

## Resource 4: RED food and drink nutrient criteria

These tables list the criteria to define whether a food or drink item falls into the **RED** category.

There are three main groupings of food and drink that are assessed:

- Drinks (Table 1)
- Hot food and other meal items (Tables 2 and 3)
- Snacks (Table 4)

The characteristics of each group have been considered in the development of the criteria. By setting a limit on the total kilojoule content of products, the fat or sugar content of products is restricted.

Food and drinks are assessed **per 100 grams and/or per serve sold**. Care must be taken that the correct comparison is made when assessing a food or drink item against the criteria in the tables.

- If a product has **higher amounts of any specified nutrient** criteria it is considered a **RED** choice.
- All confectionery items or deep-fried foods are considered **RED** choices and should automatically be placed in the **RED** category.

Use Resource 5: Reading food labels to help you understand how to use food labels.

### TABLE 1: Nutrient criteria to identify **RED** drinks

**Table 1. Sugar-sweetened drinks and ices (assess per serve and per 100mL)**

Category	Nutrient criteria		
	Energy (kilojoule) per serve	Energy (kilojoules) per 100ml	Sodium (mg) per serve
Soft drinks, flavoured mineral waters, flavoured waters, sports waters, sports drinks, energy drinks, fruit drinks, slushees, ice confection, ice blocks and cordials	>300kJ	> 50kJ	>100mg

**Key:** > means more than, < means less than.

Based on nutrient criteria for registration of food and beverage products for NSW Canteens © NSW School Canteens Association 2005.

Plain unflavoured waters, plain and flavoured milks and milk alternatives do not need to be assessed against the **RED** food and drink criteria tables.

**TABLE 2: Nutrient criteria to identify RED hot foods**

Table 2. Hot food and other meal items <sup>1</sup> (assess per 100g)				
Category	Nutrient criteria			
	Energy (kilojoules) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g	Maximum serve size as sold
*Savoury pastries and pies, pizzas, quiches, oven-baked potato products <sup>2</sup>	>1000kJ	>5g	>400mg	>250g
*Crumbed and coated foods, frankfurts, and sausages	>1000kJ	>5g	>700mg	>150g
Processed cold luncheon and cured meats <sup>3</sup>	>900kJ	>3g	-	>50g

**Key:** > means more than, < means less than, - means not applicable.

1. All DEEP-FRIED FOODS fit into the RED category and their supply should be limited.
2. Include wedges, chips, gems, hash browns, scallops.
3. Includes ham, bacon, chicken loaf, salami, Devon, diced processed chicken meat.

**TABLE 3: Nutrient criteria to identify RED Ready to eat meals**

Table 3. Ready to eat meals (assess per serve and per 100g)					
Category	Nutrient criteria				
	Energy (kilojoules) per serve	Saturated fat (g) per 100g	Sodium (mg) per 100g	Sodium (mg) per serve	Fibre per serve sold (g)
Commercial, frozen or freshly prepared ready to eat meals, mixed hot food or plated dinners	>2500kJ	>2g	>300mg	>900mg	<3g

**Key:** > means more than; < means less than.

**TABLE 4: Nutrient criteria to identify RED snacks**

Table 4. Snack foods (assess per serve and/or per 100g)					
Category	Nutrient criteria				
	Energy (kilojoules) per serve	Energy (kilojoules) per 100g	Saturated fat (g) per serve	Sodium (mg) per serve	Fibre (g) per serve
*Savoury snack foods and biscuits	>600kJ	>1600kJ	>3g	>200mg	-
*Cakes, muffins, sweet tarts, slices and pastries	>900kJ	>1200kJ	>3g	-	<1.5g
**Snack food bars, muesli bars and sweet biscuits	>600kJ	-	>3g	-	<1g
**Ice-creams, milk- or soy-based ice confection and premium dairy desserts <sup>4,5</sup>	>600kJ	-	>3g	-	-

Key: > means more than, < means less than, - means not applicable.

Note: All types of confectionery fit into the RED category and their supply should be limited. Confectionery contains little nutritional value.

- Premium dairy desserts include items such as cheesecake, panna cotta, tiramisu, crème brulee or mousse.
- Dairy snacks that contain confectionery (i.e. Choc-chips, lollies, marshmallows) are RED choices.

\* Builds on *Smart Choices* which was based on the NSW Department of Health and NSW Department of Education and Training *Fresh Tastes @ School* NSW Healthy School Canteen Strategy (2004) and Canteen Menu Planning Guide.

\*\* Based on the NSW Department of Health and Department of Education and Training *Fresh Tastes @ School* Canteen Menu Planning Guide, which is part of the *Fresh Tastes @ School* NSW Healthy School Canteen Strategy.