

# Ready reckoner of commonly supplied food and drinks (revised 2016)

## Using the Ready Reckoner

These tables will provide you with a guide to food and drinks commonly supplied in schools, and the category they are most likely to fit into. Circles in two columns indicate that brands or varieties of foods and drinks in this category differ and may fit into one or other of the categories shown.



Foods	Likely part of the food and drink spectrum			Comments
	Green	Amber	Red	
<p><b>Breads and alternatives</b></p> <ul style="list-style-type: none"> <li>■ Breads, bagels, rolls, wraps, tortillas, rolls, plain foc accias, panini, Turkish bread, Lebanese bread, Pita bread, English muffins, crumpets and similar</li> <li>■ Scones, pancakes and pikelets – plain or fruit</li> <li>■ Raisin, fruit bread or fruit buns such as hot cross buns</li> <li>■ Rice and corn cakes, crispbreads and water crackers</li> <li>■ Commercially produced savoury bread, scrolls, pull-aparts, garlic and herb bread</li> </ul>	<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li></li> </ul>	<ul style="list-style-type: none"> <li></li> <li>●</li> <li></li> <li>●</li> <li>●</li> </ul>	<ul style="list-style-type: none"> <li></li> <li></li> <li></li> <li></li> <li>●</li> </ul>	<p>Choose bread in a variety of forms to add interest. Wholegrain and high fibre varieties are best.</p> <p><b>GREEN</b> if served with no topping or small amounts of reduced fat topping.  <b>AMBER</b> if served with small amounts of jam or maple syrup.            Do not top with cream, chocolate or other flavoured toppings or confectionery.</p> <p><b>GREEN</b> if plain and un-iced. Use minimal spreads. Do not choose varieties that are iced or contain confectionery.</p> <p><b>GREEN</b> if plain or unflavoured. Flavoured rice or corn cakes are likely to be <b>AMBER</b>, assess against the <i>Savoury snack foods and biscuits</i> category. Serve with reduced fat cheese and salad/vegetable topping.</p> <p>Assess against <i>Savoury pastries, pasta, pizzas, oven baked potato products</i> category. Commercially produced savoury breads can be high in saturated fat, sodium and kilojoules. Use small to medium serves, 40-60g per person and choose wholegrain options that use reduced fat cheese, lean meats and plenty of vegetable toppings.</p> <p>To make your own garlic/herb bread, lightly brush bread with olive oil or reduced fat spread and top with crushed garlic/herbs.</p>

Foods	Likely part of the food and drink spectrum			Comments
	Green	Amber	Red	
<b>Breakfast cereals</b>	●	●		Choose wholegrain and minimally processed cereal and porridge. <b>GREEN</b> if served with reduced fat milk. <b>AMBER</b> if served with full fat milk or if cereal is refined or processed including cereals with some added sugar, flavour and/or sweeteners. Highly processed varieties with high amounts of sugar should not be supplied.
<b>Savoury pastries</b> <ul style="list-style-type: none"> <li>■ Pies, party pies, sausage rolls, filled pastries, cheese and spinach triangles, quiche, samosas, calzone, pide, or other similar savoury pastries</li> <li>■ Spring rolls, dim sims, pork buns</li> <li>■ Croissants, plain and savoury</li> </ul>		●	●	Assess against the <i>Savoury pastries, pasta, pizzas and oven-baked potato products</i> category. Pastries are high in saturated fats. Use reduced fat and salt varieties. Limit the number of items per serve, with a recommended total serve size of 250g. <b>Note:</b> Party or mini versions of savoury pastries are not considered a snack. Assess these items against the <i>Savoury pastries, pasta, pizzas and oven-baked potato products</i> category. Assess against the <i>Savoury pastries, pasta, pizzas and oven-baked potato products</i> category. Oven bake or steam these products to keep the fat and energy content down. <b>RED</b> - croissants are very high in saturated fat.
<b>Pizza</b> <ul style="list-style-type: none"> <li>■ Prepared on site, including thin crust, muffin and pita bases</li> <li>■ Commercially produced pizza</li> </ul>	●	●	●	<b>GREEN</b> if prepared on site using a thin crust or muffin/bread based pizza base and topped with lean meat, reduced fat cheese and plenty of vegetables. <b>AMBER</b> if prepared on site but topped with full fat cheese. Serve pizza with salad for a meal. Muffin based pizzas may be served as a snack. Assess against the <i>Savoury pastries, pasta, pizzas and oven-baked potato products</i> category.
<b>Fruit</b> <ul style="list-style-type: none"> <li>■ Fresh, frozen</li> <li>■ Canned</li> <li>■ Dried fruit (without added flavouring)</li> <li>■ Fruit leathers and dried fruit based snack foods</li> </ul>	●	●	●	For variety, serve seasonal fresh fruit whole, sliced, cubed, in wedges, quarters or spirals such as an apple slinky. Fruit can also be frozen for a refreshing snack. <b>GREEN</b> if canned in natural juice or water. <b>AMBER</b> if canned in syrup or containing added sugar. Serve dried fruit in small serve sizes such as: <ul style="list-style-type: none"> <li>• 30 - 40g small box of sultanas</li> <li>• 4 dried apricot halves</li> <li>• 4 to 5 apple rings.</li> </ul> Assess against the <i>Snack food bars and sweet biscuits</i> category. Dried fruit and fruit leathers are best eaten as part of a meal, as they can stick to teeth and may lead to decay.



