

# Nutrition in Schools:



Scottish Nutrient Standards for School Lunches

---

# Contents

## **FOREWORD**

### **SECTION 1: SCOTTISH NUTRIENT STANDARDS FOR SCHOOL LUNCHES**

- Introduction
- Achieving the Nutrient Standards
- Drinking Water
- Food and Drink Choices
- Special Diets and Allergies
- Children and Young People with Special Needs
- Minority Ethnic Communities and Special Religious Dietary Requirements
- Scottish Nutrient Standards for School Lunches

### **SECTION 2: PRACTICAL GUIDANCE FOR SCHOOLS AND CATERERS**

- Eating for Health
- What Does This Mean for Caterers?
- Menu Planning by Food Group
- Recommended Portion Sizes
- Sources of Calcium, Folate and Iron

### **SECTION 3: NUTRITIONAL ANALYSIS SOFTWARE**

Under development - section 3 to follow

### **SECTION 4: PRODUCT SPECIFICATIONS**

- Introduction
- Group 1: Bread, other Cereal and Potato Products
- Group 2: Fruits and Vegetables
- Group 3: Milk and Milk Products including cheese, yoghurts and milk-based deserts
- Group 4: Meat, Fish, Vegetarian & Composite Products
- Group 5: Foods containing Fat, and Foods and Drinks containing Sugar including savoury snacks and puddings
- Impact of Sodium Specifications for Manufactured Products

### **ANNEX A: REFERENCES**

---

# Foreword

In January 2002, Scottish Ministers established an Expert Panel on School Meals to make recommendations that would form the framework of a national strategy for school meals. The Panel's remit was to provide costed recommendations and a fully developed implementation strategy to:

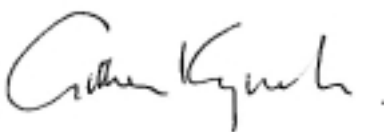
- establish standards for school meals
- improve the presentation of school meals to improve general take-up
- eliminate any stigma attached to taking free school meals.

In February 2003, *Hungry for Success*, the report of the Expert Panel on School Meals, was published. This report sets out the Panel's vision for a revitalised school meals service in Scotland and presents a number of far-reaching recommendations connecting school meals with the curriculum as a key aspect of health education and health promotion. Ministers have announced their acceptance of all the Panel's recommendations including the national nutrient-based standards for school lunches.

These standards are the first of their kind in the UK. They form a key part of the Scottish Executive's campaign to improve Scotland's health record by improving the nation's diet. The Executive's Healthy Living Campaign and the Scottish Diet Action Plan seek to increase the amount of fresh fruit and vegetables in our diet and reduce the high consumption of fat, sugar and salt. The standards offer us the opportunity of achieving major and lasting improvements to the health of Scotland's children by ensuring that children across Scotland have access to high-quality school meals.

In their recommendations the Panel sought to set out a system of National Standards under local, partnership-operated control. Local authorities working in partnership with catering professionals, schools and the school communities – teachers, parents and pupils themselves are the key agents of success in implementing these standards.

Achieving the standards in all primary and special schools by December 2004 and in all secondary schools by December 2006 will be a challenging task for everyone, but I know from discussions with key stakeholders that these reforms are very much welcomed and that there is energy, enthusiasm and a will to make the changes happen.



**Gillian Kynoch**  
Scottish Food and Health Co-ordinator

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

## SCOTTISH NUTRIENT STANDARDS FOR SCHOOL LUNCHES

Introduction

Achieving the Nutrient Standards

Drinking Water

Food and Drink Choices

Special Diets and Allergies

Children and Young People with Special Needs

Minority Ethnic Communities and Special Religious Dietary Requirements

Scottish Nutrient Standards for School Lunches

## Introduction

**1.1 Diet in childhood plays an essential role in growth and development, current well-being, educational performance and avoidance of chronic disease throughout life. Current knowledge on optimal diet for children is set out in the *Dietary Reference Values Report (1991)* and it is this report that forms the scientific basis for the design of the Scottish Nutrient Standards.**

1.2 The proportion of the daily nutrient provision that should be achieved from a single daily lunch has been extensively reviewed by the Caroline Walker Trust Expert Working Group on School Meals (1992), the outcome of which were the *Nutritional Guidelines for School Meals*. These Guidelines cover the nutrients and micronutrients (vitamins and minerals) currently of most concern in school children's diets and remain largely appropriate for calculating the nutrient standards for Scottish school children. These Guidelines were therefore adopted as the basis of the recommended nutrient standards. In addition, the following view was taken:

- fruits and vegetables should be considered as part of the nutrient standards, with around 30% being supplied by school lunch (World Health Organization Recommendations on Diet, Nutrition and the Prevention of Chronic Disease 1990)
- sodium provision should be no more than 30% of the Dietary Reference Value (SACN, DoH, in print 2002).

1.3 It is recognised that the consumption of a diet based on bread, cereals and other starchy foods, fruits and vegetables, and low amounts of

fat, sugar and salty foods is a fundamental consideration in catering provision. The provision of food and drink, which meets these nutritional standards, is a key part of achieving a healthy dietary intake, but it is recognised that food provides considerably more than biological requirements. To perceive school food only in terms of nutrient delivery would be a missed opportunity for the development of social and life skills and for culinary richness.

## Achieving the Nutrient Standards

1.4 Nutrient standards can be achieved in a variety of ways which will involve consideration of menu planning (the composition of recipes used, the cooking and serving process), the product specification of individual food items, portion sizes and the frequency with which nutrient-dense foods are served during the school week. The Scottish Executive is commissioning the development of nutritional analysis software that will assist in the self-evaluation of nutrient standards. Section 3 of this guidance will be provided as soon as the software becomes available. It is also important that good practice in menu design and food provision which demonstrates the achievement of

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

these standards is shared. The Scottish Executive will be working with the Scottish Health Promoting Schools Unit to ensure that arrangements are set up that allow this to happen.

## Menu Planning

1.5 To meet individual tastes the nutrient standards should be met by a choice of foods. Key points and menu-planning guidance is provided in Section 2. The descriptions of foods and frequencies served are given as basic guidance for catering practice. **What is essential is the achievement of the nutrient standards.** A flexible approach building on catering wisdom and experience, skills and local tastes is important in allowing a wide range of food and menu options to be available.

## Portion Sizes

1.6 Portion size guidelines are necessary to assist caterers in planning lunches that meet nutrient standards for energy and other nutrients as well as to satisfy young appetites. Hungry children are more likely to snack on high fat and sugar confectionery. Guidance on portion sizes is provided in Section 2. In many cases schools will find that the portion sizes are substantially different from current practice. Larger portions of starchy food (bread, potatoes, pasta) and larger portions of fruits and vegetables will be required to meet the Scottish Nutrient Standards.

## Product Specifications

1.7 Product specifications are being developed by the Food Standards Agency to help plan menus to meet the Nutrient Standards and to raise the quality of manufactured products used in school lunches. They will be developed according to a

rolling programme covering the relevant food groups listed in Section 2. Consultation, including consulting with the food industry, on the practicality, palatability and affordability of achieving such specifications will be an integral part of developing the specifications. Section 4 of this guidance will be provided as the product specifications become available.

## Drinking Water

1.8 It is recognised that children need access to adequate amounts of fluids within the school day. Drinking water, which is free, fresh and chilled, should be provided with drinking cups or glasses within the dining room.

## Food and Drink Choices

1.9 Promotion of appropriate food and drink choices is the responsibility of the whole school community. Within the dining room context there are specific issues that should be considered, including the following:

- *awareness* of appropriate choices (e.g. poster or other point of sale promotional materials, signposting and other visual cues)
- *access* to appropriate choices (e.g. counter positioning, easy access to promoted choices, less easy access to less favourable choices)
- *availability* of appropriate choices (e.g. ensuring sufficient provision of promoted items, especially such items as non-fried potatoes and salad)
- *acceptability* (e.g. promoted foods should taste good, be well cooked and attractively presented)
- *affordability* (e.g. appropriate pricing policy should be considered).

## Special Diets and Allergies

1.10 Medically prescribed special dietary requirements should always be accommodated. The principle of variety and choice should apply equally to children on special diets as part of a wider child-centred approach. Each education authority is required to develop a policy for delivering, in partnership with parents and carers, medically prescribed diets and appropriate provision for children with special educational needs while taking account of catering staff needs, diabetes and allergies.

### Catering Staff Needs

1.11 Catering staff should be appropriately advised of the specific nature of the dietary requirement and children requiring special diets should be made known to the caterer. Diet guidance sheets should be provided by a State Registered Dietitian in the form of detailed diet sheets or meal plans for the child concerned. This will indicate to the caterer the food choices that are suitable or should be excluded.

### Diabetes

1.12 All children with diabetes are advised to eat regular meals and snacks. All children with diabetes should have a meal plan which has been prepared especially for them by a State Registered Dietitian. It is essential that the guidance on the meal plan is strictly adhered to.

## Allergies

1.13 Food allergies are estimated to affect up to 2% of the adult population and are more prevalent in infants and children. A number of foods have been linked to food allergy, the most common of which are milk, wheat, peanuts, fish, soya, eggs and shellfish. A wide range of symptoms has been reported which vary in severity from a mild reaction to a very rapid and severe response.

1.14 Allergy to some foods, such as peanuts, peanut products, other nuts and shellfish can be particularly acute. People suffering from a severe food allergy need to know the exact ingredients in their food as even a tiny amount of the allergenic food could kill them.

