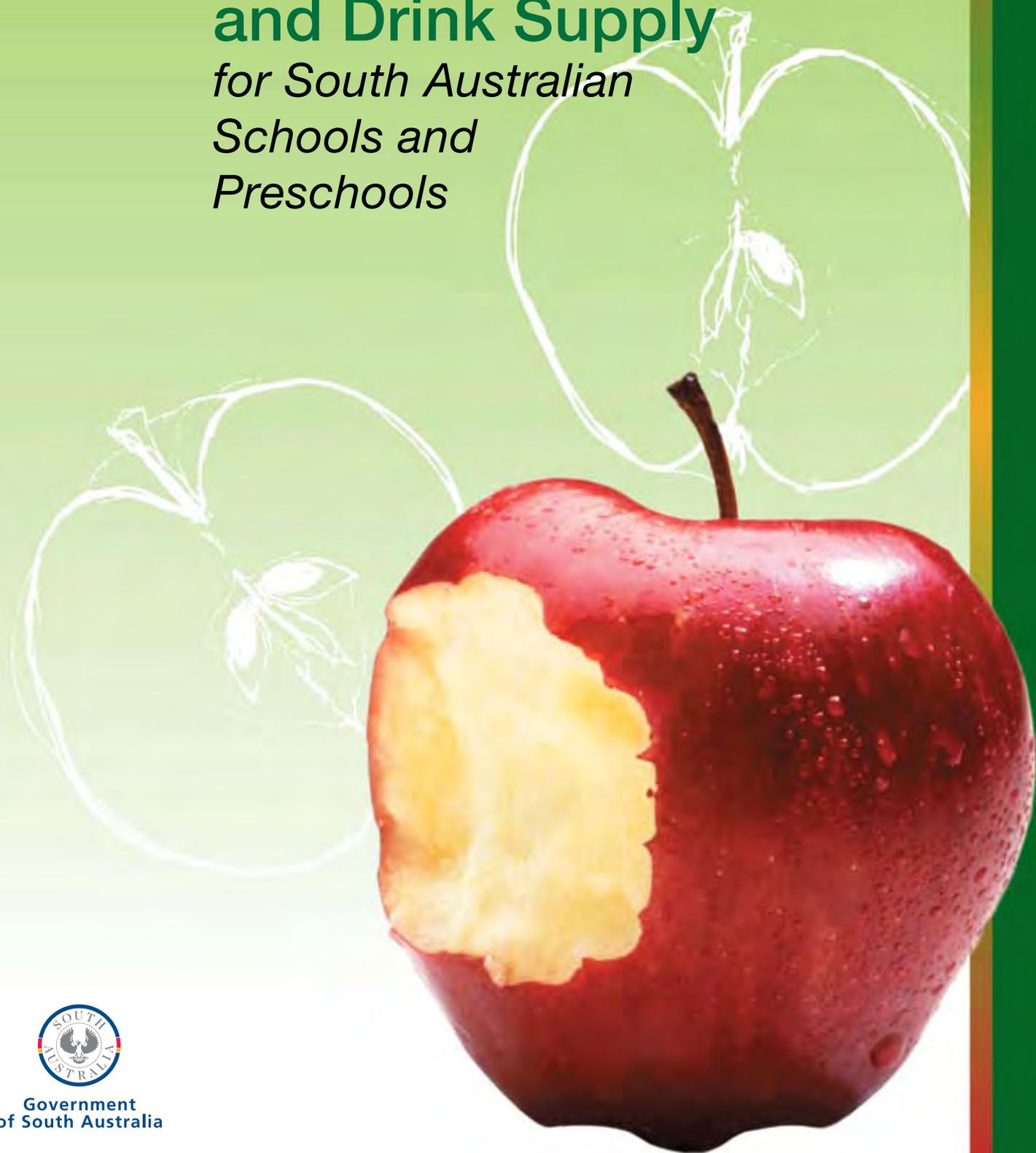
Revised



Easy Guide to...

**Healthy Food
and Drink Supply**

*for South Australian
Schools and
Preschools*



Government
of South Australia



Easy Guide to...

Healthy Food and Drink Supply for South Australian Schools and Preschools

This **Right Bite Easy Guide** assists SA Government schools and preschools to select food and drink to promote healthy eating.

Food and drink have been classified according to their nutritional value, into three categories:

Green

Amber

Red

This is shown in the **Right Bite Food and Drink Spectrum**, a visual guide that shows where certain foods fit with healthy eating.

Right Bite is the next phase of the implementation of the *eat well sa* Food and Drink Supply Strategy for SA schools and preschools, launched in 2004.

It is based on the *Australian Dietary Guidelines for Children and Adolescents* and *The Australian Guide to Healthy Eating* (AGHE).

The **Right Bite Easy Guide** ensures that healthy food and drink choices are provided in SA schools and preschools.



