

Healthy Eating in Schools

A guide to implementing the nutritional requirements for food and drink in schools (Scotland) regulations 2008



HEALTHY

SCHOOLS



NUTRITION

FOOD

Healthy Eating in Schools

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Foreword

Included in our vision for Scotland is that we will live longer, healthier lives. We believe that a healthier Scotland is essential if we are to realise our central purpose of creating a more successful nation through increasing sustainable economic growth where we can all flourish.

In June we published *Healthy Eating, Active Living*, an action plan to improve diet, increase physical activity and tackle obesity in Scotland over the next three years. Schools have a central role to play in helping to improve the health of the nation. The Schools (Health Promotion and Nutrition) (Scotland) Act 2007 is an important provision that will help schools contribute by focusing on the importance of diet and health promotion in schools. Under the Act, local authorities and managers of grant-aided schools have a duty to ensure that food and drink provided in schools comply with nutritional requirements specified by Scottish Ministers by regulations.

The Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2008 were approved by the Scottish Parliament in June 2008. These new requirements build on the progress that schools have already made and will make an important contribution to improving the health of our children and young people.

But it won't be the regulations alone that encourage young people to eat healthy, nutritious school meals. We need to be sure that our children and young people enjoy the food and drink provided in schools. I hope that this guidance will assist those of you involved in school catering to implement the regulations and to help you provide tasty and appealing food that complies with the requirements that we have set.

But setting high standards for food and drink in schools is only one piece of the puzzle. Educating children and young people about the importance of healthy eating and healthy living is also important if we are to change the culture of unhealthy eating in Scotland. The nutritional requirements complement and support the wider health promotion approach of the 2007 Act.

We have issued health promotion guidance which, along with the draft experiences and outcomes for Health and Wellbeing, as part of Curriculum for Excellence, makes clear that we expect schools to help children and young people develop an understanding of the relationship between diet and health and wellbeing.

We know that schools cannot change the eating habits of children and young people on their own and the Scottish Government is taking action on a number of fronts to improve our diet in Scotland. But we need your help and all of us must work together with children, young people, parents and the communities of Scotland to improve the food we eat if we are to achieve our aim of a healthier Scotland.

Our children and young people deserve no less.

A handwritten signature in black ink, which appears to read 'Adam Ingram'. The signature is written in a cursive style.

ADAM INGRAM

Minister for Children and Early Years

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section 1:
introduction



Why is improving the nutritional quality of school food important?

The Scottish Government wants to improve the diet of children and young people in Scotland. We know from research that the diets of many children and young people in Scotland fall short of national dietary recommendations and many are consuming inadequate amounts of fruit and vegetables and eating too many foods high in fat, saturated fat, salt and sugar^{1,2,3}.

Children and young people need the right balance of food and nutrients to develop and grow. Healthy eating is about getting that balance right in order to provide enough of the important nutrients (such as vitamins, minerals and protein) and fibre without too much fat (especially saturated fat), sugar and salt.

The *eatwell plate* shows the types and proportions of foods needed to make up a well-balanced, healthy diet. The *eatwell plate* is shown in the illustration below.



1 Gregory et al. *National Diet and Nutrition Survey: Young People Aged 4-18 Years*. London, The Stationery Office, 2000.

2 Bromley et al. *The Scottish Health Survey 2003*. The Scottish Executive, 2005.

<http://www.scotland.gov.uk/Publications/2005/11/25145024/50251>

3 Sheehy et al. *Survey of sugar intake among children in Scotland*. Food Standards Agency, March 2008.

<http://www.food.gov.uk/news/newsarchive/2008/mar/sugar>

Imbalances in diet can contribute to children and young people developing a number of serious diet-related diseases and conditions over the course of their lifetime. On the other hand, improvements to the diet of children and young people can positively influence their current and future health.

Childhood obesity is widely recognised as an increasing problem. Obesity can affect many aspects of children's lives including their physical, mental and emotional wellbeing. In addition, obesity may continue into adulthood and lead to a number of serious health conditions including some types of cancers, diabetes, coronary heart disease and stroke.

In terms of dental health, Scotland's children compare poorly with the rest of the UK. By primary 7 nearly half of Scottish children have some established dental decay⁴. Frequent consumption of sugary foods and drinks is linked to the high levels of tooth decay.

Evidence shows that the incidence of dental erosion is increasing in industrialised countries. This is a condition where tooth enamel is eroded due to acids present primarily in drinks such as soft drinks (carbonated and still) and fruit juices.

A good diet is essential for good health. It is therefore important that children are provided with a solid foundation for establishing healthy life-long eating habits. Although schools alone cannot be expected to address children's poor eating habits, schools can make a valuable contribution to improving the nutritional quality of children's diets and promoting consistent messages about healthy eating within a health promoting schools environment.

School meals in Scotland have undergone a transformation due to the *Hungry for Success* initiative. The Schools (Health Promotion and Nutrition) (Scotland) Act 2007 ('the Act') builds on *Hungry for Success* and requires local authorities and managers of grant-aided schools to ensure that food and drink provided in schools comply with the nutritional requirements specified by Scottish Ministers in regulations.

The Act also makes health promotion a central purpose of schooling. A school is health promoting if it provides activities and an environment which promote the physical, social, mental and emotional health and wellbeing of pupils in attendance at the school. This guidance complements the health promotion duty and the Scottish Government's *Health Promotion Guidance for Local Authorities and Schools* (available on the Scottish Government website). In addition, Curriculum for Excellence emphasises that health and wellbeing should permeate all aspects of the school and is the responsibility of all staff who work in schools.

⁴ Merrett et al. *National Dental Inspection Programme of Scotland - Report of the 2005 survey of P7 children*. Scottish Dental Epidemiological Co-ordinating Committee, 2006.

Schools (Health Promotion and Nutrition) (Scotland) Act 2007

In summary, the Act:

- imposes duties on the Scottish Ministers, education authorities and managers of grant-aided schools to endeavour to ensure that public schools and grant-aided schools are health promoting
- places duties on education authorities and managers of grant-aided schools to ensure that all food and drink provided in schools complies with nutritional requirements specified by Scottish Ministers in regulations
- places a duty on education authorities to have regard to the nutritional requirements regulations when purchasing a place at an independent school
- gives education authorities the power to provide pupils with snacks, either free of charge or subject to a charge
- places a duty on education authorities to promote school lunches and, in particular, free school lunches
- places a duty on education authorities to take steps to protect the identity of those receiving free school lunches
- places a duty on education authorities and managers of grant-aided schools to have regard to any guidance issued by the Scottish Ministers on the application of the principles of sustainable development when providing food or drink or catering services in schools.

A copy of the Act and Explanatory Notes can be found on the website of the Office of the Public Sector Information at www.opsi.gov.uk.

What is the purpose of this guidance?

The Act gives Scottish Ministers the power to set nutritional requirements for food and drinks in schools by Regulations. This guidance is intended to help those who are involved in providing food and drinks in schools to implement the Regulations. It explains the nutritional requirements in the Regulations and provides guidance on how to comply with them. The guidance also makes recommendations on other practical aspects not covered by the Regulations.

What is the effect of this guidance?

Under the Act, local authorities and managers of grant aided schools must have regard to this guidance when carrying out the duties imposed on them by the Regulations. They must ensure that their policies and practices take full account of the legal requirements and the wider health promotion aims of the Act.

It is important that the nutritional requirements set out by the Regulations are read as a whole. Individual nutrient or food and drinks standards should not be taken out of the context of the whole package or of the duty under the Act for all schools to be health promoting schools.

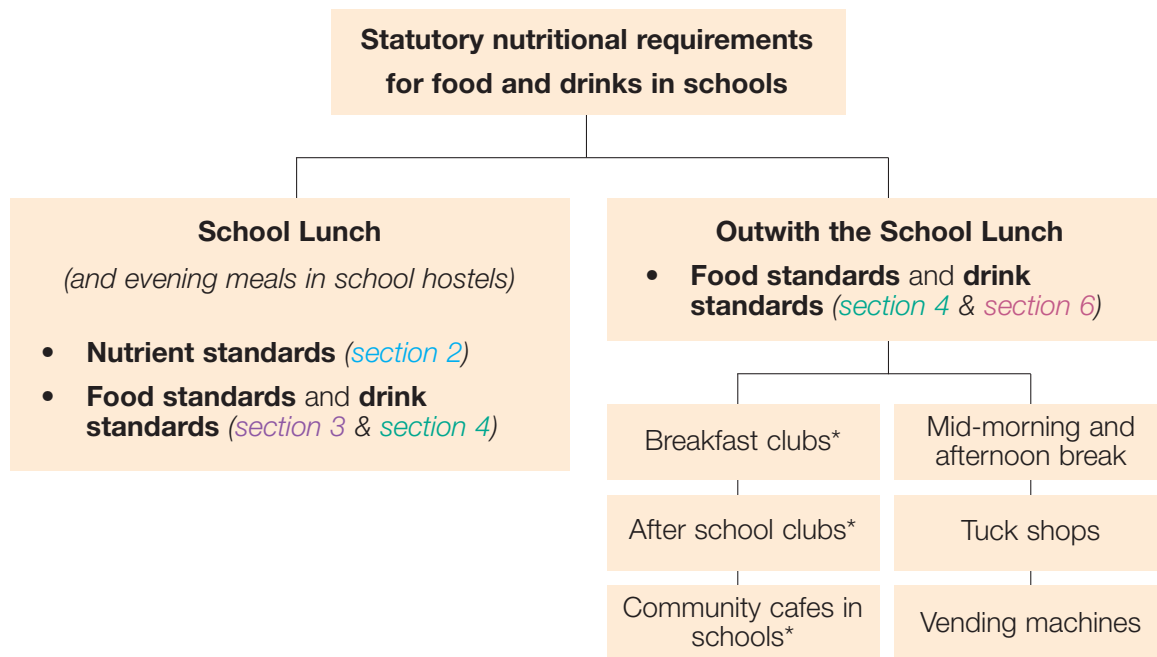
The Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2008

The Regulations form part of the wider health promoting schools approach set out in the Act and work, as a whole, across the school day. They cover food and drinks that are sold or served in local authority and grant-aided schools in Scotland and are broken down into two parts:

1. Two sets of standards for **school lunches**:
 - **Nutrient standards**, which set out the proportion of nutrients that pupils should receive from an average day's school lunch (*see section 2 of this guidance*).
 - **Food standards and drink standards**, which define the types of food and drinks that pupils should be offered in a school lunch and their frequency as well as setting nutritional requirements for specific types of food and drink which may be provided (*see sections 3 and 4 of this guidance*).

Any reference to "school lunch" in this guidance should be read as including evening meals provided in school hostels by education authorities. The Regulations refer to "school meals" which include both school lunches and evening meals.

2. **Food standards and drink standards** for school food and drinks served **outwith the school lunch**, e.g. breakfast clubs, tuckshops, vending machines, mid-morning services, community cafes and after school clubs (*see sections 4 and 6 of this guidance*).



For a summary of the food and drink standards across the school day please see [section 8](#).

To whom do the Regulations apply?

The Regulations apply to food and drinks provided to pupils in:

- local authority schools
- grant-aided schools
- hostels maintained by a local authority for pupils.

The Regulations apply whether the food and drink is provided by the authority or by a catering company or other organisation on behalf of the authority or grant-aided school.

The Regulations come into effect for primary schools on 4 August 2008. Regulation 3 and Regulation 4 come into effect for secondary schools on 3 August 2009.

Regulation 5, which requires that drinking water is provided free of charge at all times, including during school meals, to pupils comes into effect for both primary and secondary schools on 4 August 2008.

* The Regulations apply in these outlets when the food and drink is provided by the local authority or grant-aided school or by a catering company or other organisation on behalf of the authority or grant-aided school.

Who should use this guidance?

