



Labelling Review Recommendation 17

February 2015

Healthy Kids Association is a non-profit, non-government health promotion charity based in Sydney, Australia. Our mission is to promote and influence healthy food choices for children.

Healthy Kids' membership base consists of more than 1,100 NSW school canteens and has been working with school canteens since 1991. The Healthy Kids Product Registration Scheme (PRS) is the leading food and drink registration program for school canteens.

Healthy Kids appreciate the opportunity to provide feedback on the Labelling Review Recommendation 17 by Food Standards Australia and New Zealand.

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Healthy Kids Association interest in this consultation

Healthy Kids' mission is to promote and influence healthy food choices for children. We assist our members to deliver healthy food menus that meet government guidelines and strategies.

Our staff include Accredited Practicing Dietitians (APDs) who provide nutritional expertise to state and federal government, the school community and general public on a variety of childhood nutrition issues. We also provide advice to the food industry on the development and provision of healthier food options for children and compliance with current food and drink legislation.

Recommendations

Healthy Kid does not support Recommendation 17 that the amount of nutrients per serve in the Nutrient Information Panel (NIP) be no longer mandatory unless a daily intake claim is made.

Healthy Kids recommends that the per serving information should remain as a mandatory inclusion in the NIP for all foods.

Discussion

Healthy Kids has prepared the following responses to questions set out in the consultation paper.

Q1. How do you or your organisation use per serving information in the nutrition information panel on food labels?

1. Product assessments against State Healthy School Canteen Guideline nutrient criteria that include per serve values
2. Product assessments against Healthy Kids Product Registration nutrient criteria that include per serve values
3. For education purposes to teach children, parents and teachers how to include different foods in different quantities in their diets to achieve balance

State Healthy School Canteen Guidelines:

Each state in Australia has a government mandated Healthy School Canteen Strategy that provides guidance on appropriate food and drink to be sold in their school canteens.

State	Name of Healthy School Canteen Strategy
NSW	Fresh Tastes @ School NSW Healthy School Canteen Strategy
ACT	National Healthy School Canteens: Guidelines for healthy food and drink supplied in school canteens
QLD	Smart Choices
Victoria	School Canteens and Other School Food Services Policy
Western Australia	WA Healthy Food and Drink Choices in Schools
Tasmania	National Healthy School Canteens: Guidelines for healthy food and drink supplied in school canteens
South Australia	Right Bite for schools and preschools
Northern Territory	National Healthy School Canteens: Guidelines for healthy food and drink supplied in school canteens

Table 1: Healthy school canteen strategies in Australia

Under these strategies, food and drink is classified as Green, Amber or Red. Red foods are not permitted on the menu of school canteens. Each strategy contains a set of nutrient criteria for 5–7 categories of food/drink to identify 'Red' foods from 'Amber'.

Depending on the category of food, the relevant criteria may be based on **per serve or per 100g** values.

Per serve nutrient criteria exist for 4–5 broad categories of snack food and drink across all state strategies. The criteria are designed to limit the energy, saturated fat, total fat and sodium content of the food in a given serve size.^{1 2}

The **per serve** information in the Nutrition Information Panel (NIP) of a product is essential to allow schools to implement and comply with the Healthy School Canteen strategy in their state.

Healthy Kids Association is funded by the NSW government to support all NSW schools to implement and comply with the Fresh Tastes strategy. Our goal is to increase the number of schools who comply with the strategy. To do this, Healthy Kids staff advises canteen managers to refer to per serve information in the NIP to assess a product against the Occasional Food Criteria [appendix 1, appendix 2]. These values determine whether a product is classified as Amber or Red.

Products without per serve information in the NIP could not be assessed without manual calculation. Canteen managers would be required to calculate the nutrient values relevant to the food category for the reported serve size on pack, from the 100g information.

Based on our experience working with canteen managers, Healthy Kids believe they would have difficulty with this task, with many not having sufficient time or skills available. Healthy Kids believe this increases the risk of canteens selling more foods and drinks that do not comply with the strategy, or selecting products that may not be the better choice simply due to the lack of information at hand.

Product assessments against Healthy Kids Product Registration nutrient criteria that include per serve values:

Healthy Kids has developed nutrient criteria for 54 categories of food that aim to identify healthier choices within the Green and Amber foods of the NSW Fresh Tastes strategy. These criteria are used to register products for the annual Healthy Kids School Canteen Buyers' Guide – a tool for canteen managers to purchase healthier product choices for their canteen. The Healthy Kids Nutrient Criteria uses a mix of **per serve** and **per 100g** information – sometimes both – as a way to limit certain nutrients such as total fat and control for energy density and serve size.

Q2. Are there any particular food categories or types of food packages (e.g. single serve packages) for which per serving information is particularly useful? If so, what are they? Explain why the information is useful.

1. Any food sold as a single serve or intended to be consumed as a single serve
2. Food service bulk packs that require decanting before being on-sold as single serves

¹ NSW Department of Health and NSW Department of Education and Training. Fresh Tastes @ School NSW Healthy School Canteen Strategy Canteen Menu Planning Guide 2004

² Assoc Association. *Healthy Kids Nutrient Criteria*. Copyright Healthy Kids Association 2005

Single serve products:

Healthy Kids Association recommend the per serve information be mandatory in the NIP of products because it provides consumers with at-hand information about the energy and nutrients of a food or drink in the quantity they are about to consume.

