



# GO for GREEN

USING THE TRAFFIC  
LIGHT SYSTEM



HEALTHY FOOD & DRINKS FOR CHILDREN



ACT  
Government

fresh  
TASTES



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## Acknowledgements

This document was jointly developed by ACT Health and Nutrition Australia ACT.

Go for Green: Using the Traffic Light System is adapted from the Victorian Department of Health & Human Services' *Healthy Choices: food and drink guidelines for Victorian Public Hospitals* which was adapted from the Queensland Department of Health's *A better choice: Health Food and Drink Supply Strategy for Queensland Health Facilities (2007)* and the Victorian Department of Education and Training's *School canteens and other school food services policy (2012)* which was based on the NSW Department of Health and NSW Department of Education and Training's *Fresh Tastes @School NSW Healthy School Canteen Strategy (2004)*. Copyright © State of Victoria, Australia. Reproduced with the permission of the Secretary to the Department of Health and Human Services, the Department of Health, State of Queensland and the Department of Health, State of NSW. Reproduction and other uses comprised in the copyright are prohibited without permission.

It also incorporates elements from the Western Australian Department of Health *Healthy Options: Commonly Supplied Food and Drinks Guide (2011)* and the South Australian Department of Education and Children's Services *Right Bite Healthy Food and Drink Supply Strategy (2008)*.

The traffic light poster image on page 10 was sourced and adapted from the Australian Government – *National Healthy School Canteen Guidelines 2010*.

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Version No. 1, September 2017

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# Getting started

In 2013, the ACT Government set a target of zero growth for obesity in the ACT to address rising rates of obesity and launched the Healthy Weight Initiative. Action in schools is a high priority in the Healthy Weight Action Plan because good nutritional and exercise habits, if learned early, can make a lasting contribution to good health throughout life.

Without change, overweight or obese children are likely to remain overweight or obese into adolescence and adulthood. They are also at greater risk of developing a range of chronic diseases later in life.

The food and drinks kids have at school, sporting events and other children's settings form an important part of their overall energy intake. If you are serving food and drinks in any of these places, help them by making healthy choices the easy choices.

## Who is *Go for Green* for?

**Go for Green is for everyone who provides food and drinks to school aged kids in the ACT, including:**

- school canteen staff
- teachers
- P&C Associations and parent bodies
- outside school-hours care providers
- any provider of children's programs and activities.

**All the information in this guide:**

- is based on the National Healthy School Canteen Guidelines (2014)
- can be used in all places where food and drinks are provided to school aged kids
- takes into account both freshly prepared and pre-packaged food and drinks.

## What will *Go for Green* tell me?

- how to provide healthy food and drinks
- how to use the Traffic Light System to classify food and drinks
- comprehensive lists of ingredients classified as GREEN, AMBER or RED
- how to build your own recipes using popular GREEN and AMBER ingredients.

Fast facts 

1 in 4

children in the ACT  
are overweight  
or obese.



## How can I use *Go for Green*?

Use *Go for Green* as your reference to plan, provide and classify food and drinks as GREEN, AMBER or RED.

*Go for Green* has five parts:

### **Part 1 The Traffic Light System at a glance**

Provides an overview of the Traffic Light System, and how to 'GREEN-up' individual recipes and your menu as a whole.

### **Part 2 How to classify food and drinks under the Traffic Light System**

This part includes step-by-step instructions showing:

- how to classify freshly prepared food and drinks
- specific allowances for some AMBER and RED ingredients
- how to classify pre-packaged foods
- who to contact for additional support and information.

### **Part 3 Traffic Light Tables for popular ingredients**

These tables list the most popular ingredients classified into GREEN, AMBER or RED.

### **Part 4 Recipe builder**

This part provides guidance for popular dishes with help to build your own recipes and classify them into GREEN, AMBER or RED. For example, if you want to make a pizza, just refer to the pizza section to develop a checklist for your recipe.

### **Part 5 Helpful tips and information**

This part offers useful resources and links to help provide nutritious food and drinks to children, such as:

- healthy swaps
- the *Australian Guide to Healthy Eating*
- portion control tips
- food safety tips
- a template for assessing a menu under the Traffic Light System.

## Need more help?

### **The National Healthy School Canteen Guidelines (2014)**

#### **Fresh Tastes**

For more information about canteen support in the ACT  
Phone 02 6205 1452 | email [freshtastes@act.gov.au](mailto:freshtastes@act.gov.au)  
[www.goodhabitsforlife.act.gov.au/fresh-tastes/canteen-support](http://www.goodhabitsforlife.act.gov.au/fresh-tastes/canteen-support)

#### **ACT Nutrition Support Service (ACTNSS)**

Delivered by Nutrition Australia ACT, ACTNSS provides free nutrition advice and support for all schools and canteens in the ACT.  
Phone 6162 2583 | email [info@actnss.org](mailto:info@actnss.org)  
[www.actnss.org/schools/canteens](http://www.actnss.org/schools/canteens)

#### **Healthy Kids Association**

Provides resources and support for member canteens  
Phone 1300 724 850 | email [info@healthy-kids.com.au](mailto:info@healthy-kids.com.au)  
[www.healthy-kids.com.au](http://www.healthy-kids.com.au)

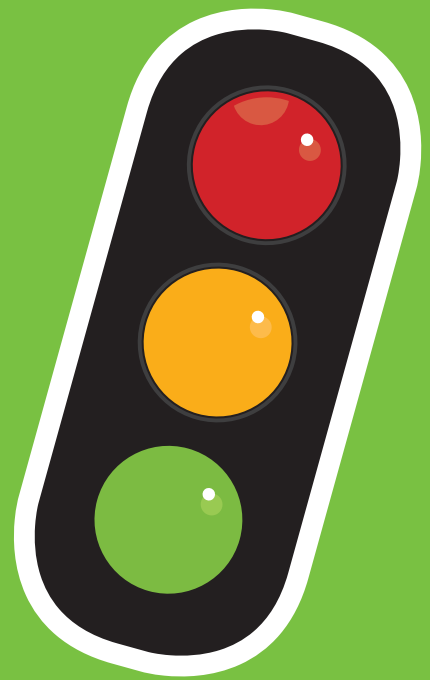


Part 1

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# TRAFFIC LIGHT SYSTEM

at a *glance*







# The Traffic Light System at a glance



## What is the Traffic Light System?

The National Healthy School Canteen Guidelines (2014) use a Traffic Light System to:

- classify foods and drinks as GREEN, AMBER or RED depending on both their nutritional content and portion size
- identify food and drinks that should form the basis of a healthy diet for children.

The National Healthy School Canteen Guidelines (2014) define GREEN, AMBER and RED in the following way:

### GREEN – ‘always on the canteen menu’

GREEN food and drinks contain a wide variety of nutrients and are generally low in saturated fat, sugar and/or salt. These food and drinks provide essential nutrients for good health and support healthy eating recommendations in the Australian Dietary Guidelines (2013).

### AMBER – ‘select carefully’

AMBER food and drinks contain some valuable nutrients, but are often higher in saturated fat, added sugar and/or salt than GREEN options. AMBER foods and drinks can contribute to excess kilojoule intake if consumed frequently or in large quantities.

### RED – ‘not recommended on the canteen menu’

Food and drinks in the RED category are of low nutritional value and may be high in saturated fat, added sugar and/or salt. RED food and drinks may also provide excess energy (kilojoules) and can contribute to weight gain and increased risk of developing chronic disease. RED food and drinks are not consistent with the Australian Dietary Guidelines (2013).

The Traffic Light System is not just for canteens – it can also be used by anyone preparing or supplying food and drinks.

## Policies

### Food and drink policies for ACT schools

All ACT public schools follow the *ACT Public School Food and Drink Policy 2015*.

Catholic schools follow the *Catholic Education Food and Drink Policy (ACT)* which is available on the Catholic Education Office intranet.

These policies refer to the Traffic Light System and require school canteens to:

- offer a majority of GREEN food and drinks. These food and drinks:
  - are the best choice for a school canteen, at school events and recommended for lunches provided from home
  - should be available everyday, the main choices on the menu and at events
- not let AMBER food and drinks dominate the menu and keep serving sizes small
- remove RED food and drinks from the canteen menu. These food and drinks:
  - should not be sold in a healthy school environment
  - may be sold at occasional fetes, fundraisers and school events (no more than twice per term – ACT public schools only).

The Association of Independent Schools of the ACT has developed a template for the development of a school Food and Drink Policy. The template is available on the Association’s website, should schools wish to use it.



# GO for GREEN

## Healthy kids need healthy canteens!

### ALWAYS ON THE CANTEEN MENU

### Encourage and promote these foods and drinks

#### These foods and drinks:

- are the best choices for a healthy school canteen
- should be available every day and be the main choices on the canteen menu
- contain a wide range of nutrients
- are generally low in saturated fat and/or sugar and/or sodium (salt).



### SELECT CAREFULLY

### Do not let these foods and drinks take over the menu and keep serve sizes small

#### These foods and drinks:

- contain some valuable nutrients
- contain moderate amounts of saturated fat and/or sugar and/or sodium (salt)
- if eaten in large amounts, may increase the amount of energy (kilojoules) being consumed.

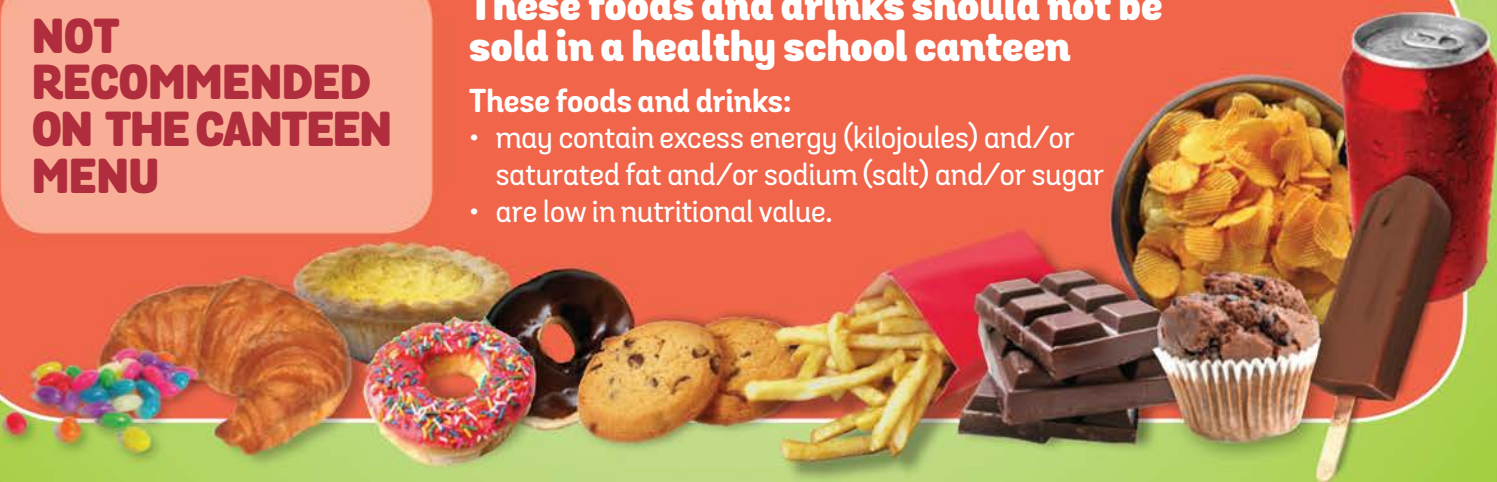


### NOT RECOMMENDED ON THE CANTEEN MENU

### These foods and drinks should not be sold in a healthy school canteen

#### These foods and drinks:

- may contain excess energy (kilojoules) and/or saturated fat and/or sodium (salt) and/or sugar
- are low in nutritional value.



# Try these tips to green a menu

Whether you are designing a menu for the canteen or planning a fete, use these simple tips to **Go for Green**.

## Size matters

Keep **AMBER** portion sizes small – e.g. use mini muffins

## Green it up

Create healthier versions of **AMBER** items – see page 73 to find out how

## THE CANTEEN MENU

We are open for recess and lunch  
Wednesdays, Thursdays and Fridays

### Recess

➤ Vege sticks and hummus	\$1.00	➤ Pikelet	50c
➤ Frozen pineapple ring	30c	➤ Frozen yoghurt	\$1.00
➤ Mini muffins	\$1.50	➤ Amber Anzac Biscuit	\$1.50

## Not everyday

Instead offering a number of **AMBER** items everyday, spread them across the week

## Make AMBER pay

Make sure **AMBER** items don't have a price advantage. Keep the **GREEN** items cheaper

### Hot lunches

➤ Fried rice with chicken and vegies	\$3.00	➤ Plain milk (low fat)	\$2.00
➤ Soup – pumpkin or minestrone	\$3.00	➤ Flavoured milk (low fat)	\$2.00
➤ Meat pie Friday's only (low fat and low salt)	\$3.50	➤ Fruit juice (99%, 200 ml)	\$2.50

### Drinks

### Sandwiches

➤ Cheese (reduced fat) and salad	\$2.50
➤ Lean chicken and salad	\$2.50
➤ Tuna and salad	\$2.50
➤ Lean ham (reduced salt) and salad	\$3.00
➤ Vegemite	\$3.00

Term 2

## Mix it up

Serve **AMBER** items with vegetables or salad

## Can the GREEN be seen?

Make sure **GREEN** items are the easiest to see and reach

## Don't let AMBER dominate

Have more **GREEN** items than **AMBER**

# GO for GREEN

Whether you are cooking it yourself, or purchasing packaged food and drink to sell, these tips will help you **Go for Green**.

## ↑ More

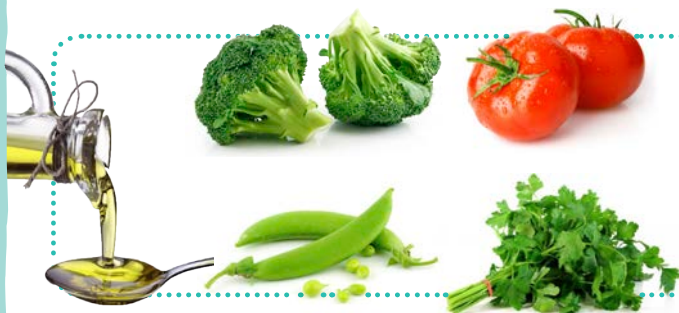
- Vegetables, fruit and other whole foods
- Reduced fat dairy
- Breads (mostly wholegrain)
- Rice, grain and pastas (wholegrain or wholemeal where possible)
- Lean meat, chicken, fish (being careful of allergies)

## ↓ Less

- Reduce the amount of fats and oils used in a recipe and use poly or mono unsaturated oils
- Use margarine and spreads thinly "see the bread through the spread"
- Use low/reduced unsaturated fat products where possible
- Use low/reduced salt sauces and other products wherever possible and use them sparingly
- Avoid adding salt or sugar. Use alternatives such as herbs and spices



All GREEN ingredients make a GREEN dish. Use the Traffic Light System Tables in this Guide (pages 37 to 54) to find GREEN ingredients.



If you cook a dish with lots of vegetables, it's OK to add a dash of oil or a splash of reduced salt sauce (e.g. soy or oyster sauce). See page 22 for details.

Look out for hidden surprises – packaged food can be high in salt, sugar and/or fat. Always choose low/reduced fat and low/reduced salt varieties of simmer sauces, pasta sauces and stock.

Remember, most packaged food is classified as AMBER or RED.



