

TOOL 1: READY RECKONER



EVERYDAY MEALS, SNACKS AND DRINKS

This *Ready Reckoner* provides examples of meals, snacks and drinks typically sold in food outlets, and their classification as **Everyday** or **Occasional** for the purposes of ensuring at least 75% **Everyday** and no more than 25% **Occasional** foods and drinks. It also sets out specific requirements for both freshly made or packaged varieties. Use it to look up meals, snacks and drinks to check you are meeting the Benchmark.

Everyday foods, meals and drinks are those made from the five food groups and may also be prepared with items from the *Basic Ingredients List*. Examples of meals, snacks and drinks made from the five food groups are included in the tables following this section.

FIVE FOOD GROUPS: use these along with items from the <i>Basic Ingredients List</i> to make Everyday meals, snacks and drinks.		PACKAGED OR FRESHLY PREPARED
 <p>1. VEGETABLES All different varieties of vegetables and legumes. Fresh, frozen and canned vegetables, preferably reduced salt or no added salt. Choose fresh vegetables in season for flavour and value. Legumes include lentils and beans such as kidney beans, chickpeas and baked beans.</p>		There is no portion size restriction on these Everyday foods.
 <p>2. FRUIT Fresh, frozen and canned fruit in juice (not syrup) and drained before serving. For fruit juice, see Everyday Drinks.</p> <hr/> <p>Dried fruit Plain dried fruit with no coating such as chocolate, yoghurt-type coating For dried fruit and nut mixes, see nuts and seeds in Everyday Snacks.</p>		There is no portion size restriction on these Everyday foods.
 <p>3. GRAIN (CEREAL) FOODS Preferably wholegrain and/or high cereal fibre varieties. e.g. bread, breakfast cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa, barley, wholegrain crackers and crispbread</p> <p>Bread/toast e.g. wholemeal, multigrain, white, rye, Turkish, Lebanese, lavosh, focaccia, pita, tortillas, wraps, rolls, bagels, English muffins, crumpets, un-iced fruit bread and buns. Includes gluten-free varieties.</p> <hr/> <p>Breakfast Cereals e.g. flakes, bran, rice, corn, muesli, porridge No sugary types, preferably wholegrain. No added confectionery.</p>		There is no portion size restriction on these Everyday foods.
		 maximum portion size 50g
		<p>Only serve these packaged foods with</p>  <p>3.5 stars and above.</p>

Continued on the next page.

FIVE FOOD GROUPS: use these along with items from the *Basic Ingredients List* to make Everyday meals, snacks and drinks.

PACKAGED OR FRESHLY PREPARED



4. LEAN MEATS AND POULTRY, FISH, EGGS, TOFU, NUTS AND SEEDS

Choose lean cuts of meat, trim fat and skin. Includes lightly salted meat alternatives.

For unsalted and lightly salted nuts and seeds, see **Everyday** snacks.

For coated nuts and seeds, see **Occasional** snacks.

Eggs

e.g. boiled, poached, scrambled and omelettes

There is no portion size restriction on these **Everyday** foods.
NOTE: processed (e.g. bacon, chorizo) and crumbed/coated meat (e.g. schnitzel, crumbed/battered fish) are not included in this food group, see **Occasional** foods.



5. DAIRY – MILK, YOGHURT, CHEESE AND/OR THEIR ALTERNATIVES, MOSTLY REDUCED FAT

Plain milk and milk alternatives

Preferably reduced fat e.g. fresh or UHT, plain milk and milk alternatives such as soy, rice or nut milks which are fortified with calcium.

Flavoured milk and flavoured milk alternatives

Preferably reduced fat. Includes iced-coffee flavoured milk and flavoured soy, rice or nut milk alternatives which are fortified with calcium.

Yoghurt and yoghurt alternatives

Preferably reduced fat e.g. Greek, natural, plain, soy, flavoured (excludes coconut-milk-based yoghurts). No added confectionery.

Cheese and cheese alternatives


Preferably reduced fat e.g. colby, tasty, cheddar. Includes those packaged with plain crackers.

There is no portion size restriction on these **Everyday** foods.

Only serve these packaged foods with



3.5 stars and above.

 maximum portion size 500ml, but ensure that smaller sizes are available and promoted.

If you would like to select a healthier version, choose those that are 3.5 stars and above.