In the school canteen environment, most healthy canteen strategies, including the Fresh Tastes Strategy (NSW) and the NHSC Guidelines, require canteen managers to assess products using the per serve information in the NIP of the following categories:

- Sugar sweetened drinks and ices (Fresh Tastes only)
- Snack food bars and sweet biscuits
- Savoury snack foods and biscuits
- Ice cream, milk-based ice confections and dairy desserts
- Cakes, muffins and sweet pastries etc.

Products in these categories are predominantly sold in school canteens as single serve packages.^{1 2}

Food service bulk packs:

School canteens are food service businesses and cater for large groups of people. Food that caters to large groups is often supplied in bulk packs or large volume packs to reduce packaging waste by these establishments. Many food categories supply these types of bulk packs and require decanting into smaller, single serve packaging for point of purchase. Serve size information in the NIP is useful to determine an appropriate package to use and appropriate serve size to use based on the intended purchaser profile and nutrients supplied to them.

The Healthy Kids Nutrient Criteria (Appendix 3) uses per serve information for the following categories and subcategories that include both single serve and bulk packs:

- Mashed vegetables
- Bread and grain products
- Dairy and dairy alternatives
- Salads
- Soups
- Nut products
- Processed meat, poultry and seafood
- Sweetened waters
- Mayonnaise and salad dressings

In both cases (Healthy Kids Criteria and Fresh Tastes Criteria), basing criteria on per serve information helps control for portion size. This ensures when product is provided at point of sale that it is provided in an appropriate quantity and that the nutrient density within that portion size is appropriate for good health.

¹ NSW Department of Health and NSW Department of Education and Training. Fresh Tastes @ School NSW Healthy School Canteen Strategy Canteen Menu Planning Guide 2004

² Healthy Kids Association. *Healthy Kids Nutrient Criteria*. Copyright Healthy Kids Association 2005

Q3. The Labelling Review recommendation suggests that per serving information be voluntary unless a daily intake claim is made. Do you support this approach? That is, do you think declaration of per serving information in the nutrition information panel should be mandatory if a daily intake claim is made (e.g. %DI or %RDI)? Give reasons for your answer.

Healthy Kids Association does not support the recommendation that per serve information be voluntary or limited to products making a daily intake claim. We believe per serve information should be mandatory as it provides information that empowers the consumer to make better food choices quickly at the time of purchase in the context of how they will be consuming it.

The latest nutrition survey data collected in Australia revealed that 41% of energy intake in children aged 2–18 comes from discretionary items.³

Food items significantly contributing to this intake include cakes, biscuits, chips and savoury snack foods. These foods are commonly purchased as single serve items and the majority does not contain a daily intake claim.

A significant proportion of the products purchased in school canteens are over-the-counter snack foods. Removing the per serve information from packaging will remove the ability for school aged children to quickly make a better choice at the point of purchase. This increases the risk of children making poor or uninformed food choices. This extends beyond the school canteen when children purchase items on their way to and from school from retailers who do not need to meet nutrition policy guidelines.

Grocery sales and category growth reports have revealed that the snacking and single serve food market is on the rise. Woolworths has introduced a 'Healthy Bites' aisle dedicated to single serve snack foods and a concept store at Sydney's Central Station selling predominantly single serve foods, mostly snacks and meals. The trend in 'purchase to eat' food sees the need for mandatory per serve information to be included in NIPs beyond canteens.

The canteen is seen as an education tool for school aged children to learn about healthy food choices and healthy eating habits. This includes appropriate serve sizes for different types of foods across all eating occasions during school hours. By removing per serve information from packaging, Healthy Kids Association believe a valuable education tool that teaches children about selecting appropriate foods specific to their eating need is also removed. It also runs the risk of canteen managers serving inappropriate serve sizes because the guidance has been removed.

Q4. As noted in section 4, there is currently variation in the format of NIPs on food labels because of voluntary permissions for the use of %DI labelling and the option to include a third column for foods intended to be prepared or consumed with at least one other food. If per serving information in the NIP were voluntary, this would result in more variability in the format of NIPs across the food supply. Do you think this would be a problem? Why/Why not?

Healthy Kids Association believes further variability in NIPs within a single category would be a problem. Confusion would occur when two like products within a category did not have a similar NIP. However, if NIPs were identical between like products, this would not pose a problem.

In our experience, nutrition information on food and drink labels can be overwhelming and difficult to understand. We raise concern that canteen managers would have difficulty understanding NIPs and

³ Rangan AM, Randall D, Hector DJ, Gill TP, Webb KL. *Consumption of 'extra' foods by Australian children: types, quantities and contribution to energy and nutrient intake.* Eur J Clin Nutr 2008;62(3):356-64

assessing them against categorised food and drink nutrient criteria if further variability was introduced and presented itself within a single category.

Q5. If per serving information in the nutrition information panel was voluntary, do you think the inclusion of per serving information in the nutrition information panel should be mandatory when a nutrition content claim about vitamins, minerals, protein, omega-3-fatty acids or dietary fibre is made? Give reasons for your answer.

Yes, Healthy Kids Association believe that, in the case of a nutrition content claim being made on a food label, per serve information should be included. This would allow consumers to be educated as to the serve size required to achieve this nutritional benefit.

This is consistent with standard 1.2.7 (schedule 1) which uses per serve criteria for some nutrients in its 'requirements for nutrition content claims' that aim to prevent nutrition content claims from misleading consumers.⁴

Q6. If per serving information in the nutrition information panel was voluntary, do you think the inclusion of per serving information in the NIP should be mandatory in any other specific regulatory situations? Explain your answer.

