

smart CHOICES

Ready Reckoner



Ready reckoner of commonly supplied food and drinks

Using the *Ready Reckoner*

These tables provide 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 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>Breads and alternatives</p> <ul style="list-style-type: none"> ■ Breads, bagels, rolls, wraps, tortillas, plain focaccias, panini, Turkish bread, Lebanese bread, Pita bread, English muffins, crumpets and similar ■ Scones, pancakes and pikelets – plain or fruit ■ Raisin and fruit bread or buns such as hot cross buns ■ Rice and corn cakes, crispbreads and water crackers ■ Commercially produced savoury bread, scrolls, pull-aparts, garlic and herb bread 	<ul style="list-style-type: none"> ● ● ● ● 	<ul style="list-style-type: none"> ● ● ● 	<ul style="list-style-type: none"> ● 	<p>Choose bread in a variety of forms to add interest. Wholegrain and high fibre varieties are best.</p> <p>GREEN if served with no topping or small amounts of reduced fat/sugar topping. AMBER if served with small amounts of jam, or honey syrup. Do not top with cream, chocolate or other flavoured toppings or confectionery. GREEN if plain and un-iced. Use minimal spreads. Do not choose varieties that are iced or contain confectionery. GREEN if plain or unflavoured. Flavoured rice or corn cakes are likely to be AMBER, assess against the <i>Savoury snack foods and biscuits</i> category. Serve with reduced fat cheese and salad/vegetable topping. 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 servings, 40–60g per person and choose wholegrain options that use reduced fat cheese, lean meats and plenty of vegetable toppings. To make 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	
Breakfast cereals	●	●		Choose wholegrain and minimally processed cereal and porridge. GREEN if low in added sugar, higher in fibre, has no added confectionary and served with reduced fat milk. AMBER if served with full fat milk or if cereal is refined or processed including cereals with some added sugar, flavour, and/or sweetener. Highly processed varieties with high amounts of added sugar should not be supplied.
Savoury pastries <ul style="list-style-type: none"> ■ Pies, party pies, sausage rolls, filled pastries, cheese and spinach triangles, quiche, samosas, calzone, pide, or other similar savoury pastries ■ Spring rolls, dim sims, pork buns ■ Croissants, plain and savoury 		●	●	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 serving, with a recommended total serving size of 250g. Note: 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. RED – croissants are very high in saturated fat.
Pizza <ul style="list-style-type: none"> ■ Prepared on site, including thin crust, muffin and pita bases ■ Commercially produced pizza 	●	●	●	GREEN 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. AMBER 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.
Fruit <ul style="list-style-type: none"> ■ Fresh, frozen ■ Canned ■ Dried fruit (without added flavouring) ■ Fruit leathers and dried fruit based snack foods 	●	●	●	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. GREEN if canned in 100% natural juice or water. AMBER if canned in syrup or containing added sugar. Serve dried fruit in small serving sizes such as: <ul style="list-style-type: none"> • 30 g small box of sultanas • 4 dried apricot halves • 4 to 5 apple rings. 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
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Vegetables <ul style="list-style-type: none"> ■ Fresh, frozen, canned ■ Corn on the cob ■ Jacket potatoes (fresh/non-frozen) 	●			<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>
Commercial oven-baked potato products <ul style="list-style-type: none"> ■ Wedges, gems, hash browns, scallops, potato bake and similar products. 		●	●	<p>Assess against the <i>Savoury pastries, pasta, pizzas, oven baked potato products</i> category. Limit the number of items per serving, with a recommended total serving 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 RED. This includes products which may have been deep-fried in the manufacturing process (e.g. battered) and are reheated in the tuckshop.</p>
Salads <ul style="list-style-type: none"> ■ Green/garden, bean salad, tabouleh, quinoa ■ Rice salad ■ Pasta, potato, coleslaw, egg salad 	●			<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>
Legumes <ul style="list-style-type: none"> ■ Lentils, baked beans, chick peas ■ Lentil patties, falafels (grilled or baked) 	●		●	<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>
Soups	●	●		<p>Soups can be made on site, commercially prepared or canned.</p> <p>GREEN if reduced fat and low salt and non-cream based.</p> <p>AMBER if added fat or salt or cream based soups.</p>