This guidance has been written for:

- any catering providers and staff, who provide food and drink to pupils at public or grant aided schools, but is of particular relevance for those who are responsible for:
 - menu planning
 - food purchasing and procurement
 - preparation and service of food in schools
 - staff recruitment and staff training
- local authority staff and managers of grant aided schools
- headteachers and other school staff involved with food and drink in schools
- any other person who is involved in the provision of food and drinks in school, including voluntary organisations.

The guidance will also be of interest to:

- teachers and support staff who want to know more about the provision and promotion of healthy food and drinks in schools
- health professionals who provide advice and support to schools in relation to health promotion, nutrition and oral health
- pupils, parents/carers and parent councils who are interested in learning more about the nutritional standards for schools
- independent school managers, teachers and caterers
- other providers of residential care services for children and young people.

Exceptions

The Regulations do not apply to:

- food or drink brought on to the premises by parents or pupils, e.g. packed lunches or food bought by a pupil from a shop
- food and drink provided in schools for people who are not pupils, e.g. staff. However, if food and drink is provided for more than one reason (for example a school canteen which doubles as a community café), the food and drink provided to pupils must still meet the nutritional requirements set by the Regulations
- food and drink used in teaching food preparation and cookery skills, provided that any food so prepared is not served to pupils as part of a school meal. However, we recommend that the food and drink chosen for such activities reflect, as far as possible, the ethos of the health promoting school
- food and drink provided as part of a medically recommended diet for any pupil
- food or drink provided as part of a social, cultural or recreational activity, e.g. school discos, sports days or cultural events such as school-organised Burns suppers or Christmas lunches. However, we recommend that all those with a role to play in organising social, cultural or recreational events would still consider, encourage and promote healthier options, in keeping with the ethos of a health promoting school (see Regulation 2(2) for the exceptions)
- food and drink provided in nurseries and pre-school centres. Separate guidance for the early years sector, *Nutritional Guidance for Early Years*, was published in January 2006. This guidance is aimed at all early education and childcare settings which provide food for children between 1 and 5 years.

Advice on children's birthdays

Food and drink brought into school to celebrate birthdays is not covered by the Regulations but as the celebration of birthdays may occur frequently in some schools, we recommend that authorities and schools develop policies on this in line with the ethos of a health promoting school.

section 2:

nutrient standards for school lunches and
evening meals in school hostels



How have these been calculated?

The statutory nutrient standards for school lunches have been calculated to ensure that the school lunch provides a third of the daily nutritional requirements of primary and secondary school pupils. The nutrient standards represent the amount of energy (calories) and nutrients required to be provided by an average day's school lunch (or evening meal in the case of school hostels maintained by local authorities). This means that caterers must plan their lunch menus to ensure that the food and drinks on offer over a school week average out to meet the nutrient standards.

The nutrient standards for school lunches are shown in Table 1. This table sets out the amount of **energy (calories)** and **minimum levels for key nutrients** that must be provided in an average day's school lunch for primary and secondary school pupils. The school lunch menu must also provide **no more than the maximum amount of total fat, saturated fat, non-milk extrinsic sugars and sodium**.

- For some nutrients a **minimum** level is set. These are shown with a green background in Table 1.
- For other nutrients a **maximum** level is set. These are shown with a red background in Table 1.

Minimum levels set for:

- protein
- total carbohydrate
- fibre
- iron
- calcium
- vitamin A
- vitamin C
- folate
- zinc

Maximum levels set for:

- total fat
- saturated fat
- non-milk extrinsic sugars (NMES)
- sodium

Table 1: Statutory nutrient standards for school lunches for pupils in primary and secondary schools

	An average day's primary school lunch	An average day's secondary school lunch
Energy (calories/kilojoules)	557 kcals 2328 kJ	664 kcals 2776 kJ
Total fat	Not more than 21.7 g	Not more than 25.8 g
Saturated fat	Not more than 6.8 g	Not more than 8.1 g
Total carbohydrate	Not less than 74.3 g	Not less than 88.5 g
Non-milk extrinsic sugars	Not more than 16.3 g	Not more than 19.5 g
Fibre (NSP*)	Not less than 4.5 g	Not less than 5.3 g
Protein	Not less than 8.5 g	Not less than 13.6 g
Iron	Not less than 3 mg	Not less than 4.4 mg
Calcium	Not less than 165 mg	Not less than 300 mg
Vitamin A	Not less than 150 µg	Not less than 187 µg
Vitamin C	Not less than 9 mg	Not less than 11 mg
Folate	Not less than 45 µg	Not less than 60 µg
Sodium‡	Not more than 745 mg (not more than 686 mg by 2010)	Not more than 894 mg (not more than 824mg by 2010)
Zinc	Not less than 2.1 mg	Not less than 2.8 mg

kcals = kilocalories; **kJ** = kilojoule; **NSP** = non-starch polysaccharides; **g** = grams;
mg = milligrams; **µg** = micrograms

Annex 1 provides details on each of these nutrients, including some information on the foods and drinks in which these nutrients are found.

* The fibre value is based on the NSP (Englyst) methodology.

‡ To convert sodium to salt, multiply the sodium value by 2.5.

On what are the nutrient standards based?

The nutrient standards are based on current scientific knowledge on the amount of energy and nutrients needed by different groups of the population as set out in the *Dietary Reference Values for Food Energy and Nutrients for the United Kingdom*, and, in the case of salt, in the Scientific Advisory Committee on Nutrition's* (SACN) report on *Salt and Health*.

What are the key differences between the nutrient standards for school lunches and those set out in *Hungry for Success*?

The nutrient standards for school lunches differ in a few respects from *Hungry for Success*. The differences are:

1. A single set of nutrient standards for primary school pupils
2. A different basis to the setting of nutrient standards for secondary school pupils
3. Changes to the minimum levels of micronutrients
4. The addition of a standard for zinc
5. A phased approach to the standard for sodium

1. A single set of nutrient standards for primary schools

Under *Hungry for Success* there were two sets of nutrient standards for primary school pupils (5 to 6 years and 7 to 10 years). There is now a combined nutrient standard for primary school pupils to facilitate easier menu planning.

It is recognised that there will be a wide range of nutritional needs and appetites within the new age range. Catering staff will need to use their skills, knowledge and judgement to provide appropriately sized portions for individual pupils.

2. A different basis to the setting of nutrient standards for secondary schools

Previously, the nutrient standards for secondary schools had been calculated on the assumption that 70% of those receiving schools meals were aged 11 to 14 years and 30% were aged 15 to 18 years. The nutrient standards for secondary school pupils have changed slightly to be more reflective of the secondary school population age breakdown in Scotland, which is currently around 55% of pupils aged 11 to 14 years and 45% aged 15 to 18 years.

* The Scientific Advisory Committee on Nutrition (SACN) was set up in the year 2000 to replace the Committee on Medical Aspects of Food Policy (COMA). The SACN is a committee of scientific experts that provide advice to the Food Standards Agency and Health Departments and Directorates across the United Kingdom.

3. Changes to the minimum levels of micronutrients

Previously, the levels of calcium, vitamin C, iron and folate required in an average day's school lunch were boosted in relation to energy and set at 40% of the Reference Nutrient Intake (RNI).

The mandatory standards for all these micronutrients have now been set in line with the energy standard at 30% of the RNI. This requirement to provide **at least 30%** of the RNI for these vitamins and minerals in an average day's school lunch is achievable for all schools in Scotland.

It is important to remember that the food and drinks on offer on the school lunch menu over a school week must average out to meet the nutrient standards.

4. The addition of a standard for zinc

This standard has been added due to public health concerns about the low intakes of zinc amongst children. As for the other vitamins and minerals (with the exception of sodium) the standard has been set at 30% of the RNI.

5. A phased approach to the sodium standard

The standard for sodium has been eased slightly compared to the standard set previously under *Hungry for Success*. It is set at a level of 38% of the SACN target* that is still challenging yet achievable for all schools in Scotland.

Schools still need to progressively reduce the amount of sodium in school lunches, and by 2010, the sodium content of an average day's school lunch must not be more than 35% of the SACN target*.

* The recommended maximum amounts of salt set by SACN for children aged 7 to 10 years is 5g per day (2g of sodium) and for children aged 11 years and over it is 6g per day (2.4g of sodium).

Useful information to support the achievement of the nutrient standards for school lunches

- A guidance manual* is available to inform catering providers and local authorities on how to conduct a nutrient analysis of a school menu to determine compliance with the nutrient standards (Table 1). This guide will ensure that a consistent approach is adopted across Scotland to calculate the nutrient content of an average school lunch.
- A nutritional software specification guide* for the analysis of school menus has been developed and is available for local authorities to assist in the purchase of suitable nutritional analysis software programmes.
- The Food Standards Agency (FSA) has produced a guide* for local authorities across the UK on the nutrient specifications for a wide range of manufactured products (*Nutrient Specifications for Manufactured Products*). The purpose of this guide is to assist local authorities achieve the nutrient standards through the procurement of lower sodium, fat, saturated fat and sugar products.
- Information on the nutrients shown in Table 1, as well as examples of the appropriate food and drink sources of each these nutrients, are provided in Annex 1.

* Links to these documents can be found on the Scottish Government website at: www.scotland.gov.uk/Topics/Education/Schools/HLivi/foodnutrition/

section 3:

food standards for school lunches and evening meals in
school hostels



Table 2: Food standards for school lunches

At a Glance – Food Standards for School Lunches		Details
1. Fruit and vegetables	A choice of at least two types of vegetables and two types of fruit (not including fruit juice) must be provided every day as part of the school lunch.	<i>See p 20</i>
2. Oily fish	Oily fish must be provided at least once every three weeks.	<i>See p 25</i>
3. Variety of extra bread	Additional bread must be provided every day as a meal accompaniment, with a variety of bread, which must include brown or wholemeal, being provided over the week.	<i>See p 27</i>
4. Oils and spreads	Only oils and spreads high in polyunsaturated and/or monounsaturated fats can be used in food preparation.*	<i>See p 29</i>
These foods are restricted on your lunch menus		
5. Deep-fried foods	Menus must not contain more than three deep-fried items in a single week (including chips). This includes products which are deep-fried in the manufacturing process. Chips, if served, must be served as part of a meal.	<i>See p 31</i>
6. Table salt and other condiments	Additional salt cannot be provided. Condiments (if provided) must be dispensed in no more than 10ml portions.	<i>See p 33</i>
These foods are not allowed on your lunch menus		
7. Confectionery	No confectionery can be provided.	<i>See p 35</i>
8. Savoury snacks	No savoury snacks can be provided except savoury crackers, oatcakes or breadsticks.	<i>See p 37</i>

Fruit and Vegetables

Standard 1

A choice of at least two types of vegetables and two types of fruit (not including fruit juice) must be provided every day as part of the school lunch.

Why is this standard important?

It is desirable to increase fruit and vegetable intake because:

- Fruit and vegetables provide a wide range of vitamins, minerals, fibre and other naturally occurring beneficial components. Current recommendations are to eat at least five portions of a variety of fruit and vegetables each day as part of a healthy balanced diet.
- Very few Scottish children and young people eat the recommended amount of five or more portions of fruit and vegetables a day⁴.
- Low consumption of fruit and vegetables remains one of the most concerning features of the Scottish diet.

What vegetables are included?

All fresh, frozen and canned vegetables are included whether offered as a salad, cooked vegetable, or as part of a dish (e.g. soups, stews and sandwiches).

Vegetables that are added to dishes such as soups, stews, casseroles, pasta-based dishes and sandwiches can only count as a portion if the vegetables are added in sufficient amounts (for information on appropriate portion sizes, please see the practical guidance section on page 22).

Pulses (e.g. beans and lentils)

Pulses, for example baked beans, kidney beans, lentils and chick peas can be classified as either a protein food or vegetable. However, they can only make up a maximum of one portion of vegetables even if several portions are available. This is because pulses don't give the same range of vitamins, minerals and other nutrients as other vegetables.

⁴ Scottish Health Survey, 2005

What foods are not counted as a vegetable portion?

Potatoes

Potatoes do not count as a vegetable portion because they are classified as starchy foods which are also an important part of a balanced diet. See page 49 for more information on starchy foods.