School canteen strategies, although not regulation in all states, would risk not being complied with if per serving information was not available on product labels. The removal of this information would require manual calculation making it more difficult for canteen managers to assess products against criteria and ascertain their suitability for canteens. Therefore, we believe that per serving information is necessary in NIPs of foods to be sold in school canteens for canteens to comply with state strategy guidelines.

Q7. What additional studies examine consumer use and understanding of per serving information in the nutrition information panel on food labels?

Healthy Kids Association is not aware of any studies on canteen managers' understanding of per serving information in NIPs.

Q8. From your perspective, what are the advantages and disadvantages of per serving information in the nutrition information panel being voluntary? Please provide evidence where possible.

Advantages of removal of per serving information on NIPs:

- Simplifies NIPs with less information
- May reduce confusion when comparing two products
- Some items in single serve sizes claim to contain more than one serve, e.g. 1.35 serves, which can potentially mislead consumers. Voluntary per serving information may reduce the instance of this occurring.
- May allow larger font size on label for other information

Disadvantages of removal of per serving information on NIPs:

⁴ Commonwealth of Australia, Australia New Zealand Food Standards Code - Standard 1.2.7 - Nutrition, Health and Related Claims 2014. Accessed from <http://www.comlaw.gov.au/Details/F2014C01191> on 10 February 2015

- May increase confusion through potentially increased variability of NIP information cross category
- Manual calculation required for canteen managers to assess products against Healthy School Canteen strategies placing compliance and selection of healthier food choices at risk
- May discourage the food industry from standardising serve sizes
- Consumers unable to make quick informed decisions at point of purchase on foods for immediate consumption
- Variable serve sizes provided to on-sell due to lack of guidance from manufacturer
- If school, sporting and workplace canteens in NSW were subject to mandatory menu KJ labeling in the future, further calculations would be required by canteen managers to calculate per serve values. This would influence products purchased with those containing this information favoured over those that did not. This may not be the healthier choice.
- If school children requested information on products served through the school canteen, this bylaw needs to be supplied. Canteen managers would need to calculate per serve data and have on hand adding to work loads and influencing products purchased.

9. Do you think the declaration of the amount of energy and nutrients per serving in the NIP should be voluntary?

No. School canteen strategies cannot comply with nutrient guidelines without information regarding the energy, saturated fat, sodium and fibre per serve. The removal of this information would require manual calculation by canteen managers which Healthy Kids Association believe is an unrealistic expectation.

Therefore, we believe that per serving information is necessary in the NIPs of foods and drinks, in particular those commonly sold in school canteens and establishments selling food and drinks to school aged children.

References

1. NSW Department of Health and NSW Department of Education and Training. Fresh Tastes @ School NSW Healthy School Canteen Strategy Canteen Menu Planning Guide 2004
2. Healthy Kids Association. Healthy Kids Nutrient Criteria. Copyright Healthy Kids Association 2005
3. Rangan AM, Randall D, Hector DJ, Gill TP, Webb KL. Consumption of 'extra' foods by Australian children: types, quantities and contribution to energy and nutrient intake. Eur J Clin Nutr 2008;62(3):356-64
4. Commonwealth of Australia, Australia New Zealand Food Standards Code - Standard 1.2.7 - Nutrition, Health and Related Claims 2014. Accessed from <http://www.comlaw.gov.au/Details/F2014C01191> on 10 February 2015

Appendix 1

Fresh Tastes @ School Occasional Food Criteria

Appendix 1 continued

THE 'OCCASIONAL' FOOD CRITERIA TABLE

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' food.

ASSESSED PER 100g		HOT FOOD ITEMS	
CATEGORY		NUTRIENT CRITERIA	
Food or Drink	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 & coated foods (eg patties, ribs, chicken products), frankfurters, sausages.	>1000kJ	>5g	>700mg

Note: All foods **DEEP FRIED** on the premises fit into the **RED** end of the spectrum and are limited for sale in school canteens. They are too high in kilojoules and fat (usually saturated fat).

ASSESSED PER SERVE (as sold in the school canteen)		SNACK FOODS & DRINKS		
CATEGORY		NUTRIENT CRITERIA		
Food or Drink	Energy (kJ) per serve	Saturated Fat (g) per serve	Sodium (mg) per serve	Fibre (g) per serve
Sugar sweetened drinks and ices*	>300kJ		>100mg	
Snack food bars & sweet biscuits	>600kJ	>3g		<1.0g
Savoury snack foods & biscuits	>600kJ	>3g	>200mg	
Ice creams, milk based ice confections & dairy desserts	>600kJ	>3g		
Cakes, muffins & sweet pastries etc	>900kJ	>3g		<1.5g

Note: All types of **CONFECTIONERY** fit into the **RED** end of the spectrum and are limited for sale in school canteens. They are foods of minimal nutritional value.

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

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

Appendix 2

National Healthy School Canteen Guidelines

Nutrient Criteria Tables

Nutrient Criteria for foods categorised as **AMBER**.

If the food item being assessed has **less than or equal** to the numbers specified in the energy, saturated fat or sodium column, and **more than or equal** to the number specified in the fibre column, it may be sold in the school canteen.

Note: If the food being assessed is over the threshold for energy or saturated fat or sodium or under the threshold for fibre (if any criterion is not met) – the food is categorised as **RED** and should not be sold in a healthy school canteen.

