

The 'Occasional' (RED) food and drink criteria tables

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

Note: All DEEP-FRIED FOODS fit into the RED end of the spectrum and their supply should be limited in schools. They are too high in kilojoules and fat (usually saturated fat).

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

Snack foods and drinks assessed per serve				
Category	Nutrient Criteria			
Food or drink	Energy (kilojoules) per serve	Saturated Fat (g) per serve	Sodium (mg) per serve	Fibre (g) per serve
Sugar-sweetened drinks and ices*	>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

Note: All types of CONFECTIONERY and ARTIFICIALLY SWEETENED DRINKS fit into the RED end of the spectrum and their supply should be limited in schools. They are products of minimal nutritional value.

*The sugar-sweetened drinks and ices criteria applies to: soft drinks, flavoured mineral waters, energy drinks, sports drinks, sports waters, slushees, ice blocks and ice confections.

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

Based on the NSW Department of Health and NSW Department of Education and Training *Canteen Menu Planning Guide, 2004*, which is part of the NSW Healthy School Canteen Strategy.