EVERYDAY COLD MEALS



MEALS (EXAMPLES)

SANDWICHES/WRAPPS/ROLLS

e.g. lean meats, egg, preferably reduced-fat cheese, hummus, salad

SUSHI/RICE PAPER ROLLS

e.g. tuna, avocado, salmon, tofu, chicken, vegetables
No deep-fried/tempura.

SALADS

e.g. garden, pasta, bean, couscous, quinoa, egg, potato, coleslaw, tabouleh

FRITTATA (No Pastry)

e.g. vegetable frittata



FRESHLY PREPARED ON SITE

- Use only **Everyday** fresh unpackaged or packaged foods from the five food groups, and prepare using ingredients on the *Basic Ingredients List*.
- Include 1-2 types of different vegetables (not including potatoes) or salad.
- Use salad dressings on the *Basic Ingredients List*.
- Do not add salt during preparation.
- Use preferably wholegrain and/or high cereal fibre varieties of bread, wraps or rolls.
- Note: lean ham may be included in **Everyday** foods.



PACKAGED

There is no portion size restriction on these **Everyday** foods.



If you add an **Occasional** food such as crumbed/coated meat, sausages or hot chips to any of the above **Everyday** foods then it becomes an **Occasional** food or meal, see below.


OCCASIONAL COLD MEALS



MEALS (EXAMPLES)

SANDWICHES/WRAPPS/ROLLS/SALADS/SUSHI/FRITTATA

(with **Occasional** foods and fillings)

 maximum portion size for *Occasional* fillings;
60g processed meats,
140g crumbed/coated meats

Examples of **Occasional** foods and fillings include bacon, salami, chorizo, prosciutto, coated/crumbed meat (e.g. chicken schnitzels), coated/crumbed falafel, vegetable tempura and foods with pastry.



FRESHLY PREPARED ON SITE

- Include **Everyday** unpackaged or packaged foods from the five food groups, and prepare using ingredients on the *Basic Ingredients List*.
- Include 1-2 types of different vegetables (not including potatoes) or salad.
- For suitable **Occasional** fillings and foods to use in these foods, see **Occasional** hot foods,
- Do not add salt during preparation.




PACKAGED

Only serve these **Occasional** foods and fillings with



3.5 stars and above.

 maximum portion size limits apply to the **Occasional** food or filling portion.

EVERYDAY HOT MEALS



MEALS (EXAMPLES)



FRESHLY PREPARED ON SITE



PACKAGED

TOASTIES AND OPEN MELTS

e.g. preferably reduced-fat cheese, lean meats, vegetables

SOUP

e.g. minestrone, tomato, chicken and vegetable, pumpkin

Choose no-added-salt or reduced-salt varieties where possible.

PASTA

e.g. lasagne, spaghetti bolognese, ravioli, macaroni and cheese, pasta bakes, canned spaghetti

PIZZA

Everyday toppings include lean chicken, vegetables, pineapple, lean mince, mushrooms and preferably reduced-fat cheese.

Preferably with thin crust or muffin/pita base, and wholemeal.

RISOTTO AND RICE DISHES

e.g. chicken risotto, mushroom risotto, vegetable risotto, nasi goreng, mexican rice, paella

INDIAN

e.g. chicken tikka masala, vegetable curry, rogan josh, lentil stew, lentil dahl

ASIAN (with rice or noodles)

e.g. meat curry, vegetable curry, stir-fried vegetables, fried rice, noodle soup.

Noodle types include udon, egg and rice.

MEXICAN (soft tortillas only)

e.g. burrito, fajitas and enchiladas.

Preferably using reduced-fat cheese.


For Mexican meals served with corn chips or hard taco shells/bowls see **Occasional** hot food.

- Use only **Everyday** fresh unpackaged or packaged foods from the five food groups, and prepare using ingredients on the *Basic Ingredients List*.
- Include 1-2 types of different vegetables (not including potatoes) or salad.
- Use preferably wholegrain and/or high cereal fibre varieties of bread, rice or pasta.
- Added oils, margarine spreads and melted cheese toppings should be used in small amounts.
- Do not add salt during preparation and salty sauces should be used only in small amounts.
- Note: lean ham may be included in **Everyday** foods.
- Do not deep fry.
- There is no portion size restriction on these **Everyday** foods.

Only serve these packaged ready-to-eat meals if they are



3.5 stars and above.

 maximum portion size 450g.