Table 1: Hot food items and processed meats assessed per 100g			
Category	Nutrient Criteria		
	Energy (kJ) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g
Savoury pastries, filled breads, pasta dishes, pizzas, oven-baked potato products, dim sims, spring rolls, rice and noodle dishes	1000kJ or less	5g or less	400mg or less
Meat products and alternatives crumbed and not-crumbed (burgers, patties, strips, balls or nuggets), sausages, frankfurts and saveloys, stews, casseroles and curries	1000kJ or less	5g or less	450mg or less
Processed luncheon meats (fritz, devon, chicken loaf, free flow chicken products) and cured meats (for example: ham, bacon)	1000kJ or less	3g or less	750mg or less


All types of confectionery are categorised as **RED**.

Table 2: Snack food items assessed per serve				
Category	Nutrient Criteria			
	Energy (kJ) per serve	Saturated fat (g) per serve	Sodium (mg) per serve	Fibre (g) per serve
Sweet snack food, bars and biscuits	600kJ or less	3g or less	–	1g or more
Savoury snack food, biscuits, crispbreads and crisps	600kJ or less	2g or less	200mg or less	–
	-- (Energy must be 1800kJ or less per 100g) --			
Ice creams, milk-based ices and dairy desserts	600kJ or less	3g or less	–	–
	-- (Milk must be listed as first ingredient) --			
Un-iced cakes, muffins and sweet pastries	900kJ or less	3g or less	–	1.5g or more

All types of confectionery are categorised as **RED**.

Appendix 3

Healthy Kids Nutrient Criteria (selected categories)



Healthy Kids Nutrient Criteria

The Healthy Kids School Canteen Association (HKSCA) has developed Nutrient Criteria for the registration of food and beverage products for school canteens.

Developed in conjunction with health professionals and the Food Industry over 20 months, the Criteria is underpinned by a number of key issues and considerations:

- Dietary Guidelines for Children & Adolescents in Australia
- Recommended Dietary Intakes for Use in Australia
- Australian Guide to Healthy Eating
- NSW Healthy School Canteen Strategy: Fresh Tastes @ School
- Australia New Zealand Food Standards Code
- Code of Practice for Nutrient Claims on Food
- Current health issues facing Australian children & adolescents
- Current food & nutrient intakes of Australian children & adolescents
- Comprehensive audits of current products in the marketplace
- Food technology considerations
- Nutrient density and profile of products
- Context of consumption of products
- School canteen food service issues

In support of the Fresh Tastes @ School Strategy, Healthy Kids Nutrient Criteria are specified for over 50 Green and Amber product categories. For reference, the 7 Fresh Tastes @ School Nutrient Criteria for Red (Occasional) products have also been listed.

This tiered approach, categorising foods as Green – Amber – Red, allows nutrition education principles to be embedded within canteen menu planning.

Green: "Fill the Menu" – Encourage & promote these foods in the canteen.

Amber: "Select Carefully" – Do not let these foods dominate the menu and avoid large serve sizes.

Red: "Occasionally" – Do not sell these foods on more than two occasions per term.

Hence, we are able to educate simultaneously with promoting healthier choices.

With tens of thousands of food and beverage products in the marketplace, our goal is to make **Healthy Choices, Easy Choices @ School.**

Thank you

HKSCA would like to acknowledge the hard work and commitment of the large number of people who have assisted in the realisation of this extensive project.

Sally Burt **Nutrient Criteria Project Officer & Nutritionist, NSWSCA**

Jane Dibbs Dietitian, NSWSCA

Jody Aiken Nutritionist, NSWSCA

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Rhonda Matthews Public Health Nutrition Coordinator, NSW Health

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Susan Fletcher Executive Officer, NSWSCA

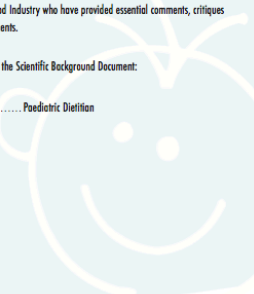
All members of the Food Industry who have provided essential comments, critiques and suggested refinements.

For their comments on the Scientific Background Document:

Dr Rosemary Stanton

Eve Reed Paediatric Dietitian

Thank you so much.



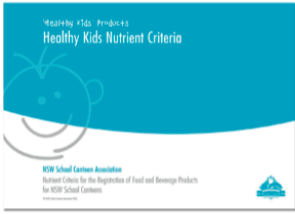

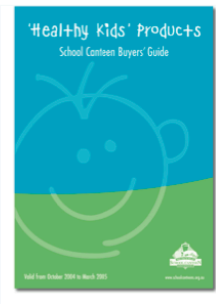
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Healthy Kids Nutrient Criteria & The School Canteen Buyers' Guide

Healthy Kids Nutrient Criteria

- The Healthy Kids Nutrient Criteria assists the Food Industry to develop and market healthy choices for children and adolescents.
- Products that meet the Healthy Kids Green or Amber Nutrient Criteria can be registered with the NSWSCA.
- NSWSCA-registered products are listed as Healthy Kids products in the School Canteen Buyers' Guide.

School Canteen Buyers' Guide

- Published twice/year, the School Canteen Buyers' Guide provides a comprehensive, colour-coded listing of NSWSCA-registered Green and Amber products that can be sold in school canteens.
- Listing products both by category and company, it allows school canteen menu planners to quickly and easily source healthy choices.
- Schools are also assured that all Healthy Kids registered products have been assessed by the NSWSCA dietitians and nutritionists and meet the Healthy Kids Nutrient Criteria.

