

## Healthy Eating Standards:

*For settings providing main meals in addition to snacks*

Food Based Standards	Essential at Bronze & Silver	Desirable at Bronze Essential at silver
<b>Breakfast (if provided)</b>		
All breakfasts provide at least one portion of starchy food, one portion of dairy produce, and one portion of fruit / vegetable* <i>* E.g. a) cereal with milk &amp; chopped banana, b) toast with yoghurt &amp; fruit, c) scrambled egg &amp; mushrooms on toast, with a drink of milk</i>	✓	
Low and medium sugar (containing less than 15g per 100g of product) varieties of cereal are used, e.g. porridge, weetabix, shredded wheat, cornflakes, rice crispies	✓	
<b>Starchy food</b>		
All meals provide a variety of at least one portion of non-fried starchy food* (at least 3 different varieties are included each week) <i>* E.g. bread, pitta bread, naan, chapatti, potatoes, rice, pasta, noodles, cous cous</i>	✓	
Wholegrain varieties are included in the menu	✓	
Choose bread and bread products with lower salt content (less than 1.5g salt [0.6g sodium] per 100g of product – often shown as green or amber on the food label)	✓	
No instant mashed potato is provided (unless it contains no added salt)		✓
Canned pasta in sauce, e.g. spaghetti hoops	Limited	Not provided
No processed flavoured rice, pasta or noodles are provided, e.g. Pot Noodle, Super Noodles, Pasta 'n' Sauce	✓	
Oven-cooked processed potato products (e.g. curly fries, potato smiles, potato waffles) are served a maximum of <u>once per week</u>	✓	
Roast potatoes and chips (fried or cooked in oil) are served a maximum of <u>once per week at lunch and once per week at tea</u>	✓	
<b>Meat, Fish &amp; Alternatives</b>		
All lunches and teas provide a variety of at least one portion of protein-rich foods, including beans, lentils & pulses, eggs, fish, poultry and meats	✓	
A non-meat protein source is included at least once a week at lunch <u>and</u> tea <u>for all children</u> . Examples include beans, lentils, pulses, egg, quorn, tofu and soya mince	✓	
Vegetarian children are provided with 2-3 portions of pulses, egg or meat alternatives each day	✓	
Oily fish (e.g. salmon, pilchards, sardines, trout, mackerel, fresh tuna) NB tinned tuna is not considered oily	Included once every 3 weeks	Included once every week
Bought or homemade meat products, e.g. sausages, burgers, sausage rolls, chicken nuggets, are served a maximum of once per week	✓	
Bought or homemade fish products, e.g. fish fingers, fish gougons, breaded fish are served a maximum of once per week	✓	
Bought or homemade products from meat alternatives, e.g. vegetarian sausages, beanburgers are served a maximum of once per week	✓	



Avoid shark, swordfish, marlin, raw shellfish, raw / partially cooked eggs and whole nuts	✓	
Cheese-based vegetarian meals are served a <u>maximum of twice per week</u> (there is no specific limit on cheese added as an addition to meals where there is another main protein source)		✓
<b>Fruits &amp; Vegetables (including fresh, frozen, tinned, stewed and dried)</b>		
At least one portion of fruit and/or vegetables are offered as part of lunch and tea (additional fruit as provided as a pudding – see pudding section)	✓	
A variety of types is provided and are served appealingly (at least 4 different types are offered each day across full day care, or 2 during sessional care)	✓	
Tinned fruit is always in natural juice, not syrup – and served at mealtimes only	✓	
Tinned vegetables and pulses are always in water, not brine	✓	
Use lower salt and sugar varieties of baked beans	✓	
Dried fruit is served at mealtimes only	✓	
<b>Milk &amp; Dairy Products</b>		
3 portions are offered for children in full day care. At least 2 portions are offered for children having two meals, and 1 portion for children having just one meal	✓	
Full-fat yoghurts, fromage frais, cheese and cream cheese are provided for children under 2 years of age	✓	
Choose yoghurts and fromage frais that are lower in sugar (<15g per 100g)	✓	
Plain whole milk (full fat) is provided for children between 12 months and 2 years of age	✓	
Semi-skimmed milk is provided to children over 2 years of age	✓	
Avoid unpasteurised milks and dairy products, mould-ripened cheeses, soft blue-veined cheeses and rice milk	✓	
<b>Snacks</b>		
Morning and afternoon snacks are provided as needed (at least one fruit/vegetable and one starchy snack each day)	✓	
At least 3 different varieties of starchy food is offered across the week	✓	
Dried fruit or tinned fruit is not provided as a snack	✓	
No cakes, biscuits, cereal bars, baked products with added sugar, pastry products, crisps, soups or confectionery are provided	✓	
<b>Choose from these starchy options:</b> <ul style="list-style-type: none"> <li>• Plain bread products &amp; crackers, e.g. crispbread, oatcakes, crackers, rice cakes, breadsticks, matzos, melba toast</li> <li>• Any type of bread / toast (variety of white, brown, wholemeal, granary); sandwiches, pitta bread, crumpets, bagels, bread muffins, tortilla wraps</li> <li>• Plain scone, drop scone, plain pancake</li> <li>• Breakfast cereals (&lt;15g sugar per 100g) with or without milk</li> </ul>	<b>Choose from these fruit / vegetable options:</b> <ul style="list-style-type: none"> <li>• Fresh fruit</li> <li>• Raw vegetables (e.g. peeled carrots, pepper, tomato, cucumber, celery)</li> </ul>	<b>Other suitable foods which can be included:</b> <ul style="list-style-type: none"> <li>• Cheese</li> <li>• Yoghurt or fromage frais (&lt;15g sugar per 100g)</li> <li>• Suitable spreads</li> <li>• Meat, fish, eggs and meat alternatives (e.g. hard boiled egg, hummous, sandwich fillings) can be included as snacks <i>no more than twice a week</i></li> </ul>



