|  |  |
| --- | --- |
|  |  |

# C:\Users\jessica.oreilly\Desktop\education_Colourbar_withOchre.png

Department of

**Education**

**How to decide if a food or drink is suitable for a School**

Use the flowchart below to decide whether a food or drinks fits into the **GREEN**, **AMBER** or **RED** category.

**Classifying foods and drinks using major and minor ingredients**

It is not possible to classify a food or drink as **GREEN**, **AMBER** or **RED** using the ‘Food or Drink Table’ or the nutrient criteria tables on pages 4-6 of the School Nutrition and Healthy Eating Guidelines if:

* Nutrient information is not available (e.g. for foods and drinks prepared on site)
* Nutrient information is available but the item does not fit in a category in the nutrient criteria tables

In these situations, foods and drinks should be classified based on the nutrition content of their ingredients.

Information about ingredients is available from ingredients lists on food labels or from recipes.

Use the following process to classify foods and drinks according to their ingredients:

1. Identify major ingredients and minor ingredients (using the food tables on page 4-6 of the School Nutrition and Healthy Eating Guidelines)

* **Major ingredients** make up the majority of an item. All ingredients are considered ‘major’ except those that are provided in very small amounts.
* **Minor ingredients** make up only a small proportion of the item. Some examples of minor ingredients are dressings, sauces, spreads, garnishes and oils.

1. Classify all major and minor ingredients as **GREEN**, **AMBER** or **RED**.
2. Use the information in the table below to determine whether the overall food or drink is in the **GREEN**, **AMBER** or **RED** category.

|  |  |
| --- | --- |
| **Category** | **Criteria** |
| **GREEN** | Option 1: all ingredients are **GREEN**  Option 2: items with a mix of **GREEN** or **AMBER** ingredients  Items must meet the following conditions:   * 2 **AMBER** minor ingredients and all major ingredients are **GREEN** |
| **AMBER** | * 1 or more **AMBER** major ingredients AND no **RED** ingredients (minor or major) |
| **RED** | If the recipe contains any **RED** ingredients it cannot be provided |
| Extra criteria | * A thin spread of margarine in sandwiches, or a dash of oil for frying off ingredients does not alter the classification of meals or snacks |

**Example: Crumbed chicken-patty burger**

A burger made with an oven-baked crumbed chicken patty includes:

* Major ingredients: bread bun, over-baked chicken patty, onion and lettuce
* Minor ingredients: mayonnaise (regular-fat)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Food item:** | Crumbed chicken-patty burger | | | | |
|  |  | **Green** | **Amber** | **Red** |  |
| **Major ingredients** | Bread bun  Oven-baked chicken patty    Onion  Lettuce | X  X  X | X |  | Overall classification:  **AMBER** |
| **Minor ingredients** | Mayonnaise (regular fat) |  | X |  |

**Acknowledgement: This guide was developed by the Northern Territory Department of Health and is based on the Victorian Healthy Choices: food and drink classification guide.**