To register a Healthy Kids Product

Please contact the Healthy Kids SCA Food Industry Team: Ph 02 9876 1300 • Email: info@healthy-kids.com.au • www.healthy-kids.com.au

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VEGETABLE PRODUCTS



'Healthy Kids' Products

Healthy Kids Nutrient Criteria The NSW School Canteen Association

Implementation: JULY 1 2005

PRODUCT CATEGORY	NSWSCA GREEN		NSWSCA AMBER		FRESH TASTES @ SCHOOL RED (OCCASIONAL)	
	Nutrient or Constituent	Criteria	Nutrient or Constituent	Criteria	Nutrient or Constituent	Criteria
Fresh Vegetables: All fresh vegetables & mixtures thereof	Total Fat: Sodium:	No added fats No added salt	Not Applicable		Not Applicable	
Canned Vegetables: All canned vegetables	Total Fat: Sodium:	No added fats <=200mg/100g	Saturated Fat: Sodium:	<=1.5g/100g <=400mg/100g	Not Applicable	
Canned Legumes: All canned legumes	Total Fat: Sodium:	No added fats <=300mg/100g	Saturated Fat: Sodium:	<=1.5g/100g <=450mg/100g	Not Applicable	
Frozen Vegetables: All frozen vegetables, frozen oven-baked potato products	Total Fat: Sodium:	No added fats <=150mg/100g	Energy: Saturated Fat: Sodium:	<=800kJ/100g <=1.5g/100g <=350mg/100g	Oven-Baked Potato Products: Energy: >1000kJ/100g Saturated Fat: >5g/100g Sodium: >400mg/100g	
Mashed Vegetables: All mashed vegetables, instant mashed vegetables as reconstituted	Saturated Fat: Sodium:	<=0.5g/100g <=150mg/100g & <=225mg/serve	Saturated Fat: Sodium:	<=1.5g/100g <=300mg/100g & <=450mg/serve	Not Applicable	
Vegetable Juice: All vegetable juices Does not include: Fruit & Vegetable Juice Mixtures: see Processed Fruit & Vegetable Juice	Sodium:	<=250mg/100mL	Sodium:	<=400mg/100mL	Not Applicable	

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1 serve = 1 total portion as sold in the canteen

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BREAD & GRAIN PRODUCTS



'Healthy Kids' Products

Healthy Kids Nutrient Criteria The NSW School Canteen Association

Implementation: JULY 1 2005

PRODUCT CATEGORY	NSWSCA GREEN		NSWSCA AMBER		FRESH TASTES @ SCHOOL RED (OCCASIONAL)	
	Nutrient or Constituent	Criteria	Nutrient or Constituent	Criteria	Nutrient or Constituent	Criteria
Breads, Bread Alternatives & Fruit Breads: Breads, bread-style plain muffins, plain rolls, flat breads, burritos, tacos, bread-style fruit muffins, fruit breads	Saturated Fat: Sodium: Dietary Fibre: Ingredients:	<=1.5g/100g <=450mg/100g >=3.0g/100g (Flat breads: >=3.0g/100g or >=2.0g/serve) no added confectionery	Saturated Fat: Sodium: Dietary Fibre: Ingredients:	<=4.0g/100g <=600mg/100g >=1.5g/100g (Flat breads: >=1.5g/100g or >=1.0g/serve) no added confectionery	Not Applicable	
Breakfast Cereals: All breakfast cereals, mueslis, oat breakfast cereals	Saturated Fat: Sodium: Dietary Fibre: Ingredients:	<=2.0g/100g <=400mg/100g >=8.0g/100g no added confectionery	Saturated Fat: Sodium: Dietary Fibre: Ingredients:	<=4.0g/100g <=600mg/100g >=4.0g/100g no added confectionery	Not Applicable	
Pasta, Rice, Noodles: Plain Plain, dried or cooked, unfilled pasta, rice, couscous and noodles without sauces or fillings	Saturated Fat: Sodium:	<=1.0g/100g <=100mg/100g	Saturated Fat: Sodium:	<=1.5g/100g <=150mg/100g	Not Applicable	
Pasta, Rice, Noodles: Processed Gnocchi, filled pasta eg ravioli, dried pasta & sauce products as served, processed pasta, rice and noodle products that are not "ready to eat" Does not include: Noodle Cups: see Soups. "Instant" Rice Products and Canned Spaghetti: see Ready-to-Eat Pasta/Rice/Noodle Products	Saturated Fat: Sodium:	<=1.2g/100g & <=2.4g/serve <=200mg/100g & <=400mg/serve	Saturated Fat: Sodium:	<=2.0g/100g & <=4.0g/serve <=300mg/100g & <=600mg/serve	Not Applicable	
Crumpets, Pikelets & Pancakes: Crumpets, pikelets, pancakes, pancake/pikelet mix as made up, hot cakes	Energy: Saturated Fat: Sodium: Dietary Fibre: Ingredients:	<=600kJ/serve <=1.5g/100g <=450mg/100g >=3.0g/100g no added confectionery	Energy: Saturated Fat: Sodium: Dietary Fibre: Ingredients:	<=900kJ/serve <=3.0g/100g <=600mg/100g >=1.5g/100g no added confectionery	Not Applicable	
Buns & Scones: Sweet Sweet buns, sweet rolls, plain & fruit scones, sweet soft-pretzels	Energy: Saturated Fat: Sodium: Dietary Fibre: Ingredients:	<=900kJ/serve <=1.5g/100g <=450mg/100g >=3.0g/100g no added confectionery	Energy: Saturated Fat: Sodium: Dietary Fibre: Ingredients:	<=1200kJ/serve <=4.0g/100g <=600mg/100g >=1.5g/100g no added confectionery	Not Applicable	

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1 serve = 1 total portion as sold in the canteen

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BREAD & GRAIN PRODUCTS ... CONTINUED



