



Department of
Education
and Training

Healthy food and drink choices in schools

Fill the menu

Encourage and promote these foods.

These foods:

- are good sources of nutrients
- contain less saturated fat and/or added sugar and/or salt
- help to avoid an intake of excess energy (kJ).



Select carefully

Do not let these foods dominate the menu.

These foods:

- have some nutritional value
- contain moderate levels of saturated fat and/or added sugar and/or salt
- can, in large serves, contribute excess energy (kJ).



Off the menu

These foods are not available in school canteens because they:

- lack adequate nutritional value
- are high in saturated fat and/or added sugar and/or salt
- can contribute excess energy (kJ).

