

The (Occasionally) RED Category Nutrient Criteria Tables

Hot food items assessed per 100g			
Key: > means more than, < means less than			
Category	Nutrient Criteria		
Food	Energy (kJ) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g
Savoury pastries, pasta, pizzas, oven baked potato products, dim sims, spring rolls, fried rice and noodles.	>1000kJ	>5g	>400mg
Crumbed and coated foods (eg patties, ribs, chicken products), frankfurters, sausages.	>1000kJ	>5g	>700mg

Note: All foods deep fried are banned from sale at school canteens. They are too high in kilojoules and fat (usually saturated fat).

Snack foods assessed per serve				
Key: > means more than, < means less than				
Category	Nutrient Criteria			
Food	Energy (kJ) per serve	Saturated fat (g) per serve	Sodium (mg) per serve	Fibre (g) per serve
Snack food bars and sweet biscuits	>600kJ	>3g		<1.0g
Savoury snack foods and biscuits	>600kJ	>3g	>200mg	
Ice creams, milk based ice confections and dairy desserts	>600kJ	>3g		
Cakes, muffins and sweet pastries etc	>900kJ	>3g		<1.5g

Note: All types of confectionery fit into the **RED** end of the spectrum. They are products of minimal nutritional value.

Source: NSW Department of Health and the NSW Department of Education and Training Fresh Tastes @ School Canteen Menu Planning Guide (2006).