



# Healthy Eating Guidelines



- This guidance has been developed in partnership with Dundee Bairns and NHS Tayside and is based on the Standards set in Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2020. Our goal extends beyond merely providing meals for the children of Dundee; we aim to ensure that the food they receive is as nourishing as possible. A good diet is essential for good health and it is important that children and young people are provided with a solid foundation for establishing healthy life-long eating habits.
- We have chosen the most relevant standards to your work.
- It's aim is to provide support to groups who provide food and drink to children during holidays when buying food from supermarkets, (Within school settings and out with).
- We have looked at labels and given examples of foods within each standard. We have put them in order of suitability using a traffic light system.

**Key:**



***Meets the standards/ what we recommend - serve these foods***



***Complies 80% and is okay to provide***



***Does not comply with the standards, (Avoid/rarely)***



# PRIMARY SCHOOL STANDARDS



## STANDARD 1 FRUIT AND VEG



At least two portions of vegetables and one portion of fruit.

Portions of fruit and/or vegetables must be made available in any place within the premises where food is provided.

This will include during snack time and whilst out at activity days.

Offer fruit and vegetables in a variety of colours and shapes.

- **Fresh Fruit and Vegetables, Can be chopped or made into fruit kebabs**
- **Fresh, and Frozen vegetables all count**
- **Tinned fruit also counts as long as it is in juice and not syrup**

- **Dried Fruits -give as part of a meal as it is better for dental health**

- The following are not a portion of fruit or veg:**
- **Fruit juice or smoothies**
  - **Potatoes**
  - **Products canned in tomato sauce e.g. canned spaghetti**
  - **Tinned fruit in syrup**



# PRIMARY SCHOOL STANDARDS



## STANDARD 3 RED AND PROCESSED MEAT



No more than a **total of 175g** of red and red processed meat (cooked weight) can be provided in lunches over the course of the school week,  
**No more than 100g (cooked weight) can be red processed meat.**

An average slice of ham based on Tesco 16 honey roast ham is 25g per slice.

- Red meat includes beef, lamb, pork, veal, venison, goat and offal from those sources.
- Red processed meat refers to red meat that has been preserved. For example sausages, bacon, ham, salami and pates.



**High Processed and fatty meat:**  
**No more than 100g per week**

- > 2 x Sausages per week (approx 100g)  
or
- > 1 x Burger per week  
or
- >4 Slices of ham per week





# PRIMARY SCHOOL STANDARDS



## STANDARD 4 SWEETENED BAKED PRODUCTS AND DESSERTS



We recommend you limit the amount of times you offer these products per week.

- No more than 7g of total sugar per portion.
- No more than 13g of fat per portion.
- No more than 4g of saturated fat per portion.

- Any of the Screen products
- Hobnob oaty flapkacks (no chocolate)
- Scotch pancakes, max 2 per serving
- One toasting waffle
- Frusli red berry cereal bar
- Go ahead fruit and oat bakes
- Scone
- Belvita strawberry filled bakes (only one and only this flavour)
- Shortbread finger
- Sugar free Jelly
- One Regal Madeira cake slices
- Sweet Popcorn



- Biscoff snack packs (2 per pack)
- Jammie dodgers mini pack
- 1x single Ms Mollys fairy cakes



Confectionery in or on these products is not permitted.

Chocolate and sweets

- Dairy milk bars
- Kinder bars
- Mars bars
- Haribo's
- Lolly pops
- Ice cream, etc
- Toffee popcorn



# PRIMARY SCHOOL STANDARDS



## ADDITIONAL INFORMATION BREAKFAST

Please look at the sample weekly menu of how a balanced breakfast could look like throughout the week.

Cereal bars- only some are suitable. Ones which comply will fall under sweetened baked products and desserts in the green section.



- Fruit should be provided each morning
- Water, Low Fat Milk,
- No added sugar milkshake mix
- Cereal and toast which meets the guidelines (standards below)
- High fibre foods to provide the feeling of fullness



- Pastries only 2 times a week - croissants fall into pastries and brioche would come into this too.
- Jam and honey - try and opt for low sugar and not to have on offer every day



- High sugar cereals - (Frosted cereal, Chocolate cereals, Honey cereals)
- Chocolate Spreads



# PRIMARY SCHOOL STANDARDS



## STANDARD 5 BREAKFAST CEREALS

**Only breakfast cereals meeting the following criteria can be provided:**

- No more than 15g of total sugar per 100g.
- No more than 440mg of sodium per 100g.
- No more than 1.1g of salt per 100g.
- At least 3g of fibre per 100g.



- Weetabix - any brand
- Kellogg's Rice Krispies
- Kellogg's - Cornflakes
- Shreddies
- Plain porridge
- Asda Strawberry crisp cereal
- Tesco Grains and seeds granola



- Tesco Rice snaps
- Fruit and Fibre
- Tesco Cornflakes
- Granola with dried fruits



**Confectionery in or on these products is not permitted.**

- Cereals with Honey or sugar added to them



# PRIMARY SCHOOL STANDARDS



## STANDARD 7 SAVOURY SNACKS



Consider limiting how often these products are made available in order to encourage young people to choose other options such as fruit.