Products canned in tomato sauce, e.g. canned spaghetti

Canned spaghetti in tomato sauce and similar products cannot be counted as a vegetable portion. This is because spaghetti is a starchy food and not a vegetable, and tomato sauce does not contain the same mix of fibre and vitamins and minerals as a standard portion of vegetables.

What fruits are included?

All types of fruits whether fresh, frozen, canned and dried are included.

Dried fruit

Dried fruit can count as one of the fruits on offer as part of the school lunch but at least one other type of fruit should be available.

What foods are not counted as a fruit portion?

Fruit juice

Fruit juice is not included in this standard but is dealt with under the drinks standard (refer to section 4).

Include a variety of fruit and vegetables on the menu every day

Different fruits and vegetables contain different combinations of fibre, vitamins, minerals and other nutrients. The school lunch menus should include a variety of fruit and vegetables over the school week for the pupils to get the most benefit. For example, peas should not be on the menu every day and, if serving salads, regularly, try to include different types of fruit and vegetables.

Practical guidance

What is a suitable portion of fruits or vegetables for pupils?

The amount of fruit and vegetables that children should eat depends on their age. For young people in secondary school and adults, a portion of fruit or vegetables is approximately 80g. There are no set portions for children. However, a guide for primary schools would be to serve at least half an adult portion at the beginning of primary and move towards a full adult portion toward the end of primary. The table below gives some examples of how these portions translate into kitchen servings.

	Primary	Secondary
Cooked vegetables	1½-3 heaped tablespoons	3 heaped tablespoons
Mixed salads	½-1 cereal bowl	1 cereal bowl
Salad vegetables • cherry tomatoes • cucumber • celery • peppers	3½-7 cherry tomatoes 2½-5cm chunk 1½-3 sticks ¼-½	7 cherry tomatoes 5cm chunk 3 sticks ½
Pulses such as beans and lentils - cooked weight	1½-3 heaped tablespoons	3 heaped tablespoons
Small-sized fruit e.g. plums, clementines, apricots, kiwi fruit, strawberries, cherries, grapes, raspberries	1 fruit or more 1-2 plums 1-2 clementines 1½-3 apricots 1-2 kiwi fruit 3½-7 strawberries 7-14 cherries ½-1 handful of grapes 1-2 handfuls of raspberries	2 fruit or more 2 plums 2 clementines 3 apricots 2 kiwi fruit 7 strawberries 14 cherries 1 handful of grapes 2 handfuls of raspberries
Medium-sized fruit e.g. apples, bananas, pears, oranges	½-1 medium fruit	1 medium fruit
Large-sized fruits e.g. grapefruits, melons, pineapples, mangos	¼-½ grapefruit ½-1 slice of melon (2-inch slice) ½-1 large slice of pineapple 1-2 slices of mango (2-inch slices)	½ grapefruit 1 slice of melon (2-inch slice) 1 large slice of pineapple 2 slices of mango (2-inch slice)
Currants, raisins, sultanas	½-1 heaped tablespoon	1 heaped tablespoon
Dried apricots, figs and prunes	1½-3 whole dried fruits	3 whole dried fruits
Fruit salad, fruit canned in juice	1½-3 heaped tablespoons	3 heaped tablespoons
Stewed fruit	1-2 heaped tablespoons	2 heaped tablespoons

How to increase fruit and vegetable intakes

- Add extra vegetables and pulses to stews, casseroles or other dishes, and add fresh, canned fruit in natural juice or dried fruit into desserts and puddings.
- Soups are popular with children and are a useful way of increasing vegetable intake; vegetable-based soup should contain a minimum of one portion of vegetables per serving, and can then be counted as one portion of vegetables.
- If caterers are using manufactured soups, it is important to make sure they are lower fat, saturated fat and salt varieties (refer to the *Nutrient Specifications for manufactured products* to assist in the procurement of lower sodium, fat, saturated fat and sugar products).
- Add fruit to pies, crumbles and other composite fruit dishes ensuring that one serving contains at least one portion of fruit.

Maximising desirable nutrients

Some vitamins and minerals can be easily lost when fruit and vegetables are prepared, cooked or stored so bear the following in mind.

- Use fresh fruit and vegetables soon after purchase as the vitamin content will decrease the longer they are stored – or use frozen fruit and vegetables.
- Cook fruit and vegetables as soon as possible after cutting. If this is not possible, cover and chill them.
- Use cooking methods which use the minimum amount of water – steaming, microwaving, or boiling in minimal water.
- Serve vegetables as soon after cooking as possible.

Minimising less desirable nutrients in canned foods

- Use fruits canned in natural fruit juice.
- Use vegetables and pulses canned in plain water or natural juice and without added salt or sugar.
- To help meet the nutrient standard for salt, limit the use of pickled vegetables, e.g. pickled onions and pickled beetroot as these can be high in salt.

Fruit and vegetables are a good source of many vitamins and minerals. For more information on the good sources of nutrients see Annex 1.

Oily fish

Standard 2

Oily fish must be provided at least once every three weeks.

Why is this standard important?

Oily fish is a rich source of omega-3 fatty acids which have a number of health benefits including helping maintain a healthy heart. Children in Scotland and other parts of the UK do not eat enough oily fish and need encouragement to consume more in the diet. Schools can play a significant role in promoting oily fish consumption.

What are oily fish?

Oily fish are those fish which contain certain types of beneficial fats in their flesh. The fats are called long-chain omega-3 fatty acids. White fish have only very small amounts of these fats in their flesh, so do not count as oily fish.

Examples of oily fish include fresh, canned or frozen salmon, mackerel, trout, herring, sardines, or pilchards and fresh or frozen tuna.

While canned tuna is a healthy choice, it does not count as an oily fish as the majority of long-chain omega-3 fatty acids are lost in the canning process for tuna. Other canned oily fish are not affected in the same way.

Practical guidance

- Offer regular small taster portions to introduce pupils to fish dishes they may not have tried before. Small tasters are a very good way of helping children to accept 'new' or 'strange' foods.
- Offer a variety of dishes over time to encourage pupils to keep eating oily fish. Try fish in dishes that pupils are familiar with such as curry, pasta and pizza.
- Use oily fish as a filling for sandwiches, wraps, kebabs and baked potatoes. It can also be used to make paté or served on the salad bar.
- To begin with, try mixing oily fish with white fish to make fish cakes or add salmon fishcakes to the menu.

- Ensure that all staff are aware of the benefits of eating oily fish and get them to encourage pupils to take these dishes.
- Get pupils involved by running promotions related to increasing oily-fish consumption.
- If caterers are procuring manufactured fish products, it is important to make sure they are lower fat, saturated fat and salt varieties (refer to the *Nutrient Specifications for manufactured products* to assist in the procurement of lower sodium, fat, saturated fat and sugar products).

Variety of extra bread

Standard 3

Additional bread must be provided every day as a meal accompaniment, with a variety of bread, which must include brown or wholemeal, being provided over the week.

Why is this standard important?

Bread is a starchy food which provides energy, a range of vitamins and minerals and is a good source of fibre. Pupils who are hungry should be encouraged to fill up on extra bread. This should help satisfy larger appetites.

Eating starchy foods is a key part of a healthy diet. For practical guidance on other starchy foods go to page 49.

Is any type of bread acceptable as an extra?

Most breads are low in fat so are acceptable. These include brown, wholemeal, granary, high-fibre white and white breads, pitas, and rolls. The form of the bread does not matter, so sliced bread, home-made bread, baguettes, bagels, and chapattis may all be used.

Some breads have a lot of fat added to them and this makes them unsuitable to offer every day. These include butteries, croissants and garlic bread.

Practical guidance

- Providing extra bread as a meal accompaniment at no additional charge to pupils is recommended.
- Promote wholegrain, wholemeal or brown bread varieties as they have more fibre than white bread.
- Use a proportion of wholemeal flour when baking home-made bread.
- Preferably, extra bread should be served without the addition of fats or spreads.

- Put a bread basket where pupils can help themselves. Bread should be easily seen by the pupils who can then pick up a piece if they wish.
- Bread is one of the main sources of sodium in the diets of people in the UK. Work is ongoing with the food industry to encourage reductions in the levels of sodium in a wide range of processed foods including bread. If caterers are purchasing bread, it is important to make sure that they select breads with the lowest sodium content. The *Nutrient Specifications for Manufactured Products* is a useful guide to refer to when trying to procure lower sodium breads.

For practical guidance on the use of sandwiches and other starchy food as part of the school lunch see page 49.

Oils and spreads

Standard 4

Only oils and fat spreads high in polyunsaturated and/or monounsaturated fats can be used in food preparation.

Refer to specific criteria below

Why is this standard important?

As part of a healthy diet, it is not only important to cut down on the amount of total fat eaten, but also to replace saturated fats with unsaturated fats (e.g. polyunsaturated and monounsaturated fats), which are a healthier alternative.

Saturated fats contribute to the risk of heart disease by raising blood cholesterol levels. Both polyunsaturated and monounsaturated fats have less of an effect on blood cholesterol levels and therefore help in reducing the risk of heart disease.

This means that caterers must replace any butter, hard margarines, lard and cooking oils currently used in the preparation of school lunches with those that meet the criteria set out below.

For more information about fats see Annex 1.

What oils are included?

Oils must contain a total saturated fat content which does not exceed 16g per 100g and –

a) a total monounsaturated fat content of at least 55g per 100g;

OR

b) a total polyunsaturated fat content of at least 30g per 100g.

What types of oils are likely to be suitable?

Oils which are rich in monounsaturated and/or polyunsaturated fats are likely to include: olive, rapeseed (canola), safflower, sunflower, corn, soya, walnut, linseed, sesame seed and nut oils.

What fat spreads are included?

Fat spreads must contain –

a) a total saturated fat content which does not exceed 20g per 100g;

AND

b) a combined total monounsaturated and polyunsaturated fat content of at least 30g per 100g.

What types of spreads are likely to be suitable?

Spreads which are rich in monounsaturated/polyunsaturated fats are likely to include rapeseed, olive oil, sunflower and soya-based choices.

Practical guidance

- To help meet the nutrient standards for total fat and saturated fat for school lunches, use oils and fats sparingly by:
 - limiting the amount of oils in cooking and dressings; and
 - limiting the amount of fat spreads added to bread, sandwiches, potatoes and vegetables.
- Oils and spreads used outwith the school lunch should comply with these criteria.

Deep-fried foods

Standard 5

Menus must not contain more than three deep-fried items in a single week (including chips). This includes products which are deep-fried in the manufacturing process.

Chips, if served, must be served as part of a meal.

Why is this standard important?

Reducing the number of occasions when deep fried foods can be served in schools will assist in meeting the nutrient standard for energy and fat.

This standard is important in challenging the culture in Scotland of regularly eating chips and other deep-fried foods. It aims to encourage pupils to eat a healthy balanced meal containing a variety of types of food and to only eat chips occasionally as part of a meal.

Which foods are included?

Any foods which are deep-fried, either in the kitchen or during the manufacturing process. These foods include chips, oven chips, potato waffles, potato wedges, pakora and spring rolls and pre-prepared coated, battered and breaded products, e.g. chicken nuggets, fish fingers, potato shapes, battered onion rings and doughnuts.

Some foods are deep-fried when they are manufactured and only need to be oven baked by the school. These foods are still considered to be deep-fried and can only be served as the standard specifies.

Can fish and chips still be served as part of a school lunch?

Yes, but serving battered or deep-fried fish and chips (including oven chips) on the same day means that only one other deep-fried food can be served on the menu that week. Also, this is only possible if the school lunch menu meets the nutrient standards for school lunches in section 2.

Practical guidance

- Menu planners may find, when analysing their menus, that deep-fried foods, including chips, can appear on the school lunch menu only once or twice per week to achieve the standards.