EVERYDAY HOT MEALS (continued)



MEALS (EXAMPLES)



FRESHLY PREPARED ON SITE



PACKAGED

JACKET (BAKED) POTATOES

Cooked in their skin, split and served with a variety of **Everyday** toppings from the five food groups.

BURGER PATTIES/RISsoles/MEATBALLS/FALAFEL/VEGGIE

Uncoated varieties e.g. beef, chicken, fish, vegetable, lentil, tofu.

DIM SUM, DUMPLINGS, WONTONS AND STEAMED BUNS (BAO)

Steamed or cooked in water/broth/soup and containing **Everyday** fillings from the five food groups.

EVERYDAY HOT BREAKFAST

Hot breakfast containing **Everyday** foods from the five food groups.

When using tinned baked beans, choose preferably no added salt or reduced-salt varieties.

- Use only **Everyday** fresh unpackaged or packaged foods from the five foods groups, and prepare using ingredients on the *Basic Ingredients List*.
- Include 1-2 types of different vegetables (not including potatoes) or salad.
- Use preferably wholegrain and/or high cereal fibre varieties of bread, rice or pasta.
- Added oils, margarine spreads and melted cheese toppings should be used in small amounts.
- Do not add salt during preparation and salty sauces are used in small amounts.
- Note: lean ham may be included in **Everyday** foods.
- Do not deep fry.
- There is no portion size restriction on these **Everyday** foods.

Only serve these packaged ready-to-eat meals if they are



3.5 stars and above.

maximum portion size 450g.



All of the above foods and meals are **Everyday** when containing only **Everyday** foods and fillings from the five food groups.

If you add an **Occasional** food such as crumbed/coated meat, sausages or hot chips to any of the above **Everyday** foods then it becomes an **Occasional** food or meal, see next page.

OCCASIONAL HOT MEALS



MEALS (EXAMPLES)




FRESHLY PREPARED ON SITE




PACKAGED

Occasional hot meals

HOT MEALS WITH OCCASIONAL FOODS OR FILLINGS


 *maximum portion size of entire meal 450g*
e.g. pizza/pasta/risotto with processed meats such as bacon/prosciutto; meals with crumbed/coated meat, such as schnitzel meals or crumbed burgers; meals with hot chips/wedges; sausage sizzle or meals with sausages; breakfast or other meals with bacon/sausages/hash browns; nachos or tacos with corn chips or hard taco shells/bowls; jacket potato or burgers with processed meats such as bacon; meals including garlic bread or pastry.

- Include **Everyday** unpackaged or packaged foods from the five food groups, and prepare using ingredients on the *Basic Ingredients List*.
- Include 1-2 types of different vegetables (not including potatoes) or salad.
- For suitable **Occasional** fillings and foods to use in these foods, see **Occasional** food and fillings, next page.
- Do not add salt during preparation.
-  maximum portion size limits apply.

Only serve these packaged ready-to-eat meals if they are




3.5 stars and above.


 maximum portion size 450g

Occasional hot foods


PIES


 *maximum portion size 180g all pies (potato-top pies 250g)*
e.g. meat pie, vegetable pie, lean pies, party pies

SAVOURY PASTRIES/SAUSAGE ROLLS

 *maximum portion size 120g*
e.g. sausage rolls, spring rolls, samosas, quiche, filled pastries, ricotta and spinach triangles

INSTANT FLAVOURED NOODLES/HOT NOODLE CUPS


 *maximum portion size 75g (dry pack weight)*

- Include **Everyday** unpackaged or packaged foods from the five food groups, and prepare using ingredients on the *Basic Ingredients List*.
- Include 1-2 types of different vegetables (not including potatoes) or salad.
- For suitable **Occasional** fillings and foods to use in these foods, see **Occasional** food and fillings, next page.
- Do not add salt during preparation.
-  maximum portion size limits apply.

Only serve these packaged ready-to-eat foods if they are



3.5 stars and above.

 maximum portion size limits apply.

OCCASIONAL HOT MEALS (continued)



FOODS (EXAMPLES)



FRESHLY PREPARED ON SITE



PACKAGED

Occasional food and fillings (may be used in Occasional meals)

CORN CHIPS OR HARD TACO SHELLS/BOWLS

maximum portion size corn chips and hard taco shells/bowls 50g

For use in Mexican food e.g. nachos, tacos.
Use plain, unsalted corn-type chips or shells.