While savoury snacks such as crisps can provide additional choice, they can be high in sugar, fat, and salt.

- Sea salted, sweet, sweet and salted Popcorn
- Breadsticks
- Plain savoury crackers
- Plain oatcakes
- Hula hoops Puft salted and grilled beef and cheese and onion crisps
- Snack a jack's salt and vinegar and bbq
- Popchips Sea salt flavour and sea salt and vinegar
- Crumpet



- Sunbites sweet chilli
- Hula hoops original
- Walkers French fries



- Walkers classic
- Skips
- Quavers
- Wotsits
- Walkers baked crisps
- Supermarket own brand standard crisps
- Toffee popcorn



# PRIMARY SCHOOL STANDARDS



## STANDARD 8 BREAD

Bread and rolls must contain a minimum of 3g of fibre per 100g.

Try to offer 50/50 over white bread as much as possible.



- Wholemeal Bread
- 50/50 Bread
- Wholemeal Rolls
- Wholemeal Wraps
- Tesco white wraps
- Tesco thick white sliced bread
- Tesco white Pitta breads
- Asda white wraps
- Roberts thick white sliced
- Asda white Pittas



- Tesco scotch morning white Rolls
- Asda bakery white sliced rolls
- Warburtons white bread
- Hovis white bread







# PRIMARY SCHOOL STANDARDS



## STANDARD 9 SWEETENED YOGHURTS AND OTHER MILK BASED DESSERTS



Milk-based desserts are a good source of calcium which is important for bone development. However, these items can also be high in sugar.

- Maximum portion of 125g.
- No more than 10g of sugar per 100g.
- No more than 3g of fat per 100g.

- Natural yoghurt
- Creamfields 4 Strawberry Raspberry Yogurt Pouches
- Muller Light Red Fruit Assorted Fat Free Yogurt
- Creamfields Fromage Frais
- Petits Filous Fromage Frais
- Tesco Free From Apricot & Banana Soya Yogurt
- Petit Filous dairy free raspberry
- Alpro dairy free alternative pots



- Activia Gut Health
- Munch Bunch double up strawberry/raspberry
- Peppa Pig strawberry
- Ski strawberry and raspberry yogurt
- Wildlife Choobs



Confectionery on or in these products is not permitted



# PRIMARY SCHOOL STANDARDS



## STANDARD 14 DRINKS



**We should be trying to encourage children to drink water or milk.**

The Standard for Primary Schools does not include sugar free flavoured drinks.

This is because we shouldn't be simply replacing sugary with sweetened products that continue to teach children's and young people's palates to expect sweet tasting food and drink .

- Water, plain or sparkling
- Milk - low fat version
- Low fat version of dairy alternatives
- No added sugar milkshake mix (Crusha)

**Lower fat milk drinks such as drinking yoghurts, flavoured milk and hot chocolate are permitted only where they do not contain any added sugar.**

- Own brands no added sugar fruit splashes
- Radnor splash
- Own brands no added sugar water splashes
- Fruit shoot hydro no added sugars
- No added sugar diluting juice

- fresh fruit juice as long as only 150ml
- homemade smoothies only 150ml

- Fizzy juice (sugar free and full sugar)
- Any juices with high colourings and additives such as - Quench cups
- Pre made milkshakes
- Premade smoothies



# PRIMARY SCHOOL STANDARDS



## ADDITIONAL INFORMATION SANDWICH FILLINGS



**The more variety of sandwich fillings throughout the week the better.**

Condiments (if provided) must be given in no more than 10ml portions (2 x teaspoons).

Use lower fat, sugar and salt versions of condiments where possible.

- Roast chicken
- Turkey
- Low fat cream cheese
- Tuna in spring water
- Pure dairy free sunflower spread
- Tesco buttery spread
- Tesco olive spread
- Light versions of mayonnaise

**Use healthier alternatives such as dressings or sauces made with natural yoghurt.**

- Flora spread
- Clover spread

- Tuna in brine
- Chocolate spreads
- > 4 x slices of ham per week

# Example Cold lunch menu

Day	Breakfast	Lunch	Snacks
Monday	Croissant/Pain au chocolate, or cereal Watermelon Yoghurt Water	Apple Flavoured water Ham and cheese sandwich Jammie dodger mini pack	Orange Strawberry Crusha milkshake Crackers and dip/cheese
Tuesday	Toast or Cereal Banana Yogurt Water	Kiwi Flavoured water Low fat soft cheese and cucumber roll Popchips, sea salt and vinegar	Apple Diluting juice Toasted waffle
Wednesday	Pancakes or Cereal Apple Yoghurt Water	Orange Flavoured water Tuna mayo sandwich Sugar free jelly	Grapes Diluting juice Snack a Jacks BBQ
Thursday	Toast or Cereal Kiwi Yoghurt Water	Melon Flavoured water Chicken mayo wrap Hula hoops Puft, salted	Orange Strawberry Crusha milkshake Shortbread finger
Friday	Croissant/Pain au chocolate, or cereal Apple Yoghurt Water	Orange Flavoured water Cheddar cheese roll Madeira cake slice	Pear Diluting juice Cereal bar