

# Healthy kids need healthy canteens!

## ALWAYS ON THE CANTEEN MENU

### Encourage and promote these foods and drinks

**These foods and drinks:**

- are the best choices for a healthy school canteen
- should be available every day and be the main choices on the canteen menu
- contain a wide range of nutrients
- are generally low in saturated fat and/or sugar and/or sodium (salt).



## SELECT CAREFULLY

### Do not let these foods and drinks take over the menu and keep serve sizes small

**These foods and drinks:**

- contain some valuable nutrients
- contain moderate amounts of saturated fat and/or sugar and/or sodium (salt)
- if eaten in large amounts, may increase the amount of energy (kilojoules) being consumed.



## NOT RECOMMENDED ON THE CANTEEN MENU

### These foods and drinks should not be sold in a healthy school canteen

**These foods and drinks:**

- may contain excess energy (kilojoules) and/or saturated fat and/or sodium (salt) and/or sugar
- are low in nutritional value.