1.15 All pupils who have been diagnosed as having a food allergy should have a detailed diet sheet/meal plan prepared by a State Registered Dietitian. This will indicate the range of foodstuffs that should be excluded as well as those that are suitable.

## Children and Young People with Special Needs

1.16 Children and young people with special needs may have particular problems associated with eating. It is important that anyone involved in caring for children and young people with eating difficulties is trained to ensure that they can give the best and most appropriate assistance. These problems should not be a barrier to enjoyment and participation in meals and food choice or to learning about healthy eating. No additional charge should be passed on to parents.

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

## Minority Ethnic Communities and Special Religious Dietary Requirements

*“Traditional foods and eating patterns of black and ethnic minority communities are part of the reality of the multiethnic and multicultural nature of British society today. Food is one of the most noticeable aspects of an individual’s cultural identity and is closely linked with religious, social and economic circumstances. All over the world, societies have developed traditional eating patterns over centuries. They are based on foods available locally and influenced by cultural and religious beliefs. To produce a detailed and accurate profile of the food habits of each ethnic group in Britain is a very lengthy process and even then it would be unlikely to include all groups and variations within and between them.” (Hill 1994).*

1.17 This statement is equally true for other faith communities. What is required is an ongoing development of knowledge and awareness around the needs of pupils from minority ethnic and religious communities. One important way to achieve this is through partnership approaches. It is important that education authorities ensure that schools and caterers have access to suitable information, support and resources to ensure these needs are met in a sensitive, informed and appropriate manner.

## Scottish Nutrient Standards for School Lunches

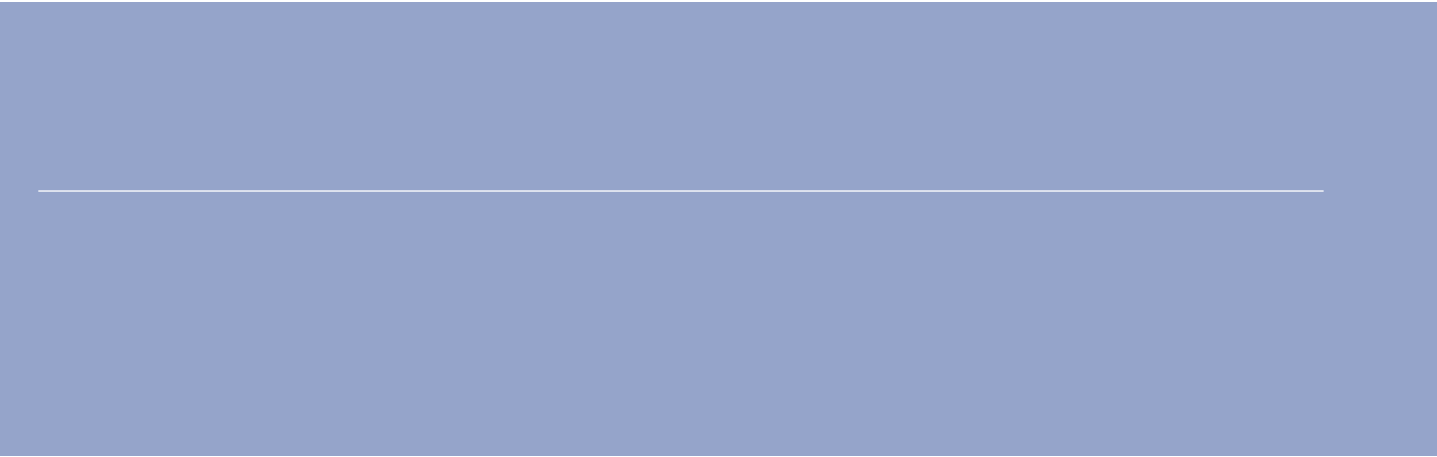
1.18 The Scottish Nutrient Standards for School Lunches set out to ensure the provision of a meal that provides largely a third of a child’s daily nutritional needs. These standards (Tables 1 and 2)

are set for both the provision of food i.e. what the menu offers, and for the consumption of food i.e. what the child actually eats. The first of these, what the menu may offer, can be achieved by the caterer, but to influence the second will take a whole-school approach. It is recognised that these standards will take time to implement. It is expected that all schools will make rapid progress, but a final implementation date of December 2004 for primary and special schools and of December 2006 for secondary schools is expected.

1.19 In the tables the energy and nutrient requirements for children aged 5-18 years are presented as average values for males and females in three age groups. These guidelines provide figures for the recommended nutrient content of an average school lunch provided for children over one school week. In practical terms this is the amount of food provided, divided by the number of children eating it, averaged over a week. All the nutrient intakes in the tables are based on the average of the recommended intakes for boys and girls. The child’s daily nutritional needs are expressed in terms of:

- dietary reference value (DRV) (or daily requirement)
- the reference nutrient intake (RNI) (the estimated amount of a nutrient that will meet the needs of most of the population)
- estimated average requirement (EAR) (in the tables EAR is used for energy to show the average requirement for energy for boys and girls).

1.20 The recommendations of energy intakes are based on children achieving a balance between energy intake and energy output allowing for growth and development. It is clear that children



who are physically inactive will require less energy to meet physiological requirements and that excess energy will be a major contributor to the development of excess body weight. Both diet and physical activity are part of a holistic approach to maximising children's health.

1.21 To protect and to promote the health of children, three nutrients are considered particularly significant. Calcium is important for bone growth. Iron is important for preventing anaemia, especially in secondary-age schoolgirls. Folates are particularly important, again for secondary-age schoolgirls. It is recognised that some nutrients are supplied in high amounts in only a limited range of foods. To assist caterers, guidance on rich sources of folate, calcium and iron are provided in Section 2.

1.22 The higher level of 40% of RNI for iron and folate has been adopted. In practice, levels have previously proved hard to achieve. However, because of the high health impact of a deficiency, efforts should be re-doubled to ensure adequate intakes.

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

**Table 1: Nutrient Standards for School Lunches for Pupils in Primary Schools  
Revised Nov 2003**

			Unit	Infants 5-6 years	Juniors 7-10 years
Energy	30% of EAR <sup>1</sup> Mean of girl and boy		MJ/Kcal	2.04 MJ 489 Kcal	2.33 MJ 557 Kcal
Fat	Not more than 35% of food energy	Max	g	19	21.7
Saturated Fatty Acids	Not more than 11% of food energy	Max	g	6	6.8
Carbohydrates	Not less than 50% of food energy	Min	g	65.2	74.3
NME (non-milk extrinsic) Sugars <sup>2</sup>	Not more than 11% of food energy	Max	g	14.3	16.3
Fibre/NSP (non-starch polysaccharides) <sup>3</sup>	Not less than 30% of calculated reference value	Min	g	3.9	4.5
Protein	Not less than 30% of RNI <sup>4</sup>	Min	g	5.9	8.5
Iron	Not less than 40% of RNI	Min	mg	2.4	3.5
Calcium	Not less than 35% of RNI	Min	mg	158	193
Vitamin A (retinol equivalents)	Not less than 30% of RNI	Min	µg	150	150
Folate	Not less than 40% of RNI	Min	µg	40	60
Vitamin C	Not less than 35% of RNI	Min	mg	11	11
Sodium <sup>5</sup>	Not more than 33% of SACN recommendation	Max	mg	393	655
Fruit and vegetables	1/3 of 5 portions per day		Portions	2	2

<sup>1</sup> Estimated average requirement

<sup>2</sup> These are added sugars rather than the sugar that is integrally present in food (e.g. table sugar, honey, sugar in fruit juice and soft drinks)

<sup>3</sup> Here calculated as 8g per 1,000 kcal

<sup>4</sup> Reference nutrient intake

<sup>5</sup> Scientific Advisory Committee on Nutrition (2003) Salt and Health

**Table 2: Nutrient Standards for School Lunches for Pupils in Secondary Schools**

			Unit	All secondary 11-18 years
Energy	30% of EAR <sup>1</sup> Mean of girl and boy		MJ/Kcal	2.70 MJ 646 Kcal
Fat	Not more than 35% of food energy	Max	g	25.1
Saturated Fatty Acids	Not more than 11% of food energy	Max	g	7.9
Carbohydrates	Not less than 50% of food energy	Min	g	86.1
NME (non-milk extrinsic) Sugars <sup>2</sup>	Not more than 11% of food energy	Max	g	18.0
Fibre/NSP (non-starch polysaccharides) <sup>3</sup>	Not less than 30% of calculated reference value	Min	g	5.2
Protein	Not less than 30% of RNI <sup>4</sup>	Min	g	13.3
Iron	Not less than 40% of RNI	Min	mg	5.9
Calcium	Not less than 35% of RNI	Min	mg	350
Vitamin A (retinol equivalents)	Not less than 30% of RNI	Min	µg	185
Folate	Not less than 40% of RNI	Min	µg	80
Vitamin C	Not less than 35% of RNI	Min	mg	13
Sodium <sup>5</sup>	Not more than 33% of SACN recommendation	Max	mg	786
Fruit and vegetables	1/3 of 5 portions per day		Portions	2

<sup>1</sup> Estimated average requirement

<sup>2</sup> These are added sugars rather than the sugar that is integrally present in food (e.g. table sugar, honey, sugar in fruit juice and soft drinks)

<sup>3</sup> Here calculated as 8g per 1,000 kcal

<sup>4</sup> Reference nutrient intake

<sup>5</sup> Scientific Advisory Committee on Nutrition (2003) Salt and Health

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

## PRACTICAL GUIDANCE FOR SCHOOLS AND CATERERS

Eating for Health

What Does This Mean for Caterers?