# To green a recipe, try these tips..

## Greening a sandwich

- Full fat cheese → Reduced fat cheese
- No salad → Plenty of salad
- Thickly spread margarine → Thin spread of margarine
- White bread → Wholemeal bread



'See the bread through the spread'

## Greening a pizza

- Full fat cheese → Reduced fat cheese
- Pre-filled pizza base → Plain pizza base or pita bread
- Ham, bacon or pepperoni → Vegetables e.g. tomato, onion and herbs
- BBQ sauce, tomato ketchup or mayonnaise → Tomato paste (no added-salt), passata or reduced fat mayonnaise



Add lots of vegies

## Greening a stir fry

- Mainly noodles → Plenty of vegetables (1/2 cup per serve)
- Processed meat → Lean meat (trim visible fat)
- Deep-fried noodles → Plain noodles
- Lots of oil → Dash of oil
- Lots of sauces → Add fresh herbs and spices for more flavour  
Don't add salt or sugar



Up to 1½ teaspoons per ½ cup of vegetables (see page 22 for more details)



Up to 1 teaspoon for every ½ cup vegetables (see page 22 for more details)

## Greening a pasta sauce

- Lots of oil → Just a dash of olive oil
- Jar of commercial pasta sauce → Can of crushed tomatoes
- Salt → Don't add salt. Use mixed herbs for flavour.
- Stock powder → Include lots of vegetables



Up to 1½ teaspoons per ½ cup of vegetables (see page 22 for more details)

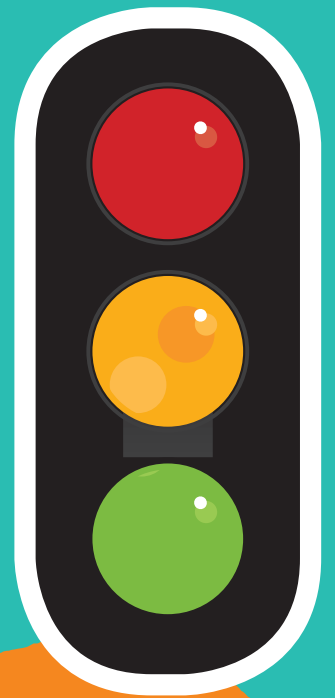


Part 2

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# HOW to *classify* FOOD & DRINKS

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Using the  
Traffic Light  
System





# How to classify food and drinks using the Traffic Light System



There are two different methods you can use to classify food and drinks under the Traffic Light System.



## Ingredients Only Method

This is the simplest method if you know all the ingredients in your dish.

Use it to classify most freshly prepared food and drinks.

You must use this method to classify:

- sandwiches
- burritos, tacos, tortillas
- salads
- drinks.

If you add a RED ingredient to a freshly prepared dish you will need to classify using the Nutrient Criteria Method. However, specific allowances have been made for some AMBER and RED ingredients (see page 22 for details).

OR



## Nutrient Criteria Method

This is how you classify any food or drinks that come with a Nutrition Information Panel (NIP).

Almost all **pre-packaged** food comes with a NIP on its packaging.

To classify a **freshly prepared** dish using the Nutrient Criteria Method, you will need to produce a NIP yourself. See page 24 for more details on how to do this.

Instructions for using each method can be found in the following pages.

# The Ingredients Only Method



The Ingredients Only Method is the simplest method to classify food and drinks. Use this method to classify:

## Most freshly prepared food and drinks

Please note:

- There are some freshly prepared food and drinks that can ONLY be classified using the Ingredients Only Method. These are:
  - sandwiches
  - burritos, tacos, tortillas
  - salads
  - drinks.
- If you add a RED ingredient to a freshly prepared dish you will need to classify the dish using the Nutrient Criteria Method to determine if the dish can be classified as AMBER.

## Some pre-packaged food

Try to classify pre-packaged food using the Ingredients Only Method before applying the Nutrient Criteria Method.



Preparing food and drinks from scratch means you know exactly what is going into the food you serve. It allows you to be creative and to *Go for Green* by adding whole foods such as vegetables and herbs. This means you can make your dishes healthier by reducing RED ingredients that are high in salt, sugar and saturated fat.

There are examples of using the Ingredients Only Method in the following pages.

## How to classify your freshly prepared recipe as GREEN, AMBER or RED

Step 1

List your ingredients

Step 2

Classify each ingredient as GREEN, AMBER or RED.

Refer to the Traffic Light System Tables in Part 3 (see page 37) if needed.

Step 3

Classify your recipe using the Ingredients Only Method Guide (below).

## INGREDIENTS ONLY METHOD GUIDE

<b>IT'S GREEN IF</b>	<ul style="list-style-type: none"> <li>All the ingredients are <b>GREEN</b></li> </ul>		
	<ul style="list-style-type: none"> <li>You can add a small amount of the following <b>AMBER</b> ingredients to <b>GREEN</b> ingredients and the recipe will remain <b>GREEN</b>:</li> </ul>		
	Oils, poly / mono-unsaturated	1.5 tsp	per serve of veg in: salad, roast, stirfry, soup, curry or casserole
	Spreads e.g. margarine, poly / mono-unsaturated	1 tsp	per slice in: sandwich, roll, toast, scone, crumpet
	Asian sauces (reduced salt) and curry pastes	2 tsp	per 250g serve in meat & vegetable stirfry, or as marinade
1 serve of veg = 1/2 cup cooked or 1 cup salad veg			
<b>IT'S AMBER IF</b>	<ul style="list-style-type: none"> <li>The ingredients are <b>AMBER</b></li> </ul>		
	<ul style="list-style-type: none"> <li>The ingredients are <b>AMBER</b> and <b>GREEN</b></li> </ul>		
	<ul style="list-style-type: none"> <li>You can add a small amount of the following <b>RED</b> ingredients to all <b>GREEN</b> ingredients and the recipe will be <b>AMBER*</b></li> </ul>		
	* One shaved slice (or 25g) of lean ham, bacon, processed turkey, smoked fish or corned/roast beef in:		
	Sandwich, roll, wrap	with 1/2 cup of salad vegetables per serving	
	Pizza	with 1/4 cup of cooked vegetables or 1/2 cup of salad vegetables per serving	
	Baked potato	with minimum 1/4 cup of other cooked vegetables per serving	
	Frittata	with minimum 1/4 cup of vegetables per serving	
*Maximum of 2 shaved slices (50g) of lean ham, bacon, processed turkey, smoked fish or corned/roast beef in:			
Salads	with minimum 2 cups salad vegetables or 1 cup of cooked vegetables (e.g. pumpkin, zucchini, beans) per serving (excluding potato based salads)		
<b>IT COULD BE RED OR AMBER IF</b>	<ul style="list-style-type: none"> <li>You add a <b>RED</b> ingredient</li> </ul>		
	<p>You will need to create a Nutrition Information Panel (NIP) and check it against the Nutrient Criteria Tables in pages 26 to 28. If nutrient criteria exceed the criteria listed on the Nutrient Criteria Tables items will be classified <b>RED</b> (see above for exceptions*).</p> <p>You can call the ACT Nutrition Support Service on 6161 2583 for assistance in creating a NIP.</p>		
<b>IT'S RED IF</b>	<ul style="list-style-type: none"> <li>Any of the ingredients are deep-fried</li> </ul>		
	<ul style="list-style-type: none"> <li>Iced cakes and slices including doughnuts, danishes, croissants-sweet and savoury</li> </ul>		
	<ul style="list-style-type: none"> <li>Sweet pastries, buns and cakes filled with cream, jam or chocolate</li> </ul>		
	<ul style="list-style-type: none"> <li>All types of confectionery sold separately or added to products including boiled lollies, cough lollies, juice jellies, carob, chocolate including choc chips and chocolate coating, yoghurt or carob coating, 100s and 1000s, liquorice, soft lollies, cream, icing, chocolate spreads, and flavoured jelly crystals.</li> </ul>		
	<ul style="list-style-type: none"> <li>All types of sugar sweetened drink including soft drinks, commercial iced teas, sports and energy drinks, cordials, or flavoured mineral waters</li> </ul>		
<ul style="list-style-type: none"> <li>It contains guarana</li> </ul>			

# Example 1

## Classifying a stir-fry recipe



### Step 1

List your ingredients.

- 1 onion
- 1-2 garlic cloves
- 3 medium carrots
- 1 stick celery
- 250g lean chicken breast, no skin
- 1 pkt plain rice noodles
- 2 tsp canola oil
- 4 tsp reduced salt soy sauce

### Step 2

Check whether your ingredients are GREEN, AMBER or RED.

Refer to the Traffic Light System Tables in Part 3 (page 37) for help if needed.

- |   |       |
|---|-------|
| • 1 onion   | GREEN |
| • 1-2 garlic cloves   | GREEN |
| • 3 medium carrots  | GREEN |
| • 1 stick celery  | GREEN |
| • 250g lean chicken breast, no skin   | GREEN |
| • 1 pkt plain rice noodles  | GREEN |
| • 2 tsp canola oil AMBER but can be included in a GREEN dish if you use 1½ tsp of oil or less per serve of vegetables | }     |
| • 4tsp reduced salt soy sauce AMBER but can be included in a GREEN dish if you use 2 tsp or less per 250g serve       |       |



If you have a dish with lots of vegies you can add a dash of oil or a splash of reduced salt flavour sauce. See page 22 for how much you can add.

### Step 3

Classify the recipe by checking against the Ingredients Only Method Guide on pages 18 to 19.

Most of the ingredients for the stir-fry are GREEN.

The canola oil and soy sauce are AMBER but these ingredients can be used in small amounts in a GREEN dish. This recipe contains less than the specified amount so the dish can still be GREEN.



See page 22 to find out the exact quantities of oil and sauces you can use.

The stir-fry recipe is classified as **GREEN**

## Example 2

### Classifying baked tomato rice recipe

#### Step 1

List your ingredients.

- 1 onion
- 2 cups reduced salt stock
- 1½ cups brown rice
- 425g tin tomatoes
- 440g tin corn kernels
- 185g tin tuna in oil
- 1 jar 500g pasta sauce



#### Step 2

Check whether your ingredients are GREEN, AMBER or RED.

- 1 onion GREEN
- 1½ cups brown rice GREEN
- 425g tin tomatoes GREEN
- 440g tin corn kernels GREEN
- 2 cups reduced salt stock (because the stock cubes are reduced salt and made as directed on the packet) GREEN
- 185g tin tuna in oil (because it is in oil instead of spring water) AMBER
- 1 jar 500g pasta sauce GREEN or AMBER (you will need to check if the pasta sauce is GREEN or AMBER by looking in the Traffic Light Tables in Part 3).



#### Step 3

Classify the recipe by checking against the Ingredients Only Method Guide on pages 18 to 19.

There is at least one AMBER ingredient.  
There are no RED ingredients.

This baked tomato rice recipe is classified as

**AMBER**



See if you can replace the AMBER ingredient to make the dish GREEN, for example:

Use tuna in spring water (GREEN) instead of tuna in oil (AMBER).

Use tinned tomatoes instead of commercial pasta sauce and add vegetables such as zucchini and baby spinach (GREEN)

## Specific allowances for some AMBER and RED ingredients

There are some AMBER ingredients you can add in small amounts to a GREEN dish and it will still be GREEN.

Many common cooking ingredients are classified as AMBER, such as cooking oils, margarine and flavour sauces. It is best to find GREEN replacements for these. However if you are cooking with plenty of vegetables, you can add some AMBER ingredients in small quantities without affecting a GREEN classification.

There are also some RED ingredients you can add to a GREEN dish in small amounts and it will be AMBER.

### Add AMBER to GREEN and keep it GREEN

AMBER INGREDIENT	Dish	Allowance per serve
<b>Spreads (monounsaturated or polyunsaturated)</b>	Sandwiches, rolls, toast, scones, crumpets	Up to 1 teaspoon (5g) of spread per serve, e.g. a slice of bread, crumpet, ½ a bread roll
<b>100% nut pastes or nut butters</b>	Sandwiches, rolls, toast, scones, crumpets	Up to 1 teaspoon (5g) per serve, e.g. a slice of bread, crumpet, ½ a bread roll
<b>Oils (monounsaturated or polyunsaturated)</b>	Salads, roast vegetables, stir-fries, casseroles, soups, curries, pasta sauces	Up to 1½ teaspoons (7g) per serve of vegetables/salad (½ cup cooked vegetables or 1 cup salad vegetables)
<b>Asian sauces (reduced salt) Curry pastes</b>	Meat and vegetable stir-fries or used as a marinade	Up to 2 teaspoons (8ml) per 250g serve
<b>Tomato paste (no added salt)</b>	All dishes with GREEN ingredients	No restriction

### Add RED to GREEN and make it AMBER

RED INGREDIENT	Dish	Allowance per serve
<b>The following LEAN processed meats:</b> <b>Ham</b> <b>Bacon</b> <b>Corned/roast beef</b> <b>Processed turkey</b> <b>Smoked fish</b>	Sandwiches, rolls and wraps with a minimum of ½ cup salad vegetables per serve	1 shaved slice (or 25g) per serve
	Pizza with minimum of ¼ cup cooked vegetables per serve	
	Baked potato with ¼ cup of other cooked vegetables per serve	
	Frittata with ¼ cup of vegetables per serve	
	Salads with minimum of 2 cups salad vegetables or 1 cup of cooked vegetables (e.g pumpkin, zucchini, beans) per serve. <i>Excludes potato-based salads</i>	Maximum 2 shaved slices (or 50g) per serve

## Advice on salt and sugar in freshly prepared food and drinks

The *Australian Dietary Guidelines (2013)* recommend that you:

- do not add salt to foods in cooking or at the table
- limit intake of food and drinks containing added sugars.

The addition of salt or sugar in freshly prepared dishes is strongly discouraged. Instead, herbs and spices can be used for flavour in place of salt, and fresh fruit instead of sugar.

If salt or sugar is added in a freshly prepared dish, it should be done in very small quantities. The dish will need to be classified by creating a Nutrition Information Panel (NIP) and checking it against the appropriate Nutrient Criteria Table.

The Nutrient Criteria Tables (on pages 26 to 28) can be applied to freshly prepared as well as pre-packaged or manufactured food and drinks.

The ACT Nutrition Support Service can help you prepare a NIP and assess it against the appropriate Nutrient Criteria Tables.

For more information or support, contact:

### **ACT Nutrition Support Service (ACTNSS)**

Delivered by Nutrition Australia ACT, ACTNSS provides free nutrition advice and support for all schools and canteens in the ACT.

Phone 6162 2583 | email [info@actnss.org](mailto:info@actnss.org)  
[www.actnss.org](http://www.actnss.org)



Use herbs for flavour instead of commercial sauces, which are generally high in salt.



# The Nutrient Criteria Method



The Nutrient Criteria Method can be used to classify any food with a Nutrition Information Panel (NIP). Almost all pre-packaged food comes with a NIP.

Remember, the Ingredients Only Method is simplest method, so try to use it first. See pages 18 – 19.

## What is on a Nutrition Information Panel?

The NIP is found on most pre-packaged food labels, and provides information about the amount of energy (kilojoules – kJ), protein, total fat, saturated fat, carbohydrate, sugars and sodium contained in the food or drink.

If the manufacturer has made a claim about any other nutrients contained within the product then that must also be displayed on the NIP. For example, if a food has a 'good source of fibre' claim then the amount of fibre in the food must be shown in the NIP.

## Ingredients list

The ingredients list must also be shown on the product label, and is often located directly under the NIP. This shows every ingredient in the product in descending order of the amount contained in the product.

NUTRITION INFORMATION		
Servings per package: 3		
Serving size: 150g		
	Quantity per serving	Quantity per 100g
Energy	808kJ	406kJ
Protein	4.2g	2.8g
Fat, total	7.4g	4.9g
Saturated	4.5g	3.0g
Carbohydrates, total	18.6g	12.4g
Sugars	18.6g	12.4g
Sodium	90mg	60mg
Ingredients: Whole milk, concentrate skim milk, sugar, banana (8%), strawberry (6%), grape (4%), peach (4%), pineapple (2%), gelatine, culture, thickener (1442)		
All quantities above are average		

**Nutrition Information Panel (NIP)**

**Ingredients List**

For more information about reading food labels, visit the Eat for Health website [www.eatforhealth.gov.au/eating-well/how-understand-food-labels](http://www.eatforhealth.gov.au/eating-well/how-understand-food-labels)



Sometimes you will need to use the Nutrient Criteria Method to classify freshly prepared food, for example when you add a RED ingredient to fresh ingredients. In this case you will need to produce a NIP for your dish. See page 33 for more details.



# Nutrient Criteria Tables

Nutrient criteria are available to help identify GREEN, AMBER and RED items.

The Nutrient Criteria Tables help to assess food and drinks against the following information included on a NIP:

- **Energy (kilojoules)** excessive energy intake contributes to weight gain.
- **Saturated fat** foods containing high levels of saturated fat contribute to increased blood cholesterol and increased risk of heart disease.
- **Sodium** increases the risk of developing high blood pressure.
- **Dietary fibre** poor fibre intake increases risk of constipation and gastrointestinal diseases.

The following tables are referenced in the *National Healthy School Canteen Guidelines (2014)*.

## A note about sugar

Sugar content is only assessed in one of the three Nutrient Criteria Tables (Table 3 – Healthier Choices) and only for breakfast cereals. This is to distinguish healthier breakfast cereals from those high in sugar. The other two tables show the energy (kilojoules) criterion, which includes kilojoules from all sources in the food: protein, fat and carbohydrates (including sugar).

