

FOOD AND BEVERAGE STANDARDS

List of Prohibited Foods

- Fried foods.
- Potato chips.
- Salami, bacon, luncheon meat, mortadella and corned beef.
- Highly processed foods, including all sausages, burgers, chicken nuggets, spring rolls, wontons, samosas, fish cakes/fingers and other battered, ready-made crumb-coated products.
- Pizzas with high fat/salt toppings, such as sausages, salami, pepperoni and cheese.
- *Pastizzi*, sausage rolls and hot dogs.
- Salted or sweetened nuts.
- Doughnuts, cream and jam cakes, iced cakes, sweet pastries⁷.
- Chocolates, sweets and confectionery⁷.
- Yoghurts and desserts⁸.
- Breakfast cereals⁹ and cereal bars⁹.
- Bagged savoury snacks except nuts, pulses and seeds.
- Products manufactured and marketed with the intention of being used as part of a weight loss diet.
- Ready-to-use dips, ready-to-use salad dressings and sauces.

⁷Milk chocolate, plain chocolate, white chocolate bars; chocolate flakes; chocolate buttons; chocolate eggs; filled chocolate, chocolate coated confectionery bars or biscuits; boiled, chewy, gum, liquorice, mint and other sweets; sherbet; dried fruit; fudge; toffee; marshmallows; nougat; Turkish delight; cereal chewy bars; cereal crunchy bars; processed fruit bars; chewing gum; croissants, cookies, sponge cakes, wafers; marzipan, nut spreads including peanut butter, spreadable chocolate and other sweet sandwich toppings; jelly caramels, iced lollies, sorbets, ice cream.

⁸Contain more than 2.5% total fat, 1.5% saturated fat and 10% total sugars.

⁹Not in line with the nutrient based guidelines (Document 5).