



# Secondary School Food and Nutrition Standards

## 1. FRUIT AND VEGETABLES



**Lunch time** must include **1** portion of fruit and **2** portions of vegetables.  
**At all other times** where food is provided at least one portion of fruit and/or vegetables must be provided.  
A secondary school portion of fruit and vegetables is **80g or 30g** of dried fruit.

## 2. OILY FISH

Must be provided at least **once every 3 weeks**.



## 3. RED AND RED PROCESSED MEAT



**Across the school day** no more than 230g over the week and only 130g of this 230g can be red processed.

## 4. SWEETENED BAKED PRODUCTS AND DESSERTS

**Across the school day** must meet the following – no more than 10g of total sugar, no more than 19g of fat and no more than 6g of saturated fat per portion.



## 5. BREAKFAST CEREAL



**Across the school day** must meet the following - no more than 15g of sugar, 1.1g of salt and contain at least 3g of fibre per 100g.

## 6. DEEP FRIED FOODS

A maximum of **3** portions can be provided in a **week**.



## 7. SAVOURY SNACKS

**Across the school day** plain crackers, oatcakes and breadsticks and any other pre packed savoury snacks such as crisps must be a pack size no more than 25g and contain no more than 22g fat, 1.5g salt and 3g of sugar per 100g.



## 8. BREAD



**Across the school day** must contain a minimum of **3g of Fibre per 100g**

## 9. SWEETENED YOGHURTS, FROMAGE FRAIS AND MILK BASED DESSERTS

The portion should be less than 175g, Less than 10g of sugar and 3g of fat per 100g.



## 10. PASTRY AND PASTRY PRODUCTS



Must not be provided more than **twice** a week across the school day.

## 11. OILS AND SPREADS

**Across the school day**

**Spreads** must not contain more than 20g of saturated fat per 100g and more than 30g per 100g of combined mono and poly and monounsaturated fat.

**Oils** must not contain more than 16g of saturated fat per 100g and must contain at least 55g per 100g of monounsaturated fat **OR** at least 30g per 100g of polyunsaturated fat.



## 12. SALT AND CONDIMENTS



**Across the school day**

**No Salt** should be provided.

**Condiments** can be provided where appropriate but in portion sizes of no more than 10ml.

## 13. CONFECTIONERY

**Across the school day** no confectionery can be provided. This includes confectionery within other products such as home baking, cereals and cereal bars. This standard includes both chocolate and non-chocolate products.



## 14. DRINKS

**Across the school day** only the following can be provided

- Plain water, must be freely available
- Plain semi skimmed milk
- Flavoured semi skimmed milk with no added sugars
- No added sugar lower fat drinking yoghurt
- Tea and coffee
- Sugar free drinks containing no more than 150mg/L of caffeine