'Healthy Kids' Products

Healthy Kids Nutrient Criteria The NSW School Canteen Association

Implementation: JULY 1 2005

PRODUCT CATEGORY	NSWSCA GREEN		NSWSCA AMBER		FRESH TASTES @ SCHOOL RED (OCCASIONAL)	
	Nutrient or Constituent	Criteria	Nutrient or Constituent	Criteria	Nutrient or Constituent	Criteria
Buns & Scones: Savoury Savoury buns, savoury rolls, savoury scones, savoury soft-pretzels	Energy: Saturated Fat: Sodium: Dietary Fibre:	<=900kJ/serve <=3.0g/100g <=450mg/100g >=3.0g/100g	Energy: Saturated Fat: Sodium: Dietary Fibre:	<=1200kJ/serve <=5.0g/100g <=600mg/100g >=1.5g/100g	Not Applicable	
Snack Food Bars: Grain-based bars eg muesli bars, grain/ fruit/nut/seed bars, breakfast bars	Not Applicable		Energy: Saturated Fat: Sodium: Dietary Fibre: Ingredients:	<=600kJ/serve <=2.0g/serve <=300mg/100g >=1.0g/serve no added confectionery	Energy: Saturated Fat: Dietary Fibre:	>600kJ/serve >3g/serve <1g/serve
Cakes, Muffins & Sweet Pastry: Cakes, slices, muffins, donuts, sweet pastry	Not Applicable		Energy: Saturated Fat: Sodium: Dietary Fibre: Ingredients:	<=1200kJ/100g & <=900kJ/serve <=3.0g/serve <=300mg/100g >=1.5g/serve no added confectionery	Energy: Saturated Fat: Dietary Fibre:	>900kJ/serve >3g/serve <1.5g/serve
Biscuits: Sweet All sweet biscuits & cookies	Not Applicable		Energy: Saturated Fat: Sodium: Dietary Fibre: Ingredients:	<=600kJ/serve <=2.0g/serve <=300mg/100g >=1.0g/serve no added confectionery	Energy: Saturated Fat: Dietary Fibre:	>600kJ/serve >3g/serve <1g/serve
Biscuits: Savoury Savoury biscuits, crackers, crispbreads, rice cakes, corn cakes	Energy: Saturated Fat: Sodium: Dietary Fibre: Ingredients:	<=450kJ/serve <=0.5g/serve <=150mg/serve >=1.5g/serve rice based*: >=0.7g/serve no added confectionery *products: >=75% rice	Energy: Saturated Fat: Sodium: Dietary Fibre: Ingredients:	<=600kJ/serve <=1.0g/serve <=200mg/serve >=1.0g/serve rice based*: >=0.7g/serve no added confectionery *products: >=75% rice	Energy: Saturated Fat: Sodium:	>600kJ/serve >3g/serve >200mg/serve
Savoury Dry Snack Foods: Popcorn, hard-pretzels, extruded products, dry snack noodles, chips, corn chips, soy snacks, bread-based dry snacks	Energy: Saturated Fat: Sodium: Dietary Fibre: Sugars: Ingredients:	<=450kJ/serve <=1.0g/serve <=150mg/serve >=2.0g/serve <=10.0g/100g no added confectionery	Energy: Saturated Fat: Sodium: Dietary Fibre: Sugars: Ingredients:	<=600kJ/serve <=2.0g/serve <=200mg/serve >=1.5g/serve <=10.0g/100g no added confectionery	Energy: Saturated Fat: Sodium:	>600kJ/serve >3g/serve >200mg/serve

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DAIRY & DAIRY ALTERNATIVE PRODUCTS



'Healthy Kids' Products

Healthy Kids Nutrient Criteria The NSW School Canteen Association

Implementation: JULY 1 2005

PRODUCT CATEGORY	NSWSCA GREEN		NSWSCA AMBER		FRESH TASTES @ SCHOOL RED (OCCASIONAL)	
	Nutrient or Constituent	Criteria	Nutrient or Constituent	Criteria	Nutrient or Constituent	Criteria
Milk: Plain, Unflavoured Milks, modified milks, dairy drinks, soy drinks, milk alternatives	Total Fat: Saturated Fat: Calcium:	<=2.0g/100mL <=1.3g/100mL >=100mg/100mL	Total Fat: Saturated Fat: Calcium:	<=4.0g/100mL <=2.6g/100mL >=100mg/100mL	Not Applicable	
Milk: Flavoured Flavoured milks, modified milks, dairy drinks, soy drinks, milk alternatives, milk-based beverages with flavourings or supplements	Energy: Saturated Fat: Calcium:	<=900kJ/serve <=1.3g/100mL >=100mg/100mL	Energy: Saturated Fat: Calcium:	<=1600kJ/serve <=2.6g/100mL >=100mg/100mL	Not Applicable	
Cheese: Hard, Cheddar & Semi-Soft eg cheddar, parmesan, mozzarella	Total Fat: Sodium:	<=25.0g/100g <=600mg/100g	Total Fat: Sodium:	<=36.0g/100g <=750mg/100g	Not Applicable	
Cheese: Soft & Fresh eg ricotta, cottage, feta, camembert	Total Fat: Sodium:	<=25.0g/100g <=450mg/100g	Total Fat: Sodium:	<=36.0g/100g <=750mg/100g	Not Applicable	
Yoghurts & Drinking Yoghurts: Plain and flavoured yoghurts, drinking yoghurts, yoghurt/fruit grain/nut mixtures, soy & dairy alternative yoghurts	Energy: Saturated Fat: Calcium: Ingredients:	<=850kJ/serve <=1.3g/100g >=100mg/100g no added confectionery	Energy: Saturated Fat: Calcium: Ingredients:	<=1100kJ/serve <=2.6g/100g >=80mg/100g no added confectionery	Not Applicable	
Dairy Snack Foods: Custards, fromage-frais, dairy snacks, dairy snack/fruit/grain/nut mixtures, soy and dairy alternative snacks	Energy: Saturated Fat: Calcium: Ingredients:	<=850kJ/serve <=1.3g/100g >=100mg/100g no added confectionery	Energy: Saturated Fat: Calcium: Ingredients:	<=1100kJ/serve <=2.6g/100g >=80mg/100g no added confectionery	Not Applicable	
Dairy Desserts: Indulgent/premium dairy desserts eg cheesecakes, tiramisu	Not Applicable		Energy: Saturated Fat: Calcium: Ingredients:	<=600kJ/serve <=3.0g/serve >=80mg/serve no added confectionery	Energy: Saturated Fat:	>600kJ/serve >3g/serve
Ice Creams & Milk-Based Ice Confections:	Not Applicable		Energy: Saturated Fat: Calcium: Ingredients:	<=600kJ/serve <=3.0g/serve >=80mg/serve no added confectionery	Energy: Saturated Fat:	>600kJ/serve >3g/serve

