

Savoury snacks per 100g

e.g. popcorn, crisps

- 25g max
- Fat <22g
- Saturated fat <2g
- Sugar <3g
- Salt <1.5g



Sweetened baked products

per portion e.g. bars, biscuits

Primary

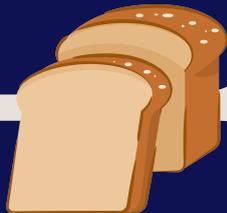
- Sugar <7g
- Fat <13g
- Saturated fat <4g

Secondary

- sugar <10g
- fat <19g
- sat. fat <6g

Cereals per 100g

- Sugars <15g
- Fibre >3g
- Salt <1.1g



Breads per 100g

e.g. rolls, brioche, wraps, pitta

- >3g fibre



HMIE | His Majesty's Inspectorate of Education in Scotland
Luchd-sgrùdaidh an Rìgh airson Foghlam ann an Alba

FOOD & DRINK STANDARDS AT A GLANCE

BUYING GUIDE

Food & Drink Standards
of the Nutritional
Regulations 2020

No confectionery

- no sweets, marshmallows
- no chocolate
- no yoghurt covered products

No red & red processed meat

- no ham, pork, sausages
- no beef, burgers

No pastry or products - used at lunch

- no croissants, danish pastries
- no pies, sausage rolls etc

Yoghurts per 100g

- 125g max **primary**
- 175g max **secondary**
- sugar <10g
- fat <3g



Spreads per 100g

- Saturated fat <20g
- Unsaturated fat >30g

Drinks

Primary and secondary

- Water or milk
- No added sugar flavoured milk e.g. hot chocolate

Secondary

- no added sugar drinks e.g. cordial, flavoured waters



Fruit and/or vegetables

- Portions must be made available where any food is provided.
- **Primary** 40g portions
- **Secondary** 80g portions

The food and drink standards apply where any food is provided on school premises as part of the school day. This includes breakfast clubs, morning break, snacks, any tuck shop, vending and after-school childcare.