CRUMBED AND COATED FOODS (served hot or cold)

maximum portion size 140g

e.g. chicken fillets, patties, nuggets, strips, goujons, schnitzels, fish fingers, arancini balls, kibbeh, crumbed and coated meat alternatives, coated falafel and crumbed or coated veggie burgers

PROCESSED MEAT (served hot or cold)

maximum portion size 60g

e.g. bacon, chicken roll, pastrami, salami, pepperoni, chorizo, pancetta, prosciutto, mortadella, frankfurts, sausages and hot dogs (beef, lamb and chicken varieties). Does not include compressed whole muscle-meat products, such as formed chicken-breast, free-flow chicken, formed fish-fillet.

HOT POTATO PRODUCTS

maximum portion size 100g

e.g. hot chips, hash browns, wedges, gems, potato scallops, skins, potato bakes

GARLIC BREAD/CHEESE AND BACON ROLLS/ PULL-APART BREADS with Occasional fillings

maximum portion size 90g

- Include **Everyday** unpackaged or packaged foods from the five food groups, and prepare using ingredients on the *Basic Ingredients List*.
- Do not add salt during preparation.
- maximum portion size limits apply.

Only serve these packaged foods if they are



3.5 stars and above.

maximum portion size limits apply.



If you add an **Occasional** food such as crumbed/coated meat, sausages or hot chips to an **Everyday** food or meal then it becomes an **Occasional** food or meal.

EVERYDAY SNACKS



FOODS (EXAMPLES)



FRESHLY PREPARED ON SITE



PACKAGED

FRUIT

Fresh, frozen and canned fruit, in juice (not syrup) and drained before serving.
For dried fruits, see the next page.

- Choose fresh fruit in season for flavour and value.

VEGETABLES

Fresh vegetable sticks or bite-size salad vegetables included in snacks.

- Do not add salt or butter.
- Choose fresh vegetables in season for flavour and value.

DIPS – VEGETABLE BASED

e.g. hummus, tzatziki and vegetable-based dips (e.g. beetroot, eggplant, avocado and salsa) including those packaged with plain crackers.
For cream-cheese or sour-cream-based dips, see **Occasional** snacks.

- Use **Everyday** fresh unpackaged or packaged foods from the five food groups, and/or ingredients on the *Basic Ingredients List*.

CANNED TUNA/CHICKEN

e.g. plain, in spring water, including those that come packaged with plain crackers/salads/beans/pasta. Does not include processed chicken roll/loaf.

CHEESE

Preferably reduced fat.
e.g. colby, tasty, cheddar including those packaged with plain crackers

YOGHURT

Preferably reduced fat.
e.g. Greek, natural, plain, flavoured, soy; excludes coconut-milk-based yoghurts
No added confectionery.

SCONES, PIKELETS AND PANCAKES

No added confectionery.
e.g. plain scone, blueberry scone, pumpkin scone, spinach and fetta scone, plain pikelets or pancakes, fruit pancakes

- Serve plain or with fruit; use spreads in small amounts or use individual portion packs.
- Serve with no more than one tablespoon of maple or golden syrup.

UNSALTED NUTS, SEEDS, POPCORN AND LEGUME SNACKS (including those mixed with plain dried fruit)

e.g. unsalted nuts and seeds (may be roasted), plain air-popped popcorn, roasted chickpeas and other unsalted legume snacks
For nut and seed spreads, see the *Basic Ingredients List*. Do not use chocolate-nut spread.
For lightly salted nuts, seeds, popcorn and legume snacks, see the next page.

- Do not add salt during preparation.

If you would like to select a healthier version, choose those that are 3.5 stars and above.

EVERYDAY SNACKS (continued)



FOODS (EXAMPLES)



FRESHLY PREPARED ON SITE



PACKAGED

DRIED FRUIT

maximum portion size 50g

Plain dried fruit – no coating i.e. chocolate, yoghurt-type coating.

Dried fruit and nut mixes, see nuts and seeds below.

- maximum portion size limits apply.

maximum portion size limit applies.

LIGHTLY SALTED NUTS AND SEEDS

(including those mixed with plain, dried fruit)

maximum portion size 50g

No sweet coatings or confectionery i.e. no chocolate/yoghurt/sugar coated.

For nut and seed spreads, see the *Basic Ingredients List*. Do not use chocolate-nut spreads.

