

## Nutrient Based Guidelines for Food and Drink Providers

It is advisable that tuck-shop operators keep to the minimum nutrient levels suggested for each nutrient.

Foods should be free from artificial sweeteners, and trans fats found in hydrogenated or partially-hydrogenated vegetable oils/fats.

Flavours, colourings and enhancers (monosodium glutamate MSG) should be avoided.

Nutrient	Nutrient level per 100g / ml of food
Fats <sup>10</sup>	Not more than 20g
Saturated Fats	Not more than 5g
Total Sugars	Not more than 10g <sup>11</sup>
Salt	Not more than 1.5g
Sodium	Not more than 0.6g

Adapted from: Food Standards Agency Guidelines, UK 2010 and TASNE Report (2006).

Revised by the HESC and the HPDPD.

<sup>10</sup>Foods should be free from hydrogenated or partially-hydrogenated vegetable oils/fats. Total fats may discriminate against foods high in natural fats such as nuts and seeds. Values for total fats may be higher than the suggested levels for these foods.

<sup>11</sup>With the exception of cereals for which total sugars should not be more than 15g per 100g.

## Food based guidelines

### Cheeses

- A variety of medium or low fat cheeses such as Edam, Ricotta, Emmenthal, Mozzarella, Cheeselets and Goat's cheese should be used.

### Fat spreads (Council Regulation (EC) No 2991/94 of 5 December 1994)

- Margarine and low-fat spreads should be plant-based (that is to have not more than 2% fat from animals).
- Low fat/light spreads (Low-fat or light – less than 41% fat) only are permissible.
- At least 70% of total fat is unsaturated.
- Should not contain trans fats (i.e. hydrogenated or partially-hydrogenated vegetable oils).

### Traditionally prepared sweets

- Wholemeal flour to be used whenever possible.
- Plant-based spreads or oils should be chosen and the amount of fat should be reduced as much as possible.
- The least possible amount of sugar should be used.
- Sugar should be replaced with fresh fruit or vegetables (grated or chopped) such as apples, pears, carrots, and beetroots.

### Milk, yoghurt and drinks made from a combination of these which may also include fruit

- Contain not more than 2.5% total fat, 1.5% saturated fat and 10% total sugars.