## Which table to use?

When classifying products using the NIP, it is important to identify which Nutrient Criteria Table to use. Check the left hand column of the nutrient criteria table to see which category your item fits into. This will tell you which table to use.

## Serving size or per 100g?

Products in Tables 1 and 3 are assessed per 100g. Products in Table 2 (Snacks) are mostly assessed per serve. Nutrient information on a NIP is provided per serving size and per 100g (grams) or 100ml (millilitres).



**The easiest way to compare the NIP to the Nutrient Criteria Tables is to use the online calculator:**

[healthy-kids.com.au/school-canteens/  
school-canteens/calculator/](http://healthy-kids.com.au/school-canteens/school-canteens/calculator/)

or contact:

**ACT Nutrition Support Service (ACTNSS)**

Phone 6162 2583 | email [info@actnss.org](mailto:info@actnss.org)

[www.actnss.org/schools/canteens](http://www.actnss.org/schools/canteens)



## Nutrient Criteria Table 1: Hot food items and processed meats

All products that fit into this table are assessed **per 100g**.

To check if a product fits in the AMBER category, compare the amount of energy, saturated fat, and sodium in the item (per 100g) against the criteria below.

Products that meet **ALL** of the nutrient criteria are classified as AMBER. Products that **do not meet ALL** of the nutrient criteria are classified as RED.

**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
<b>Savoury pastries, filled breads, pizzas, oven-baked potato products, dim sims, spring rolls, rice and noodle dishes, <i>sushi, rice paper rolls</i></b> <sup>^</sup>	1000kJ or less	5g or less	400mg or less
<b>Meat products and alternatives crumbed and not crumbed (burgers, patties, strips, balls or nuggets), sausages, frankfurts and saveloys, stews, casseroles and curries</b>	1000kJ or less	5g or less	450mg or less
<b>Processed meats (fritz, devon, chicken loaf, free flow chicken products, ham, bacon)</b>	1000kJ or less	3g or less	750mg or less

<sup>^</sup> This table has been refined to include the foods listed in italics. Applicable in the ACT only.



## Nutrient Criteria Table 2: Snack food items

All products that fit into this table are assessed **per serve**.

### Please note:

- In addition to meeting the criteria for energy per serve, saturated fat and sodium, savoury snack food items **must contain less than 1800kJ per 100g** or they will be classified as RED.
- Ice creams, milk-based ices and dairy desserts must meet the criteria for energy and saturated fat per serve and **milk must be listed as the first ingredient** or they will be classified as RED. Note that reconstituted milk powder or milk solids are considered as milk. In this case, water may be the first ingredient, followed by milk powder or milk solids.

To check if a product fits in the AMBER category, compare the amount of energy, saturated fat, sodium and fibre in the item against the criteria below.

Products that meet **ALL** of the nutrient criteria are classified as AMBER. Products that **do not meet ALL** of the nutrient criteria are classified 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
<b>Sweet snack food, bars and biscuits, <i>muesli bars</i></b> <sup>^</sup>	600kJ or less	3g or less	–	1g or more
<b>Savoury snack food, biscuits, crispbreads, crisps, <i>crackers</i></b> <sup>^</sup>	600kJ or less	2g or less	200mg or less	–
– Energy must be 1800kJ or less per 100g –				
<b>Ice creams, milk-based ices and dairy desserts, <i>milk-based puddings</i></b> <sup>^</sup>	600kJ or less	3g or less	–	–
– Milk must be listed as the first ingredient –				
<b>Un-iced cakes, muffins, sweet pastries, <i>fruit-based mixed desserts such as fruit crumble</i></b> <sup>^</sup>	900kJ or less	3g or less	–	1.5g or more

<sup>^</sup> This table has been refined to include the foods listed in italics. Applicable in the ACT only.



## Nutrient Criteria Table 3: Healthier choices

All products that fit into this table are assessed **per 100g**.

To check if a product fits in the GREEN category, compare the amount of saturated fat, sodium fibre and sugar in the item (per 100g) against the criteria below.

Products that meet **ALL** of the nutrient criteria are classified as GREEN. Products that **do not meet ALL** of the nutrient criteria are classified as AMBER.

**Table 3: Healthier choices assessed per 100g**

Category	Nutrient Criteria			
	Saturated fat (g) per 100g	Sodium (mg) per 100g	Fibre (g) per 100g	Sugar (g) per 100g
<b>Breakfast cereals not containing dried fruit</b>	2g or less	-	5g or more	20g or less
<b>Breakfast cereals containing dried fruit</b>	2g or less	-	5g or more	25g or less
<b>Pasta sauces and simmer sauces including <i>curry, Mexican and other simmer sauces</i><sup>^</sup></b>	2g or less	300mg or less	-	-
<b>Soups as prepared ready-to-eat (condensed, instant), includes <i>stock</i><sup>^</sup></b>	2g or less	300mg or less	-	-
<b>Dips (legume, dairy, vegetable or salsa)</b>	2g or less	750mg or less	-	-
<b>Mayonnaise and salad dressings</b>	3g or less	750mg or less		

<sup>^</sup> This table has been refined to include the foods listed in italics. Applicable in the ACT only.



### Pre-packaged salads:

If assessing pre-packaged salad as an ingredient, contact:

**ACT Nutrition Support Service (ACTNSS)**



## Using the Nutrient Criteria Method to classify food as GREEN, AMBER or RED

### Before you start, stop and check the following!

Can I assess using the Ingredients Only Method or do I need to assess using the NIP?

- Check the ingredients on the label and refer to the Ingredients Only Method Guide on pages 18 to 19.
- It is easier to assess using the Ingredients Only Method, so use this if you can.

If you do need to assess using the NIP follow the steps below:

#### Step 1

#### Find the NIP

The NIP is located on the food label.

#### Step 2

#### Identify the correct Nutrient Criteria Table and category

Refer to the categories in the Nutrient Criteria Tables 1–3 on pages 26 to 28.

#### Step 3

#### Determine whether to assess per 100g or per serve

Refer to the Nutrient Criteria Tables 1–3 on pages 26 to 28.

#### Step 4

#### Compare the information on the NIP against the correct Nutrient Criteria Table identified in Step 2

We've prepared some examples on the following pages.

## Example 1 Classifying a sweet snack bar

### 1 Find the NIP

The NIP is located on the sweet snack bar food label.

### 2 Identify the correct Nutrient Criteria Table and category

The sweet snack bar belongs to the 'sweet snack food, bars and biscuits' category in Table 2 on page 27.

### 3 Determine whether to assess per 100g or per serve

Table 2 items are assessed per serve.

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 35g		
	Quantity per 100g	Quantity per serve
Energy	1600kJ	560kJ
Protein	8.5g	3.0g
Fat, Total	11.4g	4.0g
Saturated	7.4g	2.6g
Carbohydrate, Total	57.0g	20.0g
Sugars	46.3g	16.2g
Sodium	180mg	63mg
Fibre	1.4g	0.5g

All quantities above are average

1. Find the serve size on the NIP

2. Look at the quantity per serve for

- a. energy
- b. saturated fat
- c. sodium
- d. fibre

3. Compare the information on the NIP against the criteria in Table 2

### 4 Compare the information on the NIP against the Nutrient Criteria Table

For 'sweet snack food, bars and biscuits, muesli bars' compare energy, saturated fat and fibre.

If a product does not have fibre listed in the NIP you can contact the manufacturer to ask for this information.

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, <i>muesli bars</i> <sup>^</sup>	600kJ or less	3g or less	–	1g or more
	↓ ☑ Energy = 560kJ per serve (meets the AMBER criteria)	↓ ☑ Saturated fat = 2.6g per serve (meets the AMBER criteria)	↓ Sodium is not measured for sweet snack bars	↓ ☒ Fibre = 0.5g per serve (does <b>NOT</b> meet the AMBER criteria)

This sweet snack bar is in the **RED** category because not all criteria are met.

## Example 2 Classifying a meat pie

### 1 Find the NIP

The NIP is located on the meat pie food label.

### 2 Identify the correct Nutrient Criteria Table and category

The meat pie belongs in the 'savory pastries, filled breads, pasta dishes, pizzas, oven-baked potato products, dim sims, spring rolls, rice and noodle dishes' category in Table 1 on page 26.

### 3 Determine whether to assess per 100g or per serve

Table 1 items are assessed per 100g.

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 175g		
	Quantity per serve	Quantity per 100g
Energy	959kJ	1680kJ
Protein	9.3g	16.3g
Fat, Total	11.3g	19.8g
Saturated	5.7g	10.0g
Carbohydrate, Total	21.8g	38.2g
Sugars	<1g	1.6g
Sodium	481mg	842mg

All quantities above are average

1. Look at the quantity per 100g for

- a. energy
- b. saturated fat
- c. sodium

2. Compare the information on the NIP against the criteria in Table 1

### 4 Compare the information on the NIP against the Nutrient Criteria Table

For 'savory pastries, filled breads, pastas dishes, pizzas, oven-baked potato products, dim sims, spring rolls, rice and noodle dishes, sushi, rice paper rolls' compare energy, saturated fat and sodium.

**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
<b>Savory pastries, filled breads, pastas dishes, pizzas, oven-baked potato products</b>	1000kJ or less	5g or less	400mg or less

⊗ Energy = 1680kJ (does **NOT** meet the AMBER criteria)

⊗ Saturated fat = 10.0g (does **NOT** meet the AMBER criteria)

⊗ Sodium = 842mg (does **NOT** meet the AMBER criteria)

This meat pie is in the **RED** category because not all criteria are met.

## Example 3 Classifying a pasta sauce

### 1 Find the NIP

The NIP is located on the pasta sauce food label.

### 2 Identify the correct nutrient criteria table and category

The pasta sauce belongs to the 'pasta sauces and simmer sauces' category in Table 3 (the Healthier Choices Table) on page 28.

### 3 Determine whether to assess per 100g or per serve

Items from the Table 3 are assessed per 100g.

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 35g		
	Quantity per 100g	Quantity per serve
Energy	318kJ	454kJ
Protein	2.3g	3.2g
Fat, Total	3.9g	4.2g
Saturated	0.4g	0.6g
Carbohydrate, Total	9.0g	12.8g
Sugars	3.7g	5.3g
Sodium	495mg	797mg

All quantities above are average

1. Look at the quantity per 100g for

- a. energy
- b. saturated fat
- c. sodium

2. Compare the information on the NIP against the criteria in Table 3

### 4 Compare the information on the NIP against the Nutrient Criteria Table

For 'pasta sauces and simmer sauces *including curry, Mexican and other simmer sauces*' compare saturated fat and sodium.

Table 3: Healthier Choices assessed per 100g

Category	Nutrient Criteria			
	Saturated fat (g) per 100g	Sodium (mg) per 100g	Fibre (g) per 100g	Sugar (g) per 100g
Pasta sauces and simmer sauces	2g or less	300mg or less	—	—

☑ Saturated fat = 0.6g per 100g  
(does meet the GREEN criteria)

⊗ Sodium = 797mg per 100g  
(does **NOT** meet the GREEN criteria)

Fibre is not measured for pasta sauces and simmer sauces

Sugar is not measured for pasta sauces and simmer sauces

This pasta sauce is in the **AMBER** category.



## Creating a Nutrition Information Panel (NIP)

You may wish to create a NIP to assess your freshly prepared dish.

For example, if you use any RED ingredients in your freshly prepared dish, you will need to create a NIP to find out whether the dish is AMBER or RED.

### To create a NIP you can:

1. Contact the ACT Nutrition Support Service and they will create a NIP for your recipe.

Phone 6162 2583 | email [info@actnss.org](mailto:info@actnss.org)

[www.actnss.org/schools/canteens](http://www.actnss.org/schools/canteens)

OR

2. Use a NIP calculator.

Food Standards Australia New Zealand (FSANZ) has created an online **Nutrition Panel Calculator**, which can be used to calculate the amount of energy, saturated fat, sodium and sugar provided by a serve of your recipe.



### Fibre

**Please note:** The FSANZ Nutrition Panel Calculator only includes data for nutrients that are required to be displayed, by law, on the NIP. **It does not calculate fibre.** If you are classifying snack food items you will need a NIP that includes fibre.

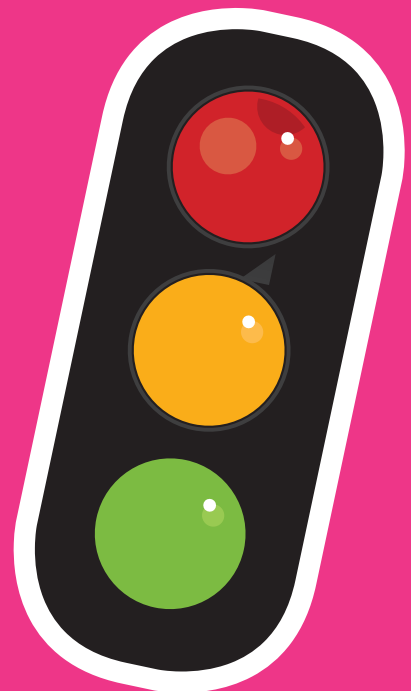
Call the ACT Nutrition Support Service on 6162 2583 to obtain a NIP that includes fibre.



# Part 3

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# TRAFFIC LIGHT SYSTEM TABLES for *popular* INGREDIENTS





# Traffic Light System Tables for popular ingredients



In this section you will find popular ingredients from each food group sorted into GREEN, AMBER and RED categories.

The tables will help you choose the right ingredients to make your menu items GREEN or AMBER.

Refer back to the Ingredients Only Method Guide on pages 18 to 19 for how to classify your dish.

You can alternatively check the classification of your dish by creating a Nutrition Information Panel (NIP) and comparing it to the Nutrient Criteria Tables on pages 26 to 28:

## Traffic Light System Tables



Condiments, spices, spreads, stock, sauces, flavourings, dressings, dips, topping and confectionary	38
Fruit and vegetables	41
Dairy and alternatives	44
Meat, poultry, fish, eggs, tofu, legumes/beans, nuts and seeds	46
Breads and alternatives	50
Fats and oils	52
Grains, rice and noodles/pasta	53

# Condiments, spices, spreads, stock, sauces, flavourings, dressings, dips, topping and confectionary

Use the table below to choose ingredients for your recipe. They have been classified as GREEN, AMBER or RED using the Traffic Light System.

	Classification		
	GREEN	AMBER	RED
<b>Herbs, spices, flavourings</b>	<ul style="list-style-type: none"> <li>• Fresh and dried herbs (no added salt or fat)</li> <li>• Vanilla essence, paste or extract</li> <li>• Flavour essences</li> </ul>	<ul style="list-style-type: none"> <li>• Gravy powder</li> </ul>	<ul style="list-style-type: none"> <li>• Added salt including table salt, sea salt, Himalayan salt, celery salt, vegetable salt</li> <li>• Dried rub, spices and spice mixes with added salt and sugar</li> <li>• Sugar</li> </ul>
	<ul style="list-style-type: none"> <li>• Lemon juice</li> </ul>		
	<ul style="list-style-type: none"> <li>• Vinegar</li> </ul>		
	<ul style="list-style-type: none"> <li>• Lime juice</li> </ul>		
	<ul style="list-style-type: none"> <li>• Curry powder</li> </ul>		
	<b>Spreads</b>	<ul style="list-style-type: none"> <li>• Avocado, fresh</li> </ul>	<ul style="list-style-type: none"> <li>• Yeast extracts (e.g. Vegemite)</li> </ul>
		<ul style="list-style-type: none"> <li>• Nut and seed pastes are AMBER (e.g. peanut butter or tahini). They should be used sparingly. See below for specific allowances for nut and seed pastes in GREEN dishes.</li> </ul>	<ul style="list-style-type: none"> <li>• Nut and seed pastes with confectionary</li> </ul>
		<ul style="list-style-type: none"> <li>• Fruit spreads (e.g. jam) – choose 100% fruit spreads where available and spread thinly</li> </ul>	
		<ul style="list-style-type: none"> <li>• Honey</li> </ul>	

100% nut and seed pastes (e.g. peanut butter, tahini) can be added to certain GREEN dishes without affecting the GREEN classification.

Allowance of up to 1 teaspoon (5g) per serve of grain food e.g. slice of bread, half a roll.