Menu Planning by Food Group

Recommended Portion Sizes

Sources of Calcium, Folate and Iron

## Eating for Health

**2.1 The Health Education Board for Scotland developed *Eating for Health* as a model for healthy eating in Scotland in 1996. It is nationally recognised and widely used by the food and catering industries as well as by health professionals, teachers and individual consumers, as a guide to the contents of a balanced meal or diet. In England the equivalent model, the Balance of Good Health, was developed in 1994 by the Health Local authority, Department of Health and Ministry of Agriculture, Fisheries and Food.**

2.2 *Eating for Health* shows the proportion of the overall diet that should come from each of the five food groups in order to provide enough of the important nutrients (such as vitamins, minerals and protein) and fibre without too much fat (especially saturates) and sugar. The five food groups are:

- bread, other cereals and potatoes
- fruit and vegetables
- milk and dairy foods
- meat, fish and alternatives
- foods high in fat, foods and drinks high in sugar.

2.3 Foods in each group provide a similar range of nutrients. For most people:

- a third of total food intake should be made up of starchy foods (e.g. bread, pasta, rice and potatoes). These foods should make up a main part of a meal
- a further third should be made up from fruit and vegetables. People should aim to eat at least five portions of a variety of fruit and vegetables each day

- meat, fish and alternatives (e.g. eggs, nuts, pulses, soya products) and milk and dairy foods provide concentrated sources of essential nutrients. So, only moderate amounts need to be eaten
- foods containing a large amount of fat or sugar should make up a relatively small proportion of the total food and drink consumed.

2.4 The model applies to catering for most people over the 5 years of age, including those who are overweight, vegetarians and people of all ethnic groups. Children under 5 years of age need to learn to eat healthily, but too much emphasis on cutting down fat intake and increasing the amount of fibre eaten is inappropriate for this age group – it can result in a bulky diet and children may not be able to eat sufficient amounts of food to meet their energy and nutrient needs. By around 5 years of age children should be progressing towards a diet based on the principles of *Eating for Health*.

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

## What Does This Mean for Caterers?

2.5 *Eating for Health* is a useful tool for caterers in menu planning as it shows the overall balance that should be aimed for in the lunches served. Dishes or meals usually contain foods from more than one of the five food groups. *Eating for Health* can be applied by identifying the main food items or ingredients in the composite dish or meal and thinking about how these fit in with the proportions suggested and by altering the proportions, e.g. serving slightly smaller portions of the main dishes with extra fruit, vegetables or bread. Whatever the type of catering provided, the principles of balance and variety apply.

2.6 Healthier catering for children means:

- offering child-size portions of a variety of meals, not just a range of fried favourites
- offering foods from the food groups:
  - fruit and vegetables
  - meat, fish and alternatives
  - bread, cereals and potatoes
  - milk and dairy foods
- limiting fat-rich foods such as sausages, burgers, pies, crisps, chips or other fried food
- for young children, offering small fruits and yoghurts which are usually popular
- not offering too many sugar-rich foods and drinks
- offering milk, unsweetened fruit juice and water
- limiting the amount of salt added to foods.

## Choosing Healthier Ingredients

2.7 The choice of commodities can have a significant effect on the nutritional content and the balance of meals and foodstuffs. Many suppliers have responded to the increasing demand for

healthier ingredients, which are now easier to find. Pre-prepared products are available that can be cooked by one of three methods – oven bake, grill, shallow/deep fry. Labels should be checked on pre-prepared dishes to look for lower fat and salt varieties.

## Reducing the Fat Content

2.8 Whilst the choice of ingredients is very important, several cooking methods and preparation techniques can be used to reduce the fat content of dishes.

2.9 Easy ways to cut down on fat in food preparation include:

- trimming visible fat from meat
- removing the skin and fat from poultry before cooking or serving (except for roasts)
- preparing lower fat vinaigrette dressings.

2.10 'Healthier' cooking practices to reduce fat include:

- routinely grilling, steaming, stir-frying or oven baking rather than frying or roasting with added fat
- using spray oils
- dry frying or dry roasting spices
- skimming fat from the surfaces of liquids, including gravy, before serving
- sweating onions in cling film (microwaveable) in a microwave instead of sautéing them in oil
- avoiding letting food sit in fat when roasting or oven cooking by roasting on a rack or trivet and grilling on a rack rather than a flat oven tray
- creating soups and sauces from puréed vegetables or reductions instead of roux thickenings

- not enriching with butter
- using a thin batter for fish or oven baking pre-coated products
- using a whisked sponge method or mix for puddings instead of the creamed method
- not tossing items (e.g. pasta) in butter but using a small amount of oil to prevent bulk quantities from sticking.

2.11 In summary, the key to healthier catering is to:

- make small but significant changes to best-selling items
- increase the amount of starchy foods
- increase the amount of fruit and vegetables
- increase the fibre content of dishes where practical and acceptable
- reduce fat in traditional recipes
- change the type of fat used
- select healthier ways to prepare dishes
- be moderate in the use of sugar and salt.

2.12 Key actions to achieve these goals are to:

- make starchy foods (e.g. rice, pasta, bread, potatoes) a main part of most meals
- offer a good selection of fruit and incorporate it into dishes, where practical and acceptable
- offer fibre-rich varieties of bread and cereals
- include plenty of pulses and vegetables in dishes
- use lower fat cooking methods and ingredients
- reduce the amount, and alter the types, of fat used in food preparation
- use fewer fats that contain a high proportion of saturates by substituting these with fats and oils with a high content of unsaturates, where possible
- use salt and salty foods in moderation
- use added sugar in moderation.

(Adapted from *Catering for Health* produced by the Food Standards Agency Scotland and the Scottish Executive Health Department.)

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

## Menu Planning by Food Group

Group 1 (Bread, other Cereals and Potatoes)	Guidance for Primary and Secondary Schools	Supplementary Guidance for Secondary Schools	Rationale
<b>Bread, other Cereals and Potatoes</b>	Every school lunch should contain a portion or portions of food from this group.		Starchy foods are usually inexpensive and provide energy, fibre, vitamins and minerals. Children should be encouraged to fill up on these foods. Portions should be large enough to satisfy young appetites. See Section 2.13 on portion sizes.
<b>Bread</b>	<p>A variety of extra bread, including brown and wholemeal, should be <b>available daily</b> as a meal accompaniment for all pupils, at no additional charge. Crusty bread, quarters of bread rolls and buns are popular and can be offered in baskets at the counter.</p> <p>Garlic bread should be served a <b>maximum of twice a week</b>.</p>		<p>Provides for the varying appetites and energy requirements within this wide age group.</p> <p>Limiting high fat options will help to reduce the total amount of fat in the menu.</p>

Group 1 cont'd	Guidance for Primary and Secondary Schools	Supplementary Guidance for Secondary Schools	Rationale
<b>Bread cont'd</b>	<p>Bread can be provided in a variety of forms to replace fried products including naan, pitta and crusty bread.</p> <p>The maximum sodium content of bread will be specified in the product specifications.</p>		<p>This is to provide variety and alternatives to fried potatoes.</p> <p>Bread contributes significant amounts of sodium to the diet. Setting this sodium restriction will contribute to UK-wide reduction of sodium in bread.</p>
<b>Rice, Pasta and Noodles</b>	<p>Rice and pasta should each be offered a <b>minimum of once a week</b>. Noodles should be <b>offered where appropriate</b>, e.g. with stir-fry or sweet-and-sour dishes.</p>		<p>This is to provide variety and alternatives to fried potatoes.</p>
<b>Potatoes</b>	<p>The following products should be served a <b>maximum of twice a week</b> in primary (and ideally in secondary) schools: roasts, chips, smiley faces and other shaped products, e.g. Alphabites, croquettes and waffles.</p>	<p>It is recognised that chips will continue to be available each day in some secondary schools, but these schools are encouraged to work towards the primary school standards. However, non-fried alternatives to chips, e.g. mashed, boiled and baked potatoes should be <b>available daily</b> and actively promoted.</p>	<p>Limiting fried and high fat options helps to reduce the total amount of fat in the menu.</p> <p>While trying to influence choice, with the prevalence of the cash cafeteria system in many secondary schools, it is recognised that limiting the availability of chips in some secondary schools to twice a week may be unrealistic at present.</p>

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

Group 1 cont'd	Guidance for Primary and Secondary Schools	Supplementary Guidance for Secondary Schools	Rationale
<b>Potatoes cont'd</b>	<p>Local Authority Purchasing Officers should be encouraged to buy chips with <b>as low fat content as possible</b>.</p> <p>The maximum fat content of potato products will be specified in the product specifications. If possible, all potato products should be oven baked rather than fried.</p> <p>Where a fried item is offered, a non-fried alternative should also be offered.</p>		<p>Children selecting fried options from the menu more than twice a week are likely to exceed the nutrient standard for total fat. Menu planners may therefore find fried food, including chips, can appear on the menu no more than twice per week.</p> <p>Providing alternatives to fried potatoes is the first step to achieving the nutrient standard for fat.</p>

