

NOT RECOMMENDED ON THE CANTEEN MENU

The **RED** category – ‘not recommended on the canteen menu’

Foods and drinks categorised as **RED** are not consistent with the *2013 Australian Dietary Guidelines* and should not be sold in a healthy school canteen.

They are low in nutritional value and may also be high in saturated fat and/or added sugar and/or added sodium (salt). They may also provide excess energy (kilojoules). There is ample opportunity for children to consume these foods outside school hours at the discretion of their parents.

Food	Examples
Any product assessed according to the Amber Nutrient Criteria, that does not meet the criteria for energy (kJ), saturated fat, sodium or fibre.	
Drinks	Soft drinks, iced tea, cordial, sports waters, sports drinks, flavoured mineral water, energy drinks, sweetened waters.
Intense (artificial) sweeteners*	Any product containing intense (artificial) sweeteners* with the exception of flavoured milk, fruit yoghurts and custards.
Caffeine and guarana	Any product containing guarana. Coffee-style products (including flavoured), mocha, latte, cappuccino or similar, with the exception of coffee-style milk drinks. Coffee-style milk drinks (including flavoured) in primary school. Coffee-style milk drinks greater than 375mL serve size in secondary school.
Fruit/vegetable juice	Less than 99% juice and/or added sugar and/or greater than 250mL serve size.
Jelly desserts, ice crushes and slushies	Less than 99% fruit juice and/or added sugar and/or greater than 200mL serve size.
Icy-poles and fruit ice blocks	Less than 99% fruit juice and/or added sugar and/or greater than 125mL serve size.
Cakes and slices	Iced cakes and slices, doughnuts, Danishes, croissants, cream-filled buns/cakes.
Confectionary	All types: sold separately or added to products including; boiled lollies, carob, chocolate (including choc chips and chocolate-coated), chocolate spreads, cough lollies, 100s and 1000s, juice jellies, icing, liquorice, soft lollies, yoghurt/ carob-coated.
Deep-fried food	All types.
Fats	Cream, coconut cream, coconut milk, butter, copha, ghee, lard.

*Code number and prescribed name for intense (artificial) sweeteners include:

950 (acesulphame potassium), 951 (aspartame), 952 (cyclamate), 953 (isomalt), 954 (saccharin), 955 (sucralose), 956 (alitame), 957 (thaumatin), 961 (neotame), 965 (maltitol or hydrogenated glucose syrup), 966 (lactitol), 967 (xylitol), 968 (erythritol)