

# 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
- Sugar-free drinks (excluding high caffeine -150mg per litre)