LIGHTLY SALTED AND FLAVOURED POPCORN

maximum portion size 50g

e.g. lightly salted and flavoured (includes lightly-salted microwaved varieties).

No added confectionery.

Do not use coloured popcorn or confectionery coated popcorn e.g. caramel, toffee, carob, chocolate.

- Use added salt only in small amounts.
- maximum portion size limits apply.

Only serve these packaged foods if they are



3.5 stars and above.

LIGHTLY SALTED LEGUME SNACKS

maximum portion size 50g

Lightly salted or flavoured. e.g. wasabi peas, roasted and salted chickpeas.

maximum portion size limit applies.

MUESLI AND SNACK BARS

maximum portion size 50g

e.g. cereal-based bars, fresh or dried fruit-based bars, nut bars, protein bars and breakfast bars

No added yoghurt or confectionery

e.g. chocolate, chocolate chips, marshmallow, sprinkles.

- maximum portion size limits apply.

SAVOURY BISCUITS/CRACKERS AND CRISPREAD

e.g. plain crackers, cracker thins, wafer thins, breadsticks, crispbread and rice crackers and cakes

Preferably wholegrain. For flavoured varieties see, **Occasional** snacks.

- Serve 3.5 star and above crackers with **Everyday** toppings e.g. reduced-fat cheese, tuna, tomato, spreads, dips.

Only serve these packaged foods if they are



3.5 stars and above.

CUSTARD

No added confectionery.

Preferably reduced fat.

- Use reduced-fat milk.

OCCASIONAL SNACKS



FOODS (EXAMPLES)



FRESHLY PREPARED ON SITE



PACKAGED

SALTY SNACKS

maximum portion size 50g

e.g. chips and crisps (potato, corn, grain and wholegrain-style, vegetable), flavoured baked savoury biscuits, extruded snacks (cheese, bacon, BBQ flavoured puffed snacks, extruded vegetable snacks), coated nuts, soy crisps, flavoured rice snacks, noodle snacks and pretzels

- Use added salt only in small amounts.
- maximum portion size limits apply.

Only serve these if they are



3.5 stars and above.

maximum portion size limits apply.

SWEET BISCUITS

maximum portion size 50g

Includes sweet cookie-type breakfast biscuits.

CAKES AND SWEET PASTRIES

maximum portion size 80g

e.g. preferably un-iced cakes and pastries including muffins, banana bread, slices, danishes, croissants

DESSERTS

maximum portion size 100g

e.g. mousse, cheesecake, puddings, rice pudding, coconut-milk-based yoghurt

- maximum portion size limits apply.

No Health Star Rating to be applied.

maximum portion size limits apply.

CONFECTIONERY

maximum portion size 50g

e.g. chocolate (including chocolate bars, chips, coating and spreads), lollies, cough lollies, eucalyptus drops, sugar sweetened chewing gum, 100s and 1000s, fruit gummies and jelly sticks, dessert-type jelly (including those with fruit added), icing, liquorice, carob confectionery, carob coating, yoghurt-type confectionery or yoghurt coating and products containing confectionery

ICE CREAM, FROZEN YOGHURT AND ICE BLOCKS

maximum portion size 85ml

Individually packaged or scooped on site.

- maximum portion size limits apply.

No Health Star Rating to be applied.

maximum portion size limits apply.



The Occasional snacks listed above are always Occasional, even if they are freshly prepared using Everyday foods.