<b>Puddings</b>		
Fruit is served <u>after every meal</u> , e.g. fresh, tinned and stewed fruit, fruit with jelly, fruit with milk pudding		✓
A variety of puddings are served	✓	
Fruit is accompanied by a <u>milk pudding at least once a day</u> , e.g. stewed fruit with custard, fruit with semolina, rice pudding with raisins, fruit with yoghurt, fruit with ice cream, milkshake made with fruit, banana with instant whip (sugar content of milk pudding should be <15g per 100g)		✓
Ice cream should be made from dairy and offered a maximum of once per week	✓	
A portion (see portion guidance) of baked pudding may be offered a maximum of <u>once per week</u> , e.g. fruit crumble, fruit muffin, pineapple upside down cake, fruit tart. If the pudding is not fruit-based, e.g. chocolate/jam/plain sponge, fruit must be served in addition to this	Limit baked puddings	✓
<b>Drinks</b>		
Tap water and plain milk are the only drinks provided	✓	
Water is freely available throughout the day	✓	
No squash, fruit juices (diluted or undiluted), fizzy drinks, tea, coffee or other drinks containing caffeine and/or other stimulants, are provided	✓	
Milkshakes / smoothies may be provided as a pudding, but not as a drink (see 'puddings' section). Milkshakes should <u>not</u> be sweetened	✓	
<b>Reducing salt, saturated fat and sugar</b>		
No salt is added in cooking or at the table	✓	
Limit bottled condiments, e.g. tomato ketchup. Tomato sauce may be provided a maximum of once per week at a mealtime, and only if requested by the child	✓	
Confectionery, e.g. chocolate chips	Only as part of cakes/desserts	Avoid
Use spreads rich in mono-unsaturated and poly-unsaturated fats, e.g. olive, rapeseed, sunflower, soya, safflower based spreads containing fat content of greater than 40g per 100g of spread (i.e. avoiding the 'low fat' or 'light' varieties)	✓	
Use as little oil in cooking as possible. Choose oils high in unsaturated fat, e.g. olive or sunflower oil	✓	
Pastry products are served a maximum of <u>once per week</u>	✓	
<b>Convenience Foods &amp; Other Products to Avoid</b>		
No ready meals (microwave/oven cooked) or takeaways are provided	✓	
Tinned and frozen foods, such as tinned fruit, frozen vegetables, pizza and processed meats (see 'meat, fish and alternatives' section for restrictions) may be used to make up meals	✓	
Ready made/processed sauces or soups	Limit	Avoid
Foods & drinks containing flavour enhancers such as monosodium glutamate (MSG / E621) or the following artificial colours and preservatives are not provided: Tartrazine (E102), Quinoline yellow (E104), Sunset yellow (E110), Carmoisine (E122), Ponceau 4R (E124) and Allura red (E129)	✓	