	Classification		
	GREEN	AMBER	RED
<b>Stock</b>	<ul style="list-style-type: none"> <li>Reduced salt stock made as directed</li> </ul>	<ul style="list-style-type: none"> <li>Stock – vegetable, meat, chicken, liquid, cubed or powdered. Made as directed.</li> </ul>	<ul style="list-style-type: none"> <li>Stock powder or cubes made as not directed</li> </ul>
<b>Tomato pastes</b>	<ul style="list-style-type: none"> <li>Tomato pastes no added salt</li> </ul>		
<b>Sauces</b>		<ul style="list-style-type: none"> <li>Asian flavour sauces (e.g. soy, sweet chilli, hoisin, oyster) and curry pastes are AMBER. They should be used in small amounts –choose reduced salt varieties where available. See below for specific allowances for use in GREEN dishes.</li> </ul>	
	<p>Reduced salt Asian flavour sauces and curry pastes can be added to a GREEN dish without changing the GREEN classification.</p> <p>Allowance of up to 2 teaspoons (8ml) per 250g serve in meat and vegetable stir-fries or used as a marinade.</p>		
		<ul style="list-style-type: none"> <li>Tomato sauce, Mustard sauce, Sweet chilli sauce, BBQ sauce, pickles – use small amounts. Use reduced-fat and reduced-salt where available.</li> </ul>	
	<ul style="list-style-type: none"> <li>Pasta sauce and simmer sauces (e.g. curry and Mexican)</li> </ul> <p>Check the NIP against the following GREEN / AMBER Nutrient Criteria</p> <p> <span style="color: green;">≤2g saturated fat per 100g AND</span> <span style="color: orange;">&gt;2g saturated fat per 100g OR</span>  <span style="color: green;">≤300mg sodium per 100g</span> <span style="color: orange;">&gt;300mg sodium per 100g</span> </p>		
<b>Salad dressings and mayonnaise</b>	<ul style="list-style-type: none"> <li>Commercially prepared salad dressings, aioli and mayonnaise</li> </ul> <p>Check the NIP against the following GREEN / AMBER Nutrient Criteria</p> <p> <span style="color: green;">≤3g saturated fat per 100g AND</span> <span style="color: orange;">&gt;3g saturated fat per 100g OR</span>  <span style="color: green;">≤750mg sodium per 100g</span> <span style="color: orange;">&gt;750mg sodium per 100g</span> </p> <p>Homemade salad dressing should be assessed using the Ingredients Only Method.</p>		

## Condiments, spices, spreads, stock, sauces, flavourings, dressings, dips, topping and confectionary

	Classification		
	GREEN	AMBER	RED
<b>Dips</b>	<ul style="list-style-type: none"> <li>Commercially prepared vegetable, legume or dairy based dips including chutney, relish, pesto, salsa, hummus, beetroot, eggplant dip, tzatziki.</li> </ul> <p>Check the NIP against the following GREEN / AMBER Nutrient Criteria</p> <p> <span style="color: green;">≤2g saturated fat per 100g AND</span> <span style="color: orange;">&gt;2g saturated fat per 100g OR</span>  <span style="color: green;">≤750 mg sodium per 100g</span> <span style="color: orange;">&gt;750mg sodium per 100g</span> </p> <p>Note: Homemade dips should be assessed using the Ingredients Only Method. See page 28.</p>		<ul style="list-style-type: none"> <li>Cream or sour cream based dips</li> </ul>
<b>Flavour toppings, syrups and powders</b>	<ul style="list-style-type: none"> <li>Flavour topping or syrup (e.g. chocolate):                             <ul style="list-style-type: none"> <li>Up to 2tsp when served with 250ml of reduced fat milk.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Flavour topping or syrup (e.g. chocolate):                             <ul style="list-style-type: none"> <li>Up to 2tsp when served with 250ml of full fat milk.</li> </ul> </li> </ul>	
	<ul style="list-style-type: none"> <li>Flavour powder (e.g. hot chocolate):                             <ul style="list-style-type: none"> <li>Up to 2 heaped tsp when served with 250ml of reduced fat milk.</li> <li>½ metric cup of powder to 1 litre of reduced fat milk</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Flavour powder (e.g. hot chocolate):                             <ul style="list-style-type: none"> <li>Up to 2 heaped tsp when served with 250ml of full fat milk.</li> <li>½ metric cup of powder to 1 litre of full fat milk</li> </ul> </li> </ul>	
<b>Confectionary</b>			<ul style="list-style-type: none"> <li>Confectionary including boiled lollies, carob, chocolate (including choc chips and chocolate coating), 100s and 1000s, liquorice, soft lollies</li> <li>Chocolate spreads</li> <li>Icing</li> <li>Flavoured jelly crystals</li> </ul>



# Fruit and vegetables

Use the table below to choose ingredients for your recipe. They have been classified as GREEN, AMBER or RED using the Traffic Light System.

		Classification		
		GREEN	AMBER	RED
Fruit	<ul style="list-style-type: none"> <li>Fruit – fresh, frozen or canned in natural juice (choose fresh seasonal fruit where possible).</li> </ul>	<ul style="list-style-type: none"> <li>Fruit – canned in syrup</li> </ul>		
		<ul style="list-style-type: none"> <li>Fruit – dried (no added sugar)</li> </ul>	<ul style="list-style-type: none"> <li>Fruit – dried (with added sugar)</li> <li>Crystallised fruit</li> </ul>	
		<ul style="list-style-type: none"> <li>Fruit leather – 100% fruit</li> </ul>	<ul style="list-style-type: none"> <li>Fruit straps and leathers with added sugar</li> </ul>	
		<ul style="list-style-type: none"> <li>Coconut – fresh or dried if used sparingly (e.g. sprinkled)</li> <li>Coconut water (assess as for Fruit and Vegetable juice)</li> <li>Coconut ‘milk’ style beverages with added calcium</li> </ul>	<ul style="list-style-type: none"> <li>Coconut – fresh or dried if used as a significant ingredient</li> <li>Coconut water style beverages with added sugar</li> <li>Coconut milk/cream full or reduced fat</li> </ul>	
		<ul style="list-style-type: none"> <li>Fruit and vegetable juice                             <ul style="list-style-type: none"> <li>at least 99% fruit juice AND</li> <li>no added sugar AND</li> <li>maximum serve size 250ml</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Fruit and vegetable juice                             <ul style="list-style-type: none"> <li>less than 99% fruit juice OR</li> <li>added sugar OR</li> <li>serve size greater than 250ml</li> </ul> </li> </ul>	
		<ul style="list-style-type: none"> <li>Fruit ice blocks                             <ul style="list-style-type: none"> <li>at least 99% fruit juice AND</li> <li>no added sugar AND</li> <li>maximum serve size 125ml</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Fruit ice blocks                             <ul style="list-style-type: none"> <li>less than 99% fruit juice OR</li> <li>added sugar OR</li> <li>serve size greater than 125ml</li> </ul> </li> </ul>	
		<ul style="list-style-type: none"> <li>Fruit jelly desserts, ice crushes and slushies                             <ul style="list-style-type: none"> <li>at least 99% fruit juice AND</li> <li>no added sugar AND</li> <li>maximum serve size 200ml</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Fruit jelly desserts, ice crushes and slushies                             <ul style="list-style-type: none"> <li>less than 99% fruit juice OR</li> <li>added sugar OR</li> <li>serve size greater than 200ml</li> </ul> </li> </ul>	
Vegetables	<ul style="list-style-type: none"> <li>Vegetables – fresh, frozen or canned – choose reduced salt and/or without added flavourings where possible</li> </ul>	<ul style="list-style-type: none"> <li>Pickled vegetables (e.g. olives, ginger and gherkins)</li> </ul>	<ul style="list-style-type: none"> <li>Any deep-fried vegetable (e.g. deep-fried potato chips, wedges and vegetable fritters)</li> </ul>	

## Fruit and vegetables

Classification								
GREEN	AMBER	RED						
<p><b>Vegetables</b></p>	<ul style="list-style-type: none"> <li>Vegetables cooked in a sparing amount of polyunsaturated or monounsaturated oil. (see Fats and Oils) with no added salt. To make a GREEN vegetable dish using polyunsaturated or monounsaturated oil, look below.</li> </ul>	<ul style="list-style-type: none"> <li>Cream or sour cream based dips</li> </ul>						
<div style="background-color: white; padding: 10px; border: 1px solid #ccc; margin: 10px auto; width: 80%;"> <p>Vegetables cooked or served in polyunsaturated or monounsaturated oil will be GREEN using the following guidelines.</p> <p>Polyunsaturated or monounsaturated oils (e.g. olive, canola, sunflower, safflower, sesame, peanut, grapeseed and soya bean oils) can be used in a GREEN dish without changing the GREEN classification in the following amounts:</p> <p>Allowance of up to 1½ teaspoons (7g) per ½ cup of cooked vegetables or 1 cup of salad vegetables in salads, stir-fries, roast vegetables, casseroles, soups, curries and pasta sauces.</p> </div>								
<div style="background-color: white; padding: 10px; border: 1px solid #ccc; margin: 10px auto; width: 80%;"> <ul style="list-style-type: none"> <li>Oven baked potato products (e.g. wedges chips, hash browns, scallops or gems)</li> </ul> <p>Check the NIP against the following AMBER/RED nutrient criteria</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">≤1000kJ per 100g AND</td> <td style="width: 50%; border: none;">&gt;1000kJ per 100g OR</td> </tr> <tr> <td style="border: none;">≤5g saturated fat per 100g AND</td> <td style="border: none;">&gt;5g saturated fat per 100g OR</td> </tr> <tr> <td style="border: none;">≤400mg sodium per 100g</td> <td style="border: none;">&gt;400mg sodium per 100g</td> </tr> </table> </div>			≤1000kJ per 100g AND	>1000kJ per 100g OR	≤5g saturated fat per 100g AND	>5g saturated fat per 100g OR	≤400mg sodium per 100g	>400mg sodium per 100g
≤1000kJ per 100g AND	>1000kJ per 100g OR							
≤5g saturated fat per 100g AND	>5g saturated fat per 100g OR							
≤400mg sodium per 100g	>400mg sodium per 100g							
<ul style="list-style-type: none"> <li>Dehydrated or semi-dried vegetables without added salt or oil</li> </ul>	<ul style="list-style-type: none"> <li>Dried / semi-dried / chargrilled / vegetables in brine or oil (drained) (e.g. semi-dried tomatoes, roast capsicum, eggplant, artichoke, zucchini, olives, capers)</li> </ul>							

## Fruit and vegetables

		Classification								
		GREEN	AMBER	RED						
Vegetables	<ul style="list-style-type: none"> <li>Legumes – chickpeas, kidney beans, cannellini beans, borlotti beans, 3, 4 or 5 bean mix, lentils, (dried or canned)</li> <li>Legume flour (e.g. chickpea flour)</li> </ul>									
	<ul style="list-style-type: none"> <li>Baked beans (includes all legumes) no added meat or cheese</li> </ul>	<ul style="list-style-type: none"> <li>Baked beans (includes all legumes) with added meat and/or cheese</li> </ul> <p>Check the NIP against the following AMBER/RED Nutrient Criteria</p> <table border="0"> <tr> <td>≤1000kJ per 100g AND</td> <td>&gt;1000kJ per 100g OR</td> </tr> <tr> <td>≤5g saturated fat per 100g AND</td> <td>&gt;5g saturated fat per 100g OR</td> </tr> <tr> <td>≤450mg sodium per 100g</td> <td>&gt;450mg sodium per 100g</td> </tr> </table>			≤1000kJ per 100g AND	>1000kJ per 100g OR	≤5g saturated fat per 100g AND	>5g saturated fat per 100g OR	≤450mg sodium per 100g	>450mg sodium per 100g
	≤1000kJ per 100g AND	>1000kJ per 100g OR								
	≤5g saturated fat per 100g AND	>5g saturated fat per 100g OR								
≤450mg sodium per 100g	>450mg sodium per 100g									
<ul style="list-style-type: none"> <li>Lentil patties and falafels (grilled or baked)</li> </ul>	<ul style="list-style-type: none"> <li>Lentil patties and falafels (pan fried in a sparing amount of polyunsaturated or monounsaturated oil).</li> </ul>	<ul style="list-style-type: none"> <li>Deep-fried lentil patties and falafels</li> </ul>								
<ul style="list-style-type: none"> <li>Tomato paste – no added salt</li> </ul>										

# Dairy and alternatives

Use the table below to choose ingredients for your recipe. They have been classified as GREEN, AMBER or RED using the Traffic Light System.

	Classification		
	GREEN	AMBER	RED
<b>Dairy and dairy alternatives containing confectionary</b>			<ul style="list-style-type: none"> <li>Any dairy and dairy alternatives containing confectionary</li> </ul>
<b>Milk and alternatives</b>	<ul style="list-style-type: none"> <li>Milk – reduced fat plain or flavoured</li> </ul>	<ul style="list-style-type: none"> <li>Milk – full fat plain or flavoured</li> </ul>	
	<ul style="list-style-type: none"> <li>Buttermilk</li> </ul>		
	<ul style="list-style-type: none"> <li>Skim milk powder</li> </ul>	<ul style="list-style-type: none"> <li>Full cream milk powder</li> </ul>	
	<ul style="list-style-type: none"> <li>Evaporated milk – reduced fat</li> </ul>	<ul style="list-style-type: none"> <li>Evaporated milk – full fat</li> </ul>	<ul style="list-style-type: none"> <li>Sweetened condensed milk</li> </ul>
	<ul style="list-style-type: none"> <li>Soy drink – reduced fat plain or flavoured – choose calcium fortified</li> </ul>	<ul style="list-style-type: none"> <li>Soy drink full fat plain or flavoured – choose calcium fortified</li> </ul>	
	<ul style="list-style-type: none"> <li>Oat, rice and almond drinks – choose calcium fortified</li> </ul>		<ul style="list-style-type: none"> <li>Coconut ‘milk’ style beverages – full or reduced fat</li> </ul>
<b>Cream</b>			<ul style="list-style-type: none"> <li>Full or reduced fat:                             <ul style="list-style-type: none"> <li>sour cream</li> <li>cream</li> <li>coconut cream</li> </ul> </li> </ul>
<b>Yoghurt</b>	<ul style="list-style-type: none"> <li>Yoghurt – reduced fat plain or flavoured</li> </ul>	<ul style="list-style-type: none"> <li>Yoghurt – full fat plain or flavoured</li> </ul>	<ul style="list-style-type: none"> <li>Yoghurt with added confectionary</li> </ul>
<b>Butter, margarine and spreads</b>		<ul style="list-style-type: none"> <li>Margarines and spreads – Polyunsaturated or monounsaturated margarines and spreads (e.g. olive, canola, sunflower) are AMBER. They should be used sparingly. See below for specific allowances for use in GREEN dishes.</li> </ul>	<ul style="list-style-type: none"> <li>Full or reduced fat:                             <ul style="list-style-type: none"> <li>butter</li> <li>dairy blend spreads</li> </ul> </li> </ul>

Polyunsaturated or monounsaturated margarines and spreads (e.g. olive, canola, sunflower, nut pastes) can be used in a GREEN dish without changing the GREEN classification.

Allowance of up to 1 teaspoon (5g) per serve of grain food e.g. slice of bread, half a roll.

## Dairy and alternatives

Classification							
	GREEN	AMBER	RED				
<b>Cheese</b>	<ul style="list-style-type: none"> <li>■ Cheese – reduced fat varieties (e.g. mozzarella, cheddar, cream cheese, feta, edam, swiss, parmesan, haloumi)</li> <li>■ Bocconcini</li> <li>■ Cottage cheese</li> <li>■ Ricotta cheese</li> </ul>	<ul style="list-style-type: none"> <li>■ Cheese – full fat varieties (e.g. mozzarella, cheddar, feta, edam, swiss, parmesan)</li> <li>■ Cheese with added fruit</li> <li>■ Cream cheese full fat</li> <li>■ Flavoured cream cheese</li> <li>■ Cheese spread</li> </ul>	<ul style="list-style-type: none"> <li>■ Cheese with added confectionary</li> </ul>				
<b>Custard</b>	<ul style="list-style-type: none"> <li>■ Custard – reduced fat</li> </ul>	<ul style="list-style-type: none"> <li>■ Custard – full fat</li> </ul>	<ul style="list-style-type: none"> <li>■ Custard with added confectionary</li> </ul>				
<b>Ice-cream</b>		<p style="text-align: center;">■ ■ Ice-cream, gelato, dairy desserts and milk based ices</p> <p style="text-align: center;">Check the NIP against the following AMBER / RED Nutrient Criteria</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; color: #f1a333;">≤ 600kJ energy per 100g AND</td> <td style="width: 50%; color: #e74c3c;">&gt;600kJ energy per 100g OR</td> </tr> <tr> <td style="color: #f1a333;">≤ 3g saturated fat per 100g</td> <td style="color: #e74c3c;">&gt;3g saturated fat per 100g</td> </tr> </table> <p>Ice cream, gelato, dairy desserts and milk based ices are AMBER only if:</p> <ul style="list-style-type: none"> <li>■ It meets the above criteria AND</li> <li>■ Milk is the first ingredient AND</li> <li>■ It uses low or reduced fat milk or cream AND</li> <li>■ It contains no confectionary (including chocolate coating)</li> </ul> <p>Ice cream, gelato, dairy desserts and milk based ices are RED if:</p> <ul style="list-style-type: none"> <li>■ It does NOT meet the above criteria OR</li> <li>■ Milk is not the first ingredient OR</li> <li>■ It contains full fat milk or cream OR</li> <li>■ It contains confectionary (including chocolate coating)</li> </ul>		≤ 600kJ energy per 100g AND	>600kJ energy per 100g OR	≤ 3g saturated fat per 100g	>3g saturated fat per 100g
≤ 600kJ energy per 100g AND	>600kJ energy per 100g OR						
≤ 3g saturated fat per 100g	>3g saturated fat per 100g						
			<ul style="list-style-type: none"> <li>■ Ice cream with any added confectionary</li> </ul>				

# Meat, poultry, fish, eggs, tofu, legumes/beans, nuts and seeds

Use the table below to choose ingredients for your recipe. They have been classified as GREEN, AMBER or RED using the Traffic Light System.