Foods	Likely part of the food and drink spectrum			Comments
	Green	Amber	Red	
<b>Vegetables</b> <ul style="list-style-type: none"> <li>■ Fresh, frozen, canned</li> <li>■ Corn on the cob</li> <li>■ Jacket potatoes (fresh/non-frozen)</li> </ul>	●			<p>Add a variety of fresh (raw or cooked), frozen or canned vegetables to meals. Choose reduced or low salt canned vegetables and rinse well before use. Choose healthy cooking methods such as steaming or roasting with no added oil.</p> <p>Serve on its own as a healthy snack or as part of a meal.</p> <p>Potatoes can be cooked in their skin, split and served with a variety of fillings such as reduced fat cheese, corn, tabouleh, savoury lean mince or baked beans.</p>
<b>Commercial oven-baked potato products</b> <ul style="list-style-type: none"> <li>■ Wedges, gems, hash browns, scallops, potato bake and similar products.</li> </ul>		●	●	<p>Assess against the <i>Savoury pastries, pasta, pizzas, oven baked potato products</i> category. Limit the number of items per serve, with a recommended total serve size of 250g.</p> <p>DO NOT sell these products on their own. Serve as part of a meal with salad/vegetables and protein such as lean uncoated meat, chicken or fish.</p> <p>All deep fried potato products are <b>RED</b>. This includes products which may have been deep-fried in the manufacturing process (eg. battered) and are re-heated in the tuckshop.</p>
<b>Salads</b> <ul style="list-style-type: none"> <li>■ Green/garden, bean salad, tabouleh, quinoa</li> <li>■ Rice salad</li> <li>■ Pasta, potato, coleslaw, egg salad</li> </ul>	●			<p>If serving with a dressing choose reduced or low fat and reduced or low salt varieties.</p> <p>Include a protein source such as lean red meat, chicken, tuna, eggs, legumes, tofu or reduced fat cheese.</p> <p>When adding salad to items such as wraps, rolls and sandwiches, include at least two salad items.</p>
<b>Legumes</b> <ul style="list-style-type: none"> <li>■ Lentils, baked beans, chick peas</li> <li>■ Lentil patties, falafels (grilled or baked)</li> </ul>	●			<p>Legumes can be added to salads and cooked dishes to add fibre, protein, texture and variety. Choose low salt varieties and rinse well before use. Baked beans can be used in sandwiches and jaffles as an alternative to meat.</p> <p>Choose varieties that are low in salt. Lentil patties and falafels can be used in wraps, rolls and sandwiches or served with salads and reduced fat hummus. Grill or bake patties and falafels. Deep-fried versions are not permitted.</p>
<b>Soups</b>	●	●		<p><b>GREEN</b> if no added salt, reduced salt and non-cream based.</p> <p><b>AMBER</b> if added fat or salt or cream based. Soups can be made on site, commercially prepared or canned.</p>