"Eating healthy food, developing skills and having fun are among the ingredients that enable young people to enjoy life and achieve their potential. This Right Bite Easy Guide will assist school and preschool communities to make healthier food and drink choices in the best interests of young people and South Australia's future."

Jane Lomax-Smith
Minister for Education
and Children's Services



"Data shows one in five children under the age of 12 eats junk food or snacks high in fat, salt and sugar content at least once a day. We know that these poor choices can affect children's health and result in overweight and obesity."

"This guide will help schools and preschools select the right food and drinks for healthy eating. Its colour coding system is an easy way to identify foods and drinks that are the best choices for children and young people."

John Hill
Minister for Health



www.decs.sa.gov.au/eatwellsa

CHOOSE PLENTY – the GREEN category

Food and drink in this category are the best choices for schools and preschools. They include:

- Breads, cereals, rice, pasta and noodles
- Vegetables and legumes
- Fruit
- Dairy foods – reduced or low fat milk, yoghurt and cheese
- Lean meat and poultry, fish, eggs, nuts and legumes (dried beans and lentils)
- Water

Include a wide variety of these foods as part of the foods wherever possible supplied and promote them as tasty, fresh and good value for money choices.

Water is an important part of this category. Fresh clean tap water should be available at all times.

Within this category some foods are even healthier choices than others. Wholegrain breads and cereal products are healthier because they incorporate all of the natural grain and are higher in fibre. Examples are air-popped popcorn, high fibre breakfast cereals, wholemeal, rye and high fibre breads and crispbreads. Fruits and vegetables that are eaten with the skin on (eg apples, carrots) are also higher in fibre than when peeled.

Encourage and promote these foods and drinks

GREEN category food and drink should make up the majority of choices provided for students in SA schools and preschools. Foods from the GREEN category can be marketed as tasty and good value. Take every opportunity to include them whenever food is provided, including in the canteen.

For example, add at least one salad vegetable to sandwiches and rolls, add salad to burgers, and serve chilled fruit pieces at lunchtime.

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



Choose plenty

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.
Cereal foods	Rice, pasta, noodles, polenta and burghul/cracked wheat (often used in tabouli 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, chickpeas, peas, bean curd, tofu and pappadums (made from legume flour).
Reduced fat dairy products	Reduced fat plain milk – serves 600ml or less for secondary schools and 375ml or less for primary schools and preschools. Reduced fat flavoured milk (not coffee) – serves 375ml or less and smaller size recommended for primary schools and preschools. Low fat yoghurt, custard and cheese. Also see ‘drinks’.
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! Cool, fresh, clean tap water is recommended. Reduced fat milk and reduced fat soy drinks.

* Check your school's or preschool's policy regarding the use of products containing nuts.



SELECT CAREFULLY – the AMBER category

Selecting food and drink carefully means:

- reducing the number of AMBER foods supplied and selecting healthier choices from this category
- offering some of these foods only on certain days of the week
- avoiding large serving sizes
- serving AMBER foods with extra vegetables and fruits
- planning ways to reduce the proportion of AMBER choices provided compared with GREEN choices.

AMBER foods are mainly those that have had some fat, sugar or salt added to them and water removed during processing.

Don't let these foods and drinks dominate

Many foods that are found in the AMBER segment of the spectrum can be convenient to offer. However they should not dominate the menu at the expense of healthier GREEN choices. A menu that consists mostly of AMBER foods will provide the student with food choices containing too many kilojoules at the expense of the fresh choices that children and students need for health and vitality.

Avoid large serving sizes

There is a general trend towards serving or packaging foods in larger serving sizes. For example, some meat pies are 25% bigger today than they were several years ago. Eating foods in larger serve sizes makes it easier to consume excess kilojoules. Select moderate serve sizes instead. If you are packaging and promoting foods within the canteen, consider the size of the serve.

Select healthier choices within the AMBER category

There are healthier product choices within the AMBER segment of the spectrum that contain more vegetables and fruit and reduced levels of saturated fat, salt or sugar when compared to the regular products.