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<p>Yoghurt, cheese and/or alternatives</p> <ul style="list-style-type: none"> ■ Cheese (including ricotta cheese) ■ Yoghurt (plain or fruit) ■ Custard ■ Fromage frais ■ Sour cream 	<ul style="list-style-type: none"> ● ● ● ● ● <p>Reduced fat</p>	<ul style="list-style-type: none"> ● ● ● ● ● <p>Full fat</p>		<p>GREEN if low or reduced fat. AMBER 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>
<p>Lean meats and poultry, fish, eggs, tofu, nuts and seeds</p> <ul style="list-style-type: none"> ■ Lean red meat, lean chicken meat without the skin, turkey, fish, seafood ■ Egg ■ Nuts ■ Patties prepared on site (meat, chicken, fish) ■ Commercial patties (meat, chicken, fish, lentil) char-grilled chicken fillet, chicken drumsticks, meat balls, omelettes ■ Stir-fries, casseroles, curries, stews made on site ■ Commercial stir-fries, casseroles, curries, stews 	<ul style="list-style-type: none"> ● ● ● ● ● ● 	<ul style="list-style-type: none"> ● ● ● ● ● 	<ul style="list-style-type: none"> ● ● 	<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>GREEN if plain, unsalted raw or dry roasted nuts. AMBER if salted or roasted.</p> <p>GREEN if made on site using lean meat cuts and/or plenty of vegetables. Other patties made on site are usually AMBER. 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>GREEN 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>



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<p>Processed meats</p> <ul style="list-style-type: none"> ■ Ham ■ Chicken (pre-cooked free flow/processed) ■ Devon/chicken roll or loaf/corned beef/silverside/ pastrami/ bacon ■ Sausages, frankfurters, cheerios 	<ul style="list-style-type: none"> ● ● 	<ul style="list-style-type: none"> ● ● ● 	<ul style="list-style-type: none"> ● ● 	<p>Choose reduced fat and reduced or low salt ham. If using ham to make a meal by adding a variety of salads or vegetables, the meal item would be classified as GREEN.</p> <p>Choose reduced fat and reduced or low salt commercial chicken. If using chicken to make a meal by adding a variety of salads or vegetables, the meal item would be classified as GREEN.</p> <p>These foods are often high in salt and/or saturated fat. AMBER if lean, reduced fat and/or low salt product (e.g. short cut bacon). Salami is RED.</p> <p>Assess against the <i>Crumbed and coated foods, frankfurters, sausages</i> category. Most BBQ beef sausages and frankfurters will be RED. Some chicken and kangaroo sausages may be AMBER. Check the nutrition information against the above criteria.</p>
<p>Crumbed and coated products</p> <ul style="list-style-type: none"> ■ Chicken fillets, patties, nuggets, strips/ fingers or goujons, fish fingers, crumbed fish, beef and chicken burgers and similar products ■ Crumbed or battered saveloys, frankfurters and sausages 		<ul style="list-style-type: none"> ● 	<ul style="list-style-type: none"> ● ● 	<p>Assess against the <i>Crumbed and coated foods, frankfurters, sausages</i> category. Limit the number of items per serving, with a recommended total serving 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 RED regardless of their serving size or whether they have been crumbed or battered during commercial processing or on site.</p>
<p>Rice, grains and noodles including couscous, polenta, burghul, quinoa, cracked wheat</p> <ul style="list-style-type: none"> ■ Prepared on site ■ Commercial ■ Fried rice and stir fried noodles prepared on site ■ Commercial fried rice and stir fried noodles ■ Instant noodles, hot noodle cups ■ Sushi and rice paper rolls 	<ul style="list-style-type: none"> ● ● 	<ul style="list-style-type: none"> ● ● ● 	<ul style="list-style-type: none"> ● ● ● 	<p>GREEN 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>GREEN 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>GREEN if fillings are uncoated lean meats, seafood or vegetables. AMBER if fillings are coated (e.g. crumbed or fried).</p>



