

# ALWAYS ON THE CANTEEN MENU

## The **GREEN** category – ‘always on the canteen menu’

Foods and drinks categorised as **GREEN** are consistent with the *2013 Australian Dietary Guidelines* and are based on the five food groups shown on *The Australian Guide to Healthy Eating* ‘plate’. These foods and drinks are the most suitable to be sold in school canteens and should be available on the canteen menu every day. Foods and drinks in this category offer a wide range of nutrients and are generally low in saturated fat and/or sugar and/or sodium (salt).

Food	Examples
<b>Drinks</b>	<p>Low or reduced-fat milk and soy drinks, plain and flavoured.</p> <ul style="list-style-type: none"> <li>• May contain intense (artificial) sweeteners.</li> <li>• Suggested 375mL serve size or less (except coffee-style milk drinks).</li> <li>• Coffee-style milk drinks (including flavoured) may be sold in secondary school (maximum 375mL serve size).</li> </ul> <p>Water: plain (tap, spring, mineral or sparkling), with nothing added.</p>
<b>Bread and alternatives</b>	<p>Bagels, burritos, crumpets, English muffins, foccacia, gluten-free, lavash, Lebanese, multigrain, pita, rye, tortillas, Turkish, wholegrain, wholemeal, white high fibre, white.</p> <p>Raisin and fruit bread, un-iced fruit buns, glazed hot cross fruit buns.</p> <p>Plain and savoury scones, pikelets and pancakes.</p>
<b>Breakfast cereals</b>	<p>Wholegrain, wholewheat flakes, wholegrain puffed cereals, porridge, wholewheat biscuits, low in added sugar, higher in fibre and without added confectionery.</p>
<b>Rice, grains, pasta</b>	<p>Plain rice, noodles, pasta, burghul, cracked wheat, polenta, couscous.</p> <p>Plain air-popped popcorn with nothing added.</p>
<b>Yoghurt, custard and cheese (including soy alternatives)</b>	<p>Low or reduced-fat cheese without added confectionery. Low or reduced-fat plain or fruit yoghurt and custard without added confectionery.</p> <ul style="list-style-type: none"> <li>• May contain intense (artificial) sweeteners.</li> </ul>
<b>Fruit</b>	<p>Fresh, in-season is the best choice.</p> <p>Frozen, pureed or canned in natural juice (does not include dried fruit).</p>
<b>Vegetables</b>	<p>Fresh, in-season is the best choice.</p> <p>Frozen or canned without added flavourings.</p> <p>Chickpeas, kidney beans, lentils, baked beans (dried or canned), lentil patties and falafels (grilled or baked).</p>
<b>Lean meat, fish, poultry and alternatives</b>	<p>Unprocessed lean beef, chicken, lamb, pork, turkey, fish.</p> <p>Canned tuna, salmon, sardines.</p> <p>Eggs, nuts* (un-salted, un-roasted, dry roasted).</p>

\*Check your school policy regarding the use of nuts and products containing nuts.