- When frying, always use clean oil, ensure that the oil is at the appropriate temperature and the food is not immersed in the oil for too long. Using the right temperature and timing helps prevent too much fat being absorbed.
- If caterers are procuring manufactured products, it is important to make sure they are lower fat, saturated fat and salt varieties (refer to the *Nutrient Specifications for manufactured products* to assist in the procurement of lower sodium, fat, and saturated fat products).
- Only use permitted oils, e.g. rich in polyunsaturated or monounsaturated fats like sunflower oil or a mixed vegetable oil (refer to the *mandatory spreads and oils standard* on page 29).

Table salt and other condiments

Standard 6

Additional salt must not be provided in schools.

Condiments (if provided) must be dispensed in no more than 10ml portions.

Why is this standard important?

Most children and young people consume more salt than they need, which could have an affect on their health in the future. Eating too much salt increases the risk of high blood pressure, which may then lead to heart disease and stroke.

It is the sodium in salt that can have harmful affects on health. Some foods contain other forms of sodium, such as those used as flavour enhancers (e.g. monosodium glutamate) and raising agents (e.g. sodium bicarbonate).

There are a number of important ways to reduce the amount of salt eaten by pupils.

1. Limit the amount of salt used in cooking, and replace it with other flavourings such as garlic, lemon juice, herbs and spices.
2. Choose foods that have a lower salt content when procuring manufactured foods.
3. Do not add salt to food after the cooking process.
4. Limit the use of condiments.

This standard no longer allows table salt to be added to food after the cooking process, and therefore means that salt cellars and sachets must not be available for pupils to use.

The standard also restricts the amount of other condiments that are available as they have a high salt content.

Condiments include: tomato ketchup, brown sauce, mayonnaise, salad cream, French dressing, mustard, soya sauce, Worcestershire sauce, barbecue sauce, tabasco sauce, plain and creamed horseradish sauce, mint sauce, mint jelly, tartare sauce, pickles and relishes.

Practical guidance

- Only serve condiments on request, keeping them away from till points.
- Where available, condiments must be included in the nutrient analysis of the menu.

For good practice guidance on reducing salt in cooking and for the procurement of lower salt manufactured foods see section 5 and for further information on salt see Annex 1.

Confectionery

Standard 7

No confectionery can be provided.

Why is this standard important?

Confectionery items contain large amounts of added sugar (non-milk extrinsic sugars) and some also contain high amounts of fat. These foods are high in energy (calories) but provide very few nutrients such as protein, vitamins and minerals and fibre. Sugar-free sweets also provide little nutritional value and could displace other more nutritious food from the diet.

This standard aims to improve dental health by reducing the frequency that children and young people consume sugars. It also aims to improve the overall diet by restricting foods high in sugar and fats that may be over consumed and lead to overweight and obesity.

The *Hungry for Success* initiative has already made good progress in removing confectionery from the school lunch service.

See Annex 1 for more information about non-milk extrinsic sugars.

What does the term confectionery include?

The term confectionery refers to the following groups of products.

- **Chocolate and chocolate products:** e.g. bars of milk, plain or white chocolate, chocolate flakes, chocolate buttons, chocolate chips or chocolate-filled eggs.
- **Chocolate-coated products:** e.g. partly- or fully-coated biscuits, chocolate-coated fruits or nuts, choc ices and chocolate-coated ice-cream.
- **Sweets:** e.g. boiled, gum/gelatine, liquorice, mint and other sweets, lollipops, fudge, tablet, toffee, sherbet, marshmallows and chewing gum; this includes sugar-free sweets.
- Cereal bars, processed fruit sweets and bars and sugared or yoghurt-coated fruit or nuts.

What is permitted?

Cocoa powder (not drinking chocolate) can be used in cakes, biscuits, puddings and drinks in order to allow caterers flexibility in devising their menus. However, any product which is available for pupils to have at lunchtime will need to be included in the nutrient analysis.

Practical guidance

- It is likely that cakes, biscuits, ice-cream and tray bakes will have to be limited to ensure that the school's menu achieves the nutrient standards.
- Any cakes, biscuits, ice-cream, etc. containing confectionery is not permitted.
- Cakes and biscuits should not be a substitute for confectionery.

See page 54 for practical guidance on desserts at lunchtime.

Savoury snacks

Standard 8

No savoury snacks can be provided as part of the school lunch except for savoury crackers, oatcakes and breadsticks.

Why is this standard important?

Children and young people need to be encouraged to eat a healthy balanced meal at lunchtimes. Savoury snacks such as crisps tend to be high in fat and salt and can push foods out of the diet which may contain important nutrients.

Which foods cannot be served?

Foods which are not allowed as part of the school lunch include:

- any pre-packaged items which can be eaten without preparation and consist of or include as a basic ingredient potatoes, other root vegetables, cereals such as *crisps, corn puff or corn snacks, cornmeal snacks, tortilla chips, pretzels, sweetened or salted popcorn, prawn crackers, flavoured rice cakes, and Bombay mix*
- nuts and seeds with added salt, sugar or fat.

Are there any exceptions?

Nuts and seeds with no added salt, sugar or fat, savoury crackers, oatcakes, breadsticks, can be served but they need to be included in the nutrient analysis to make sure that the lunch menu meets the nutrient standards (as set out in section 2).

Practical guidance

- Combinations of nuts, seeds and dried fruit, plain popcorn and fruit and vegetable snacks can all be served provided they have no added salt or sugar.
- Be aware of nut allergies. Always refer back to the school and catering allergy policies. This standard should be interpreted in light of these policies.
- As savoury snacks meeting specified criteria (see page 61) can be provided or sold outwith the school lunch, schools need to carefully consider the placement and availability of such snacks, e.g. in vending machines, as these products are not permitted to be provided during the school lunch service.

section 4:

drink standards for schools



Section 4: Drink standards for schools (Schedules 2 and 4)

Schools must comply with the drink standards shown below. These standards apply both to drinks provided at the school lunch and to drinks provided in food and drink outwith the school lunch service.

At a glance – drink standards for schools

The only drinks permitted in schools are:

- **Plain water (still or carbonated)**
- **Skimmed, semi-skimmed milk and other lower fat milks**
- **Milk drinks and drinking yoghurts***
- **Soya, rice or oat drinks enriched with calcium***
- **Tea and coffee***
- **Fruit juices and vegetable juices***
- **A blend containing any of the following ingredients, either singly or in combination*:**
 - **fruit**
 - **vegetable**
 - **fruit juice**
 - **vegetable juice**
- **Water and fruit and/or vegetable juice combination drinks***

** Refer to the table on the following pages for details on specific criteria for these drinks.*

Which drinks can be provided in schools?

Table 3: List of drinks permitted in schools

Drinks permitted	Reason
<p>Plain water</p> <ul style="list-style-type: none"> Pupils must have easy access at all times to free, fresh drinking water. Mineral water (still and carbonated) is permitted 	<p>Water quenches thirst and does not damage teeth.</p>
<p>Milk</p> <ul style="list-style-type: none"> Semi-skimmed, skimmed or other lower fat milks. 	<p>Milks lower in fat, for example semi-skimmed and skimmed milk, are a good source of protein. They also contain a wide range of vitamins and minerals, particularly calcium, which is needed to build healthy bones and teeth.</p> <p>Milk is not harmful to teeth. The high levels of calcium and phosphate in milk help to remineralise tooth enamel after it has been exposed to sugary or acidic substances (e.g. acidic flavourings).</p> <p>Milk, especially skimmed milk, contains a high percentage of water, and therefore is good for hydration.</p>
<p>Milk drinks and drinking yoghurts*</p> <ul style="list-style-type: none"> Milk drinks and drinking yoghurts (hot or cold) that comply with the criteria below, e.g. <i>hot chocolate/cocoa, milk shakes and smoothies (made with milk or yoghurt)</i>. <p>Criteria:</p> <ul style="list-style-type: none"> no more than 1.8g of total fat per 100ml no more than 10g of total sugars per 100ml <p>and</p> <ul style="list-style-type: none"> no more than 20g of total sugars per portion size 	<p>Milk drinks and drinking yoghurts contain a number of useful nutrients including protein, vitamins and minerals that contribute positively to the diets of children and young people.</p> <p>Flavoured milks are a useful way of encouraging pupils to consume milk provided that they do not contain too much added sugar. Milk naturally contains approximately 4.5g of sugar per 100ml in the form of lactose.</p> <p>The high levels of calcium and phosphate in milk help to remineralise tooth enamel after it has been exposed to sugary or acidic substances (e.g. acidic flavourings).</p>

* These combination drinks are legally permitted to contain sweeteners, colours, flavourings and other 'miscellaneous' additives such as preservatives, antioxidants and stabilisers as specified under EU law. They are also permitted to contain added minerals and vitamins.

EU legislation is being updated on flavourings, additives and enzymes permitted in foodstuffs, and advice on the latest position can be obtained from the Food Standards Agency.

Table 3: List of drinks permitted in schools *continued*

Drinks permitted	Reason
<p>Soya, rice or oat drinks*</p> <ul style="list-style-type: none"> • Soya, rice or oat drinks enriched with calcium and lower in fat and sugar (see criteria below) <p>Criteria:</p> <ul style="list-style-type: none"> • no more than 1.8g of total fat per 100ml • no more than 5g of total sugars per 100ml • no more than 10g of total sugars per portion size 	<p>Soya, rice or oat drinks enriched with calcium can serve as an alternative to cow's milk, especially for pupils who do not like cow's milk or who are allergic to cow's milk.</p>
<p>Tea and coffee</p> <ul style="list-style-type: none"> • The use of milk in these drinks is restricted to semi-skimmed or skimmed milk 	<p>Allows additional choice for pupils.</p> <p><i>Advice is provided on page 46 to limit tea and coffee to secondary school pupils only.</i></p>
<p>Fruit juice and vegetable juice</p> <ul style="list-style-type: none"> • Any variety of unsweetened fruit juice is acceptable provided the portion size is no more than 200ml. • Fruit juice made entirely or partially from concentrate is also acceptable provided it is unsweetened and the portion size is no more than 200ml. • Any variety of vegetable juice is also acceptable provided it is unsweetened, unsalted and the portion size is no more than 200ml. • A combination of fruit juice and vegetable juice is also acceptable provided it is unsweetened and unsalted and the portion size is no more than 200ml. 	<p>Fruit juice and vegetable juices contain lots of valuable vitamins and minerals.</p> <p>A glass of fruit juice (150ml) counts as one portion of the recommended amount of five or more portions of fruit and vegetables a day.</p> <p>However, fruit juice cannot make up more than one portion of fruit and vegetable in any one day, irrespective of how much is drunk.</p> <p>This is because when juice is extracted from the whole fruit, it reduces the fibre content and releases sugars from the fruit that can damage teeth, especially if drunk frequently. The acidity of fruit juices can also be harmful to teeth.</p> <p><i>Guidance is provided on page 46 to limit these drinks to mealtimes only.</i></p>

* These combination drinks are legally permitted to contain sweeteners, colours, flavourings and other 'miscellaneous' additives such as preservatives, antioxidants and stabilisers as specified under EU law. They are also permitted to contain added minerals and vitamins. EU legislation is being updated on flavourings, additives and enzymes permitted in foodstuffs, and advice on the latest position can be obtained from the Food Standards Agency.

