

## Document 1

The following food and beverage items listed hereunder are always subject to the nutrient levels as established within the parameters set in the Nutrient Based Guidelines for Food and Drink Providers.

# FOOD AND BEVERAGE STANDARDS

## List of Permissible Foods

### SAVOURY ITEMS

- Soups, made with fresh or frozen ingredients low in added fat and salt. Soups should include a selection of vegetables and pulses.
- Fresh or toasted sliced sandwiched bread, rolls, baguettes, ftira, a selection of buns, ciabatta, pocket bread, pittas with healthy fillings<sup>1</sup> preferably using wholegrain<sup>2</sup> breads.
- *Hobz Malti* - Maltese bread preferably wholegrain filled with tuna, tomatoes, onions, lettuce, beans, capers, olives and fresh herbs.
- A selection of pizzas with healthy toppings<sup>3</sup>, preferably using a wholegrain<sup>2</sup> dough base.
- Hot dishes, such as baked rice and pasta and vegetable lasagne.
- Couscous, bulgar wheat and pasta dishes.
- Quiches and pies with a healthy filling<sup>4</sup> and a thin layer of short crust pastry.
- Baked potatoes/jacket potatoes with healthy fillings such as ricotta, tuna or any other medium/low fat cheeses.

- 100% grilled or baked chicken/turkey/fish fillet.
- Grilled/baked, not fried fish patties made with healthy ingredients such as tuna, salmon, vegetables, potatoes.
- Boiled/poached egg.

### SALADS AND DIPS

- Pasta or vegetable salads with vinaigrette (using olive oil, balsamic vinegar, lemon juice) or with mustard.
- A selection of low fat/low salt dips - vegetable, tuna, ricotta, bean, bigilla, hummus.

<sup>1</sup>Healthy fillings or toppings can include one or more of the following: a variety of fresh or frozen vegetables, tuna, sardines, mackerel, salmon, chicken, turkey, ricotta, baked omelettes and patties, skimmed mozzarella, low/medium fat cheese, hard boiled eggs, traditional Maltese bigilla, beans and lentils, low fat spread, low fat and low salt dressings.

<sup>2</sup>Wholegrain products include those made with wholegrain flour, wholewheat flour, cracked or bulgur wheat, graham flour, wholegrain corn flour or corn meal, whole oatmeal, whole rye, spelt, quinoa, wholegrain rice flour. The terms 'multigrain', 'stone ground' and 'pumpernickel' do not necessarily mean that the product is wholegrain.

<sup>3</sup>Healthy toppings include tuna, sardines, mackerel, salmon, chicken, hard boiled eggs, fresh or frozen vegetables, cheese e.g. mozzarella, ricotta, Edam cheese, cheeselets.

<sup>4</sup>Healthy filling includes ricotta, tuna, chicken, vegetables, beans (avoid baked beans), lentils, peas. Quiches and pies should be eaten occasionally and portion sizes should be small.

## SAVOURY SNACKS

- *Galletti*, water crackers, crackers, rice cakes and crispbreads, preferably wholegrain, low fat and low salt varieties.
- Nuts and seeds, not fried, without added salt or added sugars<sup>5</sup>.
- Roasted/dried beans and roasted chickpeas, without added salt or added sugars.
- Plain air-popped popcorn without added butter, salt or sugar.

## SWEET SNACKS

- Fresh, frozen fruit yoghurts (containing not more than 2.5% total fat, 1.5% saturated fat and not more than 10% sugar).
- Breakfast cereals<sup>6</sup>.
- Plain *qagħaq tal-ħmira*.
- Individually packed *buskuttelli*.
- Traditional Bread Pudding.

## FRUIT SNACKS

- Individual fresh fruits and fresh fruit salads.
- Stewed fruit with no added sugar.
- Baked fruit without pastry and no added sugar.
- Fresh fruit milkshake (with milk or yoghurt containing not more than 2.5% total fat, 1.5% saturated fat and 10% total sugars, and fresh fruit without added sugar).

**Sweet Snacks** should not contain any trans fats (i.e. hydrogenated or partially-hydrogenated vegetable oils). They should be eaten less often. In addition **Desserts** should only be offered occasionally.

**Common allergenic foods** include eggs, milk, fish, shellfish, peanuts, soya, wheat, nuts and seeds. Allergies to certain foods such as peanuts and peanut products, other nuts, seeds and their derivatives and shellfish can be acute. People suffering from a severe food allergy need to know the exact ingredients in their food since even a small amount of the food allergen could harm them. **Nuts should not be distributed among children under 5 years of age.**

<sup>5</sup>Added sugars include white sugar, brown sugar, raw sugar, sucrose (referred to also as table sugar), glucose, glucose syrup, agave syrup, corn syrup, high-fructose corn syrup, corn-syrup solids, malt syrup, maple syrup, pancake syrup, fructose sweetener, liquid fructose, honey, molasses, invert sugar, anhydrous dextrose, crystal dextrose, hydrolysed starch. The higher up in the list these ingredients occur, the higher in 'added sugars' the product is.

<sup>6</sup>Breakfast cereals as per nutrient based guidelines (Document 5). Wholegrain varieties are good sources of fibre.