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SALAD, SOUP AND PASTA SAUCE PRODUCTS

NUT PRODUCTS



'Healthy Kids' Products

Healthy Kids Nutrient Criteria The NSW School Canteen Association

Implementation: JULY 1 2005

PRODUCT CATEGORY	NSWSCA GREEN		NSWSCA AMBER		FRESH TASTES @ SCHOOL RED (OCCASIONAL)	
	Nutrient or Constituent	Criteria	Nutrient or Constituent	Criteria	Nutrient or Constituent	Criteria
Salads: Pre-Prepared Green salads, tabouleh, coleslaw, potato salads, mixed salads with meat or alternatives eg poultry/seafood/beans/ cheese/nuts/egg Includes: Dressing Does not include: Pasta Salads: see Ready-to-Eat Pasta/Rice/Noodle Products	Saturated Fat: Sodium:	<=2.0g/100g <=250mg/100g & <=750mg/serve	Saturated Fat: Sodium:	<=4.0g/100g <=400mg/100g & <=900mg/serve	Not Applicable	
Soups: All soups as reconstituted and served: fresh and ready-to-eat soups, condensed soups, instant soups, noodle soups/cups/bowls	Saturated Fat: Sodium: Dietary Fibre:	<=1.0g/100g & <=3.0g/serve <=250mg/100g & <=750mg/serve >=1.5g/100g	Saturated Fat: Sodium: Dietary Fibre:	<=2.0g/100g & <=6.0g/serve <=300mg/100g & <=900mg/serve >=0.7g/100g	Not Applicable	
Pasta Sauces & Cooking Sauces: All pasta & cooking sauces as served. If dry, as reconstituted	Saturated Fat: Sodium:	<=1.0g/100g <=250mg/100g	Saturated Fat: Sodium:	<=2.0g/100g <=350mg/100g	Not Applicable	
Dried Fruit, Nut & Seed Mixtures:	Saturated Fat: Sodium: Sugar: Ingredients:	<=3.0g/serve no added salt no added sugars no added confectionery	Saturated Fat: Sodium: Sugar: Ingredients:	<=6.0g/serve <=100mg/serve no added sugars no added confectionery	Not Applicable	
Nut & Seed Mixtures:	Saturated Fat: Sodium: Sugar: Ingredients:	<=5.0g/serve no added salt no added sugars no added confectionery	Saturated Fat: Sodium: Sugar: Ingredients:	<=8.0g/serve <=100mg/serve no added sugars no added confectionery	Not Applicable	
Nut Spreads: Peanut butter & spreads, nut spreads	Saturated Fat: Sodium: Total Sugars: Ingredients:	<=9.0g/100g <=50mg/100g <=7.0g/100g no added confectionery	Saturated Fat: Sodium: Total Sugars: Ingredients:	<=13.0g/100g <=600mg/100g <=12.0g/100g no added confectionery	Not Applicable	

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PROCESSED SEAFOOD PRODUCTS

PROCESSED MEAT PRODUCTS



'Healthy Kids' Products

Healthy Kids Nutrient Criteria The NSW School Canteen Association

Implementation: JULY 1 2005

PRODUCT CATEGORY	NSWSCA GREEN		NSWSCA AMBER		FRESH TASTES @ SCHOOL RED (OCCASIONAL)	
	Nutrient or Constituent	Criteria	Nutrient or Constituent	Criteria	Nutrient or Constituent	Criteria
Processed Tuna: Canned tuna, canned flavoured tuna, processed tuna pouches and sachets NB: analysis is for drained product, or, where flavoured and to be consumed as purchased, for the complete product	Saturated Fat: Sodium:	<=1.0g/100g <=350mg/100g	Saturated Fat: Sodium:	<=2.5g/100g <=500mg/100g	Not Applicable	
Processed Salmon & other Seafood Products: Canned salmon, canned flavoured salmon, processed salmon pouches and sachets, other processed seafood products eg sardines NB: analysis is for drained product, or, where flavoured and to be consumed as purchased, for the complete product	Saturated Fat: Sodium:	<=2.5g/100g <=350mg/100g	Saturated Fat: Sodium:	<=4.0g/100g <=500mg/100g	Not Applicable	
Processed Meats: Sandwich meats, luncheon meats, cured meats eg ham	Not Applicable		Saturated Fat: Sodium:	<=2.5g/100g <=750mg/100g	Not Applicable	
Processed Meats: Free-flow poultry products eg roast chicken meats	Not Applicable		Saturated Fat: Sodium:	<=2.5g/100g <=700mg/100g	Not Applicable	