Table 3: List of drinks permitted in schools *continued*

Drinks permitted	Reason
<p>Fruit/vegetable blends* A blend containing any of the following ingredients, either singly or in combination:</p> <ul style="list-style-type: none"> • fruit • vegetable • fruit juice • vegetable juice <p>with no added sugar or salt and a maximum portion size of 200ml, e.g. fruit/vegetable smoothies.</p>	<p>These blended drinks can be popular with pupils and can count towards one of the recommended five or more portions of fruit and vegetables that we should eat every day.</p> <p>However, only one glass (150ml) counts as one portion of the ‘five-a-day’ recommendation, irrespective of amount drunk.</p> <p>When fruit is juiced or blended, sugar is released from the fruit that can damage teeth, especially if these drinks are drunk frequently throughout the day. The acidity of these drinks can also be harmful to teeth.</p> <p><i>Guidance is provided on page 46 to limit these drinks to mealtimes only.</i></p>
<p>Combinations of water and fruit and/or vegetable juice*</p> <ul style="list-style-type: none"> • Drinks made with a combination of water (still or carbonated) and fruit and/or vegetable juice (see criteria). <div style="border: 1px solid #008080; padding: 5px; margin-top: 10px;"> <p>Criteria:</p> <ul style="list-style-type: none"> • no added sugar • no more than 20g of sugar per portion size • 50% or more fruit or vegetable juice <p>and</p> <ul style="list-style-type: none"> • no more than 200ml fruit or vegetable juice </div>	<p>Allows additional choice for pupils.</p> <p><i>Guidance is provided on page 46 to limit these drinks to mealtimes only.</i></p>

* These combination drinks are legally permitted to contain sweeteners, colours, flavourings and other ‘miscellaneous’ additives such as preservatives, antioxidants and stabilisers as specified under EU law. They are also permitted to contain added minerals and vitamins.

EU legislation is being updated on flavourings, additives and enzymes permitted in foodstuffs, and advice on the latest position can be obtained from the Food Standards Agency.

Why is this standard important?

There is significant concern about the level of sugar consumption by Scottish children and young people, particularly in relation to sugary soft drinks⁵.

Sugary soft drinks provide little in nutritive value except calories from sugars, and these sugars can contribute to tooth decay. The excess consumption of sugary soft drinks also imbalances the diet, which in turn may displace important nutrients in the diet or may contribute to weight gain.

It is recognised that the frequent consumption of soft drinks, including sugar free varieties (e.g. sugar-free/diet fizzy drinks and flavoured waters), can also contribute to tooth erosion because of the acid nature of these drinks (e.g. from acidic flavourings).

Practical guidance

Table 4 helps to interpret the drinks standard for schools.

- The 'YES' section specifies which drinks must be available at all times, and lists the other drinks that are allowed to be provided in school.
- The 'SELECT WITH CARE' section lists the drinks that are allowed to be provided in schools, but which must be carefully selected to ensure that the criteria specified by the standards are met.
- The 'NO' section lists examples of the types of drinks that are no longer allowed to be provided in schools.

⁵ *Health Behaviours of School Age Children Study, WHO Collaborative Cross-National 2001/02 Survey*
3 Sheehy et al. *Survey of sugar intake among children in Scotland*. Food Standards Agency, March 2008.
<http://www.food.gov.uk/news/newsarchive/2008/mar/sugar>

YES	SELECT WITH CARE	NO
<p>Drinking water must be available:</p> <ul style="list-style-type: none"> ✓ Free drinking water must be available in schools at all times <p>Drinks that are allowed to be provided:</p> <ul style="list-style-type: none"> ✓ Mineral water (still or carbonated) ✓ Semi-skimmed, skimmed milk or lower fat milks <p>There is a range of other drinks permitted by the Regulations but these drinks must be carefully selected (see the 'SELECT WITH CARE' column)</p>	<p>Other drinks that are allowed to be provided if specific criteria are met:</p> <ul style="list-style-type: none"> • Milk drinks (hot or cold) containing: <ul style="list-style-type: none"> • no more than 1.8g of total fat per 100ml • no more than 10g of total sugars per 100ml and • no more than 20g of total sugars per portion size. • Drinking yoghurts containing: <ul style="list-style-type: none"> • no more than 1.8g of total fat per 100ml • no more than 10g of total sugars per 100ml and • no more than 20g of total sugars per portion size. • Soya, rice or oat drinks enriched with calcium containing: <ul style="list-style-type: none"> • no more than 1.8g of total fat per 100ml • no more than 5g of total sugars per 100ml and • no more than 10g of total sugars per portion size. • Any variety of fruit juice or vegetable juice (including fruit juice made from concentrate or partially made from concentrate) which meets the following criteria: <ul style="list-style-type: none"> • unsweetened and unsalted • a portion size of no more than 200ml. • A blend containing any of the following ingredients, either singly or in combination: <ul style="list-style-type: none"> • fruit • fruit juice • vegetable • vegetable juice and with no added sugar or salt and a maximum portion size of 200ml. • Drinks made with a combination of water (still or carbonated) and fruit and/or vegetable juice which contains: <ul style="list-style-type: none"> • no added sugar • no more than 20g of sugar per portion size • 50% or more fruit or vegetable juice and • no more than 200ml fruit or vegetable juice. • Tea and coffee – the use of any milk in these drinks should be restricted to semi-skimmed, skimmed milk and other lower fat milks. 	<p>Examples of drinks that are no longer allowed:</p> <ul style="list-style-type: none"> ✗ No soft drinks (still or carbonated) including flavoured waters (the only exception is the combination drinks that meet the criteria set out in the 'SELECT WITH CARE' column). ✗ No sugar-free soft drinks (still or carbonated) including flavoured waters ✗ No sweetened or fruit juice ✗ No sweetened or salted vegetable juice ✗ No squashes/cordials including lower sugar and 'no added sugar' versions ✗ No whole milk ✗ No sport drinks

Guidance

Advice on fruit juice and dental health

It is advisable to limit fruit juice to mealtimes. When fruit is juiced or blended, sugars are released from the cells of the fruit. Frequent exposure to these sugars damages teeth. Also, acids in fruit juice can cause dental erosion, a condition, which damages tooth enamel.

This advice applies to all fruit juice regardless of where it is found, e.g. smoothies, combinations of fruit juice and water.

Advice on the provision of tea and coffee to primary school children

Tea and coffee may reduce the amount of iron absorbed from food. Therefore it is advisable not to serve these drinks to young children whose intakes of iron may be low due to small appetites.

section 5:

practical guidance on foods not covered
by the food standards for school lunches



Not all foods are covered by food standards for school lunches.

However, a wide variety of foods are necessary for the achievement of a healthy balanced lunch that meets the nutrient standards as set out in section 2.

Therefore, this section provides practical guidance and recommendations on a wide range of other foods not covered by the food standards.

Foods and drinks provided as part of the school lunch menu must be entered as part of the nutrient analysis to ensure the menus comply with the mandatory nutrient standards. Please refer to the guidance manual on how to conduct the nutrient analysis.*

* A link to this document can be found on the Scottish Government website at:
www.scotland.gov.uk/Topics/Education/Schools/HLivi/foodnutrition

Table 4: Practical guidance

Starchy foods	Why?
<ul style="list-style-type: none"> Starchy foods such as bread, pasta, potatoes, rice, oats, noodles, maize, millet, cornmeal and other cereals are an important part of a healthy diet, and every school lunch should contain at least one serving of starchy food. 	<p>In a balanced diet, starchy foods should make up about a third of the food we eat.</p> <p>They provide energy, fibre, vitamins and minerals. Pupils should be encouraged to fill up on these foods.</p>
<p>1. Sandwiches and baked potatoes</p> <ul style="list-style-type: none"> Use different varieties of bread for sandwiches and try to use wholemeal breads as much as possible to boost the fibre content. Make sandwiches with thicker sliced bread. Limit the number of fillings prepared using mayonnaise. If using mayonnaise as a binding agent, for example in tuna mayonnaise, use only small amounts and use lower fat/sodium varieties. Low fat yoghurt may be mixed with the mayonnaise to create a lower fat and sodium binding agent. Incorporate salads and vegetables into sandwiches fillings, e.g. tuna and peppers, chicken and sweet corn, as well as including salad. <p>2. Pasta, rice and noodle dishes</p> <ul style="list-style-type: none"> Use a variety of starchy foods to provide a good selection of dishes on offer. Ensure sauces and dressings are low in fat and low in salt. Limit use of mayonnaise where possible. Add a selection of fruit and vegetables. 	<p>Using a range of different breads especially wholemeal varieties increases dietary variety and nutrients.</p> <p>Sauces and dressings are often high in fat and salt.</p>

Milk and milk products	Why?
<ul style="list-style-type: none"> • Most school lunches should contain a serving or servings of food from this group. 	<p>Milk and milk products are an excellent source of several nutrients including protein, vitamins and calcium, important for good bone development.</p> <p>Lower fat milks contain less saturated fat.</p>
<p>Milk</p> <ul style="list-style-type: none"> • Lower fat milks, in line with those specified under the drinks standards, are encouraged for cooking. <p>Refer to the drinks standards on page 41 for details on the types of drinking milk that can be served in schools.</p>	
<p>Yoghurt and fromage frais</p> <ul style="list-style-type: none"> • There are many types of yoghurts and fromage frais available and the fat and sugar content of these products varies. Choose the lower fat and lower sugar varieties. • Low fat plain yoghurts or fromage frais can be sweetened by adding fresh or dried fruit. • Yoghurts containing confectionery, e.g. chocolate-coated balls/flakes are not permitted throughout the school day. <p>Refer to the drinks standards on page 41 for details on what types of drinking yoghurts can be served in schools.</p>	<p>Yoghurt and fromage frais contains calcium which is important for good bone development.</p>
<p>Cheese</p> <ul style="list-style-type: none"> • Cheese can be served as a main protein item instead of meat or fish but should be limited to twice a week if it is the only vegetarian option. • You should try to use lower fat and sodium cheeses, e.g. when serving cheese with crackers/oatcakes, as part of a salad or as a filling for sandwiches or baked potatoes. 	<p>Cheese provides protein and calcium but is also a source of salt, fat and especially saturated fat.</p>

Meat, fish and alternatives (e.g. eggs, beans and pulses)	Why?
<ul style="list-style-type: none"> • Every school lunch should contain a serving of food from this group. 	<p>Meat, fish and alternatives such as eggs, beans and pulses are important sources of protein, iron and zinc. These help to promote growth in children.</p>
<p>Meat – all types including beef, pork, lamb and poultry</p> <ul style="list-style-type: none"> • Red meat (e.g. beef, pork and lamb) based meals should probably be served around twice a week in order to assist in meeting the mandatory nutrient standards for school lunches. • You should take steps to reduce the fat content of your meat dishes as far as possible, for example, by: <ul style="list-style-type: none"> • trimming visible fat from meat before cooking • using leaner cuts of meat (e.g. about 10% fat) • removing skin from poultry before cooking (except when roasting). 	<p>Red meat is the best source of iron and a major source of zinc.</p> <p>The iron in meat is more easily absorbed by the body than iron from vegetable sources.</p> <p>Reducing the fat content of meat dishes will assist in meeting the mandatory standards for fat and saturated fat.</p>
<p>Fish</p> <ul style="list-style-type: none"> • Fish should be on the menu at least once a week. This should be in addition to canned tuna. • This includes: <ul style="list-style-type: none"> • non-oily fish such as cod, haddock, coley, halibut, and other whitefish varieties. • oily fish such as salmon, tuna (not canned), sardines, pilchards, herring and mackerel. • Remember that oily fish MUST be on the menu at least once every three weeks (refer to the Oily Fish Standard on page 25). 	<p>This will provide variety in the menu.</p> <p>Fish provides protein, B vitamins and iodine. Long-chain omega-3 fatty acids are found in oily fish.</p>

<p style="text-align: center;">Meat, fish and alternatives <i>(e.g. eggs, beans and pulses)</i></p>	<p style="text-align: center;">Why?</p>
<p>Manufactured meat or fish products</p> <ul style="list-style-type: none"> • If you are using bought-in or manufactured meat or fish products, it is important to refer to the <i>Nutrient Specifications for Manufactured Products</i> as a guide to help you procure varieties of these products which are lower in fat, saturated fat and sodium. • You will also need to check with your suppliers to find out if the products have been deep-fried during the manufacturing process. • Remember that the lunch menu: <ul style="list-style-type: none"> • MUST NOT contain more than three deep-fried items in a single week (including chips) (refer to the Deep-fried Foods Standard on page 31), • and when averaged over the week, MUST meet the Nutrient Standards for School Lunches (shown in section 2). 	<p>Manufactured meat or fish products may be high in salt or saturated fat.</p>
<p>Composite dishes</p> <ul style="list-style-type: none"> • Incorporating more vegetables into composite dishes, for example, lasagne, moussaka, spaghetti Bolognese, tuna pasta bake, ravioli etc., will help to reduce the fat, and increase the fibre content of dishes. • Choose lower fat toppings of dishes, e.g. potato toppings rather than pastry. • If you are using any bought-in or manufactured products, refer to the <i>Nutrients for Manufactured Products</i> as a guide to help you procure varieties of these products which are lower in fat, saturated fat and sodium. 	<p>Children and young people need encouragement to eat vegetables, and adding vegetables to popular dishes can help with this. Vegetables supply a range of different vitamins, minerals and fibre.</p> <p>This will also help towards meeting the mandatory Fruit and Vegetable Standard (refer to page 20).</p>

