

Food in Schools - Buying guide Tesco

Food and drink standards of the Nutritional Regulations 2020

Savoury snacks per 100g

e.g. popcorn, crisps

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



All plain crackers, oatcakes, rice cakes and breadsticks

Tesco Mini Breadsticks

Tesco Lightly salted rice cake

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



Tesco Honey Granola Bars

Tesco Scotch pancake

Tesco banana pancake

Tesco Classic Crumpet

Tesco Rich Tea

Tesco Oaties

Yogurts / milk dessert per 100g

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



Creamfields Flavoured Fromage Frais

Tesco 0% Fat Greek Style Yoghurt

Creamfields Low Fat Sunshine Fruit Yogurt

Tesco Fromage Frais Fruit Pouches

Creamfields Fruit Yoghurt Pouches

Breads per 100g

e.g. wraps, pittas, brioche

- >3g fibre



Tesco Wholemeal Pitta

Tesco Wholemeal Medium sliced 800g

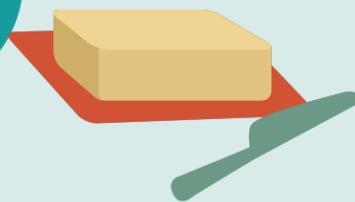
Tesco Lightly Seeded White Bread Loaf 800g

Tesco Wholemeal Tortilla Wraps

Tesco Wholemeal Tortilla Wraps (soft & versatile)

Spreads per 100g

- <20g saturated fat
- >30g unsaturated fat



Tesco Olive Spread

Tesco Buttery Spread

Stockwell & Co. Soft Spread

Cereals per 100g

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



Tesco Wheat Biscuits Cereal

Stockwell & Co Wheat Biscuits

Tesco Malt Wheats Cereal

Tesco Low Fat Special Flakes Cereal

Tesco Low Fat Red Fruit Special Flakes

Tesco bran flakes

Tesco Grains & Seeds Granola

Drinks

Primary & secondary

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

Secondary

- no added sugar drinks



No flavoured milk or hot chocolate available

Secondary No Added Sugar Drinks

cordial, sugar free flavoured waters