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MEAT & ALTERNATIVE MIXED SAVOURY PRODUCTS



'Healthy Kids' Products

Healthy Kids Nutrient Criteria The NSW School Canteen Association

Implementation: JULY 1 2005

PRODUCT CATEGORY	NSWSCA GREEN		NSWSCA AMBER		FRESH TASTES @ SCHOOL RED (OCCASIONAL)	
	Nutrient or Constituent	Criteria	Nutrient or Constituent	Criteria	Nutrient or Constituent	Criteria
Ready-to-Eat Pasta/Rice/ Noodle Products: Ready to eat (pre-cooked) pasta/rice/ noodle meals & snacks, sushi, "instant" rice meals & snacks, canned spaghetti Does not include: Noodle Cups: see Soups	Energy: Saturated Fat: Sodium:	<=600kJ/100g & <=1600kJ/serve <=2.0g/100g & <=300mg/100g & <=750mg/serve	Energy: Saturated Fat: Sodium:	<=800kJ/100g & <=1600kJ/serve <=4.0g/100g & <=400mg/100g & <=900mg/serve	Pasta: Energy: Saturated Fat: Sodium:	>1000kJ/100g >5g/100g >400mg/100g
Processed Meat, Poultry, Seafood & Meat-Alternative Products: Not Crumbed or Coated Non-crumbed/ non-coated burgers, patties, meatballs, rissoles, non-crumbed/non-coated poultry, seafood and meat-alternative products Does not include: Luncheon & Pre-Sliced Meats & Free-Flow Poultry Products: see Processed Meats	Energy: Saturated Fat: Sodium:	<=800kJ/100g <=3.0g/100g <=350mg/100g	Energy: Saturated Fat: Sodium:	<=1000kJ/100g <=4.0g/100g <=450mg/100g	Not Applicable	
Processed Meat, Poultry, Seafood & Meat-Alternative Products: Crumbed and/or Coated Crumbed and/or coated burgers, patties, meatballs, rissoles, crumbed and/or coated poultry, seafood and meat-alternative products	Not Applicable		Energy: Saturated Fat: Sodium:	<=1000kJ/100g <=4.0g/100g <=450mg/100g	Crumbed & Coated Foods: Energy: Saturated Fat: Sodium:	>1000kJ/100g >5g/100g >700mg/100g
Processed Meat, Poultry, Seafood & Meat-Alternative Products: Pastry Pies, sausage rolls, pasties, quiche, spring rolls and other savoury pastry products	Not Applicable		Energy: Saturated Fat: Sodium:	<=1000kJ/100g & <=1600kJ/serve <=5.0g/100g <=350mg/100g	Savoury Pastries: Energy: Saturated Fat: Sodium:	>1000kJ/100g >5g/100g >400mg/100g
Processed Meat, Poultry, Seafood & Meat-Alternative Products: Frankfurters, Sausages, Hot Dogs	Not Applicable		Energy: Saturated Fat: Sodium:	<=750kJ/100g <=3.0g/100g <=450mg/100g	Frankfurters & Sausages: Energy: Saturated Fat: Sodium:	>1000kJ/100g >5g/100g >700mg/100g
Pizza-Style Products: Pizza, pizza pockets, filled bread-style products, pizza-based savoury foods	Not Applicable		Energy: Saturated Fat: Sodium:	<=1000kJ/100g & <=1600kJ/serve <=4.0g/100g <=350mg/100g	Pizza: Energy: Saturated Fat: Sodium:	>1000kJ/100g >5g/100g >400mg/100g

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WATER & SWEETENED BEVERAGE PRODUCTS



'Healthy Kids' Products

Healthy Kids Nutrient Criteria The NSW School Canteen Association

Implementation: JULY 1 2005

PRODUCT CATEGORY	NSWSCA GREEN		NSWSCA AMBER		FRESH TASTES @ SCHOOL RED (OCCASIONAL)	
	Nutrient or Constituent	Criteria	Nutrient or Constituent	Criteria	Nutrient or Constituent	Criteria
Plain Waters: Plain, unsweetened waters, carbonated waters & still waters	Energy: Sodium: Ingredients:	0kJ/100mL <=20mg/100mL no added sugars no added intense sweeteners	Not Applicable		Not Applicable	
Sweetened Waters: Sports waters, sports drinks, soft drinks, diet drinks & all sweetened beverages Includes: Beverages sweetened with fruit juice/ reconstituted juice / fruit concentrate Does not include: Water ices	Not Applicable		Energy: Sodium: Ingredients:	<=50kJ/100mL & <=300kJ/serve <=100mg/serve no added intense sweeteners	Sugar-Sweetened Drinks & Ices: Energy: Sodium:	>300kJ/serve >100mg/serve
Edible Oil Spreads: Margarine, reduced fat spreads	Not Applicable		Saturated + Trans Fats: Trans Fat Sodium:	<=28% total fats <=1% total fats <=400mg/100g	Not Applicable	
Mayonnaise & Salad Dressings: Mayonnaise, salad dressings, coleslaw dressing, reduced fat versions of the above	Not Applicable		Saturated Fat: Sodium:	<=20% total fats or <=0.8g/100g <=750mg/100g & <=200mg/serve	Not Applicable	

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