Meat, fish and alternatives (e.g. eggs, beans and pulses)	Why?
<p>Vegetarian sources of protein</p> <ul style="list-style-type: none"> • Vegetarian sources of protein should be varied over the week. • Good sources of protein for vegetarians include: <i>Nuts and seeds, pulses, soya products (tofu, soya milk and textured soya protein such as soya mince), cereals (wheat, oats, and rice), eggs and some milk products (milk, cheese and yoghurt).</i> • As already mentioned, avoid over using cheese as a vegetarian alternative and only serve cheese as the main source of protein a maximum of twice per week. • If you are using any bought-in or manufactured vegetarian products, refer to the <i>Nutrient Specifications for Manufactured Products</i> as a guide to help you procure varieties of these products which are lower in fat, saturated fat and sodium. 	<p>Vegetarians need to get protein from a range of foods not only to supply adequate protein, but also other vitamins and minerals. Too heavy a reliance on cheese and eggs makes the diet too high in energy and fat, especially saturates.</p>

Desserts <i>(e.g. puddings, cakes, biscuits, pastries and ice-cream)</i>	Why?
<ul style="list-style-type: none"> • Desserts should only be served as part of a meal. One option is to develop ‘meal deals’ so that the dessert item is not sold separately from the rest of the meal. • You should make desserts more nutritionally beneficial by modifying home-baking recipes: <ul style="list-style-type: none"> • to include fresh fruit, canned fruit in natural juice or dried fruit • to include nutrient-rich and fibre rich ingredients such as oats and wholemeal flour • to reduce the fat and sugar content. • Limit pastry-based desserts. • With the exception of cocoa powder, no confectionery can be used in desserts. Deep-fried desserts such as doughnuts must also comply with the deep-fried food standard (section 3). • Desserts such as cakes, biscuits and ice-cream may be served at lunchtime but, as with all food served on the menu, they must be included in the nutritional analysis of the menu. Therefore, these high fat/sugar desserts will need to be limited. • Pupils should always have a healthier dessert choice available, e.g. fruit, yoghurts, fruit-based desserts such as fruit salads, fruit crumbles, baked apples, summer puddings, and fruit flans. • If you are using any bought-in/manufactured dessert products, e.g. ice-cream, fruit pies and sponge puddings, refer to the <i>Nutrients for Manufactured Products</i> as a guide to help you procure varieties of these products which are lower in fat, saturated fat and sugar. 	<p>Desserts and puddings can play an important role in increasing the energy and fibre content of children’s diets as well as providing valuable vitamins and minerals.</p> <p>For the lunch menu to meet the mandatory nutrient standards, healthier desserts options are encouraged.</p>

REMEMBER: Foods and drinks included in the school lunch menu must be entered as part of the nutrient analysis of menus. Please refer to the guidance manual on how to conduct the nutrient analysis (available on the Scottish Government website).

section 6:

standards for food outwith the school lunch



Schools must comply with the standards that apply to food that can be provided in food outlets outwith the school lunch service. These standards are set out in the table below. The drink standards that apply to outlets outwith the school lunch are covered in section 4 of this guidance.

Table 5: Food Standards that apply to food that is provided in food outlets outwith the school lunch

1. Fruit and vegetables	A variety of fruit and/or vegetables must be available in all school food outlets.
2. Savoury snacks	Only pre-packaged savoury snacks with: <ul style="list-style-type: none"> • pack size of no more than 25g • no more than 22g of fat per 100g • no more than 2g of saturates per 100g • no more than 0.6g of sodium per 100g • no more than 3g of total sugar per 100g are permitted.
3. Table salt and other condiments	Additional salt must not be provided in schools. Condiments (if available) must be dispensed in no more than 10ml portions.
4. Confectionery	No confectionery can be provided.
5. Fried foods	Fried foods cannot be provided.

Why are these standards important?

The Standards for Food Outwith the School Lunch and the *Drink Standards* (section 4) have been set to complement the work already undertaken by school catering providers and signal a clear and consistent message to pupils about what sort of foods and drinks they should eat throughout the school day.

The standards support the principles of a whole school approach to healthy eating and help to encourage and support young people throughout Scotland to adopt a healthier lifestyle.

Hungry for Success brought about many significant improvements in food and drinks offered to pupils for school lunch. Lunch menus have changed significantly thanks to the work of catering providers. It is now important to continue this positive work by ensuring that food and drink standards are applied to improve the food and drinks in other food outlets in schools.

Which food and drink settings do the standards cover?

Pupils have access to foods and drinks in a range of settings in school. The *Standards for Food Outwith the School Lunch* and *Drinks Standards* require to be implemented within the following school food outlets if they are operated by the local authority, managers of a grant aided school or by another person or organisation on their behalf:

- breakfast services and clubs
- tuckshops
- mid-morning and afternoon break services
- vending services
- community cafes
- after school club providing snacks or meals.

In schools there are often other contexts where food and drink is provided or sold outwith lunch (e.g. enterprise activities, prizes and rewards). Eating for health can be explored across the curriculum and through many activities outwith the classroom, offering a wealth of opportunities for active pupil participation. It is a natural focus for work on enterprise and citizenship. Where enterprise projects involve food and drink, pupils should take account of the nutritional regulations. Likewise, **prizes and rewards should comply with the regulations.**

What foods can be provided?

Table 6 helps to interpret the Standards for Food Outwith School Lunch.

- The 'YES' section specifies the foods that **must** be available in food outlets and which children and young people should be encouraged to eat.
- The 'SELECT WITH CARE' section specifies the categories of foods that are allowed to be used or provided in food outlets, but which must be carefully selected to ensure that the criteria stipulated in the standards are met. It also gives examples of foods included in these categories.
- The 'NO' section specifies the categories of foods that are **not allowed** to be provided, and gives examples of foods included in these categories.

There is a wide range of other foods that are not covered by the standards that can still be provided in school food outlets. It is important for those responsible for school food provision to ensure that healthier food choices are promoted (*see section 7 on guidance in relation to other foods not covered by the Standards*).

YES	SELECT WITH CARE	NO
<p>Foods that must be available:</p> <ul style="list-style-type: none"> ✓ A variety of fruits and/or vegetables must be available in all school food outlets. <p>These could include for example:</p> <ul style="list-style-type: none"> • Whole or pieces of fresh fruit • Canned fruit in natural juice • Raw vegetables • Salads <p>There is a wide range of other foods that are not covered by the standards that can still be provided in school food outlets (see section 7).</p>	<p>Foods that can be provided if specific criteria are met:</p> <ul style="list-style-type: none"> • Dried fruit (with no added sugar or salt). • If condiments are available, they must only be dispensed in no more than 10ml portions. This includes for example: tomato ketchup, brown sauce, salad cream, mayonnaise, mustard, pickles and relishes. • Only savoury snacks that have reduced amounts of fat, saturated fat, sodium and sugar and in a pack size no more than 25 grams are allowed. This includes for example: crisps, crisp-like products, pretzels, salted or sweetened popcorn, rice crackers, cream crackers, oatcakes and bread sticks. <p>See Annex 4 for a detailed step-by-step guide on how to select savoury snacks that meet this criteria.</p>	<p>Foods that cannot be provided:</p> <ul style="list-style-type: none"> ✗ No confectionery ✗ No chocolate and chocolate products (e.g. bars of milk, plain or white chocolate, chocolate flakes, buttons, or chocolate-filled eggs, and chocolate spread) ✗ Chocolate coated products (e.g. partially or fully-coated biscuits, chocolate coated fruits or nuts, choc ices and chocolate-coated ice-cream and cereals coated with chocolate) ✗ No sweets including sugar-free sweets (e.g. boiled, gum/gelatine, liquorice, mint and other sweets, lollypops, fudge, tablet, toffee, sherbet, marshmallows and chewing gum) ✗ No chocolate, yoghurt or sugar-coated dried fruit and nuts ✗ Cereal bars, processed fruit sweets and bars ✗ No fried foods, including products deep-fried in the manufacturing process <i>This includes for example: chips, pakora, spring rolls, potato waffles, potato wedges, fried bacon, fried sausages, fried burgers and pre-prepared coated, battered and breaded products, e.g. chicken nuggets, fish fingers, potato shapes, battered onion rings and doughnuts.</i> ✗ No savoury snacks, with a fat, saturated fat, sodium and sugar content over the criteria specified on page 61, and in a pack size greater than 25g ✗ No additional salt should be provided

Advice on dried fruit

Although dried fruit (without added sugar/salt) can be sold outwith the school lunch, it is preferable to limit the availability of this type of fruit to mealtimes. Dried fruit is a concentrated source of sugar. Frequent exposure to sugar damages teeth.

Advice on savoury snacks

Although savoury snacks meeting the specific criteria shown in the table above can be provided or sold outwith the school lunch, schools need to consider carefully the placement and availability of such snacks, e.g. in vending machines, as these products are not permitted to be provided during the school lunch service.

Advice on oils and spreads

Oils and spreads outwith the school lunch should comply with the criteria under Standard 4 on page 29.

section 7:

practical guidance on foods not covered by
the standards for food outwith the school lunch



Health and wellbeing should be central to choosing which foods are provided.

Not all foods are covered by the standards for food outwith the school lunch. However, it is essential that careful consideration is given to all foods provided to ensure the choices support the ethos of the health promoting school, putting the health of children and young people at the centre of every decision.

Provision of healthier snacks

We know that many children and young people in Scotland are consuming inadequate amounts of fruit and vegetables and eating too many foods high in fat, saturated fat, salt and sugar.

Poor diets contribute to both short-term health problems (e.g. poor dental health) and long-term health conditions (e.g. heart disease, obesity, diabetes), and poor dietary habits acquired in childhood and adolescence are often continued into adulthood, further increasing the risk of health problems throughout life.

The standards for foods outwith the school lunches no longer allow confectionery and fried foods to be provided, and place a restriction on savoury snacks. However, to address the over consumption by children and young people of foods high in fat, salt and sugar it is also essential to discourage the frequent consumption of biscuits, cakes, pastries, and fatty and salty meat products and to replace these with more fruit and vegetables and starchy foods.

Oils and spreads outwith the school lunch should comply with the criteria under Standard 4 on page 29.

Types of snacks to encourage

Fruit and vegetable choices should be encouraged (e.g. soups and fruit pots). Other foods such as sandwiches, jacket potatoes and fillings, scrambled eggs on toast and non-sugar-coated cereals are some other examples of foods to encourage (*see section 5 for practical guidance*).

Types of snacks to reduce or discourage

Foods that are high in fat, saturated fats, sugars and salt should be very carefully considered and care should be taken to ensure that the choices on offer do not undermine the uptake of healthy school lunches.

Examples of such foods include:

- a wide variety of high-sugar and fat products such as sweet pastries, cakes including American-style muffins, tray bakes, biscuits, and ice-creams
- a wide variety of fatty or salty meat products (even if baked or grilled), garlic breads or butteries.

Depending on the type of food in question, options for consideration could include:

- reduction in the frequency of serving and portion size of particular types of foods e.g. grilled bacon, tray bakes
- not serving particular types of products that are typically high in fat, saturated fats, sugars and salt.