Foods	Likely part of the food and drink spectrum			Comments
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Pasta products <ul style="list-style-type: none"> ■ Prepared on site ■ Commercial (pre-packaged), frozen, canned 	●	●	●	<p>GREEN 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 serving sizes of pasta.</p> <p>AMBER if in a creamy sauce using full fat ingredients. Assess against <i>Savoury pastries, pasta, pizzas and oven-baked potato products</i> category. Choose varieties that include plenty of vegetables.</p>
Spreads and dips <ul style="list-style-type: none"> ■ Peanut butter, fish, chicken, meat paste, yeast and vegetable extract spreads ■ Chocolate spread and hazelnut spread ■ Honey, jam and syrup ■ Dips, salsas and relishes 	●	●	●	<p>Use sparingly. Choose reduced salt varieties where available.</p> <p>RED – These spreads are considered to be confectionary.</p> <p>AMBER – try to avoid these spreads as they have limited nutritional value. If they are used, use sparingly.</p> <p>GREEN 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>AMBER if high in saturated fat and/or salt.</p>
Sauces, condiments and gravies <ul style="list-style-type: none"> ■ Tomato, sweet chilli, BBQ, soy, satay sauces ■ Gravy ■ Mayonnaise ■ Salad dressing ■ Marinades 		●		<p>AMBER – use sauces, condiments and gravies sparingly and choose reduced fat, reduced or low salt varieties.</p>
Fats and oils <ul style="list-style-type: none"> ■ Margarine ■ Oil ■ Butter, lard, tallow, copha, ghee ■ Cream, sour cream ■ Coconut milk and coconut cream 		●	●	<p>Use sparingly. Choose salt reduced varieties where available.</p> <p>AMBER if unsaturated e.g. olive, canola and nut oils.</p> <p>RED if saturated e.g. coconut oil, animal fat, palm oil, copha or other oils which contain high levels of saturated fat.</p> <p>RED – these products are very high in saturated fat.</p> <p>AMBER if reduced fat varieties or alternatives are used, such as reduced fat evaporated milk, natural yoghurt or ricotta cheese.</p> <p>RED if regular varieties are used.</p> <p>AMBER if reduced fat coconut milk or cream or alternatives such as evaporated milk with coconut essence. RED if full fat varieties are used.</p>



Foods	Likely part of the food and drink spectrum			Comments
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<p>Sweet baked products</p> <ul style="list-style-type: none"> ■ Cakes, biscuits, muffins, sweet pies and tarts, fruit crumbles, sweet pastries, slices, puddings, doughnuts and danishes 		●	●	<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>RED if sweet baked products are iced, have sweet or cream fillings or contain confectionery e.g. chocolate chips or lollies.</p> <p>May be AMBER if home baked or baked on site using modified recipes. Recipes could be modified by using reduced fat milk, and wholemeal flour. Adding fruit will also increase fibre.</p> <p>Serve only on occasions and in small to medium servings of 30–40g.</p>
<p>Snack food bars</p> <ul style="list-style-type: none"> ■ Cereal bars, fruit bars, muesli bars, breakfast bars, energy bars, sweet popcorn 		●	●	<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 RED.</p>
<p>Ice-cream, milk-based ice confections and dairy desserts</p> <ul style="list-style-type: none"> ■ Standard reduced and low fat ice-cream and milk-based ice confections ■ Chocolate coated, gourmet and premium ice-cream and milk-based ice confections or those with added confectionery ■ Dairy desserts such as frozen yoghurt, mousse and cheesecake 		●	●	<p>Assess against the <i>Ice-creams and dairy dessert</i> category. Choose reduced fat products and ensure milk or milk solids or a soy alternative is listed as the first ingredient in the ingredient list.</p> <p>RED 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 or milk solids or soy is listed as the first ingredient in the ingredient list.</p> <p>RED if contains chocolate or added confectionery.</p>
<p>Ice-blocks, water/fruit based ice confection</p> <ul style="list-style-type: none"> ■ Ice blocks, sorbet, gelato, fruit and water based ice-confection 		●	●	<p>Assess against the <i>Ices and ice confection</i> category.</p>



