

# Healthy Food Guidelines

## Best left in

## Fruits and Vegetables

## Best left out

All fresh fruit  
(whole or cut up)  
Fruit in natural juice  
(from a tin or tub)

Whole vegetables  
(e.g. corn on the cob)  
Salad vegetables  
Canned vegetables (e.g. corn)  
Vegie sticks

Fruit juice and fruit drink  
Fruit straps  
Fruit bars

Potato chips and crisps

## Best left in

## Breads and Cereals

## Best left out

Breads: loaf, pita, rolls, Lebanese, wholemeal, wholegrain, Turkish, scrolls, pumpkin bread, raisin bread, rye  
\*High fibre breakfast cereals  
Rice  
Pasta  
Noodles  
Pikelets/pancakes  
Fruit muffins/scones

Pasta or rice salad  
Air-popped popcorn  
Cous cous  
Rice/corn cakes  
\*Rice crackers  
Crumpets  
\*Crispbread/crackers

\*Low fibre, high sugar or salt breakfast cereals  
Pastries e.g. croissants, donuts, danish  
2 minute noodles  
\*Muesli and cereal bars  
Cakes  
Sweet biscuits – plain, cream filled, chocolate and chocolate chip  
Coloured, buttered or salted popcorn

## Best left in

## Milk, Yoghurt, Cheese

## Best left out

Cheese  
Plain milk

Vanilla or fruit yoghurt  
Custard

Flavoured milk  
Flavoured custard  
Dairy desserts or puddings

Note reduced fat dairy products are recommended for children over 2 years of age

## Best left in

## Lean Meat, Fish, Chicken or Alternative

## Best left out

Roast beef, tuna, salmon  
Lean chicken, fish, pork, veal, beef, lamb  
Cubes of tofu  
Hard boiled egg  
\*Baked beans

4 bean mix  
Kidney beans  
Lean meatballs  
Sardines

Frankfurts  
Cabanossi  
Chicken roll  
Bacon  
Sausages

Chicken patties  
Sausage rolls or pies  
Salami  
Devon

Note check your service allergy policy before sending eggs

## Best left in

## Drinks

## Best left out

Water  
Plain milk

Fruit juice and fruit drink  
Soft drinks  
Cordial  
Flavoured mineral waters

Flavoured milk  
Energy drinks  
Sports drinks

**\*Use these guidelines to choose healthier packaged foods**

**Good for kids**  
good for life

Nutrition Information		
Servings per package: 3		
Serving size: 150g		
	Quantity per serving	Quantity per 100g
Energy	608kJ	405kJ
Protein	4.2g	2.8g
Fat, total	7.5g	4.9g
- saturated	4.6g	3.0g
Carbohydrate	18.6g	12.4g
- sugars	18.6g	12.4g
Sodium	90mg	60mg

Always compare products using the **100g column**

Less than 20g **fat** per 100g

Less than 5g **saturated fat** per 100g

Less than 15g **sugar** per 100g

Less than 600mg **sodium** per 100g