It is impossible to give guidance on all foods. When deciding what foods to provide, stop and think ... is this food we should be promoting to children and young people in a health promoting school?

section 8:

summary of the food and drink standards
across the school day



Table 7: Summary of the food and drink standards across the school day

	At lunchtime	Outwith the school lunch
Fruits and vegetables	A choice of at least two types of vegetables and two types of fruit (not including fruit juice) must be provided every day as part of the school lunch. <i>Page 20</i>	A variety of fruit and/or vegetables must be available in all school food outlets. <i>Page 56</i>
Oily Fish	Oily fish must be provided at least once every three weeks. <i>Page 25</i>	No standard
Extra bread	Additional bread must be provided every day as a meal accompaniment, with a variety of bread, which must include brown or wholemeal, being provided over the week. <i>Page 27</i>	No standard
Oils and spreads	<p>Only oils and spreads that are high in polyunsaturated and/or monounsaturated fats can be used in food preparation.</p> <p>Oils must contain a total saturated fat content which does not exceed 16g per 100g and–</p> <p>a) a total monounsaturated fat content of at least 55g per 100g;</p> <p>OR</p> <p>b) a total polyunsaturated fat content of at least 30g per 100g.</p> <p>Spreads must meet the following criteria:</p> <p>Fat spreads must contain–</p> <p>a) a total saturated fat content which does not exceed 20g per 100g;</p> <p>AND</p> <p>b) a combined total monounsaturated and polyunsaturated fat content of at least 30g per 100g.</p> <p><i>Page 29</i></p>	

	At lunchtime	Outwith the school lunch
Deep-fried and fried foods	<p>Menus must not contain more than three deep-fried items (including chips) in a single week.</p> <p>This includes products which are deep-fried in the manufacturing process.</p> <p>Chips, if served, must only be served as part of a meal. <i>Page 31</i></p>	<p>No fried foods can be available outwith the school lunch, with the exception of savoury snacks that meet the criteria outlined below. <i>Page 56</i></p>
Table salt and other condiments	<p>No additional salt can be provided. Condiments (if provided) must be dispensed in no more than 10ml portions. <i>Page 33</i></p>	
Confectionery	<p>No confectionery can be available as part of the school lunch or in any other school food outlet. <i>Page 35</i></p>	
Savoury snacks	<p>No savoury snacks can be provided except savoury crackers, oatcakes or breadsticks. <i>Page 37</i></p>	<p>Only pre-packaged savoury snacks with:</p> <ul style="list-style-type: none"> • pack size of no more than 25g • no more than 22g of fat per 100g • no more than 2g of saturates per 100g • no more than 0.6g of sodium per 100g • no more than 3g of total sugar per 100g <p><i>Page 56</i></p>

	At lunchtime	Outwith the school lunch
Drinks	<p>The only drinks that can be provided in primary and secondary schools are:</p> <ol style="list-style-type: none"> 1. Plain water (still or carbonated) 2. Skimmed, semi-skimmed, or other lower fat milks 3. Milk drinks and drinking yoghurts* 4. Soya, rice or oat drinks enriched with calcium* 5. Tea and coffee 6. Fruit juices and vegetable juices* 7. A blend containing any of the following ingredients, either singly or in combination*: <ul style="list-style-type: none"> - fruit - vegetable - fruit juice - vegetable juice 8. Water and fruit and/or vegetable juice combination drinks* <p><i>* See criteria for these drinks in section 4 (page 39)</i></p>	

annex 1:

information on energy and nutrients



Energy

Why do we need it?	Sources	Additional information
<ul style="list-style-type: none"> • Everyone needs energy in the form of calories to function. We need it to get out of bed in the morning and to do all the things we do every day. • Children and young people need energy to grow and develop and to help them keep active. • We even use energy when we are sleeping. 	<ul style="list-style-type: none"> • There are three nutrients in food that supply us with energy – fat, carbohydrate and protein. Alcohol also provides us with energy. • When we eat foods containing these nutrients, they are broken down to release the energy we need to keep our bodies healthy. • We should get most of the energy that we need from foods containing carbohydrate such as bread, pasta, potatoes, rice and breakfast cereals. • Our bodies also get energy from foods containing fat. • Generally, protein is only used as a source of energy when the stores of carbohydrate and fat in the body are used up. • The amount of energy that a food contains is measured in units called kilocalories (calories) or kilojoules. • Fat contains a lot more calories than protein or carbohydrate. For example, potatoes deep-fried in oil will provide more calories than a portion of boiled potatoes. 	<ul style="list-style-type: none"> • If we eat more energy than our bodies need, it is stored as fat and we will put on weight.

Fats

What are the different fats?	Which fats should we limit or avoid?	Which fats are better for us than others?	Sources
<ul style="list-style-type: none"> • Saturated fat - typically solid at room temperature. • Unsaturated fat There are two types of unsaturated fats: <p>1. monounsaturated fats This type of fat is typically liquid at room temperature but may become solid when chilled.</p> <p>2. polyunsaturated fats This type of fat is typically liquid at room temperature and when chilled.</p> <ul style="list-style-type: none"> • Two types of polyunsaturated fats that are very important are long-chain omega-3 fatty acids and omega-6 fatty acids. • Our bodies cannot make these polyunsaturated fats so we must get them from food. • However, most of us get enough omega-6 fatty acids but not enough long-chain omega-3 fatty acids. 	<ul style="list-style-type: none"> • As part of a healthy diet, it is not only important to cut down on the amount of total fat eaten, but also to replace saturated fats with unsaturated fats (e.g. polyunsaturated and monounsaturated fats), which are a healthier alternative. • Too much saturated fat can increase the amount of cholesterol in the blood which increases the risk of heart disease. 	<p>Monounsaturated and polyunsaturated fats can have a positive effect on health.</p> <ul style="list-style-type: none"> • However, all types of fat contain calories so they should be eaten in moderation (see <i>standard 4: Oils and Spreads</i>). • The omega-3 fatty acids that provide most health benefits are the long-chain omega-3 fatty acids found in oily fish. These acids are a very important part of our diet as they help to protect us against heart disease (see <i>standard 2: Oily Fish</i>). 	<ul style="list-style-type: none"> • Most foods contain a combination of different fats. <p>Examples of foods high in saturated fat:</p> <ul style="list-style-type: none"> • <i>animal sources</i> such as meat products, meat pies, sausages, hard cheese, butter and lard, cream and crème fraîche • other foods high in saturated fat include cakes, biscuits, and foods containing coconut oil, coconut cream and palm oil. <p>Examples of foods high in long-chain omega-3 fatty acids:</p> <ul style="list-style-type: none"> • oily fish such as mackerel, salmon, kippers, white bait, pilchards, sardines, trout, fresh or frozen tuna and herring are a great source of long-chain omega-3 fatty acids • canned tuna is not a source of long-chain omega-3 fatty acids as this nutrient is lost in the canning process. Other canned oily fish are not affected in the same way.

Protein

Why do we need it?	Sources	Additional information
<ul style="list-style-type: none"> • Protein is a nutrient that is found in almost every part of our body such as hair, skin, muscle and blood. • Infants, children and teenagers need protein to help them grow and repair body tissues. • Almost all reactions that are necessary for the normal functioning of our body are dependent on protein. • It can also be used as a source of energy. • The amount of protein we need depends on our age, size and growth stage. 	<ul style="list-style-type: none"> • Protein is found in both animal and plant sources. <ul style="list-style-type: none"> • <i>animal sources</i> include meat, poultry, eggs, fish, milk and cheese. • <i>plant sources</i> include nuts and seeds; pulses such as peas, beans and lentils; soya products and cereal products such as bread and rice. 	<ul style="list-style-type: none"> • Our bodies tend to be able to use protein from animal sources more efficiently than protein found in plant sources. • This is because animal foods usually contain protein in the correct amount needed by the body. • However, this does not mean that vegan or vegetarian diets will be lacking in protein. • Eating a well-balanced diet based on grains, pulses, seeds and nuts will ensure that a mixture of protein is consumed. • Beans on toast, rice with peas or beans, cheese sandwiches or muesli with milk are just some examples of how to mix foods to get a good protein intake.

Carbohydrate

Why do we need to eat more starchy carbohydrates and fibre?	Starchy carbohydrates and fibre	Sources of starch and fibre
<ul style="list-style-type: none"> • Starch and fibre are carbohydrates. • We should get most of our energy from starchy foods. • Foods rich in fibre are more bulky, so they help us to feel full, which means we are less likely to eat too much. • As starch and fibre are found in lots of different foods, they can bring a variety of other nutrients to our diet. 	<p>Starch</p> <ul style="list-style-type: none"> • Starchy foods are a very important part of a healthy balanced diet. • They should make up about a third of the food we eat. 	<ul style="list-style-type: none"> • Starch and fibre are found in a variety of food. • Starch is found in plant sources such as bread, rice, pasta, noodles, potatoes, yams, plantains and chapattis. • Fibre is also found in foods that come from plants. Good sources include wholegrain bread, brown rice, pasta, oats, beans, peas, lentils, grains, seeds, fruit and vegetables. • We should, where possible, eat wholegrain versions of foods, such as high fibre/ wholemeal bread, wholemeal pasta and brown rice as they are a great source of fibre, a nutrient that most of us do not eat enough of.

Non-Milk Extrinsic Sugar (NMES)

Why eat less non-milk extrinsic sugar?	Labelling of sugar
<ul style="list-style-type: none"> Sugar is a carbohydrate that is found in lots of foods. It can be classified into different types. <p>Non-milk extrinsic sugars</p> <ul style="list-style-type: none"> Non-milk extrinsic sugars (NMES) include the sugar released from fruit when it is blended or juiced, table sugar and sugar that is added to foods such as sugary drinks, confectionery, cakes, biscuits and buns. Fruit juice contains NMES and should count only once as part of the five portions of fruit and vegetables we should eat every day. We should limit the consumption of food that contains NMES, as they imbalance the diet, can cause tooth decay and displace other more important vitamins and minerals from the diet. <p>Intrinsic and milk sugars</p> <ul style="list-style-type: none"> Intrinsic sugars are those that are present naturally within the cellular structure of food. These sugars are found in foods such as whole fruit and vegetables. Milk sugars are those found naturally in milk and milk products. Foods containing intrinsic and milk sugars do not need to be avoided. These foods can also provide many other nutrients such as calcium, vitamin A, vitamin C and zinc. 	<ul style="list-style-type: none"> NMES can be labelled on the ingredient list on foods in a number of different ways. If sugar is mentioned near the top of the ingredient list, the product is likely to be high in sugar. Outlined below are some of the most common terms we should look out for: <ul style="list-style-type: none"> - beet sugar - brown sugar - cane sugar - corn sugar - corn syrup - corn sweetener - dextrose - fruit juice concentrate - fructose - glucose - glucose syrup - fructose glucose syrup - glucose fructose syrup - granulated sugar - high fructose corn syrup - high fructose - glucose syrup - honey - hydrolysed starch - invert sugar - invert sugar syrup - icing sugar syrup - isoglucose - levulose - maltose - molasses - sucrose - sucrose syrup - sugar - syrup It should also be noted that foods that state that they contain 'no added sugar' might still contain NMES in the form of fruit or fruit juice concentrate, e.g. processed fruit bars.

Vitamin A

Why do we need it?	Sources	Additional information
<ul style="list-style-type: none"> • Vitamin A is a very important vitamin that has lots of important functions. • It has a vital role in growth and healthy vision. • It helps keep us healthy by fighting infections. 	<ul style="list-style-type: none"> • Vitamin A is found in both animal and plant foods. • The vitamin A found in animal sources is called retinol while the vitamin A found in plant sources is known as carotene. • Retinol is found in cheese, eggs, oily fish (such as mackerel), milk, fortified margarine and yoghurt. • Carotene is found in colourful fruit and vegetables such as carrots, sweet potatoes, mango, melon and apricots (dried or fresh) tomatoes and red peppers, as well as green leafy vegetables, e.g. spinach, watercress and broccoli. 	<ul style="list-style-type: none"> • The vitamin A found in animal sources is more efficiently absorbed by the body than the form found in plant sources. • Many foods that contain vitamin A are also a source of many other valuable vitamins and minerals such as vitamin C, iron and zinc. • For example peppers, broccoli, tomatoes and spinach are also sources of vitamin C.