Foods	Likely part of the food and drink spectrum			Comments
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<p>Confectionery</p> <ul style="list-style-type: none"> ■ All types including boiled lollies, jellies, juice jellies, soft lollies, 100s and 1000s, cough lollies, liquorice, yoghurt coated, gum and mints. ■ Chocolates, choc chips, chocolate flakes, chocolate spread, carob 			<ul style="list-style-type: none"> ● ● 	<p>RED – all types of confectionery, including those that are labelled ‘natural’ or ‘fat free’ or ‘sugar-free’.</p> <p>RED – all types of chocolates and carob, including those used as coatings, are confectionery. They are foods with minimal nutritional value.</p> <p>Confectionery should not be supplied or sold in schools.</p>
<p>Jelly</p> <ul style="list-style-type: none"> ■ Jelly, jelly sticks, jelly lollies and puddings 			<ul style="list-style-type: none"> ● 	<p>RED – all jelly, jelly sticks, jelly lollies and puddings including frozen products.</p> <p>This includes both diet and regular products.</p>
<p>Savoury snack foods</p> <ul style="list-style-type: none"> ■ Popcorn ■ Flavoured commercial popcorn ■ Savoury biscuits ■ Other flavoured snack items such as savoury mixes, roasted chick peas, broadbeans. ■ Potato chips (crisps), corn chips, vegetable chips (crisps), cereal based snacks (corn chips, rice chips and wholegrain snacks), extruded snacks (savoury puffs, balls or rings) and similar snacks 	<ul style="list-style-type: none"> ● 	<ul style="list-style-type: none"> ● ● ● 	<ul style="list-style-type: none"> ● ● ● ● 	<p>GREEN – air-popped popcorn made on site, with no or minimal butter, salt or flavouring.</p> <p>Assess savoury flavoured popcorn against the <i>Savoury snack foods and biscuits</i> category. Assess sweet flavoured popcorn against the <i>Snack foods and sweet biscuits</i> category.</p> <p>Assess against the <i>Savoury snack foods and biscuits</i> category.</p> <p>Assess against the <i>Savoury snack foods and biscuits</i> category.</p> <p>RED – these items are of minimal nutritional value. Choose a healthier snack alternative such as air-popped unflavoured popcorn, trail mix or fruit, vegetable or dairy products.</p>



Foods	Likely part of the food and drink spectrum			Comments
	Green	Amber	Red	
Drinks				
<ul style="list-style-type: none"> ■ Water ■ Plain milk (including soy), reduced fat or full fat ■ Flavoured milk (including soy), reduced fat or full fat ■ Coffee milk drinks (flavoured and those containing caffeine) ■ Fruit/vegetable juice (non-carbonated) ■ Fruit/vegetable juice (carbonated) ■ All sugar-sweetened drinks, soft drinks, intensely-sweetened drinks (excluding milk), other carbonated drinks, flavoured mineral waters, energy drinks, sports drinks and waters, fruit drinks, iced teas and similar ■ Slushies/crushed ice ■ Hot chocolate and hot flavoured milk drinks 	<ul style="list-style-type: none"> ● ● reduced fat 	<ul style="list-style-type: none"> ● full fat ● secondary school ● ● ● ● 	<ul style="list-style-type: none"> ● primary school ● ● ● ● ● ● ● 	<p>GREEN if plain unflavoured water (still, spring or sparkling).</p> <p>GREEN if low or reduced fat. AMBER if full fat.</p> <p>All flavoured milk is AMBER (sugar sweetened or artificially sweetened). Maximum serving size 500 mL.</p> <p>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>).</p> <p>Only to be sold to secondary students. Maximum serving size of 375 mL.</p> <p>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.</p> <p>Plain reduced fat milk is the preferable milk choice for children and adolescents</p> <p>AMBER if at least 99% fruit/vegetable juice (without additional flavouring). Maximum serving size 250 mL. Choose products that contain fibre and no added sugar.</p> <p>RED if less than 99% fruit/vegetable juice and served larger than maximum serving size.</p> <p>RED – all carbonated drinks are RED.</p> <p>The only drinks to be supplied in schools are:</p> <ul style="list-style-type: none"> • plain water (still, spring or sparkling, without added flavouring) • milk (plain or flavoured, full-fat or reduced-fat) • juice (at least 99% non-carbonated fruit or vegetable juice without added flavouring). <p>Energy drinks may contain caffeine or guarana (a herbal source of caffeine). These drinks are not recommended for consumption by children. They should not be supplied by schools.</p> <p>AMBER if 99% fruit juice, no added sugars, no intense sweeteners, and marketed as a fruit-based flavour, maximum serving size of 250mL.</p> <p>RED if flavours contain added sugars, intense sweeteners, and/or mimic confectionery/sugar sweetened drinks e.g. bubble gum or cola.</p> <p>Maximum serving size of slushies is 250 mL.</p> <p>AMBER – use reduced fat milk. Limit serving size to less than 250 mL. Do not add more than 2 teaspoons of powder per 250 mL.</p> <p>RED if addition of whipped cream or confectionery.</p>