Foods	Likely part of the food and drink spectrum			Comments
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<b>Yoghurt, cheese and/or alternatives</b> <ul style="list-style-type: none"> <li>■ Cheese (including ricotta cheese)</li> <li>■ Yoghurt</li> <li>■ Custard</li> <li>■ Fromage frais</li> <li>■ Sour cream</li> </ul>	Reduced fat	Full fat		<p><b>GREEN</b> if reduced fat.  <b>AMBER</b> if full fat.</p> <p>Dairy products are high in calcium and should be encouraged. Reduced fat dairy products are recommended in the <i>Australian Dietary Guidelines</i> for everyone over two years of age.</p> <p>Desserts containing dairy – see <i>Ice-cream, milk-based ice confections and dairy desserts</i>.</p> <p>Cream, coconut milk and coconut cream - see <i>Fats and oils</i>.</p> <p>Milk – see <i>Drinks</i>.</p>
<b>Lean meats and poultry, fish, eggs, tofu, nuts and seeds</b> <ul style="list-style-type: none"> <li>■ Lean red meat, lean chicken meat without the skin, turkey, fish, seafood</li> <li>■ Egg</li> <li>■ Nuts</li> <li>■ Patties prepared on site (meat, chicken, fish)</li> <li>■ Commercial patties (meat, chicken, fish, lentil) char-grilled chicken fillet, chicken drumsticks, meat balls, omelettes</li> <li>■ Stir-fries, casseroles, curries, stews made on site</li> <li>■ Commercial stir-fries, casseroles, curries, stews</li> </ul>	<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> </ul>	<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> </ul>	<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> </ul>	<p>These foods are a good source of protein and can be used for wraps, sandwiches, salad plates and pizza toppings. Offer lean options (fat trimmed or skinless) and use reduced fat cooking techniques (poached, oven-baked, grilled and steamed).</p> <p><b>GREEN</b> if plain, unsalted raw or dry roasted nuts.  <b>AMBER</b> if salted or roasted.</p> <p><b>GREEN</b> if made using lean meat cuts and no added salt.  Other patties made on site are usually <b>AMBER</b>.  Assess against the <i>Crumbed and coated foods, frankfurters, sausages</i> category.  Use patties on a wrap or roll and add plenty of salad for a healthier and more filling meal.</p> <p><b>GREEN</b> if made on site using lean meat cuts and plenty of vegetables.</p> <p>Assess against the <i>Savoury pastries, pasta, pizza, oven baked potato products</i> category.</p>
<b>Processed meats</b> <ul style="list-style-type: none"> <li>■ Ham</li> <li>■ Chicken (pre-cooked free flow/processed)</li> <li>■ Devon/chicken roll or loaf/corned beef/silverside/ pastrami/ bacon</li> <li>■ Sausages, frankfurters, cheerios</li> </ul>	<ul style="list-style-type: none"> <li>●</li> </ul>	<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> </ul>	<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> </ul>	<p>Choose reduced fat and reduced or low salt ham.</p> <p>Choose reduced fat and reduced or low salt commercial chicken.</p> <p>If using ham or chicken to make a meal by adding a variety of salads or vegetables, the meal item would be classified as <b>GREEN</b>.</p> <p>These foods are often high in salt and/or saturated fat. <b>AMBER</b> if lean, reduced fat and/or low salt product (eg. short cut bacon). Salami is <b>RED</b>.</p> <p>Assess against the <i>Crumbed and coated foods, frankfurters, sausages</i> category. Most BBQ beef sausages and frankfurters will be <b>RED</b>. Some chicken and kangaroo sausages may be <b>AMBER</b>. Check the nutrition information against the above criteria.</p>



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<p><b>Crumbed and coated products</b></p> <ul style="list-style-type: none"> <li>■ Chicken fillets, patties, nuggets, strips/ fingers or goujons, fish fingers, crumbed fish, beef and chicken burgers and similar products</li> <li>■ Crumbed or battered saveloys, frankfurters and sausages</li> </ul>		●	●	<p>Assess against the <i>Crumbed and coated foods, frankfurters, sausages</i> category. Limit the number of items per serve, with a recommended total serve size of 150g. DO NOT sell these products on their own. Serve as part of a meal with salad/vegetables.</p> <p>These products are <b>RED</b> regardless of their serve size or whether they have been crumbed or battered during commercial processing and re-heated on site.</p>
<p><b>Rice, grains and noodles including couscous, polenta, burghul, quinoa, cracked wheat</b></p> <ul style="list-style-type: none"> <li>■ Prepared on site</li> <li>■ Commercial</li> <li>■ Fried rice and stir fried noodles prepared on site</li> <li>■ Commercial fried rice and stir fried noodles</li> <li>■ Instant noodles, hot noodle cups</li> <li>■ Sushi and rice paper rolls</li> </ul>	●	●	●	<p><b>GREEN</b> if plain or with added salad/vegetables and/ or lean cuts of meat.</p> <p>Assess against <i>Savoury pastries, pasta, pizzas, oven baked potato products</i> category.</p> <p><b>GREEN</b> if prepared on site and including vegetables and/or lean cuts of meats.</p> <p>Assess against <i>Savoury pastries, pasta, pizzas, oven baked potato products</i> category.</p> <p>Assess against <i>Savoury pastries, pasta, pizzas, oven baked potato products</i> category. Choose reduced fat and reduced salt varieties. Do not serve instant noodles dry as a snack.</p> <p><b>GREEN</b> if fillings are uncoated lean meats, seafood or vegetables. <b>AMBER</b> if fillings are coated (eg. crumbed or fried).</p>
<p><b>Pasta products</b></p> <ul style="list-style-type: none"> <li>■ Prepared on site</li> <li>■ Commercial (pre-packaged), frozen, canned</li> </ul>	●	●	●	<p><b>GREEN</b> if tomato or vegetable-based sauce, lean trimmed meats or reduced fat mince and vegetables. If preparing a creamy sauce, use alternatives such as light evaporated milk or natural yoghurt. For pasta bakes and lasagne, use lean meats, reduced fat dairy products and cheese in sauces and toppings and add vegetables. Avoid large serve sizes of pasta.</p> <p><b>AMBER</b> if in a creamy sauce using full fat ingredients.</p> <p>Assess against <i>Savoury pastries, pasta, pizzas and oven-baked potato products</i> category. Choose varieties that include plenty of vegetables.</p>