		Classification								
		GREEN	AMBER	RED						
Meat and chicken	<ul style="list-style-type: none"> <li>Lean, unprocessed red meats (e.g. beef, lamb, pork, reduced fat mince)</li> <li>Lean chicken or turkey without skin</li> </ul>	<ul style="list-style-type: none"> <li>Unprocessed meat with fat not trimmed (e.g. regular mince)</li> <li>Chicken and turkey with skin</li> </ul>	<ul style="list-style-type: none"> <li>Deep-fried meats</li> </ul>							
	Processed meats and meat products		<ul style="list-style-type: none"> <li>Free flow chicken (i.e. diced, ready to eat chicken).</li> </ul> <p>Check the NIP against the following AMBER / RED Nutrient Criteria.</p> <table border="0"> <tr> <td>≤1000kJ per 100g AND</td> <td>&gt; 1000kJ per 100g OR</td> </tr> <tr> <td>≤3g saturated fat per 100g AND</td> <td>&gt;3g saturated fat per 100g OR</td> </tr> <tr> <td>≤750 mg sodium per 100g</td> <td>&gt;750mg sodium per 100g</td> </tr> </table>		≤1000kJ per 100g AND	> 1000kJ per 100g OR	≤3g saturated fat per 100g AND	>3g saturated fat per 100g OR	≤750 mg sodium per 100g	>750mg sodium per 100g
		≤1000kJ per 100g AND	> 1000kJ per 100g OR							
≤3g saturated fat per 100g AND		>3g saturated fat per 100g OR								
≤750 mg sodium per 100g	>750mg sodium per 100g									
	<ul style="list-style-type: none"> <li>Frankfurters, sausages, hot dogs.</li> </ul> <p>Check the NIP against the following AMBER / RED Nutrient Criteria</p> <table border="0"> <tr> <td>≤1000kJ per 100g AND</td> <td>&gt;1000kJ per 100g OR</td> </tr> <tr> <td>≤5g saturated fat per 100g AND</td> <td>&gt;5g saturated fat per 100g OR</td> </tr> <tr> <td>≤450mg sodium per 100g</td> <td>&gt;450mg sodium per 100g</td> </tr> </table>		≤1000kJ per 100g AND	>1000kJ per 100g OR	≤5g saturated fat per 100g AND	>5g saturated fat per 100g OR	≤450mg sodium per 100g	>450mg sodium per 100g		
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≤5g saturated fat per 100g AND	>5g saturated fat per 100g OR									
≤450mg sodium per 100g	>450mg sodium per 100g									
	<ul style="list-style-type: none"> <li>Processed meats (e.g. fritz, devon, chicken loaf, pastrami, ham, bacon, smoked salmon)</li> </ul> <p>Check the NIP against the following AMBER / RED Nutrient Criteria.</p> <table border="0"> <tr> <td>≤1000kJ per 100g AND</td> <td>&gt;1000kJ per 100g OR</td> </tr> <tr> <td>≤3g saturated fat per 100g AND</td> <td>&gt;3g saturated fat per 100g OR</td> </tr> <tr> <td>≤750mg sodium per 100g</td> <td>&gt;750mg sodium per 100g</td> </tr> </table>		≤1000kJ per 100g AND	>1000kJ per 100g OR	≤3g saturated fat per 100g AND	>3g saturated fat per 100g OR	≤750mg sodium per 100g	>750mg sodium per 100g		
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≤750mg sodium per 100g	>750mg sodium per 100g									

## Meat, poultry, fish, eggs, tofu, legumes/beans, nuts and seeds

		Classification							
		GREEN	AMBER	RED					
Proessed meats and meat products			<ul style="list-style-type: none"> <li>Some processed meats can be added to certain GREEN dishes and the dish will be classified AMBER, even if the meat does not meet the AMBER sodium criteria.</li> </ul> <p>Allowance of up to one shaved lean slice (or 25g) of the following:</p> <ul style="list-style-type: none"> <li>Ham</li> <li>Smoked fish</li> <li>Bacon</li> <li>Corned / roast beef</li> <li>Processed turkey</li> </ul> <p>When served with a:</p> <ul style="list-style-type: none"> <li>minimum of ½ cup of salad vegetables per serving of sandwiches, rolls and wraps</li> <li>minimum of ¼ cup of cooked vegetables per serving of pizza dishes</li> <li>¼ cup of other cooked vegetables per serving of baked potato</li> <li>¼ cup of vegetables per serving of fritatta</li> </ul> <p>Allowance of up to two shaved slices (or 50g) of the above listed processed meat:</p> <ul style="list-style-type: none"> <li>with a minimum of 2 cups of salad vegetables or 1 cup of cooked vegetables (e.g pumpkin, zucchini, beans) per serving of salad (<i>excludes potato-based salads</i>).</li> </ul>						
Fish and seafood	<ul style="list-style-type: none"> <li>Fresh fish</li> <li>Frozen fish</li> <li>Fresh or frozen crustaceans (e.g. crab or prawn meat with no added salt or fat)</li> </ul>								
	<ul style="list-style-type: none"> <li>Canned fish (e.g. tuna, salmon, sardines, herring) canned in spring water</li> </ul>	<ul style="list-style-type: none"> <li>Canned fish (e.g. tuna, salmon, sardines, herrings) in brine, oil or flavoured varieties.</li> </ul> <p>Check the NIP against the following AMBER / RED Nutrient Criteria.</p> <table border="0"> <tr> <td>≤1000kJ per 100g AND</td> <td>&gt;1000kJ per 100g OR</td> </tr> <tr> <td>≤5g saturated fat per 100g AND</td> <td>&gt;5g saturated fat per 100g OR</td> </tr> <tr> <td>≤450mg sodium per 100g</td> <td>&gt;450mg sodium per 100g</td> </tr> </table>			≤1000kJ per 100g AND	>1000kJ per 100g OR	≤5g saturated fat per 100g AND	>5g saturated fat per 100g OR	≤450mg sodium per 100g
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≤450mg sodium per 100g	>450mg sodium per 100g								

## Meat, poultry, fish, eggs, tofu, legumes/beans, nuts and seeds

		Classification	
		GREEN	AMBER
			RED
Fish and seafood			<ul style="list-style-type: none"> <li>Seafood mix (e.g. seafood extender).</li> </ul> <p>Check the NIP against the following AMBER / RED Nutrient Criteria.</p> <p>≤1000kJ per 100g AND &gt;1000kJ per 100g OR</p> <p>≤5g saturated fat per 100g AND &gt;5g saturated fat per 100g OR</p> <p>≤450mg sodium per 100g &gt;450mg sodium per 100g</p>
			<ul style="list-style-type: none"> <li>Deep-fried fish and seafood</li> </ul>
			<ul style="list-style-type: none"> <li>Baked crumbed and battered fish products, frozen or fresh.</li> </ul> <p>Check the NIP against the following AMBER / RED Nutrient Criteria.</p> <p>≤1000kJ per 100g AND &gt;1000kJ per 100g OR</p> <p>≤5g saturated fat per 100g AND &gt;5g saturated fat per 100g OR</p> <p>≤450mg sodium per 100g &gt;450mg sodium per 100g</p>
Eggs	<ul style="list-style-type: none"> <li>Eggs (e.g. hard / soft boiled, poached, scrambled) and/or with reduced fat milk or reduced fat cheese</li> </ul>	<ul style="list-style-type: none"> <li>Eggs scrambled with full fat milk and/or full fat cheese</li> </ul>	<ul style="list-style-type: none"> <li>Eggs cooked with cream or sour cream (including reduced fat)</li> </ul>
Legumes and baked beans	<ul style="list-style-type: none"> <li>Baked beans (includes all legumes) no added meat or cheese</li> </ul>		<ul style="list-style-type: none"> <li>Baked beans (includes all legumes) with added meats and cheese.</li> </ul> <p>Check the NIP against the following AMBER / RED nutrient criteria.</p> <p>≤1000kJ per 100g AND &gt;1000kJ per 100g OR</p> <p>≤5g saturated fat per 100g AND &gt;5g saturated fat per 100g OR</p> <p>≤450mg sodium per 100g &gt;450mg sodium per 100g</p>
	<ul style="list-style-type: none"> <li>Legumes dried or canned (e.g. chickpeas, kidney beans, cannellini beans, borlotti beans, 3, 4 or 5 bean mix, lentils)</li> </ul>		



## Meat, poultry, fish, eggs, tofu, legumes/beans, nuts and seeds

	Classification								
	GREEN	AMBER	RED						
<b>Legumes and baked beans</b>	<ul style="list-style-type: none"> <li>• Lentil patties and falafels (grilled or baked)</li> </ul>	<ul style="list-style-type: none"> <li>• Lentil patties and falafels (pan fried in polyunsaturated or monounsaturated oil used sparingly)</li> </ul>	<ul style="list-style-type: none"> <li>• Deep-fried lentil patties and falafels</li> </ul>						
	<ul style="list-style-type: none"> <li>• Legumes, dry roasted, unsalted</li> </ul>	<ul style="list-style-type: none"> <li>• Legumes, roasted in oil and/or salted or roasted, unsalted</li> </ul>							
<b>Tofu and tempeh</b>	<ul style="list-style-type: none"> <li>• Tofu (silken or firm) unflavoured</li> <li>• Tempeh, unflavoured</li> </ul>		<ul style="list-style-type: none"> <li>• Tofu or tempeh (deep-fried)</li> </ul>						
		<ul style="list-style-type: none"> <li>• • Marinated tofu and tempeh</li> </ul> <p>Check the NIP against the following AMBER / RED nutrient criteria.</p> <table border="0"> <tr> <td>≤1000kJ per 100g AND</td> <td>&gt;1000kJ per 100g OR</td> </tr> <tr> <td>≤5g saturated fat per 100g AND</td> <td>&gt;5g saturated fat per 100g OR</td> </tr> <tr> <td>≤450mg sodium per 100g</td> <td>&gt;450mg sodium per 100g</td> </tr> </table>		≤1000kJ per 100g AND	>1000kJ per 100g OR	≤5g saturated fat per 100g AND	>5g saturated fat per 100g OR	≤450mg sodium per 100g	>450mg sodium per 100g
≤1000kJ per 100g AND	>1000kJ per 100g OR								
≤5g saturated fat per 100g AND	>5g saturated fat per 100g OR								
≤450mg sodium per 100g	>450mg sodium per 100g								
<b>Textured vegetable protein</b>		<ul style="list-style-type: none"> <li>• • Textured vegetable protein products e.g. soy sausages.</li> </ul> <p>Check the NIP against the following AMBER / RED Nutrient Criteria.</p> <table border="0"> <tr> <td>≤1000kJ per 100g AND</td> <td>&gt;1000kJ per 100g OR</td> </tr> <tr> <td>≤5g saturated fat per 100g AND</td> <td>&gt;5g saturated fat per 100g OR</td> </tr> <tr> <td>≤450mg sodium per 100g</td> <td>&gt;450mg sodium per 100g</td> </tr> </table>		≤1000kJ per 100g AND	>1000kJ per 100g OR	≤5g saturated fat per 100g AND	>5g saturated fat per 100g OR	≤450mg sodium per 100g	>450mg sodium per 100g
≤1000kJ per 100g AND	>1000kJ per 100g OR								
≤5g saturated fat per 100g AND	>5g saturated fat per 100g OR								
≤450mg sodium per 100g	>450mg sodium per 100g								
<b>Nuts</b>	<ul style="list-style-type: none"> <li>• Nuts (unsalted, raw or dry roasted with no added fats)</li> </ul>	<ul style="list-style-type: none"> <li>• Nuts (salted and/or roasted)</li> </ul>	<ul style="list-style-type: none"> <li>• Nuts with added confectionary (e.g. chocolate or sugar coated)</li> </ul>						
<b>Seeds</b>	<ul style="list-style-type: none"> <li>• Whole seeds (unsalted, raw or dry roasted) (e.g. sesame, poppy, pepitas, sunflower)</li> </ul>	<ul style="list-style-type: none"> <li>• Whole seeds (salted and/or roasted)</li> </ul>							
<b>Nut meals and flours</b>	<ul style="list-style-type: none"> <li>• Almond and other nut meals/ flours</li> </ul>								
<b>Nut and seed pastes, butters, and spreads</b>		<ul style="list-style-type: none"> <li>• Nut and seed pastes are AMBER (e.g. peanut butter or tahini). They should be used sparingly. See below for specific allowances for 100% nut and seed pastes in GREEN dishes.</li> </ul>	<ul style="list-style-type: none"> <li>• Nut spreads with added confectionary (e.g. chocolate nut spreads)</li> </ul>						
	<p>100% nut and seed pastes (e.g. peanut butter, tahini) can be added to specific green GREEN dishes without affecting the GREEN classification.</p> <p>Allowance of up to 1 teaspoon (5g) per serve of grain food e.g. slice of bread, half a roll.</p>								

# Breads and alternatives

Use the table below to choose ingredients for your recipe. They have been classified as GREEN, AMBER or RED using the Traffic Light System.

		Classification	
		GREEN	AMBER
Breads	<ul style="list-style-type: none"> <li>Wholemeal, wholegrain, multigrain, white high fibre, white and rye varieties of:               <ul style="list-style-type: none"> <li>Sliced bread, rolls and bagels</li> <li>Pizza bases – plain</li> <li>Flat breads such as lavash, pita, tortillas, soft taco shell</li> <li>Lebanese and Turkish bread</li> <li>English muffins</li> <li>Fruit buns (no icing)</li> <li>Glazed hot cross fruit buns</li> <li>Scones (plain, savoury, fruit or vegetable)</li> <li>Pikelets / pancakes</li> <li>Crumpets</li> <li>Focaccia (plain)</li> <li>Raisin and fruit breads</li> </ul> </li> </ul> <p>Note: Fruit and vegetable based breads and loaves (e.g. banana bread or date loaf) are cakes and should be assessed under ‘un-iced cakes, muffins and sweet pastries’ in the Nutrient Criteria Tables. Also see the Sweet Pastries Table in this guide.</p> <p>Includes gluten free.</p>	<ul style="list-style-type: none"> <li>Flavoured focaccia</li> </ul>	<ul style="list-style-type: none"> <li>Any breads containing any form of confectionary<sup>^</sup></li> <li>Any deep-fried breads (e.g. croutons)</li> <li>Croissant</li> </ul>
		<ul style="list-style-type: none"> <li>Savoury breads, flavoured focaccia, pull-aparts, premade pizza bases with topping, twists and scrolls.</li> </ul> <p>Check the NIP against the following AMBER / RED Nutrient Criteria.</p> <p>≤1000kJ per 100g AND &gt;1000kJ per 100g OR</p> <p>≤5g saturated fat per 100g AND &gt;5g saturated fat per 100g OR</p> <p>≤400mg sodium per 100g &gt;400mg sodium per 100g</p>	
Crispbreads and crackers		<ul style="list-style-type: none"> <li>Plain and flavoured:               <ul style="list-style-type: none"> <li>Crispbreads</li> <li>Crackers</li> <li>Grissini</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Bread sticks</li> <li>Rice / corn crackers</li> <li>Rice / corn cakes</li> </ul>
		<p>Check the NIP against the following AMBER / RED nutrient criteria.</p> <p>≤600kJ per serve AND &gt;600kJ per serve OR</p> <p>≤1800kJ per 100g AND &gt;1800kJ per 100g OR</p> <p>≤2g saturated fat per serve AND &gt;2g saturated fat per serve OR</p> <p>≤200mg sodium per serve &gt;200mg sodium per serve</p>	

## Breads and alternatives

		Classification										
		GREEN	AMBER	RED								
Pastry			<ul style="list-style-type: none"> <li>For all pastry products, a NIP must be created to assess against the appropriate Nutrient Criteria Tables.</li> </ul> <p>Contact ACTNSS for assistance with the classification of pastry products.</p>									
Corn chips, taco shells and tortillas	<ul style="list-style-type: none"> <li>Tortillas</li> <li>Soft taco shells</li> </ul>		<ul style="list-style-type: none"> <li>Corn chips and hard taco shells</li> </ul> <p>Check the NIP against the following AMBER / RED nutrient criteria.</p> <table border="0"> <tr> <td>≤600kJ per serve AND</td> <td>&gt;600kJ per serve OR</td> </tr> <tr> <td>≤1800kJ per 100gm AND</td> <td>&gt;1800kJ per 100g OR</td> </tr> <tr> <td>≤2g saturated fat per serve AND</td> <td>&gt;2g saturated fat per serve OR</td> </tr> <tr> <td>≤200mg sodium per serve</td> <td>&gt;200mg sodium per serve</td> </tr> </table>		≤600kJ per serve AND	>600kJ per serve OR	≤1800kJ per 100gm AND	>1800kJ per 100g OR	≤2g saturated fat per serve AND	>2g saturated fat per serve OR	≤200mg sodium per serve	>200mg sodium per serve
≤600kJ per serve AND	>600kJ per serve OR											
≤1800kJ per 100gm AND	>1800kJ per 100g OR											
≤2g saturated fat per serve AND	>2g saturated fat per serve OR											
≤200mg sodium per serve	>200mg sodium per serve											

# Fats and oils

Use the table below to choose ingredients for your recipe. They have been classified as GREEN, AMBER or RED using the Traffic Light System.