Group 2 (Fruits and Vegetables)	Guidance for Primary and Secondary Schools	Supplementary Guidance for Secondary Schools	Rationale
<b>Fresh, Frozen, Canned and Dried Varieties and Fruit Juice</b>	<p><b>Every school lunch</b> whether hot, cold, or a packed lunch should contain two portions of food from this group.</p> <p>The menu as a whole should provide a choice of <b>at least 2 vegetables and 2 fruits</b> in addition to fruit juice every day and throughout the lunch service. At least one of these vegetables should be served free of added fat including salad dressings.</p>		<p>Fruit, vegetables and salads provide vitamins, minerals and fibre and experts recommend five portions of fruit and vegetables a day.</p> <p>Habitually low consumption of fruits and vegetables remains one of the most damaging features of the Scottish diet.</p>
<b>Vegetables</b>	<p>Fruit and vegetable choices should be actively promoted and consideration given to providing vegetables inclusively in the price of every meal. They should also be served in an appealing and easy to eat way.</p>		<p>A child may be put off choosing vegetables if they have to pay extra for them.</p> <p>Children often enjoy cold and raw vegetables best and salad and fruit bars are also popular.</p>

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

Group 2 cont'd	Guidance for Primary and Secondary Schools	Supplementary Guidance for Secondary Schools	Rationale
<b>Vegetables cont'd</b>	<p>Vegetable-based soup should contain a minimum of one portion of vegetables per serving and can then count as one portion. Maximum sodium content of soup will be specified in product specifications.</p> <p>Baked beans should be served as a vegetable a <b>maximum of twice a week</b>. Canned spaghetti and similar products should not be served in place of a vegetable.</p>		<p>Soup is a good vehicle for vegetables, popular with many children. It is understood that some schools currently prohibit the serving of soup because of concerns about scalding. Practical solutions to operational issues arising from health and safety concerns should be found so that children are not denied this route to increasing their vegetable intakes.</p> <p>Unlike most vegetables, baked beans do not contain Vitamin C. Processed tomato sauce should not be counted as a vegetable portion.</p>

Group 2 cont'd	Guidance for Primary and Secondary Schools	Supplementary Guidance for Secondary Schools	Rationale
<b>Vegetables cont'd</b>	If beans or pulses form the protein part of a main course, a vegetable that is not beans or pulses should <b>also be available</b> .		This increases the variety for the vegetarian option.
<b>Fruit</b>	<p>Where there is choice, a dessert which provides at least one portion of fruit should be offered every day. Where there is no choice, a fruit-based dessert such as fresh fruit, fruit tinned in juice, fruit salads, fruit crumble, fruit jelly or fruit pie should appear on the menu a <b>minimum of three times a week</b>.</p> <p>Pies, crumbles and other composite fruit dishes should contain a <b>minimum of one portion</b> of fruit per serving.</p>		This increases the fruit content of the lunch.

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

Group 3 (Milk and Milk Products)	Guidance for Primary and Secondary Schools	Supplementary Guidance for Secondary Schools	Rationale
<b>Milk and Milk Products, Yoghurts and Milk-based Desserts</b>	<b>Most school lunches</b> should contain a portion or portions of food from this group.		Milk and milk products are an excellent source of several nutrients including protein, vitamins and calcium, important for good bone development.
<b>Milk</b>	Plain or flavoured drinking milk should be available as an option <b>every day</b> . Semi-skimmed and skimmed milks have the same amount of calcium as whole milk and should be provided for drinking as well as for cooking.		Milk is a good alternative to sugary fizzy drinks and semi-skimmed milk provides less fat. The use of semi-skimmed milk is in line with existing recommendations, e.g. the Scottish Diet Action Plan.
<b>Cheese</b>	Cheese should be served as the main protein item instead of meat or fish a <b>maximum of twice a week</b> .		Where a portion of cheese is served as the main protein item, it also counts as a portion of food from the meat, fish and alternative sources of protein food group, but can be higher in fat than other products in this group.

Group 3 cont'd	Guidance for Primary and Secondary Schools	Supplementary Guidance for Secondary Schools	Rationale
<p><b>Cheese cont'd</b></p>	<p>Cheese to be served as cheese and biscuits, as part of a salad or as a filling for sandwiches and baked potatoes should have as low a fat and sodium content as possible. The maximum fat and sodium content of cheese will be specified in the product specifications.</p> <p>Vegetarian alternatives to cheese should be available <b>a minimum of three times a week.</b></p> <p>Where there is no choice, cheese as a sandwich filler should be offered a <b>maximum of three times a week.</b></p>		<p>Cheese is a high fat food and the product specification will help to reduce the total amount of fat in the menu.</p> <p>This provides variety for vegetarians.</p> <p>This provides variety and reduces fat intake.</p>

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

Group 4 (Meat, Fish and Alternatives)	Guidance for Primary and Secondary Schools	Supplementary Guidance for Secondary Schools	Rationale
<b>Meat, Fish and Alternatives, e.g. Eggs, Peas, Beans and Lentils</b>	<b>Every school lunch</b> should contain a portion or portions of food from this group.		Meat, fish and alternatives such as eggs, beans and pulses are a major source of protein.
<b>Beef, Pork, Lamb and Poultry</b>	<p>Red meat (beef, pork and lamb) based meals should be served a <b>minimum of twice a week</b>.</p> <p>Lean meat should be used in dishes containing meat and this will have a fat content of about 10%. Caterers should take steps to reduce the fat content of their meat dishes as much as possible.</p> <p>The maximum fat and sodium content of stews, casseroles, meatballs and curries will be specified in the product specifications.</p>		<p>Red meat is a good source of iron.</p> <p>This will help to improve the quality of meat used in recipes whilst reducing the overall fat intake.</p> <p>The product specifications will help meet nutritional standards.</p>

Group 4 cont'd	Guidance for Primary and Secondary Schools	Supplementary Guidance for Secondary Schools	Rationale
<p><b>Processed Meat Products and Pies</b></p>	<p>Processed meat products, i.e. hot dogs, frankfurters, sausages, beefburgers, meatballs, haggis and shaped poultry products (e.g. nuggets), pastry topped pies and other pastry products (e.g. bridies, sausage rolls, Cornish pasties, Scotch Pies) should be served a <b>maximum of once a week</b>.</p> <p>The vegetable content of composite dishes such as pies should be increased where possible. Potato-topped pies will have a lower fat content and should be encouraged in preference to pastry-topped pies.</p>		<p>Overall, meals should provide no more than 35% total energy from fat therefore inclusion of high fat dishes should be limited.</p> <p>Processed meat products are likely to be high in fat. If manufacturers can produce a suitable range of lower fat products this recommendation may be reviewed as part of the ongoing process of establishing product specifications.</p>
<p><b>Composite Dishes</b></p>	<p>The maximum fat and sodium content of lasagne, moussaka, macaroni cheese, spaghetti bolognese, tuna pasta bake, ravioli and other composite dishes will be specified in the product specifications. Vegetable content should be increased where possible.</p>		<p>Product specifications will help meet nutritional standards.</p>

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

Group 4 cont'd	Guidance for Primary and Secondary Schools	Supplementary Guidance for Secondary Schools	Rationale
<b>Fish</b>	<p>Fish, in addition to tuna fish, should appear on the menu a <b>minimum of once a week</b>.</p> <p>Oil-rich fish (sild, sardines, kippers, salmon, mackerel and herring) should be served <b>once a week</b>. Mackerel salads and pâtés are often popular.</p>		<p>This will provide variety in the menu.</p> <p>Oil-rich fish contain valuable, protective fatty acids that are deficient in the Scottish diet and their use should be encouraged. Many children are unfamiliar with these foods and should be encouraged to try them through the use of tasters.</p>
<b>Processed Fish Products</b>	<p>The maximum fat and sodium content of fish portions, fish fingers and shaped fish products will be specified in the product specifications. Any fish products that do not meet these specifications should be served a <b>maximum of once a week</b>.</p>		<p>Overall, meals should provide no more than 35% total energy from fat therefore inclusion of high fat dishes should be limited. Fish should be presented in a form that children will eat.</p>

Group 4 cont'd	Guidance for Primary and Secondary Schools	Supplementary Guidance for Secondary Schools	Rationale
<b>Pizza</b>	Maximum fat and sodium content for pizza will be specified in the product specifications and its frequency on the menu determined by its ultimate specification. Vegetable toppings should be encouraged and used wherever possible.		Pizza is often higher in fat than many other composite dishes.
<b>Vegetarian Products</b>	Vegetarian products resembling meat products, e.g. sausages and burgers made from textured vegetable protein (TVP) should have a similar protein content to meat products. Maximum fat and sodium content will be specified in the product specifications.		These products will be the main source of protein for vegetarians and must therefore be available in a sufficient quantity in any meat replacements. Vegetarian products should meet the same specifications for fat as processed meat products.
<b>Stir-in Sauce</b>	Maximum fat and sodium content will be specified in the product specifications for stir-in sauces for bolognese, stews, curries and other ethnic dishes.		Limiting the fat and sodium content of these products will help in achieving the nutrient standards.

