

Category	Nutrient Criteria			
Food	Energy (kj) per serve	Saturated fat (g) per 100g	Sodium (mg) per 100g	Fibre (g) per serve
Snack foods, 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	>900kj	>3g		<1.5g

**GUIDE (ON BACK) TO USE WHEN READING NUTRITIONAL PANELS TO DETERMINE IF FOODS ARE RED:**

**Energy (kj) – per serve.** It is a **red** food if it is more than 600kj or 900kj **per serve** (depending on category)

**Saturated fat (g) – per 100g.** It is a **red** food if it has more than 3g **per 100g**

**Sodium (mg) – per 100g.** It is a **red** food if it has more than 200mg **per 100g**

**Fibre (g)- per serve.** It is a **red** food if it has less than 1.0g or 1.5g **per serve** (depending on category)

If the food does not fit into **ANY** of the nutrient criteria, then it is deemed to be a **red** food which is best left to eat outside of Kindy sessions.

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