	Classification		
	GREEN	AMBER	RED
<b>Oils</b>	<p>Polyunsaturated or monounsaturated oils (e.g. olive, canola, sunflower, safflower, sesame, peanut, grapeseed and soya bean oils) can be used in a GREEN dish without changing the GREEN classification.</p> <p>Allowance of up to:</p> <ul style="list-style-type: none"> <li>• 1 ½ teaspoons (7g) per ½ cup of cooked vegetables</li> <li>• 1 cup of salad vegetables in salads, stir-fries, roast vegetables, casseroles, soups, curries, pasta sauces.</li> </ul>	<ul style="list-style-type: none"> <li>• Oils – Polyunsaturated or monounsaturated oils (e.g. olive, canola, sunflower, safflower, sesame, peanut, grapeseed and soya bean oils) are AMBER. They should be used sparingly. See below for specific allowances for use in GREEN dishes.</li> </ul>	<ul style="list-style-type: none"> <li>• Butter</li> <li>• Tallow</li> <li>• Lard</li> <li>• Copha</li> <li>• Coconut oil</li> <li>• Ghee</li> <li>• Palm oil</li> <li>• Blended vegetable oil</li> <li>• Full or reduced fat:               <ul style="list-style-type: none"> <li>• Cream</li> <li>• Sour cream</li> <li>• Coconut cream</li> <li>• Coconut milk</li> <li>• Dairy blend spreads</li> </ul> </li> </ul>
<b>Dairy spreads, margarines and alternatives</b>	<ul style="list-style-type: none"> <li>• Avocado</li> <li>• 100% nut/seed pastes</li> </ul> <p>Polyunsaturated or monounsaturated margarines and spreads (e.g. olive, canola, sunflower) can be used in a GREEN dish without changing the GREEN classification.</p> <p>Allowance of up to 1 teaspoon (5g) per serve of grain food e.g. slice of bread, half a roll .</p>	<ul style="list-style-type: none"> <li>• Margarines and spreads – Polyunsaturated or monounsaturated margarines and spreads (e.g. olive, canola, sunflower) are AMBER. They should be used sparingly. See below for specific allowances for use in GREEN dishes.</li> </ul>	

# Grains, rice and noodles/pasta

Use the table below to choose ingredients for your recipe. They have been classified as GREEN, AMBER or RED using the Traffic Light System.

		Classification	
		GREEN	AMBER
			RED
<b>Pasta</b>	<ul style="list-style-type: none"> <li>Plain pasta (wholemeal or white) (e.g. spaghetti, fettucine, macaroni, penne, bows) – choose wholemeal where possible.</li> <li>Freshly made pasta can be assessed using the Ingredients Only Method on page 18.</li> </ul>		<ul style="list-style-type: none"> <li>Commercial filled pasta (e.g. ravioli, tortellini and gnocchi)</li> </ul> <p>Check the NIP against the following AMBER / RED Nutrient Criteria.</p> <p>≤1000kJ per 100g AND &gt;1000kJ per 100g OR</p> <p>≤5g saturated fat per 100g AND &gt;5g saturated fat per 100g OR</p> <p>≤400mg sodium per 100g &gt;400mg sodium per 100g</p>
<b>Canned spaghetti</b>			<ul style="list-style-type: none"> <li>Canned spaghetti</li> </ul> <p>Check the NIP against the following AMBER/ RED nutrient criteria.</p> <p>≤1000kJ per 100g AND &gt;1000kJ per 100g OR</p> <p>≤5g saturated fat per 100g AND &gt;5g saturated fat per 100g OR</p> <p>≤400mg sodium per 100g &gt;400mg sodium per 100g</p>
<b>Rice</b>	<ul style="list-style-type: none"> <li>Plain rice (e.g. brown, white, wild) – choose brown where possible.</li> </ul>		<ul style="list-style-type: none"> <li>Flavoured and seasoned instant rice</li> </ul> <p>Check the NIP against the following AMBER/ RED Nutrient Criteria.</p> <p>≤1000kJ per 100g AND &gt;1000kJ per 100g OR</p> <p>≤5g saturated fat per 100g AND &gt;5g saturated fat per 100g OR</p> <p>≤400mg sodium per 100g &gt;400mg sodium per 100g</p>
<b>Instant noodles</b>			<ul style="list-style-type: none"> <li>Instant noodles</li> </ul> <p>Check the NIP against the following AMBER/ RED Nutrient Criteria.</p> <p>≤1000kJ per 100g AND &gt;1000kJ per 100g OR</p> <p>≤5g saturated fat per 100g AND &gt;5g saturated fat per 100g OR</p> <p>≤400mg sodium per 100g &gt;400mg sodium per 100g</p>

## Grains, rice and noodles/pasta

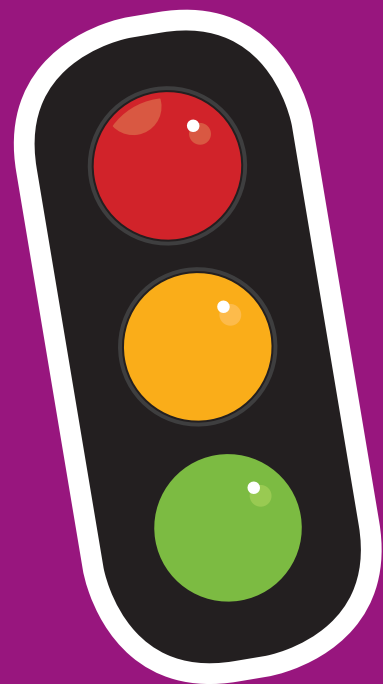
	Classification		
	GREEN	AMBER	RED
<b>Rice or bean noodles</b>	<ul style="list-style-type: none"> <li>• Fresh or dried rice or bean noodles (e.g. vermicelli, udon)</li> </ul>		
<b>Wheat noodles</b>	<ul style="list-style-type: none"> <li>• Fresh wheat noodles (e.g. Singapore, hokkien)</li> </ul>		<ul style="list-style-type: none"> <li>• Deep-fried noodles</li> </ul>
<b>Grains</b>	<ul style="list-style-type: none"> <li>• Plain grains (e.g. couscous, polenta, cracked wheat, burghul, quinoa, barley, semolina, buckwheat, oats)</li> </ul>	<ul style="list-style-type: none"> <li>• • Flavoured and seasoned instant grains (e.g. flavoured couscous)</li> </ul> <p>Check the NIP against the following AMBER/ RED Nutrient Criteria.</p> <p>≤1000kJ per 100g AND &gt;1000kJ per 100g OR</p> <p>≤5g saturated fat per 100g AND &gt;5g saturated fat per 100g OR</p> <p>≤400mg sodium per 100g &gt;400mg sodium per 100g</p>	
<b>Rice paper</b>	<ul style="list-style-type: none"> <li>• Rice paper</li> </ul>		
<b>Popcorn</b>	<ul style="list-style-type: none"> <li>• Plain air-popped popcorn with nothing added</li> </ul>		
<b>Breakfast cereals</b>	<p>Wholegrain, whole wheat flakes, wholegrain puffed cereals, wholenwheat biscuits, porridge, low in added sugar, high in fibre and without added confectionary are the healthiest choices.</p> <ul style="list-style-type: none"> <li>• • Breakfast cereals with added fruit</li> </ul> <p>Check the NIP against the following GREEN /AMBER Nutrient Criteria.</p> <p>≤2g saturated fat per 100g AND &gt;2g saturated fat OR</p> <p>≥5g fibre per 100g AND &lt;5g fibre per 100g OR</p> <p>≤25g sugar per 100g &gt;25g sugar per 100g</p> <ul style="list-style-type: none"> <li>• • Breakfast cereals without added fruit</li> </ul> <p>Check the NIP against the following GREEN/ AMBER Nutrient Criteria.</p> <p>≤2g saturated fat per 100g AND &gt;2g saturated fat OR</p> <p>≥5g fibre per 100g AND &lt;5g fibre per 100g OR</p> <p>≤20g sugar per 100g &gt;20g sugar per 100g</p>		
<b>Flours</b>	<ul style="list-style-type: none"> <li>• All forms of grain-based flour (choose wholemeal where possible)</li> <li>• All forms of legume-based flour (e.g. chickpea, lentil)</li> <li>• All forms of nut flour (e.g. almond, hazlenut)</li> </ul>		

Part 4

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# RECIPE BUILDER

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# Build-a-recipe guides



This section lists popular canteen menu items. It provides guidance on how to classify them and build a GREEN or AMBER recipe.

## Build-a-recipe guides



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## Recipes

For great healthy recipes for your canteen contact the **ACT Nutrition Support Service** on 6162 2583 or email [info@actnss.org](mailto:info@actnss.org)



# Drinks

## Freshly prepared drinks

Freshly prepared drinks can include smoothies, juices, flavoured milk, milkshakes, or coffee-style drinks (for secondary schools and colleges only).

Common ingredients used to make freshly prepared drinks are included in the Traffic Light System Tables in Part 3 (see page 37 to 54).

**How do I classify freshly prepared drinks?**

**Freshly prepared** drinks are classified by the **Ingredients Only Method** (see pages 18 to 19).

If you can't find an ingredient contact the ACT Nutrition Support Service on 6162 2583 or email [info@actnss.org](mailto:info@actnss.org)

## Commercial drinks

Use the following information to classify **commercially prepared** drinks.

	Classification		
	GREEN	AMBER	RED
<b>Water and flavoured water</b>	Water (tap, spring, mineral, sparkling) varieties including: <ul style="list-style-type: none"> <li>• plain</li> <li>• flavoured with fruit essence and no added sugar</li> </ul>		Tap, spring, mineral or sparkling waters with added sugars
<b>Dairy and alternatives</b>	Low or reduced-fat milk and soy drinks, plain and flavoured noting: <ul style="list-style-type: none"> <li>• they may contain sweeteners (including artificial sweeteners)</li> <li>• the suggested serve size is 375ml or less</li> <li>• Coffee-style milk drinks may only be sold to secondary school and college students (maximum 375ml serve size)</li> </ul>	Full fat milk and soy drinks, plain and flavoured noting: <ul style="list-style-type: none"> <li>• they may contain sweeteners (including artificial sweeteners)</li> <li>• the suggested serve size is 375ml or less</li> <li>• coffee-style milk drinks may only be sold to secondary school and college students (maximum 375ml serve size)</li> </ul>	Coffee-style milk and soy drinks <ul style="list-style-type: none"> <li>• exceed 375ml</li> <li>• are sold in primary schools</li> </ul>
<b>Juices – fruit and vegetable</b>		At least 99% fruit/vegetable juices, including sparkling varieties, with no added sugar (at a maximum 250ml serve size)	Less than 99% fruit/vegetable juices and/or with added sugar and/or serve size exceeds 250ml
<b>Ice-crushers and slushies</b>		Ice crushers and slushies <ul style="list-style-type: none"> <li>• at least 99% fruit juice AND</li> <li>• no added sugar AND</li> <li>• maximum serve size 200ml</li> </ul>	Ice crushers and slushies <ul style="list-style-type: none"> <li>• less than 99% fruit juice OR</li> <li>• added sugar OR</li> <li>• serve size greater than 200ml</li> </ul>
<b>Other drinks</b>			<ul style="list-style-type: none"> <li>• soft drinks</li> <li>• iced tea</li> <li>• cordial</li> <li>• sports waters</li> <li>• sports drinks</li> <li>• flavoured mineral water</li> <li>• energy drinks</li> <li>• drinks containing guarana</li> <li>• sweetened water</li> <li>• large juices</li> </ul> <p>RED drinks cannot be served in the canteen.</p>

**How do I classify commercially prepared drinks?**

For classification of commercial drinks that do not appear here, contact the ACT Nutrition Support Service on 6162 2583 or email [info@actnss.org](mailto:info@actnss.org)

# Mexican dishes

Freshly prepared Mexican dishes such as tacos, burritos, nachos and enchiladas can be a healthy option to sell in the canteen if you choose your ingredients carefully.

Common ingredients used to make Mexican dishes are included in the Traffic Light System Tables in Part 3 (page 37 to 54) of this guide.

Many pre-packaged Mexican dishes are very high in salt or saturated fat, see below for some healthier swaps.



Some simple swaps can help to make your Mexican dishes healthier.

Sour cream	→	Reduced fat yoghurt
Hard taco shells	→	Soft taco shells, tortillas or flat bread
Corn chips	→	Corn chips are RED or AMBER. If you use corn chips, choose reduced fat/reduced salt corn chips or oven baked tortilla chips. You will need to check that they are not RED by assessing them using the Nutrient Criteria Method on page 24 For a GREEN option, you can bake pita bread pieces till crisp
Commercial spice mix	→	Homemade Mexican spice mix (don't add salt) or reduced salt commercial seasoning
Commercial salsa or taco sauce	→	Chopped tomatoes or crushed tinned tomatoes
Full fat cheese	→	Reduced fat cheese

## Handy recipes

### Mexican spice mix (makes 2/3 cup)

- 2 Tbsp ground cumin
- 2 Tbsp mild paprika
- 2 Tbsp dried coriander
- 2 tsp mild cayenne (optional)
- 1 tsp dried oregano
- 1 tsp garlic powder

### Homemade salsa (makes 1 cup)

- 3 medium ripe tomatoes, finely chopped
- 1 medium ripe avocado, diced (optional)
- 1 small spanish onion, finely chopped
- 1 teaspoon lime rind, finely grated
- 1 tablespoon lime juice
- 2 cloves garlic, crushed
- ½ cup fresh parsley, chopped



**TIP:** Remember to add plenty of vegetables and legumes such as kidney beans to Mexican sauces.

## How do I classify freshly prepared Mexican food?

Mexican dishes such as nachos, tacos, burritos and enchiladas are classified by the **Ingredients Only Method** (see pages 18 to 19).

If you add manufactured ingredients (such as taco sauce) these ingredients will need to be assessed against the appropriate Nutrient Criteria Tables on pages 26 to 28.

If you can't find an ingredient contact the **ACT Nutrition Support Service** on 6162 2583 or email [info@actnss.org](mailto:info@actnss.org)

# Pasta dishes

Freshly prepared pasta dishes can be a healthy option to sell in the canteen if you choose your ingredients carefully.

Common ingredients used to make pasta dishes are included in the Traffic Light System Tables in Part 3 (pages 37 to 54) of this guide.

If you can't find an ingredient listed in the tables contact the ACT Nutrition Support Service on 6162 2583 or email [info@actnss.org](mailto:info@actnss.org)



Some simple swaps can help to make your pasta dishes healthier.