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

Group 5 (Foods containing Fat and Foods and Drinks containing Sugar)	Guidance for Primary and Secondary Schools	Supplementary Guidance for Secondary Schools	Rationale
<b>Foods containing Fat and Foods containing Sugar</b>	The use of foods from this group should be <b>limited</b> . There should be no active promotion or advertising of full fat crisps, confectionery or fizzy, sugary soft drinks within the dining room.		Foods from this category are consumed to excess by Scottish children, providing excess fat, sugar and salt in the diet.
<b>Sweetened Soft Drinks</b>	Fizzy, sugary soft drinks <b>should not be served</b> as part of school lunch in primary schools and should not be encouraged in secondary schools. Carbonated water, plain water, milk and fruit juices are considered appropriate drinks. Flavoured waters are popular with children and low sugar versions are acceptable. There is a desirability to gradually wean Scottish children away from a predilection for sweet flavours. There is a popular movement amongst children to drinking plain water and this should be encouraged.	It is recognised that sweetened soft drinks will be available each day in some secondary schools. However, they <b>should not be served</b> as part of a combination meal or meal deal or packed lunch. These schools may find that a staged progression from sugary fizzy drinks to diet versions and the promotion of lower sugar squashes and flavoured waters is helpful. The promotion of chilled bottled water as well as the adequate provision of freely available drinking water is considered very important.	To achieve the nutrient standard for sugar and for the protection of dental health, it is considered that there is no place for sugary, carbonated (fizzy) drinks as part of school lunches.

Group 5 cont'd	Guidance for Primary and Secondary Schools	Supplementary Guidance for Secondary Schools	Rationale
<b>Confectionery, e.g. Chocolate, Sweets</b>	<p>Where confectionery is still being sold, it should be set away from the food service points.</p> <p>A working distinction is made between manufactured confectionery and home baking.</p>		<p>This will discourage purchase as part of a meal and help to achieve the nutrient standard for sugar and for the protection of dental health.</p>
<b>Puddings, Cakes, Biscuits, Jam, Jelly and Ice Cream</b>	<p>Where there is no choice, all desserts on offer should be fruit and/or milk-based (including yoghurt). Caterers are, however, encouraged to review home-baking recipes to lower fats and sugars and include nutrient-rich, whole-food ingredients.</p>		<p>Desserts and puddings are a useful way of boosting the total energy in children's diets while providing important nutrients. They can also help to increase fruit intake. Specifications will help to lower fat intake.</p>
<b>Butter and Spreads</b>	<p>Only polyunsaturated and monounsaturated fats, spreads and oils and low fat spreads should be used.</p>		<p>This will contribute to a reduction in the fat intake in line with the Scottish Diet Action Plan targets. As part of a healthy diet, it is also important to reduce the amount of saturated fats eaten, by replacing them with unsaturated fats (with an emphasis on monounsaturates).</p>

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

---

Group 5 cont'd	Guidance for Primary and Secondary Schools	Supplementary Guidance for Secondary Schools	Rationale
<b>Cooking Fats and Oils</b>	Only polyunsaturated and monounsaturated fats, spreads and oils should be used.		
<b>Savoury Potato Snacks, Crisps and Corn Snacks</b>	<p>Crisps should be offered as part of a combination meal option/meal deal or packed lunch a <b>maximum of twice a week</b>.</p> <p>Many pack sizes are too large and the fat content per 100g is excessive. The maximum pack size, fat and sodium content will be specified in the product specifications.</p>		<p>Crisps are commonly consumed throughout the day, e.g. at break times and eating multiple packets should not be encouraged.</p>

## Recommended Portion Sizes

2.13 The following tables provide guidance on the appropriate portion sizes necessary to assist caterers in planning meals, which meet nutrient standards for energy and other nutrients as well as to satisfy young appetites. Hungry children are more likely to snack on high fat and sugar confectionery.

Group 1 (Bread, other Cereals and Potatoes)	Recommended Portion Size (grams/mls) for 5-11 year olds	Recommended Portion Size (grams/mls) for 12-18 year olds
Rice (cooked weight)	80-120	180
Pasta (cooked weight)	80-120	180
Pasta canned in sauce	90-140	200
Mashed potatoes, boiled potatoes, potato croquettes	90-130	190
Jacket potatoes	120-170	250
Chips, roast potatoes, other potato cooked in fat, e.g. potato wedges, and other processed potato products cooked in fat, such as waffles, smiles, spirals	70-100	150
Bread: sliced, rolls, French stick (served instead of rice, pasta or potatoes)	45-65	100

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

Group 2 (Fruit and Vegetables)	Recommended Portion Size (grams/mls) for 5-11 year olds	Recommended Portion Size (grams/mls) for 12-18 year olds
Cooked vegetables including peas, green beans, sweetcorn, carrots, mixed vegetables, cauliflower, broccoli, swede, turnip, leek, brussel sprouts, cabbage, spinach, spring greens	40-60	80
Raw vegetables or mixed salad	40-60	80
Baked beans in tomato sauce	70-100	140
Coleslaw (served together with a mixed salad)	30-40	60
Vegetable-based soup	170-220	300
Medium-size fruits, e.g. apples, pears, bananas, peaches, oranges	Half to one fruit (50-100 g)	One fruit (100 g)
Small-size fruits, e.g. satsumas, tangerines, plums, apricots, kiwis	One to two fruits (50-100 g)	Two fruits (100 g)
Very small fruits, e.g. grapes, cherries, strawberries, raspberries, blackberries	Half to one cupful (50-100 g)	One cupful (100 g)
Dried fruits, e.g. raisins, sultanas, apricots	Half to one tablespoonful (10-20 g)	One tablespoonful (20 g)
Fruit salad, fruit tinned in juice and stewed fruit (at least 80% of the weight should come from fruit)	65-130	130
Fruit juice	150	150

Group 3 (Milk and Milk Products)	Recommended Portion Size (grams/mls) for 5-11 year olds	Recommended Portion Size (grams/mls) for 12-18 year olds
Drinking milk	200	300
Milk puddings and whips made with milk	150-200	240
Custard (served with fruit for example)	100	140
Yoghurts	100-125	125-150
Cheese (served in a salad, baked potato, sandwich or with biscuits)	30-40	50
Macaroni cheese	150-215	300
Cheese sauce for use with composite dishes	70-95	120

Group 4 (Meat, Fish and Alternatives)	Recommended Portion Size (grams/mls) for 5-11 year olds	Recommended Portion Size (grams/mls) for 12-18 year olds
All dishes containing meat which are allowed at any time (e.g. stew, casserole, curry, tikka, sweet and sour) will have a minimum raw meat content of (this weight may be reduced proportionately in composite dishes if adding another protein- based food such as beans/TVP/cheese/milk)	50-60	80
Sausages: beef, lamb, pork, Lorne (raw weight)	60-80	120
Haggis	60-80	120
Scotch pies, bridies, sausage rolls, Cornish pasty, encased meat pastry pies, quiche, cold pork pie (e.g. Melton Mowbray)	80	110

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

Group 4 cont'd	Recommended Portion Size (grams/mls) for 5-11 year olds	Recommended Portion Size (grams/mls) for 12-18 year olds
Lasagne, ravioli, canneloni	150-215	300
Breaded or battered shaped chicken and turkey products, e.g. nuggets, goujons, burgers	60-80	120
Meat-based soup	170-220	300
Pizza	80-120	160
All dishes containing fish and shellfish which are allowed at any time (e.g. pie with potato topping, casserole, curry, sweet and sour) will have a minimum raw fish content of (this weight may be reduced proportionately in composite dishes if adding another protein-based food such as beans/cheese/milk)	50-60	80
Breaded or battered fish portions or products, e.g. fish cakes, fish fingers, fish goujons, fish shapes	60-80	120
Fish or shellfish such as tuna, salmon, mackerel and prawns, served in a salad, baked potato or sandwich	30-40	50
Egg served in a salad, baked potato or sandwich	1 egg	1-2 eggs
Vegetarian sausages, burger, nut cutlets	60-80	120
Vegetarian stew, curry, tikka, sweet and sour	50-60	80

**Note:** Composite dishes using the caterer's own recipes, such as home-made pies, pasta bakes, lasagne, spaghetti bolognese, stew, should supply the equivalent amount of meat, poultry, fish or vegetarian alternative per portion. The initials TVP refer to the meat substitute, texturised vegetable protein.

Group 5 (Foods containing Fat and Foods and Drinks containing Sugar)	Recommended Maximum Portion Size (grams/mls) for 5-11 year olds	Recommended Maximum Portion Size (grams/mls) for 12-18 year olds
Crisps or corn snacks	25	25
Fruit pies, sponge puddings or crumbles	90-130	145
Cakes, muffins, sponges, fairy cakes, scones, sponge puddings, doughnuts, cookies, tray-bakes	40-50	65
Ice cream	60-80	100

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

## Sources of Calcium, Folate and Iron

CALCIUM Good sources of calcium	Provides some calcium
Milk and yoghurt	Broccoli, dark green leafy vegetables, turnip, carrots, cabbage, peas
Hard cheeses, cheese spread, soya bean curd	Dates, sultanas, raisins, ready to eat or stewed apricots
Canned sardines or salmon, drained and mashed up with the bones, served perhaps as a sandwich filling, fish paste and pâtés	Baked squash, sweet potato
Ice cream	Wholemeal bread
Egg yolk mayonnaises	
Bread, (except wholemeal), crumpets, muffins, plain and cheese scones	
Beans, lentils, chickpeas	
Ready to eat or stewed figs	
Tofu (soya bean) steamed or spread	
Soya mince	
Soya drink with added calcium	