EVERYDAY DRINKS



	FOODS (EXAMPLES)		FRESHLY PREPARED ON SITE		PACKAGED
WATER	Plain including tap, spring, mineral or sparkling. Also includes plain water infused with flavouring, fruit/herb essence or fruit juice flavouring up to 4%. No added sugars and no intense sweeteners.		<ul style="list-style-type: none"> No additional requirements. 		<p>There is no portion size restriction on these Everyday drinks.</p>
PLAIN MILK AND MILK ALTERNATIVES	e.g. fresh or UHT, plain milk and milk alternatives. Preferably reduced fat.		<ul style="list-style-type: none"> No additional requirements. 		
TEA (LEAF/HERBAL)	Hot or iced tea varieties. No added sugars or intense sweeteners.		<ul style="list-style-type: none"> When served with milk – preferably reduced-fat milk or milk alternatives. 		
FRUIT/VEGETABLE JUICE/COCONUT WATER (including diluted juice)	<i>maximum portion size 400ml</i> 99% fruit/vegetable juice and/or coconut water. No added sugar or intense sweeteners. Fruit juice may be diluted with water (still/sparkling/carbonated). No added sugars or intense sweeteners.		<ul style="list-style-type: none"> Do not add sugar to freshly squeezed juices. maximum portion size limits apply. 	maximum portion size limits apply.	
COFFEE (freshly made)	<i>maximum portion size 500ml, but ensure that smaller sizes are available and promoted.</i> All espresso, instant, filtered, percolated coffees e.g. coffee made with water and/or milk, latte, cappuccino, mocha, and iced-coffee. May be blended with ice (frappe) or frozen. Preferably reduced fat.		<ul style="list-style-type: none"> When served with milk – preferably reduced-fat milk or milk alternatives. Do not add cream. Use no more than 1 level tablespoon of flavouring powder or 20ml syrup (approx. 1 syrup pump) per portion. maximum portion size limits apply. 		<p>Not applicable, see flavoured milk, below.</p>
LIQUID BREAKFAST DRINKS/PROTEIN DRINKS	<i>maximum portion size 500ml</i>				<p>Only serve these packaged drinks if they are</p> <p>3.5 stars and above.</p> maximum portion size limits apply.
FLAVOURED MILK AND MILK ALTERNATIVES	<i>maximum portion size 500ml, but ensure that smaller sizes are available and promoted</i> e.g. chocolate flavoured milk, iced-coffee flavoured milk, hot chocolate, iced chocolate, drinking yoghurt. Flavoured milk and milk alternatives served frozen or blended with ice (e.g. frappes) are Everyday drinks.		<ul style="list-style-type: none"> Use preferably reduced-fat milk or milk alternatives, and no added cream or ice cream. Use no more than 1 level tablespoon of flavouring powder or 20ml syrup (approx. 1 syrup pump) per portion. maximum portion size limits apply. 		
MILK SHAKES/SMOOTHIES (no ice cream/gelato/sorbet)	<i>maximum portion 500ml, but ensure that smaller sizes are available and promoted</i> For milk shakes and smoothies with ice cream/gelato/sorbet, see Occasional drinks. Milk shakes or smoothies with no added ice cream/gelato/sorbet that are frozen or blended with ice are Everyday drinks.		<ul style="list-style-type: none"> maximum portion size limits apply. 		

OCCASIONAL DRINKS



FOODS (EXAMPLES)



FRESHLY PREPARED ON SITE



PACKAGED

THICK SHAKE/SMOOTHIES (with ice cream/gelato/sorbet)

maximum portion size 500ml

maximum added ice cream/gelato/sorbet portion 125ml

- Use preferably reduced-fat milk or milk alternatives.
- Use no more than 1 level tablespoon of flavouring powder or 20ml syrup (approx. 1 syrup pump) per portion.
- maximum portion size limits apply.

Only serve these packaged drinks if they are



3.5 stars and above.

maximum portion size limits apply.

DIET AND SUGAR-FREE DRINKS (drinks with added intense sweeteners)

maximum portion size 500ml

Diet or sugar-free drinks sweetened with natural or artificial sweeteners such as stevia or aspartame. Includes juice-based drinks with added intense sweeteners.

e.g. diet soft drinks, diet iced teas, diet flavoured mineral waters, diet energy drinks, diet sports waters and sports drinks, diet cordials and no-sugar slushies

- maximum portion size limits apply.

No Health Star Rating to be applied.

maximum portion size limits apply.

SUGARY DRINKS WITH NO NUTRITIONAL BENEFIT MAY NOT BE SOLD IN NSW HEALTH FACILITIES



Sugary drinks are drinks with no nutritional value and which have any sugars added during processing (this excludes milk drinks)[#]. Flavoured milk does contain some added sugar, but it also provides nutritional value as it is a source of calcium.

Sugary drinks with no nutritional value include drinks sweetened with sucrose, fructose, glucose, honey/syrup and fruit juice concentrates, e.g. soft drinks, flavoured mineral waters, flavoured water, sports waters, sports drinks, fruit drinks, slushies, cordials, coconut water with added sugar, energy drinks.



Portion sizes have been designed for both adult and children's health facilities but children's health facilities may want to consider providing smaller portion sizes where appropriate.