- Tinned tomatoes → Choose no added salt or reduced salt
- Commercial pasta sauce → Choose reduced salt and lower fat options

GREEN	AMBER
≤2g saturated fat per 100g AND	>2g saturated fat per 100g OR
≤300mg sodium per 100g	>300mg sodium per 100g

- Full fat cheese → Reduced fat cheese
- Cream or sour cream → Reduced fat evaporated milk
- Processed meats → Lean fresh meat

## How do I classify freshly prepared pasta dishes?



- Pasta dishes may be classified by:**
- Ingredients Only Method (see pages 18 to 19); or
  - Nutrient Criteria Method (use Table 1 on page 26).

If adding a commercial pasta sauce or simmer sauce as an ingredient, the ingredient will need to be assessed against the Healthier Choices Table 3 on page 28 in order to classify your recipe using the Ingredients Only Method.

Look out for hidden surprises – packaged food can be high in salt, sugar and/or fat. Always choose low/reduced fat and low/reduced salt varieties of simmer sauces, pasta sauces and stock. Remember, most packaged food is classified as AMBER or RED.



# Pizza

Freshly prepared pizzas can be a healthy option to sell in the canteen if you choose your ingredients carefully.

Popular ingredients used to make pizza dishes are included in the Traffic Light System Tables in Part 3 (pages 37 to 54) of this guide.

If you can't find an ingredient listed in the tables contact the ACT Nutrition Support Service on 6162 2583 or email [info@actnss.org](mailto:info@actnss.org)



Some simple swaps can help to make your pizza dishes healthier.

Full fat cheese



Reduced fat cheese

Salami/pepperoni



Lean, unprocessed meat (e.g. chicken breast)

Commercial pizza sauce



Look for low or reduced salt varieties

Use passata, crushed tomatoes or tomato paste with no added salt

Add oregano, basil or other fresh or dried herbs

## How do I classify freshly prepared pizzas?

**Freshly prepared pizzas can be classified by:**

- Ingredients Only Method (see pages 18 to 19); or
- Nutrient Criteria Method (use Table 1 on page 26).



Processed meats are popular pizza toppings, however most varieties are RED. It is best to swap these with GREEN ingredient such as steamed chicken breast or vegetables.

# Salad

Freshly prepared salads can be an excellent healthy option to sell in the canteen if you choose your ingredients carefully.

Common ingredients used to make salads are included in the Traffic Light System Tables in Part 3 (pages 37 to 54) of this guide.

If you can't find an ingredient listed in the tables contact the ACT Nutrition Support Service on 6162 2583 or email [info@actnss.org](mailto:info@actnss.org)



Some simple swaps can help to make your salad healthier.

Full fat cheese	→	Reduced fat cheese
Processed meat	→	Choose lean, unprocessed meat where possible e.g. steamed chicken
Mayonnaise	→	Choose reduced fat mayonnaise (you can check the classification against the Healthier Choices Table 3 on page 28)
Sour cream	→	Low fat yoghurt Reduced fat mayonnaise



#### TIP:

Do not use deep-fried ingredients as they will make your salad RED.

#### A note on salad dressings

Salad dressings are a great flavour booster to any salad however they can be high in fat, sugar and salt. If using a pre-prepared salad dressing, choose one that is reduced fat and low in salt.

Healthy salad dressings are a blend of herbs or wholegrain mustard with lemon/lime juice or balsamic vinegar. If using oil in your dressing then choose olive oil. To keep your salad dressing GREEN use a ratio of one part olive oil to four parts vinegar. Add a range of mixed herbs and spices to vary the flavour. When making a salad dressing limit the portion size to 1½ teaspoons of oil per cup of salad vegetables.

#### Simple GREEN salad dressing recipe (100ml)

- 80ml balsamic vinegar
- 20ml olive oil
- Mixed herbs as desired

Salads such as garden salad or Greek salad are classified by:

- Ingredients Only Method (see pages 18 to 19); or
- Nutrient Criteria Method (use Table 1 on page 26).

### How do I classify salads?

If you add a commercial mayonnaise or salad dressing to your salad it will need to be assessed against the Healthier Choices Table 3 on page 28 and classified as either GREEN or AMBER.



# Sandwiches

Freshly prepared sandwiches can be a healthy option to sell in the canteen if you choose your ingredients carefully.

Common ingredients used to make sandwiches are included in the Traffic Light System Tables in Part 3 (pages 37 to 54) of this guide.

If you can't find an ingredient listed in the tables contact the ACT Nutrition Support Service on 6162 2583 or email [info@actnss.org](mailto:info@actnss.org)



Some simple swaps can help to make your sandwiches healthier.

Full fat cheese	➔	Reduced fat cheese
Butter	➔	Use mono or polyunsaturated spread. Limit to no more than 1 teaspoon per slice of bread
Salt	➔	Avoid adding salt
Processed meat	➔	Choose lean, unprocessed meat where possible e.g. steamed chicken. See the Traffic Light System table on pages 37 to 54 for information about using lean ham, corned beef, smoked fish or bacon in sandwiches
Mayonnaise	➔	Choose reduced fat mayonnaise (you can check the classification against the Healthier Choices Table 3 on page 28)



**TIP:**

See the bread through the spread.



**TIP:**

Add plenty of vegetables.



**TIP:**

Use wholemeal or wholegrain bread wherever possible.

**How do I classify freshly prepared sandwiches?**



Sandwiches, rolls and wraps are always classified by the Ingredients Only Method (see pages 18 to 19).

# Soups, stews, curries and casseroles

Freshly prepared soups, stews, curries and casseroles can be a healthy option to sell in the canteen if you choose your ingredients carefully.

Common ingredients used to make soups, stews and casseroles are included in the Traffic Light System Tables in Part 3 (pages 37 to 54) of this guide.

If you can't find an ingredient listed in the tables contact the ACT Nutrition Support Service on 6162 2583 or email [info@actnss.org](mailto:info@actnss.org)



Some simple swaps can help to make your soups, stews and casseroles dishes healthier.

Full fat cheese	→	Reduced fat cheese
Stock	→	Choose reduced or low salt stock and make as directed
Salt	→	Avoid adding salt
Processed meat	→	Lean, unprocessed meat
Coconut cream/milk	→	Reduced fat evaporated milk with coconut essence Reduced fat yoghurt
Commercial simmer sauces	→	Choose low or reduced salt varieties Use passata, crushed tomatoes or tomato paste with no added salt
Full fat custard	→	Low fat custard

**How do I classify freshly prepared soups, stews and casseroles?**



### Soups can be classified by:

- Ingredients Only Method (see pages 18 to 19); or
- Nutrient Criteria Method (use Healthy Choices Table 3 on page 28).

### Stews and Casseroles can be classified by:

- Ingredients Only Method (see pages 18 to 19); or
- Nutrient Criteria Method (use Table 1 on page 26).



# Stir-fries, rice and noodle dishes

Freshly prepared stir-fry, rice and noodle dishes can be a healthy option to sell in the canteen if you choose your ingredients carefully.

Stir-fries can include many different varieties of Asian noodle and rice dishes such as laksa, Singapore noodles or mie goreng. Rice dishes can include risotto, rice paper rolls and sushi.

Common ingredients used to make rice and noodle dishes are included in the Traffic Light System Tables in Part 3 (pages 37 to 54) of this guide.

If you can't find an ingredient listed in the tables contact the ACT Nutrition Support Service on 6162 2583 or email [info@actnss.org](mailto:info@actnss.org)



Some simple swaps can help to make your stir-fry, rice or noodle dishes healthier.

Asian flavour sauces	➔	Use reduced or low salt flavour sauces. Limit use to 2 teaspoons of sauce per 250g serve
Fried noodles	➔	Plain noodles
Salt	➔	Avoid adding salt
Butter or cream	➔	Polyunsaturated or monounsaturated oil/spread Reduced fat yoghurt
Full fat cheese	➔	Reduced fat cheese
Polyunsaturated or monounsaturated oil	➔	Limit use to 1½ teaspoons per ½ cup of cooked vegetables



**TIP:**

Use herbs or ginger and garlic to flavour dishes.



**TIP:**

Avoid any deep-fried ingredients as these will make your recipe RED.

All stir-fries, rice and noodle dishes can be classified by:

- Ingredients Only Method (see pages 18 to 19); or
- Nutrient Criteria Method (use Table 1 on page 26).



# Sweet snacks and desserts

Sweet snacks and desserts include pikelets, pancakes, scones, cakes, muffins, slices, biscuits and puddings.

Common ingredients used to make sweet snacks and desserts are included in the Traffic Light System Tables in Part 3 (pages 37 to 54) of this guide.

If you can't find an ingredient listed in the tables contact the ACT Nutrition Support Service on 6162 2583 or email [info@actnss.org](mailto:info@actnss.org)



Some simple swaps can help to make your sweet snacks and desserts healthier.

Icing or frosting	➔	Do not use as this will make your recipe RED
Cream or sour cream	➔	Reduced fat evaporated milk, reduced fat yoghurt or ricotta
Butter or lard	➔	Polyunsaturated or monounsaturated oil/spread
Salt	➔	Avoid adding salt
Sugar	➔	Use fresh or canned fruit for sweetness



#### TIP:

Use wholemeal flour where possible and add extra fruit to help boost fibre.

How do I classify freshly prepared sweet snacks and desserts?



- **Scones, pikelets and pancakes** are classified as GREEN if prepared using traditional recipes (without the use of lemonade and cream as ingredients) and served without any AMBER or RED ingredients. The addition of small amounts of jam or honey will make these products AMBER. The addition of cream will make them RED.
- All other sweet snacks and desserts are classified by the Nutrient Criteria Method (use Table 2 on page 27).

# Savoury pastries

Savoury pastries can include pies, sausage rolls, pasties, filo rolls and quiche.

Pastry is generally not a healthy choice and so all savoury pastry dishes must be classified by producing a NIP for the entire dish, and then assessing it against Nutrient Criteria Table 1.

Contact the ACT Nutrition Support Service on 6162 2583 or email [info@actnss.org](mailto:info@actnss.org) for assistance.



Some simple swaps can help to make your savoury pastries healthier.

Full fat pastry



Filo pastry with a light spray of poly or monounsaturated oil  
Reduced fat pastry

Cream or sour cream



Evaporated milk

Processed meat



Use lean unprocessed meats where possible  
If using lean ham or bacon limit to no more than one shaved slice in combination with at least ¼ cup cooked vegetables per serve

Full fat cheese



Reduced fat cheese  
Ricotta

Butter or lard



Polyunsaturated or monounsaturated oil/spread

## How do I classify freshly prepared savoury pastries?

- Savoury pastries are classified by the Nutrient Criteria Method (use Table 2 on page 27).



### TIP:

Add chopped or blended vegetables where possible and use herbs instead of salt.



### TIP:

Choose or create small serve sizes.

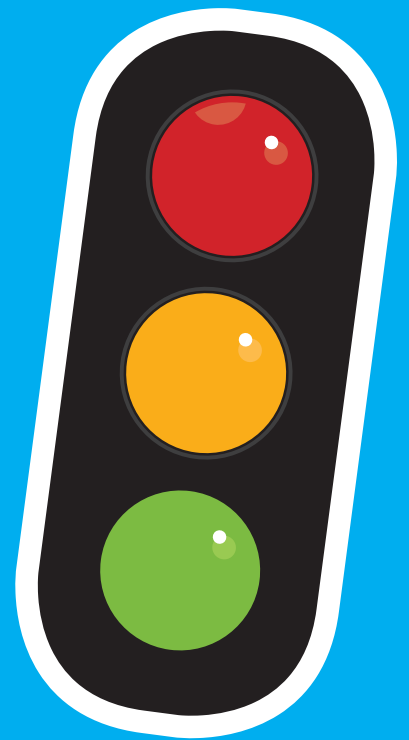


Part 5

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HELPFUL  
*tips* and  
INFORMATION

.....





# Helpful tips and information



In this part you'll find some useful resources and links to provide nutritious food and drinks to children.

## Helpful tips and information



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# Healthy swaps – cooking methods

The way you cook or prepare a food or drink can affect its nutritional quality. Use the following table for healthier cooking methods.



**TIP:**

Don't deep-fry.

All deep-fried food is classified as RED.

Use oil sparingly or not at all (and only use polyunsaturated or monounsaturated oils)

SWAP THIS	FOR THIS
<b>Meat and alternatives</b>	
Deep-fried meat and alternatives	→ Bake, barbecue, grill, dry fry without added oil or fat Braise, poach or stew
<b>Eggs</b>	
Eggs fried in oil or fat	→ Use a non-stick fry pan, poach, boil or scramble egg Spray a pan or grill with a small amount of oil
<b>Fish and seafood</b>	
Deep-fried fish and seafood	→ Bake, barbecue or grill without added oil or fat Steam or poach
<b>Fruit, vegetable and legumes</b>	
Deep-fried vegetables (e.g. tempura)	→ Bake, barbecue, dry fry, dry roast, grill with minimal added oil or fat
Vegetables roasted in fat	→ Blanch, boil, parboil, microwave, steam or steam bake
Deep- or shallow-fried legume products (e.g. falafel, vegetable or lentil patties)	→ Brush or spray legumes/vegetables with oil – bake or grill
<b>Hot savoury items</b>	
Deep-fried potato products (e.g. potato chips, gems, hash browns, scallops and wedges)	→ Oven bake potato products without added oil or fat Bake plain potatoes with the skin without added oil or fat
Deep-fried spring rolls, dim sims	→ Steam or oven bake without added oil and fat
Deep-fried savoury pies and pastries	→ Oven bake reduced fat savoury pies and pastries
<b>Rice and noodles</b>	
Fried rice with added fat or oils	→ Stir-fry rice, vegetables and lean meat in a non-stick fry pan with a small amount of oil



# Healthier swaps – ingredients

Selecting healthier ingredients can have a big impact on the nutritional quality of the dish and increase the chances of classifying recipes as GREEN.

SWAP THIS	FOR THIS
<b>Dairy products</b>	
Cream	→ Evaporated skim milk, ricotta or cottage cheese, reduced fat yoghurt (plain or vanilla)
Cream cheese	→ Blended cottage cheese or ricotta, low fat cream cheese
Sour cream	→ Reduced fat natural yoghurt
<b>Meat and alternatives</b>	
Meat with visible fat or skin on	→ Lean skinless options (chicken, turkey, roast beef, lamb, pork)
Crumbed or battered meat and fish patties	→ Fresh or frozen meat/fish fillets without crumbs Freshly prepared crumbed meat/fish patties with a spray of oil
Fatty processed meats such as pepperoni, salami, mortadella	→ Skinless chicken or turkey meat, or lean processed meat varieties
Fish canned in oil or brine	→ Fish canned in spring water
<b>Oils, condiments and spreads</b>	
Butter and butter blends, copha, dairy blends, ghee, lard, palm oil, tallow	→ Poly or monounsaturated fats (e.g. margarine) and oils (e.g. canola, olive, sunflower)
Coconut cream, milk and/or oil	→ Reduced fat evaporated milk flavoured with coconut essence
Cream-based dressings (e.g. caesar, ranch, thousand island)	→ Dressings made with poly or monounsaturated oils or dressings based on lemon juice, balsamic vinegar or reduced fat yoghurt
Savoury spreads e.g. peanut butter and other nut spreads with added sugar and salt; chicken, fish and meat pastes; yeast and vegetable extract pastes (e.g. Vegemite, Marmite)	→ Use no sugar and no salt varieties of savoury spreads
Gravy made from fatty meat juices and thickened with added fat or based on a roux; or regular packaged varieties	→ Gravies made from meat juices, drained of fat and thickened with corn/plain flour; or no added salt/fat packaged varieties
Mayonnaise	→ Reduced fat mayonnaise
Regular varieties of condiments (e.g. barbeque, soy, sweet chilli, tomato sauce)	→ Reduced salt varieties
Stock	→ Reduced salt varieties

# Healthier swaps – ingredients continued

SWAP THIS	FOR THIS
<b>Breads and cereals</b>	
White, refined varieties of breads, rolls, bagels, crumpets and English muffins	→ Wholegrain, wholemeal varieties
Crackers and savoury biscuits	→ Wholegrain varieties of plain crispbreads with reduced salt and fat
Savoury breads, twists and pull-aparts containing high fat meats	→ Wholegrain bread with reduced fat cheese, lean meat and vegetable toppings
Fruit breads containing confectionary or icing	→ Wholegrain varieties with added vegetables and dried fruit without icing or confectionary
<b>Drinks</b>	
Full cream flavoured milk	→ Reduced fat plain or flavoured milk
Sugar sweetened soft drinks	→ Plain mineral water or soda water with a squeeze of fresh fruit juice or essence
Sugar sweetened fruit or vegetable drinks	→ 99% fruit or vegetable juice varieties limited to 250ml serve size
<b>Mexican food</b>	
Taco shells	→ Tortillas, flatbreads or soft taco shells
Sour cream	→ Reduced fat yoghurt
Full fat cheddar	→ Reduced fat cheese
Flavour sachets	→ Spice mix – equal parts ground cumin, dried coriander, mild paprika, with a little dried oregano and garlic powder (and chilli for the adventurous!)