<b>FOLATE</b> Rich sources of folate/folic acid	Other good sources of folate/folic acid
<p>Fresh, raw or cooked brussel sprouts, cooked black-eye beans</p> <p>Breakfast cereals (fortified with folic acid)</p> <p>Liver</p>	<p>Fresh, raw, frozen and cooked broccoli, spring greens, cabbage, green beans, cauliflower, peas, bean sprouts, cooked soya beans, iceberg lettuce, parsnips, chickpeas</p> <p>Kidneys, yeast and beef extracts</p>
<b>IRON</b> Good sources of iron which are well absorbed	Other sources of iron. (If you add sources of vitamin C or meat or fish to the following foods it will help the iron to be absorbed.)
<p>Lean beef, lamb, pork: roast, mince, burgers, liver</p> <p>Chicken or turkey: especially dark meat, liver</p> <p>Canned sardines, pilchards, mackerel, tuna, shrimps, crab</p> <p>Sausages</p> <p>Fish paste and pâtés</p>	<p>Breakfast cereals with added iron</p> <p>Breads</p> <p>Red kidney beans, haricot beans, pinto beans, lentils, chickpeas: boiled or canned</p> <p>Baked beans, peas: raw, cooked, frozen or canned</p> <p>Apricots, prunes, figs, peaches: ready to eat or stewed</p> <p>Raisins, sultanas</p> <p>Cauliflower, spring greens, broccoli, mixed vegetables</p>

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

## NUTRIENT SPECIFICATIONS FOR MANUFACTURED PRODUCTS

Introduction

Group 1: Bread, other Cereal and Potato Products

Group 2: Fruits and Vegetables

Group 3: Milk and Milk Products including cheese, yoghurts and milk-based deserts

Group 4: Meat, Fish, Vegetarian & Composite Products

Group 5: Foods containing Fat, and Foods and Drinks containing Sugar including savoury snacks and puddings

Impact of Sodium Specifications for Manufactured Products

## INTRODUCTION

*Hungry for Success* has defined the recommended Nutrient Standards to be achieved for an average school lunch, when the nutrient content of the weekly menu as a whole, as served, is analysed (Tables 1 and 2 in Section 1). To assist caterers achieve these Nutrient Standards it was agreed that the Food Standards Agency Scotland (FSAS) would devise **target** nutrient specifications for manufactured products used in school meals. Target maximum values have been set for total fat, saturated fat, sodium and total sugar. In addition, a minimum protein specification has been set for certain savoury products to assist caterers in ensuring that the vegetarian/vegan menu will also meet the Nutrient Standards in Tables 1 and 2. The target specifications will be periodically reviewed by the FSAS and any changes published.

In arriving at the nutrient specifications for the maximum total fat and saturated fat content of manufactured products, account has been taken of the energy requirements of children, portion sizes and the Nutrient Standards for total fat and saturated fat in the weekly lunch menu (a maximum of 35% of the energy should be derived from the total fat and a maximum of 11% from saturated fat).

In addition, note has been taken of the ability of manufacturers to achieve these target nutrient specifications for manufactured products in terms of the practicality of production and palatability of the products to children.

Whilst it is known that nutrient specifications set for manufactured products are achievable, some currently contracted manufacturers may require time to develop their products.

In April 2003 the Scientific Advisory Committee on Nutrition (SACN) published a review of the evidence on salt and health in the UK, confirming earlier recommendations on target average intakes for adults and for the first time making recommendations on target average intakes for children. In order to achieve the targets recommended by SACN it may be necessary in the longer term to reduce the sodium content of many of the manufactured products below the values indicated in this document. The Food Standards Agency (FSA) has published a model of adult sodium intakes, including illustrative examples of average target sodium contents for various product groups to support discussion with the food industry on future salt reduction activity. Discussions between the FSA and the food industry are currently ongoing.

Menus made **entirely** from manufactured products meeting the target nutrient specifications for sodium may still exceed the Nutrient Standards. Therefore it may be necessary to include home-made products with a lower sodium content in order to allow the Nutrient Standards set for the weekly lunch menu as a whole to be met.

**It is important to remember that it is the weekly lunch menu as a whole which must meet the Nutrient Standards for School Lunches**

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

---

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

## **NUTRIENT SPECIFICATIONS FOR GROUP 1**

### **Bread, Other Cereals and Potatoes**

Every school lunch should contain a portion or portions of food from this group. Starchy foods are usually inexpensive and provide energy, fibre, vitamins and minerals. Children should be encouraged to fill up on these foods. Portions should be large enough to satisfy young appetites. See Section 2.13 on portion sizes (*Hungry for Success, 2002*).

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

## Bread

A variety of extra bread, including brown and wholemeal, should be **available daily** as a meal accompaniment for all pupils, at no additional charge. Crusty bread, quarters of bread rolls and buns are popular and can be offered in baskets at the counter. This provides for the varying appetites and energy requirements within this wide age group.

Garlic bread should be served a **maximum of twice a week**. Limiting high fat options will help to reduce the total amount of fat in the menu.

Bread can be provided in a variety of forms to replace fried products including naan, pitta and crusty bread. This is to provide variety and alternatives to fried potatoes.

Bread contributes significant amounts of sodium to the diet. Setting a sodium restriction will contribute to a UK-wide reduction of sodium in bread (*Hungry for Success, 2002*).

The target specification for sodium in bread products in the longer term should ideally be 350mg/100g.

Although some products which meet this target are already available, it is recognised that time will be required by some manufacturers to develop products that meet this specification. Therefore in the short term the aim should be to source products having a sodium content as close to the above target as possible.

Due to the composition of garlic bread it is recommended that the target maximum total fat is 15g/100g and the target maximum saturated fat is 5g/100g. The target maximum sodium of garlic bread should be the same as above. It is unlikely, even with these specifications that it can be served on the menu more than twice a week whilst still achieving the Nutrient Standards set for the weekly lunch menu.

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

---

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

## Rice, Pasta and Noodles

Rice and pasta should each be offered a **minimum of once a week**. Noodles should be **offered where appropriate**, e.g. with stir-fry or sweet-and-sour dishes. This is to provide variety and alternatives to fried potatoes (*Hungry for Success, 2002*).

Rice comes in several forms, e.g. white, whole grain, coloured, or a mixture of all three and the use of these can add variety. Where appropriate, rice can be offered hot or cold. Pasta also comes in different forms, including wholemeal, shapes and colours and the use of these can also add variety. The use of more pasta and less sauce, e.g. in macaroni cheese, will assist in meeting the Nutrient Standards set for the weekly lunch menu as a whole.

There are currently no target nutrient specifications for this product category.

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

## Roast Potatoes, Chips and Other Shaped Potato Products

The following products should be served a **maximum of twice a week** in primary (and ideally in secondary) schools: roasts, chips, smiley faces and other shaped products, e.g. Alphabites, croquettes and waffles. It is recognised that chips will continue to be available each day in some secondary schools, but these schools are encouraged to work towards the primary school standards. However, non-fried alternatives to chips, e.g. mashed, boiled and baked potatoes should be **available daily** and actively promoted. Limiting fried and high fat options helps to reduce the total amount of fat in the menu. While trying to influence choice, with the prevalence of the cash cafeteria system in many secondary schools, it is recognised that limiting the availability of chips in some secondary schools to twice a week may be unrealistic at present.

Local Authority Purchasing Officers should be encouraged to buy chips with **as low fat content as possible**.

If possible all potato products should be oven baked rather than fried. Children selecting fried options from the menu more than twice a week are likely to exceed the nutrient standard for total fat. Menu planners may therefore find fried food, including chips, can appear on the menu no more than twice per week.

When a fried item is offered, a non-fried alternative should also be offered. Providing alternatives to fried potatoes is the first step to achieving the nutrient standard for fat (*Hungry for Success, 2002*).

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

The target specifications for total fat, saturated fat and sodium below are for the composition of the product **as served**. Menus containing products significantly

exceeding these target specifications are unlikely to allow the nutrient standards set for the weekly lunch menu as a whole to be met, and are not encouraged.

Roast Potatoes, Chips, and Other Shaped Potato Products	Maximum Total Fat (g/100g)	Maximum Saturated Fat (g/100g)	Maximum Sodium (mg/100g)
Roast Potatoes Chips Potato Croquettes Potato Waffles Smiley Faces Alphabites Potato Spirals Other Shaped Potato Products	6	1	100

Ideally products in this group should be oven cooked to give better control of the fat content. Where this is not possible and products are cooked in a deep fat fryer on the school premises, cooking advice should be given to school cooks to ensure the chips take up the minimum amount of fat during frying. For example, a fatter, larger chip (rather than french fries) and straight-cut chips (rather than crinkle-cut chips) should be used, as less fat will be absorbed, leading to a lower-fat

product as served. Also, products which have to be fried should be cooked in vegetable oil with a high unsaturated fat content, and the importance of the temperature of the oil and its regular replacement should be stressed.

Part cooked, raw, frozen or chilled chips should not have salt added during processing. No salt should be added prior to serving.

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

---

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

## NUTRIENT SPECIFICATIONS FOR GROUP 2

### Fruits and Vegetables

**(Fresh, Frozen, Canned and Dried Varieties and Fruit Juice)**

Every school lunch whether hot, cold, or a packed lunch should contain two portions of food from this group. Fruit, vegetables and salads provide vitamins, minerals and fibre and experts recommend five portions of fruit and vegetables a day.

The menu as a whole should provide a choice of at least 2 vegetables and 2 fruits in addition to fruit juice every day and throughout the lunch service. At least one of these vegetables should be served free of added fat including salad dressings. Habitually low consumption of fruits and vegetables remains one of the most damaging features of the Scottish diet.

Fruit and vegetable choices should be actively promoted and consideration given to providing vegetables inclusively in the price of every meal. They should also be served in an appealing and easy to eat way. A child may be put off choosing vegetables if they have to pay extra for them. Children often enjoy cold and raw vegetables best and salad and fruit bars are also popular (*Hungry for Success, 2002*).