Vitamin C

Why do we need it?	Sources	Additional information
<ul style="list-style-type: none"> • Vitamin C helps us to absorb iron from food. • It is important in forming collagen, a protein that gives structure to our bones, muscle and blood vessels. • It is essential for the healing of wounds. • It also plays an important role in our immune system. • Vitamin C is also an antioxidant. This means that it can help prevent damage to our cells and keep them healthy. 	<ul style="list-style-type: none"> • Vitamin C is found in a wide variety of fruit and vegetables. • Good sources include spring greens, potatoes, peppers, broccoli, cabbage, Brussels sprouts, raspberries, blackcurrants, strawberries, melon, kiwi fruit and citrus fruits, e.g oranges. • Fruit juice is also a rich source of vitamin C. However, it is important to note that when juice is extracted from the whole fruit, it releases sugars (NMES) from the cells of the whole fruit. Exposing teeth to these sugars frequently throughout the day can contribute to dental decay. 	<ul style="list-style-type: none"> • Not only are fruit and vegetables a source of vitamin C, they also provide lots of other nutrients such as vitamin A, iron and folate. • For example Brussels sprouts, cabbage, broccoli, oranges and tomatoes are also sources of folate.

Iron

Why do we need it?	Sources	Additional information
<ul style="list-style-type: none"> • Iron is an essential mineral which has lots of functions some of which include: <ul style="list-style-type: none"> • transporting oxygen around our body • helping our bodies to produce energy from the food we eat • playing a role in our immune system. 	<ul style="list-style-type: none"> • The iron found in <i>animal sources</i> is called heme iron and is found in: <ul style="list-style-type: none"> • red meat • fish • poultry. • The iron found in <i>plant sources</i> is called non-heme iron and is found in: <ul style="list-style-type: none"> • beans • nuts • dried fruit (e.g. dried apricots) • whole grains • fortified breakfast cereals • soya bean flour and • most dark green leafy vegetables (such as curly kale). 	<ul style="list-style-type: none"> • Iron found in animal sources can be absorbed by the body more easily than iron found in plant sources. • Vitamin C can help our bodies to absorb iron, especially the iron found in plant sources. For example, drinking fruit juice or eating fruit with fortified breakfast cereal or eating vegetables with beans, nuts and rice can help our bodies absorb iron from these plant sources. • Some foods that contain iron are also good sources of vitamin C such as broccoli, spinach and spring greens.

Zinc

Why do we need it?	Sources	Additional information
<ul style="list-style-type: none"> Zinc is an essential mineral that is found in almost every cell of our bodies. It has many important functions including: <ul style="list-style-type: none"> supporting normal growth and development during childhood, adolescence and pregnancy a role to play in wound healing, our immune system and maintaining our sense of smell and taste. 	<ul style="list-style-type: none"> Good sources include poultry, meat, shellfish, milk and dairy foods, cereal products and bread. Wholemeal bread contains more zinc than white bread. 	<ul style="list-style-type: none"> Meat is rich in both zinc and iron.

Calcium

Why do we need it?	Sources	Additional information
<ul style="list-style-type: none"> Calcium is an essential mineral. We need it for the development of strong healthy bones and teeth. 99% of the calcium found in our body is found in these places. It makes sure our blood clots normally. It is also needed for regulating our heart beat. 	<ul style="list-style-type: none"> The best sources of calcium are milk and dairy products. Other sources include green leafy vegetables, soya beans, soya drinks with added calcium, tofu, nuts, bread and fish where the bones are also consumed such as sardines and pilchards. 	<ul style="list-style-type: none"> We need vitamin D to help our body absorb calcium. This vitamin is also known as the “sunshine vitamin” as the body can make it after exposure to sunshine. It is important that children and teenagers get enough calcium as bone growth is almost complete by the early twenties. Building a strong skeleton during these years will help to protect against osteoporosis in later life. Osteoporosis is a disease in which our bones become fragile and weak and are therefore likely to break more easily.

Folate

Why do we need it?	Sources	Additional information
<ul style="list-style-type: none"> • Our bodies need folate, as it works together with vitamin B₁₂ to make red blood cells. • It is needed for growth. • It also helps to prevent birth defects such as spina bifida in babies. 	<ul style="list-style-type: none"> • Good sources of folate include spinach, cabbage, Brussels sprouts, broccoli, peas, oranges and melons. • However, significant contributors to the diet include fortified cereals such as bread and breakfast cereals; vegetables such as leafy green vegetables tomatoes and peas; milk and milk products and meat and meat products such as beef. • Sometimes, when we look at food labels we see the term “folic acid”. • Folic acid is the synthetic form of folate that is added to food. It is more easily absorbed by our bodies than folate. • It can be found in foods such as breakfast cereals, bread and margarines. 	<ul style="list-style-type: none"> • Foods containing folate are also a good source of vitamin C and vitamin A. • For example all three vitamins are found in food such as oranges, tomatoes, spinach, broccoli and cabbage. • Folate also has a crucial role to play in pregnancy. Women thinking of becoming pregnant should increase their intake of folate rich foods and take a folic acid supplement prior to conception and up until the 12th week of pregnancy.

Salt

Why do we need to eat less salt?	Sources	Additional information
<ul style="list-style-type: none"> Although we all need a little salt in our diet to help our body function, most of us eat too much. Too much salt can damage our health. It can increase our blood pressure which increases our chances of developing heart disease or stroke. Children under the age of 11 need less salt than adults. Children and teenagers should not have too much salt as this could affect their health in the future. Too much salt will give children a taste for salty food, and they will be more likely to continue eating too much salt when they grow up. 	<ul style="list-style-type: none"> About 75% of the salt in the UK diet is found in processed foods. Bread, for example, which is a staple food that children should be encouraged to eat, contributes significantly to salt intakes. So we should check the nutrition labels of different varieties and choose those with the lowest salt content. <u>Some</u> types of food/recipes that are high in salt include: <ul style="list-style-type: none"> baked beans breakfast cereals cooking and pasta sauces crisps pizza ready meals soup sandwiches sausages tomato ketchup, mayonnaise and other sauces. Other foods high in salt include: bacon, cheese, chips (if salt added), salted and dry roasted nuts, smoked meat and fish, anchovies, gravy granules, stock cubes, soy sauce, pickles and prawns. 	<ul style="list-style-type: none"> Salt is also known as sodium chloride. It is the sodium in salt that can be bad for your health. Both terms can appear on nutritional information on food labels. To convert sodium into salt you need to multiply the sodium figure by 2.5. www.salt.gov.uk is a useful website for more information on salt reduction. The Food Standards Agency has set voluntary salt reduction targets to encourage food manufacturers and retailers to reduce the amount of salt in a wide range of processed foods by 2010.

annex 2:

step-by-step guide on how to select
savoury snacks that meet the specific criteria



What savoury snacks can be served in school food outlets outwith the school lunch?

Only pre-packaged savoury snacks (e.g. *crisps*, '*crisp-like*' products, and *savoury biscuits*) that meet specific criteria are allowed to be served 'outwith' the school lunch.

Savoury snacks are defined as pre-packaged items which can be eaten without preparation and consist of or include as a basic ingredient potatoes, other root vegetables, cereals, nuts and seeds. This does not include sandwiches and nuts and seeds without added salt, sugar and fat.

The criteria state that savoury snacks **cannot** be served in **more than 25g portions** and must contain **no more** than:

- **22g of fat per 100g**
- **2g of saturates per 100g**
- **0.6g of sodium per 100g**
- **3g of total sugars per 100g**

Step 1

- Look at the food label. Make sure that the pack size of the savoury snack is **not more than 25 grams**.

If the pack size is greater than 25g, it cannot be provided in school food outlets outwith the school lunch.

Step 2

If the pack size is 25g or less:

- look at the **nutrition information panel** on the savoury snack label to find out the amount of fat, saturates and sodium per 100g of the savoury snack.
- **nutrition information panel** shows the amount of nutrients per 100g and per serving of the food. Below is an example of typical nutrition information panel.
- **look at the 'per 100g' column on the nutrition information panel.**

Step 3

- Although there are a number of nutrients shown on the nutrient information panel, focus on the amount of **fat, saturates, sugars and sodium per 100g of the savoury snack**.

Example A: Crisps

Nutrition information		
	Per 100g	Per serving
Energy (kJ)	1830	458
(kcal)	435	109
Protein (g)	6.5	1.6
Carbohydrate (g)	60.0	15.0
of which sugars (g)	13.0	0.3
Fat (g)	19.0	4.8
of which saturates (g)	1.6	0.4
Fibre (g)	6.0	1.5
Sodium (g)	0.59	0.15

Focus on these four nutrients

- If the nutrient information panel does not display information on sugars, saturates or sodium (manufacturers are not obliged to provide this information on the label), you will need to contact the manufacturer directly to find out the amounts per 100g.

Step 4

- Compare the information on Nutrition Information Panel per 100g with the nutrient criteria.

Nutrient Criteria

No more than:

- **22g of fat per 100g**
- **2g of saturated fat per 100g**
- **0.6g of sodium per 100g**
- **3g of total sugars per 100g**

The amount of fat (19.0g per 100g) is within this criterion

The amount of saturates (1.6g per 100g) is within this criterion

The amount of sodium (0.59g per 100g) is within this criterion

The amount of sugars (13.0g per 100g) is **over** this criterion

The crisps given as Example A **CANNOT** be served 'outwith' the school lunch because they do not meet the **sugars criterion**.

annex 3:

general guidance on food for religious faiths and beliefs



Families and children may choose to exclude, include, or prepare foods in a particular way according to their religious faith and beliefs. The table below is only a general guide of food choices for specific religious groups. Some families and children within these faith groups may not observe the dietary practises stated below. Prohibitions and restrictions even within a particular faith may change between denominations or branches. Please do not take this as an authoritative list.

	Meat	Poultry	Fish and Shellfish	Dairy Products	Eggs	Fruit and Vegetables	Miscellaneous	Fasting
Buddhist	Many are vegetarian but some may eat fish. Some may be vegan.				Some may exclude	Yes	Diet will vary depending on country of origin	Yes
Hindu	Most are vegetarian. Dairy is generally acceptable. Those who eat meat, poultry, and fish will exclude beef. Some may be vegan.				Some may exclude	Yes	<i>Strict Hindus also exclude:</i> tea & coffee	Yes
Jewish	Pork and pork products are excluded. Kosher beef, lamb, poultry and, fish (with fins and scales) are eaten. Shellfish is not eaten. Meat and dairy are never eaten at the same meal. Dairy may not be eaten until 3 hours after meat or poultry.				Eggs can be eaten without blood spots	Yes	<i>Will also exclude:</i> gelatin, fats, emulsifiers, stabilisers, and additives from animal origin that is not kosher	Yes
Muslim	Pork and pork products are excluded. Halal beef, lamb, poultry and, fish are eaten. Dairy products are eaten by most.				Yes	Yes	<i>Will also exclude:</i> gelatin, fats, emulsifiers, stabilisers, and additives from animal origin that is not halal	Yes
Sikh	Many are vegetarian. Those who eat meat, poultry and, fish will exclude beef and possibly pork. Halal and kosher meat are not eaten.				Some may exclude	Yes		No
Rastafarian	Pork and pork products are excluded. Many will be vegetarian. Some may be vegan.				Some may exclude	Yes	<i>Prefer to eat a pure and natural diet so may exclude:</i> coffee, canned or non-organic foods	Yes

Sources:

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annex 4:
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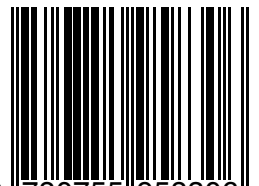
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