# Tips for portion control and serve sizes

*The National Healthy School Canteen Guidelines (2014)* provide recommendations on serve sizes to ensure that menu items provide adequate nutrition and are suitable for children. Using standard portions or servings has both business and health benefits for your canteen or event.

## What is portion control?

Portion control means:

- getting the right number of servings from a recipe
- serving the right amount to your customers.

Keeping control of portion sizes is a great way to:

- control costs
- minimise waste
- guide the ordering and preparation of food
- let customers know what to expect
- make sure everyone gets the same portion size.

## What does using portion control involve?

### Standardised recipes:

- printed and readily available for staff and volunteers
- serve size on the recipe – use photos to illustrate.

### Education:

- make sure everyone knows how big the serve size should be
- let everyone know the importance of standard serve sizes during orientation to the canteen
- choose an appropriate ladle size for serving each type of dish – make sure it's the only size available.

## Smaller-sized packaged food and drinks:

- choose the smallest available options for AMBER category pies, snacks and drinks.
- avoid use of 'supersize' meal deals.

## Standard plates and take away containers:

- plates (up to 25cm diameter)
- bowls (up to 15cm diameter, 5cm deep)
- cups (up to 250ml)
- takeaway containers (up to 600ml/g)
- avoiding overfilling containers – don't have to fill to the brim
- provide options for different serve sizes suitable to different age groups – younger primary students may only manage a half size serve
- avoid 'supersize' meal deals.

## Structure savoury dishes such as casseroles, pasta and rice to include:

- ½ cup of vegetables
- pasta or rice, preferably wholegrain varieties
- meat, chicken, fish, eggs or a vegetarian protein alternative (e.g. lentils, legumes).

## Standard servings for drinks:

- up to 375ml reduced fat milk drinks and smoothies
- up to 250ml for 99% fruit juices
- up to 200ml for 99% fruit slushies.

# SERVE SIZES



## Vegetables and legumes/beans

### Serves per day

	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	2 1/2	4 1/2	5	5 1/2	5 1/2
Girls	2 1/2	4 1/2	5	5	5



## Fruit

### Serves per day

	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	1	1 1/2	2	2	2
Girls	1	1 1/2	2	2	2



## Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

### Serves per day

	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	4	4	5	6	7
Girls	4	4	4	5	7



## Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans

### Serves per day

	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	1	1 1/2	2 1/2	2 1/2	2 1/2
Girls	1	1 1/2	2 1/2	2 1/2	2 1/2



## Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

### Serves per day

	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	1 1/2	2	2 1/2	3 1/2	3 1/2
Girls	1 1/2	1 1/2	3	3 1/2	3 1/2

### A standard serve of vegetables\* is about 75g (100-350kJ) or:

- 1/2 cup cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin)
- 1/2 cup cooked dried or canned beans, peas or lentils
- 1 cup green leafy or raw salad vegetables
- 1/2 cup sweet corn
- 1/2 medium potato or other starchy vegetables (sweet potato, taro or cassava)
- 1 medium tomato

\*With canned varieties, choose those with no added salt

### A standard serve of fruit is about 150g (350kJ) or:

- 1 medium apple, banana, orange or pear
- 2 small apricots, kiwi fruits or plums
- 1 cup diced or canned fruit (with no added sugar) Or only occasionally:
  - 125ml (1/2 cup) fruit juice (with no added sugar)
  - 30g dried fruit (for example, 4 dried apricot halves, 1 1/2 tablespoons of sultanas)

### A standard serve (500kJ) is:

- 1 slice (40g) bread
- 1/2 medium (40g) roll or flat bread
- 1/2 cup (75-120g) cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa
- 1/2 cup (120g) cooked porridge
- 2/3 cup (30g) wheat cereal flakes
- 1/4 cup (30g) muesli
- 3 (35g) crispbreads
- 1 (60g) crumpet
- 1 small (35g) English muffin or scone

### A standard serve (500-600kJ) is:

- 65g cooked lean meats such as beef, lamb, veal, pork, goat or kangaroo (about 90-100g raw)
- 80g cooked poultry such as chicken or turkey (100g raw)
- 100g cooked fish fillet (about 115g raw weight) or one small can of fish eggs
- 2 large (120g) eggs
- 1 cup (150g) cooked or canned legumes/beans such as lentils, chick peas or split peas (no added salt)
- 170g tofu
- 30g nuts, seeds, peanut or almond butter or tahini or other nut or seed paste

### A standard serve (500-600kJ) is:

- 1 cup (250ml) fresh, UHT long life, reconstituted powdered milk or buttermilk
- 1/2 cup (120ml) evaporated milk
- 2 slices (40g) or 4 x 3 x 2cm cube (40g) of hard cheese, such as cheddar
- 1/2 cup (120g) ricotta cheese
- 3/4 cup (200g) yoghurt
- 1 cup (250ml) soy, rice or other cereal drink with at least 100mg of added calcium per 100ml

- To meet additional energy needs, extra serves from the Five Food Groups or unsaturated spreads and oils, or discretionary choices may be needed by children who are not overweight but are taller, more active or older in their age band.

- An allowance for unsaturated spreads and oils for cooking, or nuts and seeds can be included in the following quantities: 4-5g per day for children 2-3 years of age, 7-10g per day for children 3-12 years of age, 11-15g per day for children 12-13 years of age and 14-20g per day for adolescents 14-18 years of age.

- For meal ideas and advice on how to apply the serve sizes go to:

[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)



# Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Fruit



Use small amounts



Only sometimes and in small amounts



# Food safety

## Food handling & food safety in school canteens

Food safety is especially important in schools as children are more prone to foodborne illnesses than adults. This information sheet provides general food safety information for school canteen operators.

### General requirements

As a registered food business, your canteen must have a **food safety supervisor**. This is someone who has completed mandatory food safety training and is able to supervise other people handling food. The canteen manager is usually the food safety supervisor. Food safety supervisor training requirements are detailed in the Food Safety Supervisor Training Guidelines (available on the ACT Health website – [www.health.act.gov.au/public-information/businesses/food-safety-regulation/food-safety-supervisors](http://www.health.act.gov.au/public-information/businesses/food-safety-regulation/food-safety-supervisors)).

Food handlers must have knowledge and skills appropriate to the types of food they are handling. All people working in a canteen (including volunteers) should have a basic understanding of food hygiene and temperature control. Using food safety posters in the canteen is a good way to remind people of basic food safety requirements. It is strongly encouraged that all staff, including volunteers, do the I'M ALERT free online food safety training course (available at [www.health.act.gov.au/foodsafety](http://www.health.act.gov.au/foodsafety)).

### The importance of good hygiene

School canteen staff must consider food safety and hygiene at all times. All staff (including volunteers) need to follow these simple rules:

- do not prepare food if you are ill
- cover any wounds with a waterproof dressing (and glove if wound is on hand)
- before commencing/recommencing food handling, always wash hands thoroughly with warm soapy water and dry completely with single use paper towel (e.g. before handling food, between handling raw and cooked food, after touching raw meat, and after using the toilet)
- tie hair back and remove or cover jewellery that may contaminate food (e.g. bracelets)
- wear clean protective clothing (e.g. aprons, hair nets, hats)
- clean or sanitise the food preparation area after preparing raw food.

### Other food safety tips

Never defrost food on the bench top. Use a refrigerator for defrosting frozen foods.

Always sanitise or change chopping boards and utensils every time you prepare a new type of food (e.g. raw food, cooked food, fruit).

All canteens must have a food grade digital probe thermometer accurate to  $\pm 1^{\circ}\text{C}$  to check cold and hot temperatures. Check food temperatures regularly to ensure food remains at the right temperature ( $60^{\circ}\text{C}$  or above for hot food and  $5^{\circ}\text{C}$  or below for cold food).

Make sure food is cooked and used before the 'use by' or best before' date.

Leftovers: when cooling cooked food, once steam disappears, refrigerate in top shelf of refrigerator.

### Vermin control

A school canteen must be kept free from pests and vermin. To do this you will need to close doors, use windows with screens where possible, only open service windows immediately before service and close immediately after service, install weather strips on all doors, clean equipment regularly, keep all food preparation and general areas clean, store all food appropriately in sealed containers and dispose of garbage effectively. An effective pest control schedule/plan should be developed to assist with ongoing pest control and maintenance.

### Food storage & display

Food must be stored appropriately. For example, raw meat should be kept in sealed containers at the bottom of the fridge so juices don't run onto other foods. Ready-to-eat foods should be covered and stored above vegetables and meat in the fridge.

Certain foods must be stored and displayed at the correct temperature:

- Cold foods must be kept at  $5^{\circ}\text{C}$  or below

e.g. sandwiches containing meat, egg or salad, prepared salads, meat products, milk and dairy products

- Hot foods must be kept at  $60^{\circ}\text{C}$  or above.

e.g. cooked rice, pasta, frittata, tofu, vegetable and meat dishes.

All food served in the school canteen must be wrapped or covered when on display (e.g. sandwiches individually wrapped or in a covered display area).

Use tongs, spoons, bags or paper to serve unpackaged foods (e.g. use tongs to remove unwrapped sandwiches from display area).

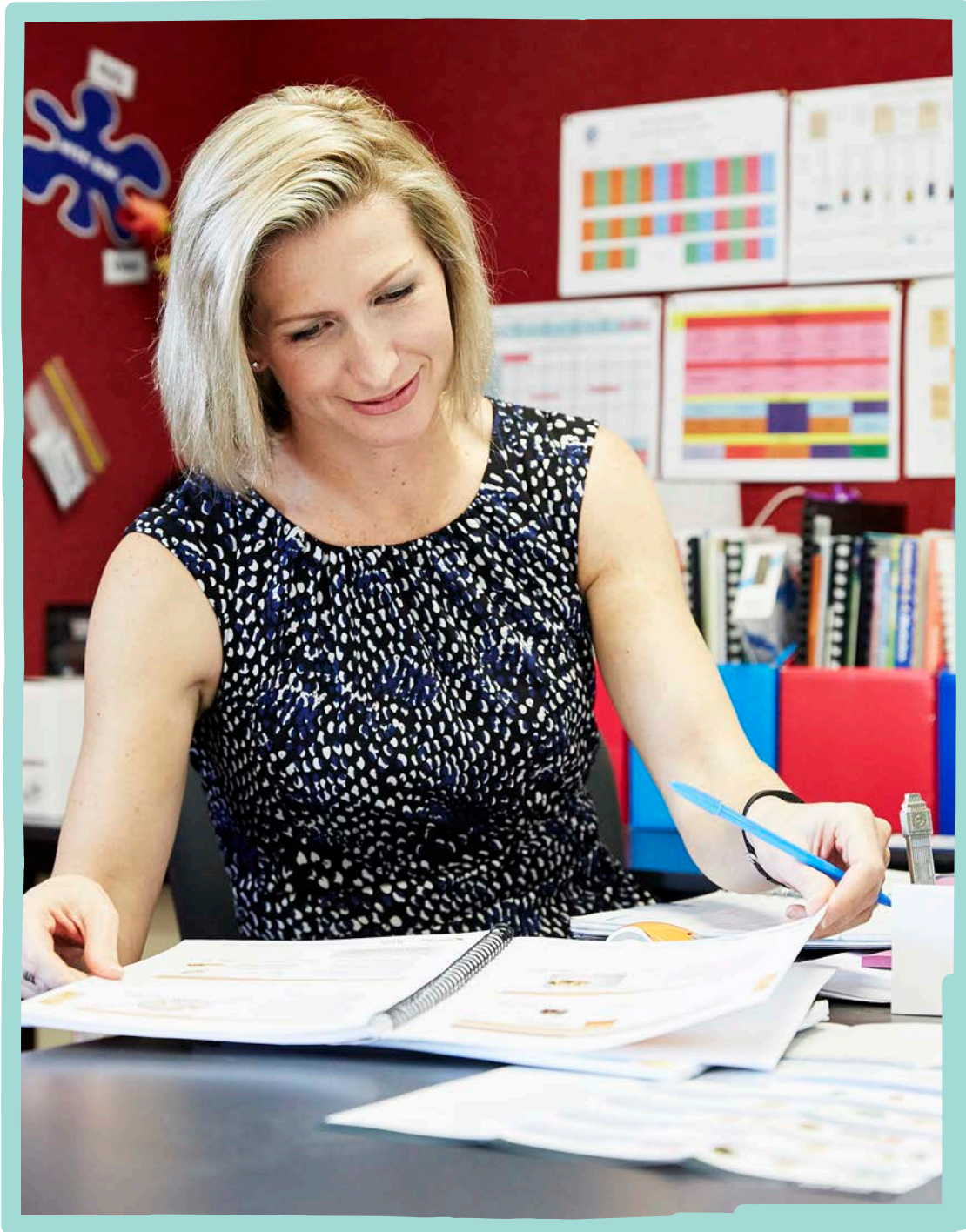
### Food regulation and food safety information

For detailed food safety information, including registration requirements and food safety supervisors, visit the ACT Health website:

[www.health.act.gov.au/foodsafety](http://www.health.act.gov.au/foodsafety)

## Menu assessment template

You can use the tables on the following pages to keep a record of the food and drinks sold in your canteen that you have already classified.



Products in my canteen assessed against the AMBER Nutrient Criteria Table  
**Hot food items and processed meats assessed per 100g**

(assess against Nutrient Criteria Table 1)

Product	Brand	Serve size (g)	Nutrient value per 100g			Classification
			Energy (kJ)	Saturated fat (g)	Sodium (mg)	









# References

## References

*ACT Public School Food and Drink Policy 2015*, ACT Government, Canberra.

*Traffic Light System in Schools Fact Sheet 2015*, ACT Government, Canberra.

*Australian Capital Territory Chief Health Officer's Report 2016*, ACT Government, Canberra.

*Towards Zero Growth Healthy Weight Action Plan 2013*, ACT Government, Canberra.

*National Healthy School Canteens Guidelines for healthy food and drinks supplied in school canteens 2010 (updated 2014)*, Commonwealth of Australia, Canberra.

*Australian Dietary Guidelines 2013*, Commonwealth of Australia, Canberra.

Victorian Government and The Royal Children's Hospital Melbourne 2013, Obesity in children – causes, viewed January 2016

## More information

### Fresh Tastes

For more information about canteen support in the ACT  
Phone 02 6205 1452 | email [freshtastes@act.gov.au](mailto:freshtastes@act.gov.au)  
[www.goodhabitsforlife.act.gov.au/fresh-tastes/canteen-support](http://www.goodhabitsforlife.act.gov.au/fresh-tastes/canteen-support)

### ACT Nutrition Support Service (ACTNSS)

Delivered by Nutrition Australia ACT, ACTNSS provides free nutrition advice and support for all schools and canteens in the ACT.  
Phone 6162 2583 | email [info@actnss.org](mailto:info@actnss.org)  
[www.actnss.org/schools/canteens](http://www.actnss.org/schools/canteens)

### Healthy Kids Association

Provides resources and support for member canteens.  
Phone 1300 724 850 | email [info@healthy-kids.com.au](mailto:info@healthy-kids.com.au)  
[www.healthy-kids.com.au](http://www.healthy-kids.com.au)

### Eat for Health

[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

### Food regulation and food safety information

For detailed food safety information, including registration requirements and food safety supervisors, visit the ACT Health website  
[www.health.act.gov.au/foodsafety](http://www.health.act.gov.au/foodsafety)

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# GO for GREEN

HEALTHY FOOD & DRINKS FOR CHILDREN

Using the  
traffic light  
system



More information

#### **ACT Nutrition Support Service (ACTNSS)**

Delivered by Nutrition Australia ACT, ACTNSS provides free nutrition advice and support for all schools and canteens in the ACT.

Phone 6162 2583 | email [info@actnss.org](mailto:info@actnss.org)  
[www.actnss.org/schools/canteens](http://www.actnss.org/schools/canteens)

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Government

*fresh*  
**TASTES**