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

---

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

## Tinned Fruit and Vegetables

### Tinned Fruit

In order to achieve the nutrient standard for NME Sugars and total energy intake in the school lunch it is recommended that tinned fruits be supplied in natural fruit juice or light syrup (rather than a thick, sugary syrup).

### Tinned Vegetables

In order to achieve the nutrient standard for sodium in the school lunch it is recommended that tinned vegetables be supplied in plain water or natural juice and without added salt or sugar.

## Fresh, Frozen, Canned and Dried Varieties of Fruits and Vegetables

Vegetables can be offered in imaginative ways, for example crudities can be popular. Vegetables should be incorporated into composite dishes such as casseroles, curries and quiche. Steaming vegetables will help to retain nutrients and keeps vegetables crispy and full of colour and is to be encouraged.

Cooks should be offered advice on minimising the use of salt in cooking water to reduce the amount of sodium absorbed into the vegetables, thus assisting in meeting the sodium standard set for the weekly lunch menu as a whole.

Salads are to be encouraged but the use of composite salad products containing mayonnaise or salad cream should be restricted. A range of salad dressings, including reduced fat varieties, and fruits, as well as vegetables, should be encouraged in salads. Salad bars are often very popular and allow pupils to select the items they prefer.

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

---

**IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES**

## Accompaniments to Salads, Baked Potatoes and as Sandwich Fillings

In order to achieve the nutrient standards for fat, saturated fat and sodium in school lunches it is recommended that coleslaw, potato salad, pasta salad, florida salad, vegetable salads, e.g. carrot and sultana salad, have a target maximum total fat of 10g/100g, a maximum saturated fat of 1g/100g and a maximum sodium level of 200mg/100g.

Products having this specification may still have to be limited in their frequency on the menu if the nutrient standards for the weekly lunch menu as a whole are to be met. Menus containing products significantly exceeding these target specifications are unlikely to allow the nutrient standards set for the weekly lunch menu as a whole to be met, and are not encouraged.

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

## Vegetable and Meat-Based Soup

Vegetable-based soup should contain a minimum of one portion of vegetables (other than potatoes) per serving and can then count as one portion.

Soup is a good vehicle for vegetables, popular with many children. It is understood that some schools currently prohibit the serving of soup because of concerns about scalding. Practical solutions to operational issues arising from health and safety concerns should be found so that children are not denied this route to increasing their vegetable intakes (*Hungry for Success, 2002*).

The target specification for sodium in the longer term should ideally be 200mg/100g (100g is equivalent to approximately 100ml) **as served**, and applies to all vegetable or meat-based soups, whether canned, or made from dry or fresh pack mixes.

Although some products are already available which meet this target (especially vegetable-based soups), it is recognised that time will be required to develop products that meet this specification. Therefore in the short term the aim should be to source products having a sodium content as close to the target as possible.

In addition, in order to achieve the nutrient standards in the weekly lunch menu as a whole, a target maximum of 3-5% total fat and 1% saturated fat is recommended.

Menus containing products significantly exceeding these target specifications are unlikely to allow the nutrient standards set for the weekly lunch menu as a whole to be met, and are not encouraged.

If schools are to be supplied with fresh soup mixes it is recommended that a stock/seasoning cube or sachet is also included, along with instructions for the cook that no additional salt is required.

Manufacturers are encouraged to add vegetables to meat-based soup wherever possible. A variety of pureed soups, as well as chunky soups should be available.

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

**IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES**

The Food and Drink Federation have set up Project Neptune to reduce the sodium content in ambient soups and sauces by 10% this year, with a 30% reduction over 3 years. In the longer term, specifications may be revised in light of the success of Project Neptune.

The reason for the suggested very low target sodium levels is to allow the Nutrient Standards for School Lunches, presented in Tables 1 and 2, to be met by caterers. This is because soup with a sodium content of 300mg/100g as served, will provide more than the maximum daily allowance of sodium for the lunch meal. This is demonstrated in the table below. It is also worth noting that the figures below take no account of the contribution of any bread products eaten with the soup to the sodium content of the lunch meal.

The table below demonstrates that for children aged 5-6 years, 7-10 years and 11-18 years the soup alone will provide far more than the maximum daily allowance of sodium in the school lunch. For example, a portion of 170g of soup containing 300mg of sodium per 100g for a 5-6 year old will provide 510mg of sodium, which is 1.3 times more than the sodium permitted for the whole lunch meal. However, it is important to remember that it is the weekly lunch menu as a whole which must meet the Nutrient Standards for School Lunches.

## Contribution of Soup to the Sodium content of the school lunch

	Infant 5-6 years	Junior 7-10 years	All Secondary 11-18 years
Suggested Portion Size for Soup	170g	220g	300g
Suggested Recommended Max Sodium per 100g Soup	300mg	300mg	300mg
Sodium Intake for a Portion of Soup Alone	510mg	660mg	900mg
Revised Maximum Permitted Sodium in Lunch ( <i>Hungry for Success</i> )	394mg	656mg	787mg

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

---

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

## Products in Tomato Sauce such as Baked Beans and Tinned Spaghetti

Baked beans should be served as a vegetable a maximum of twice a week. Canned spaghetti and similar products should not be served in place of a vegetable. Unlike most vegetables baked beans do not contain Vitamin C. Processed tomato sauce should not be counted as a vegetable portion.

If beans or pulses form the protein part of a main course, a vegetable that is not beans or pulses should **also be available**. This increases the variety for the vegetarian option (*Hungry for Success, 2002*).

In order to achieve the nutrient standards in the school lunch over the whole week, it is recommended that baked beans and tinned spaghetti in tomato sauce have a target maximum sodium content of 400mg per 100g.

Menus containing products significantly exceeding these target specifications are unlikely to allow the nutrient standards set for the weekly lunch menu as a whole to be met, and are not encouraged.

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

---

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

## **NUTRIENT SPECIFICATIONS FOR GROUP 3**

### **Milk and Milk Products**

**Most school lunches** should contain a portion or portions of food from this group. Milk and milk products are an excellent source of several nutrients including protein, vitamins and calcium, important for good bone development (*Hungry for Success, 2002*).

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

---

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

## Milk and Flavoured Milk

Plain or flavoured drinking milk should be available as an option **every day**. Semi-skimmed and skimmed milks have the same amount of calcium as whole milk and should be provided for drinking as well as cooking.

Fizzy, sugary soft drinks **should not be served** as part of school lunch in primary schools and should not be encouraged in secondary schools.

Carbonated water, plain water, milk and fruit juices are considered appropriate drinks. Milk is a good alternative to sugary fizzy drinks, and semi-skimmed milk provides less fat than whole milk. The use of semi-skimmed milk is in line with existing recommendations, e.g. the Scottish Diet Action Plan. There is a desirability to gradually wean Scottish children away from a predilection for sweet flavours (*Hungry for Success, 2002*).

Semi-skimmed plain and flavoured milk drinks are to be encouraged as an immediate alternative to fizzy, sugary soft drinks as they can be a valuable source of protein and calcium. Therefore no nutrient specifications for flavoured milk will be set. However, any added sugar should be kept to a minimum in order to assist in meeting the Nutrient Standards for NME sugars.

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

---

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

## Milk-Based Desserts and Yoghurts

For yoghurts, fruit varieties (made with real fruit/fruit puree, rather than fruit flavouring) should be encouraged to assist in the stimulation of children's liking for fruit, with the long-term goal of increasing fruit consumption in general throughout life. Plain yoghurts could also be mixed with fresh fruit for a healthier option.

The nutrient content of milk-based desserts such as rice pudding, tapioca, semolina, dessert whips, mousses, custard and yoghurts produced by several manufacturers have been examined. There seems little variation in the nutrient content in products likely to be included in school meals, and their contribution to the fat and saturated fat intake appears to be relatively low. For dry products intended to be mixed with milk on the premises on the day, such as dessert whips and custard, the use of semi-skimmed milk rather than full-fat milk will reduce the fat and saturated fat content of the dessert and assist in achieving the nutrient standards for fat and saturated fat in the lunch as a whole. Milk-based desserts could also be mixed with fresh fruit for a healthier option.

The addition of sugar should be kept to a minimum, whilst maintaining a palatable product, in order to assist in meeting the Nutrient Standards for NME sugars.

This, together with the fact that they are valuable sources of protein, vitamins and calcium, suggests their consumption should be encouraged. However, it is also important to remember that it is the menu for the whole week overall which must meet the Nutrient Standards for School Lunches.

No maximum target specifications for fat, saturated fat or sugar for milk-based desserts and yoghurts are therefore currently specified.

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

---

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

## Cheese

Cheese should be served as the main protein item instead of meat or fish a **maximum of twice a week**. Where a portion of cheese is served as the main protein item, it also counts as a portion of food from the meat, fish and alternative sources of protein food group, but can be higher in fat than other products in this group.

Cheese to be served as cheese and biscuits, as part of a salad or as a filling for sandwiches and baked potatoes should have as low a fat and sodium content as possible.

Vegetarian alternatives to cheese should be available a **minimum of three times a week**. This provides variety for vegetarians.

Where there is no choice, cheese as a sandwich filler should be offered a **maximum of three times a week**. This provides variety and reduces fat intake. (*Hungry for Success, 2002*).

Although setting a maximum fat specification for cheese was considered, due to the wide variety of ways in which cheese is used in composite dishes (with and without vegetables), there are no target nutrient specifications for this product category.

