

14 Nutritional Standards at a glance - PRIMARY SCHOOL



NORTH AYRSHIRE
COUNCIL

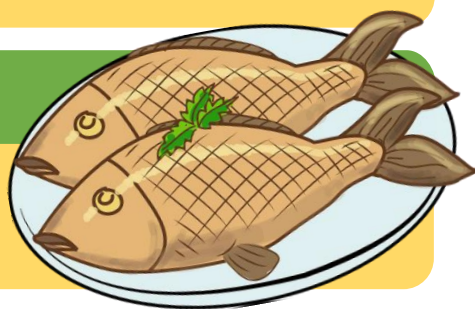
1. FRUIT AND VEGETABLES



Lunch time must include at least **1 x 40g** fresh, tinned, or frozen or **15g** dried fruit and **2 x 40g** portions of vegetables. At all other times where food is provided **1 x 40g** fruit or vegetable or **15g** dried fruit must be made available.

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 **175g** over the week & only **100g** of this 175g can be red processed.

4. SWEETENED BAKED PRODUCTS AND DESSERTS



Across the school day must meet the following – no more than **7g** of total sugar, no more than **7g** of fat and no more than **4g** 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.



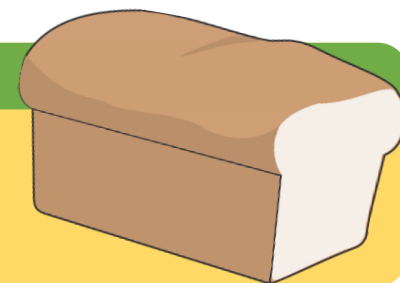
7. SAVOURY SNACKS



Across the school day plain crackers, oatcakes, and breadsticks and any other prepacked savoury snacks such as crisps must be a pack size no more than **25g**

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 **125g**. Less than **10g** of sugar and **3g** of fat per 100g.



10. PASTRY AND PASTRY PRODUCTS

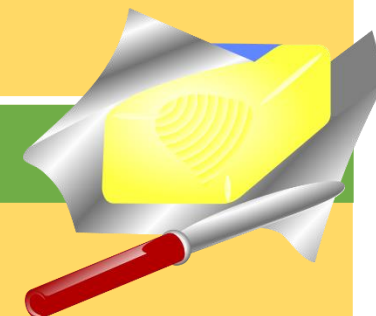


Must not be provided more than **twice** a week across the school day.

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 when included in the menu but must be dispensed in no more than **10ml** portions.

13. CONFECTIONARY

Across the school day no confectionery can be offered this includes chocolate and non-chocolate confectionery.



14. DRINKS

Across the school day only the following can be provided

- Plain semi skimmed milk
- Plain water, must be freely available