Select carefully

Food Type	Examples
Full fat dairy foods	Milk (plain 600ml and flavoured 375ml, not coffee). Yoghurt, custard and cheese. Full fat dairy foods are higher in saturated fat and 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 attached nutrient criteria to ensure products fit into AMBER and not into the RED category. Examples include savoury pastries, spring rolls and dim sims, pasta products, pizza, oven baked potato products, sausages, frankfurters, meat patties, meat balls, chicken drumsticks, pork spare ribs, fried rice and noodles, ready to eat curries, stroganoff and stew type products.
Processed meats	Use in small amounts only, as larger serve sizes can provide too much saturated fat and/or sodium. Examples include fritz, ham, salami, bacon, chicken roll, corned beef and pastrami.
Margarine, mayonnaise and oil	Choose polyunsaturated or mono-unsaturated (and reduced salt) 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 spreads.
Sauces and gravy	Use sparingly. Choose reduced salt varieties where available. Examples include tomato sauce, sweet chilli sauce and gravy. Some sauces (eg satay) also contain nut products.
Snack food bars	Check the label against the attached nutrient criteria. Examples include breakfast bars, cereal bars, and fruit bars.
Savoury snack foods and biscuits	Check the label against the attached nutrient criteria. Examples most likely to fit here include oven baked snack biscuits, some popcorn, and some dry biscuits.
Cakes, muffins and sweet biscuits	Check the label against the attached nutrient criteria. Some un-iced cakes, muffins and sweet biscuits that are a small to medium serve size or have been modified (e.g. reduced levels of fat and/or sugar and include fibre) may fit into the AMBER category.
Ice creams, milk based ice confections and dairy desserts	Check the label against the attached nutrient criteria. Ice creams, milk based ice confections and dairy desserts that are not coated in chocolate, premium or in a large serve size are likely to fall into the AMBER category.
Ice blocks, fruit based ice confections, slushees	Check the label against the attached nutrient criteria. Choose those based on 99% fruit juice and serve size 250ml or less.
Drinks	Fruit juice – choose those that are 99% juice 250ml or less.
Breakfast cereals	Some breakfast cereals with added sugars and/or saturated fat fit into AMBER. Avoid those with high levels of added sugar.

OCCASIONALLY – the RED category

The food and drink that fit into this segment are not essential for a healthy diet and are banned from sale at school canteens and preschools.

They are outside of the foods recommended by the Dietary Guidelines for Children and Adolescents in Australia and are based on the 'extra' foods as defined by the Australian Guide to Healthy Eating.

Avoid or limit to a maximum of two occasions a term

RED category foods and drinks are banned from sale at school canteens and preschools.

However, some may be provided on a maximum of two occasions a term in certain situations, such as celebrations or events like fetes, in which the whole school community is involved.

Occasionally

Food Type	Examples
The following foods and drinks are always in the RED category and do not need to be checked against criteria.	
Drinks	Soft drinks, artificially sweetened soft drinks, energy drinks, sports drinks, flavoured mineral waters, sports waters and fruit drinks.
Confectionery	Confectionery – all types.
Drinks containing caffeine or guarana	Drinks containing caffeine, such as coffee milk, or guarana (a natural caffeine source), such as energy drinks*.
Icy-poles and ice crushes	All types unless 99% or more fruit juice and less than 250ml.
Artificially sweetened food and drinks	All types.
The following foods may be provided on a maximum of two occasions a term in certain situations such as celebrations or fetes in which the whole school community is involved.	
Deep fried foods	All types.
Snack foods	Savoury snack foods – crisps, chips, biscuits and other similar products.
Ice-creams	All types.
Cakes and slices	Cakes, muffins, sweet pastries and slices – croissants, doughnuts, cream-filled buns/cakes, sweet pastries, slices and bars. Medium to large serves of many cakes and muffins.
Savoury pastries	Pies, pasties, sausage rolls.
Other savoury hot or cold foods	Pasta meals, pizzas, baked potato products, dim sims, fried rice and noodles, crumbed and coated foods, frankfurts and sausages.

* This ban does not include beverages which contain trace amounts of caffeine such as chocolate flavoured milk.



NUTRIENT CRITERIA**

If the item you are considering has more than the number specified in the energy, saturated fat or sodium column, or less than the number in the fibre column, it is an 'Occasional' RED food.

Hot food items assessed per 100g <i>Key: > means more than, < means less than.</i>			
Category	Nutrient Criteria		
Food	Energy (kJ) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g
Savoury pastries, pasta, pizzas, oven baked potato products, dim sims, spring rolls, fried rice and noodles	>1000kJ	>5g	>400mg
Crumbed and coated foods (eg patties, ribs, chicken products), frankfurters, sausages	>1000kJ	>5g	>700mg

Note: All foods deep fried are banned from sale at school canteens. They are too high in kilojoules and fat (usually saturated fat).

Snack foods assessed per serve <i>Key: > means more than, < means less than.</i>				
Category	Nutrient Criteria			
Food	Energy (kJ) per serve	Saturated fat (g) per serve	Sodium (mg) per serve	Fibre (g) per serve
Snack food bars and sweet biscuits	>600kJ	>3g		<1.0g
Savoury snack foods and biscuits	>600kJ	>3g	>200mg	
Ice creams, milk based ice confections and dairy desserts	>600kJ	>3g		
Cakes, muffins and sweet pastries etc	>900kJ	>3g		<1.5g

Note: All types of confectionery fit into the RED end of the spectrum. They are products of minimal nutritional value.

** Based on the NSW Department of Health and the NSW Department of Education and Training *Fresh Tastes @ School Canteen Menu Planning Guide* (2006).

The Right Bite strategy does not register or endorse any food or drink products.

