

14 Nutritional Standards at a glance - HIGH SCHOOL

1. FRUIT AND VEGETABLES



Lunch time must include at least **1 x 80g** fresh, tinned or frozen or **30g** dried fruit and **2 x 80g** portions of vegetables.

At all other times where food is provided **1 x 80g** fruit or vegetable or **30g** dried fruit must be made available.

2. OILY FISH

Must be provided at least **once every 3 weeks**.



3. RED AND RED PROCESSED MEAT



Across the school day no more than 230g over the week & only 130g of this 230g can be red processed.

4. SWEETENED BAKED PRODUCTS AND DESSERTS



Across the school day must meet the following – no more than 10g of total sugar, no more than 19g of fat and no more than 6g of saturated fat per portion.

5. BREAKFAST CEREAL



Across the school day must meet the following - no more than 15g of sugar, 1.1g of salt and contain at least 3g of fibre per 100g.

6. DEEP FRIED FOODS

A maximum of **3** portions can be provided in a **week**.



7. SAVOURY SNACKS

Across the school day plain crackers, oatcakes and breadsticks and any other pre packed savoury snacks such as crisps must be a pack size no more than 25g and contain no more than 22g fat, 1.5g salt and 3g of sugar per 100g.



8. BREAD

Across the school day must contain a minimum of **3g of Fibre per 100g**.



9. SWEETENED YOGHURTS, FROMAGE FRAIS AND MILK BASED DESSERTS



The portion should be less than 175g. Less than 10g of sugar and 3g of fat per 100g.

10. PASTRY AND PASTRY PRODUCTS



Must not be provided more than **twice** a week across the school day.

11. OILS AND SPREADS

Across the school day

Spreads must not contain more than 20g of saturated fat per 100g and more than 30g per 100g of combined mono and poly **and** monounsaturated fat.

Oils must not contain more than 16g of saturated fat per 100g and must contain at least 55g per 100g of monounsaturated fat **OR** at least 30g per 100g of polyunsaturated fat.



12. SALT AND CONDIMENTS



Across the school day

No Salt should be provided.

Condiments can be provided when included in the menu but must be dispensed in no more than 10ml portions.

13. CONFECTIONERY

Across the school day no confectionery can be offered this includes chocolate and non-chocolate confectionery.



14. DRINKS



Across the school day only the following can be provided

- Plain water, must be freely available
- Plain semi skimmed milk
- Flavoured semi skimmed milk with no added sugars
- No added sugar lower fat drinking yoghurt
- Tea and coffee