[#] Milk drinks are drinks where the predominant ingredient is dairy milk or a calcium-fortified dairy-milk-alternative, such as fortified soy/almond/rice milk.

BASIC INGREDIENTS LIST

The ingredients shown on the *Basic Ingredients List* can be used to help you make healthy **Everyday** meals and snacks along with fresh unpackaged or packaged **Everyday** foods from the five food groups. Examples of **Everyday** meals and snacks can be found in *Tool 1: Ready Reckoner*.

Everyday food item + food from *Basic Ingredients List* = **Everyday** meal or food.

USE THESE INGREDIENTS

Use these ingredients in recipes and sell foods made with these ingredients

HEALTHY OILS

- Healthy oils e.g. canola, sunflower, olive, grapeseed, corn, soyabean, macadamia and peanut.

When selecting healthier oils for your food outlet including for deep-frying (deep-frying makes the food or meal **Occasional**), see the Heart Foundation Healthy Oils program: <https://heartfoundation.org.au/programs/healthier-oils-program>

SPREADS, SALAD DRESSING AND MAYONNAISE

- Margarine
- Yeast spread (lightly spread or individual portion).
- Jam/marmalade/honey/golden syrup (lightly spread or individual portion).
- Red, white, and balsamic vinegar.
- Lemon or lime juice.
- Salad dressing made from oils listed above (in small amounts/individual portions) e.g. French, mayonnaise, aioli, ranch and caesar dressing.
- Nut spreads, for example, almond, peanut, cashew, LSA, only provide if they are 3.5 stars and above.

PASTRY

- Pastry (puff, shortcrust, filo) only provide if 3.5 stars and above. Filo-type prepared with only small amounts of healthy oils, see above for examples.

HERBS, SPICES AND SEASONING

- Fresh and dried herbs and spices.
- Curry powder and pastes.
- Reduced-salt seasoning packets: e.g. taco seasoning.

STOCK

- No-added-salt or reduced-salt stock or soup base.

DO NOT USE THESE INGREDIENTS

Do not use these ingredients in recipes or sell foods containing these ingredients

- Palm, coconut, palm kernel oils including solid coconut oil for baking and any animal fats such as lard or duck fat.
- Butter (including lemon, garlic and dairy blends) and cream.

- Cream, sour cream or cream fraiche and dressings made from these ingredients.
- Butter.
- Chocolate nut spread and other nut spreads with a Health Star Rating of less than 3.5 stars.

- All other pastry.

- Limit added salts (e.g. Himalayan, rock, table, sea, chicken, popcorn).
- All other seasonings.

- All other non-salt-reduced stock.

USE THESE INGREDIENTS

Use these ingredients in recipes and sell foods made with these ingredients

DO NOT USE THESE INGREDIENTS

Do not use these ingredients in recipes or sell foods containing these ingredients

CONDIMENTS, SAUCES AND MARINADES

- Cooking sauces – only provide cooking sauces that are 3.5 stars and above. Prepare sauces according to instructions on the pack if required.
 - Tomato paste.
 - Tomato and other table sauces, e.g. BBQ, sweet chilli, fish, soy sauce and gravies. Use salt-reduced where available. Use single-serve portions or packs.
 - Salt-reduced sauces for cooking (e.g. soy, satay) where available.
 - Pesto.
 - Cranberry, apple and mint sauces.
 - Chutney, pickles, mustard, horseradish, chilli, relish and salsa.
 - Marinades (use salt-reduced where available).
 - Vinegar (distilled, rice, cider, balsamic).
 - Reduced-fat/light coconut cream and milk.
- Sauces made from cream or butter.
 - Regular coconut milk and cream.

BAKING PRODUCTS

- Sugar (brown, caster or raw; single serve packs for use in beverages), honey, and syrups e.g. maple and golden syrup (limit use in recipes prepared centrally or on-site).
- Baking powder, bi-carb soda.
- Cocoa, cacao and desiccated coconut.
- Vanilla essence, other essences and flavours.
- Yeast: instant dried.
- Bread crumbs.
- Flour (preferably wholemeal).
- Pancake and pikelet mix.
- Eggs.
- Artificial or natural intense sweeteners (e.g. aspartame or stevia).
- Food colouring.
- Gelatine, agar.

FLAVOURINGS

- Milk flavourings, powder and syrups – use in small amounts (in drinks use no more than 1 level tablespoon per portion).