Foods	Likely part of the food and drink spectrum			Comments
	Green	Amber	Red	
<b>Spreads and dips</b> <ul style="list-style-type: none"> <li>■ Peanut butter, fish, chicken, meat paste, yeast and vegetable extract spreads</li> <li>■ Chocolate spread</li> <li>■ Honey, jam and syrup</li> <li>■ Dips, salsas and relishes</li> </ul>	●	●	●	<p>Use sparingly. Choose reduced salt varieties where available.</p> <p><b>RED</b> - chocolate spread is considered confectionery.</p> <p><b>AMBER</b> - try to avoid these spreads as they have limited nutritional value. If they are used, use sparingly.</p> <p><b>GREEN</b> if vegetable based or yoghurt based dips such as hummus, beetroot, eggplant, avocado and tzatziki. Choose vegetable based salsas or relishes such as tomato, bean or capsicum.</p> <p><b>AMBER</b> if high in saturated fat and/or salt.</p>
<b>Sauces, condiments and gravies</b> <ul style="list-style-type: none"> <li>■ Tomato, sweet chilli, BBQ, soy, satay sauces</li> <li>■ Gravy</li> <li>■ Mayonnaise</li> <li>■ Salad dressing</li> <li>■ Marinades</li> </ul>		●		<p><b>AMBER</b> - use sauces, condiments and gravies sparingly and choose reduced fat, reduced or low salt varieties.</p>
<b>Fats and oils</b> <ul style="list-style-type: none"> <li>■ Margarine</li> <li>■ Oil</li> <li>■ Butter, lard, tallow, copha, ghee</li> <li>■ Cream, sour cream</li> <li>■ Coconut milk and coconut cream</li> </ul>		●	●	<p>Use sparingly. Choose salt reduced varieties where available.</p> <p><b>AMBER</b> if unsaturated e.g. olive, canola and nut oils.</p> <p><b>RED</b> if saturated e.g. coconut oil, animal fat, palm oil, copha or other oils which contain high levels of saturated fat.</p> <p><b>RED</b> - these products are very high in saturated fat.</p> <p><b>AMBER</b> if reduced fat varieties or alternatives are used, such as reduced fat evaporated milk, natural yoghurt or ricotta cheese.</p> <p><b>RED</b> if regular varieties are used.</p> <p><b>AMBER</b> if reduced fat coconut milk or cream or alternatives such as evaporated milk with coconut essence. <b>RED</b> if full fat varieties are used.</p>



