



The Easy Guide to Healthy Food and Drink Supply for South Australian Schools and Preschools



**Government
of South Australia**

Department for Education
and Child Development

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This Right Bite Easy Guide assists SA Government schools and preschools to select food and drinks 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.

It is based on the Australian Dietary Guidelines (2013).

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



Providing *Every chance for every child* is a priority of this government and assisting children to make healthy food and drink choices in the school and preschool setting is one of the strategies for achieving this.

This is important not just for children's health and wellbeing, but importantly for improving their chances of reaching their potential and achieving higher standards in education. Research demonstrates that *Students with decreased overall diet quality are significantly more likely to perform poorly on assessment tasks*. The Right Bite Easy Guide will assist communities to make healthier food and drink choices thereby providing *Every chance for every child*.

Jennifer Rankine

Minister for Education and Child Development



Good nutrition is crucial for children's healthy growth, learning and development. Data shows that 35% of the kilojoules children aged 2-16 years consume are from foods and beverages that

are high in unhealthy fats, salt and sugar. We know that these poor choices affect children's health and contribute to too many children being overweight. With its easy-to-use colour coding system, this guide will help schools and preschools identify and provide the right food and drinks for children and young people, to both support their good health and assist them to develop healthy eating habits for life.

Jack Snelling

Minister for Health and Ageing



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www.decd.sa.gov.au/eatwellsa

GREEN CATEGORY

Food and drinks in this category are the best choices for schools and preschools.

They include nutritious foods from these five groups every day:

- Vegetables and legumes/beans
- Fruit
- Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties
- Lean meats and poultry, fish, eggs and plant-based alternatives - tofu, nuts and seeds and legumes
- Milk, yoghurt and cheese and/or their alternatives, mostly reduced fat

Food Type	Examples
Vegetables	Fresh and frozen vegetables; different types and colours - used in a variety of different ways.
Legumes/beans	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).
Fruit	Washed fresh fruits, frozen, canned and dried fruits.
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 crisp breads and rice cakes.
Breakfast cereals	Wholegrain breakfast cereals that are high in fibre and lower in salt and added sugar.
Rice, pasta, noodles and other grain foods	Rice, pasta, noodles, polenta, couscous, oats, quinoa, barley and burghul/cracked wheat (often used in tabouli salad). Wholegrain or wholemeal varieties are preferable because they provide more dietary fibre, vitamins and minerals than refined grain (cereal) foods.
Milk, yoghurt, cheese and alternatives – reduced fat	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 meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans	Lean beef, lamb, pork, chicken, canned tuna and salmon and eggs. Unsalted plain and mixed nuts. Processed meats such as salami, corned beef, chicken roll, bacon and ham tend to be high in fat and/or salt - select low fat reduced salt types and use in small amounts (see above for legumes/beans).
Drinks	Water is the best drink and a great thirst quencher! Cool, fresh, clean tap water is recommended. Reduced fat milk and reduced fat (calcium enriched) soy drinks.

Wherever possible, include a wide variety of these foods as the basis of the foods 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 crisp breads. Fruits and vegetables that are eaten with the skin on (e.g. apples, carrots) are also higher in fibre than when peeled.

ENCOURAGE AND PROMOTE THESE FOODS AND DRINKS

GREEN category food and drinks 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!

For more information on better choices within the GREEN category and ways of serving these food and drinks, refer to the Right Bite Ready Reckoner (pages 40-49 in the Right Bite Manual) and the Greening the menu fact sheet - links on the DECD Right Bite home page.

Choose plenty

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 and fibre 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

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

For more information on better choices and ways of serving these foods, refer to the Right Bite Ready Reckoner (pages 40 - 49 in the Right Bite Manual).



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. Choose reduced salt varieties where available.
Processed meats	Use in small amounts only, as larger serve sizes can provide too much saturated fat and/or sodium. Select reduced/low fat and salt varieties. 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 (e.g. 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. Select reduced salt varieties where available.
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. Select those with 400 mg sodium or less per 100g.

THE RED CATEGORY

The food and drinks 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 in school canteens, vending machines and preschools at all times. 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. This ban does not include beverages which contain trace amounts of caffeine such as chocolate flavoured milk.

Food Type	Examples
The following foods are always in the RED category and do not need to be checked against the criteria	
Drinks	Soft drinks, artificially sweetened soft 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 the celebration 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. Select reduced fat and salt varieties.
Other savoury hot and cold foods	Pasta meals, pizzas, baked potato products, dim sims, fried rice and noodles, crumbed and coated foods, frankfurts and sausages. Select reduced fat and salt varieties.

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 foods assessed per 100g

Key: > means more than, < means less than

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 (e.g. 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

Key: > means more than, < means less than

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

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.