Foods	Likely part of the food and drink spectrum			Comments
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<p><b>Sweet baked products</b></p> <ul style="list-style-type: none"> <li>■ Cakes, biscuits, muffins, sweet pies and tarts, fruit crumbles, sweet pastries, slices, puddings, doughnuts and danishes</li> </ul>		●	●	<p>Assess all commercial sweet baked products against either the <i>Cakes, muffins and sweet pastries</i> category or the <i>Snack food bars and sweet biscuits</i> category. If fibre is not listed on the nutrition label, ask the manufacturer about the fibre content.</p> <p><b>RED</b> if sweet baked products are iced, have sweet or cream fillings or contain confectionery for example, chocolate chips or lollies.</p> <p>Serve only on occasions and in small to medium serves (30 - 40g per person).</p> <p>Recipes for sweet baked products can be modified by using reduced fat milk, and wholemeal flour. Adding fruit will also increase fibre. Home baked products and products baked on site using modified recipes may be <b>AMBER</b>.</p>
<p><b>Snack food bars</b></p> <ul style="list-style-type: none"> <li>■ Cereal bars, fruit bars, muesli bars, breakfast bars, energy bars, sweet popcorn</li> </ul>		●	●	<p>Assess against the <i>Snack food bars and sweet biscuits</i> category. Bars with added confectionery such as chocolate chips, drizzles, yoghurt coatings or similar are <b>RED</b>.</p>
<p><b>Ice-cream, milk-based ice confections and dairy desserts</b></p> <ul style="list-style-type: none"> <li>■ Standard reduced and low fat ice-cream and milk-based ice confections</li> <li>■ Chocolate coated, gourmet and premium ice-cream and milk-based ice confections or those with added confectionery</li> <li>■ Dairy desserts such as frozen yoghurt, mousse and cheesecake</li> </ul>		●	●	<p>Assess against the <i>Ice-creams and dairy dessert</i> category. Choose reduced fat products and ensure milk or a soy alternative is listed as the first ingredient in the ingredient list.</p> <p><b>RED</b> if coated in chocolate or other confection, contains confectionery, jelly or syrup fillings or toppings or if a gourmet/premium product.</p> <p>Assess against the <i>Ice-creams and dairy dessert</i> category. Dairy desserts include those where milk is listed as the first ingredient in the ingredient list.</p> <p><b>RED</b> if contains confectionery.</p>
<p><b>Ice-blocks, water/fruit based ice confection</b></p> <ul style="list-style-type: none"> <li>■ Ice blocks, sorbet, gelato, fruit and water based ice-confection</li> <li>■ Slushies/ice crushes</li> </ul>		●	●	<p>Assess against the <i>Sugar sweetened drinks and ices</i> category.</p> <p>Slushies must be 99% juice and have no added sugar, flavouring or colouring. Maximum size of slushies is 250 mL.</p>





Foods	Likely part of the food and drink spectrum			Comments
	Green	Amber	Red	
<b>Drinks</b>				
■ Water	●			<b>GREEN</b> if plain unflavoured water (still or sparkling).
■ Plain milk (including soy), reduced fat or full fat	● reduced fat	● full fat		<b>GREEN</b> if reduced fat. <b>AMBER</b> if full fat.
■ Flavoured milk (including soy), reduced fat or full fat		●		All flavoured milk is <b>AMBER</b> (sugar sweetened or artificially sweetened). Maximum serve size 500 mL. Over the age of two years, children are encouraged to drink reduced fat milk or calcium enriched soy drinks. ( <i>Australian Dietary Guidelines, 2013</i> ).
■ Coffee milk drinks (flavoured and those containing caffeine)		● high school	● primary school	Only to be sold to secondary students. Maximum serve size of 375 mL. Choose reduced fat varieties. Products with an <i>advisory statement</i> on the label: for example, “this food is not recommended for children” should not be sold or supplied in primary or high schools. Plain reduced fat milk is the preferable milk choice for children and adolescents
■ Fruit/vegetable juice (non-carbonated)		●	●	<b>AMBER</b> if at least 99% fruit/vegetable juice (without additional flavouring). Maximum serve size 250 mL. Choose products that contain fibre and no added sugar. <b>RED</b> if less than 99% fruit/vegetable juice and served larger than maximum serving size.
■ Fruit/vegetable juice (carbonated)			●	<b>RED</b> – all carbonated drinks are <b>RED</b> .
■ All sugar-sweetened drinks, soft drinks, intensely-sweetened drinks (excluding milk), other carbonated drinks, flavoured mineral waters, sports drinks and waters, fruit drinks, iced teas and similar			●	The only drinks to be sold or supplied are plain water, plain or flavoured milk and fruit/vegetable juice at least 99%, non-carbonated without added flavouring.
■ Slushies/crushed ice		●	●	Slushies must be at least 99% juice and have no added sugar, flavouring or colouring. Maximum size of slushies is 250 mL.
■ Hot chocolate and hot flavoured milk drinks		●		<b>AMBER</b> - use reduced fat milk. Limit serve size to less than 250 mL. Do not add more than 2 teaspoons of powder per 250 mL. <b>RED</b> if addition of whipped cream or confectionery.