It is important to remember that it is the weekly lunch menu as a whole which must meet the Nutrient Standards for School Lunches and the use of lower fat cheese will help achieve this.

The use of soft white spreadable cheese and cottage cheese, which has a lower fat content, should be encouraged and will add variety to the menu. However, these products are lower in protein and calcium than cheddar. Also, the use of stronger flavoured cheese, such as mature cheddar, should be encouraged as less will be required to give flavour to a dish.

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

---

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

## **NUTRIENT SPECIFICATIONS FOR GROUP 4**

**Meat, Fish and Alternatives  
(e.g. Eggs, Peas, Beans and Lentils)**

Every school lunch should contain a portion or portions of food from this group. Meat, fish and alternatives such as eggs, beans and pulses are a major source of protein (*Hungry for Success, 2002*).

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

## Beef, Pork, Lamb and Poultry

The following are extracts taken from *Hungry for Success, 2002*. Overall, meals should provide no more than 35% total energy from fat therefore inclusion of high-fat dishes should be limited. Product specifications will help meet nutritional standards.

### Meat and Meat Products

Red-meat (beef, pork and lamb) based meals should be served a **minimum of twice a week**. Red meat is a good source of iron.

Lean meat should be used in dishes containing meat and this will have a fat content of about 10%. Caterers should take steps to reduce the fat content of their meat dishes as much as possible. This will help to improve the quality of meat used in recipes whilst reducing the overall fat intake. The product specifications will help meet nutritional standards.

Processed meat products, i.e. hot dogs, frankfurters, sausages, beefburgers, meatballs, haggis and shaped poultry products (e.g. nuggets), pastry topped pies and other pastry products (e.g. bridies, sausage rolls, Cornish pasties, Scotch pies) should be served a **maximum of once a week**.

Processed meat products are likely to be high in fat. If manufacturers can produce a suitable range of lower-fat products this recommendation may be reviewed as part of the ongoing process of establishing product specifications. Vegetable content should be increased where possible. The vegetable content of composite dishes such as pies should be increased where possible. Potato-topped pies will have a lower fat content and should be encouraged in preference to pastry-topped pies.

All dishes containing meat which are allowed at any time (e.g. stew, casserole, curry, tikka, sweet and sour) will have a minimum raw meat content of 50-60g for 5-11 year olds and 80g for 12-18 year olds (this weight may be reduced proportionately in composite dishes if adding another protein-based food such as beans/TVP/cheese/milk).

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

---

**IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES**

## Fish and Fish Products

Fish, in addition to tuna fish, should appear on the menu a **minimum of once a week**. This will provide variety in the menu.

Oil rich fish (sild, sardines, kippers, salmon, mackerel and herring) should be served **once a week**. Mackerel salads and pâtés are often popular. Oil-rich fish contain valuable, protective fatty acids that are deficient in the Scottish diet and their use should be encouraged. Many children are unfamiliar with these foods and should be encouraged to try them through the use of tasters.

The maximum fat and sodium content of fish portions, fish fingers and shaped fish products will be specified in the product specifications. Any fish products that do not meet these specifications should be served a **maximum of once a week**. Fish should be presented in a form that children will eat.

## Composite Products

Vegetable content should be increased where possible.

## Cheese-Based Products

Cheese should be served as the main protein item instead of meat or fish a **maximum of twice a week**. Where a portion of cheese is served as the main protein item, it also counts as a portion of food from the meat, fish and alternative sources of protein food group, but can be higher in fat than other products in this group.

## Pizza

Vegetable toppings should be encouraged and used whenever possible. Pizza is often higher in fat than many other composite dishes.

## Vegetarian Products

Vegetarian products resembling meat products, e.g. sausages and burgers made from textured vegetable protein (TVP), should have a similar protein content to meat products. These products will be the main source of protein for vegetarians and it must therefore be available in a sufficient quantity in any meat replacements.

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

The Food Standards Agency Scotland has reviewed the nutrient content of all Group 4 products (meat, fish, vegetarian, cheese-based and composite products) which could be made available for school lunches.

The aim of the target specifications below are to reduce the total fat, saturated fat and sodium intakes of school children. The values are for the composition of the product **as served**.

## “Any Time” Product Specifications

Products meeting or approaching the target nutrient specifications below can probably be offered on the menu at any time as they are lower fat and lower sodium products. Products significantly exceeding these target specifications can probably only be served a limited number of times per week and are not encouraged. However, it is important to remember that it is the weekly lunch menu as a whole which must meet the Nutrient Standards for School Lunches.

Processed Meat Products	Maximum Total Fat (g/100g)	Maximum Saturated Fat (g/100g)	Maximum Sodium (mg/100g)
Poultry Products (Burger/Pieces/Shapes in Batter or Breadcrumbs)	10	2	400
Sausage*	10	4	600
Burgers* Grillsteaks* Meatballs (no gravy)*	10	4	400
Bolognese Sauce including Meat* Casserole* Chilli Con Carne* Cobbler* Curry* Goulash* Hotpot* Meatballs (in gravy/sauce)* Mince in gravy* Poultry in White Sauce Ragout* Stew* Sweet and Sour* Tandoori* Tikka*	6	2	300

\* Made from either beef, lamb, pork, poultry, bacon or gammon.

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

Processed Fish Products	Maximum Total Fat (g/100g)	Maximum Saturated Fat (g/100g)	Maximum Sodium (mg/100g)
Breaded or Battered Fish Shapes Fish Burgers Fish Cakes Fish Fingers Fish in Batter Fish in Crumb Fish Pie with Pastry	10	3	300
Fish Pasta Bake Fish Pie (potato topped)	8	3	300

Composite Products	Maximum Total Fat (g/100g)	Maximum Saturated Fat (g/100g)	Maximum Sodium (mg/100g)
Cannelloni Lasagne Moussaka Ravioli Meat-Based Pasta Bake	6	2	300

Cheese-Based Composite Products**	Minimum Protein* (g/100g)	Maximum Total Fat (g/100g)	Maximum Saturated Fat (g/100g)	Maximum Sodium (mg/100g)
Cheese and Broccoli Melters Flight Bites Macaroni Cheese Other Composite Dishes with Cheese as Main Protein Source	5	6	3	300

\* A minimum protein specification has been set to ensure an adequate protein intake of vegetarians.

\*\* Please note that cheese dishes can be served a maximum of **twice per week**.

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

Pizza	Maximum Total Fat (g/100g)	Maximum Saturated Fat (g/100g)	Maximum Sodium (mg/100g)
Pizza (any variety)	10	4	400

Vegetarian Products	Minimum Protein** (g/100g)	Maximum Total Fat (g/100g)	Maximum Saturated Fat (g/100g)	Maximum Sodium (mg/100g)
Vegetarian Burger	12	10	2	600
Vegetarian Hot Dog				
Vegetarian Lentil Loaf				
Vegetarian 'Meat' Grill				
Vegetarian Sausage				
Vegetarian Mince (hydrated without sauce or gravy*)	12	10	2	400
Vegetarian Bean Hotpot	7	6	2	300
Vegetarian Casserole				
Vegetarian Chilli				
Vegetarian Curry				
Vegetarian Stew				
Vegetarian Sweet and Sour				
Vegetarian Tikka				
Vegetarian Cannelloni	5	6	2	300
Vegetarian Lasagne				
Vegetarian Moussaka				
Vegetarian Risotto				
Vegetarian Pakora	5	8	2	400
Vegetarian Pancake Roll				
Vegetarian Samosa				
Vegetarian Spring Roll				

\* The relevant target nutrient specifications for sauce or gravy must also be considered.

\*\* A minimum protein specification has been set to ensure an adequate protein intake of vegetarians and vegans.

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

## Restricted Availability Product Specifications

The manufactured products listed below will probably only be able to appear a maximum of once per week on the menu due to their inherently high fat, saturated fat, and/or sodium content. Due to the nature of these products there is probably limited scope for achieving a nutrient profile which would

allow them to appear on the menu at anytime. The target nutrient specifications below are designed to improve on the overall nutrient content of such products. However, it is important to remember that it is the weekly lunch menu as a whole which must meet the Nutrient Standards for School Lunches.

Processed Meat Products	Maximum Total Fat (g/100g)	Maximum Saturated Fat (g/100g)	Maximum Sodium (mg/100g)
Frankfurter** Hot Dog**	15	6	600
Cottage Pie* Shepherd's Pie* Stovies*	9	3	400
Battered Sausage Bridie* Cold Pork Pie (Melton Mowbray) Meat/Cornish Pastie* Meat Pie with Pastry* Sausage Roll Scotch Egg Scotch Pie*	15	5	400

\* Made from either beef, lamb, pork, poultry, bacon or gammon.

\*\* It is recommended that Hot Dogs/Frankfurters are only offered on the menu once per week because the serving in a bun will give a meal with a very high sodium content.

Composite Products	Maximum Total Fat (g/100g)	Maximum Saturated Fat (g/100g)	Maximum Sodium (mg/100g)
Quiche	15	5	300

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

Vegetarian Products	Minimum Protein* (g/100g)	Maximum Total Fat (g/100g)	Maximum Saturated Fat (g/100g)	Maximum Sodium (mg/100g)
Vegetarian Pastie	12	15	5	400
Vegetarian Flan				
Vegetarian Nut Cutlets				
Vegetarian Loaf				
Vegetarian Roast				

\* A minimum protein specification has been set to ensure an adequate protein intake of vegetarians and vegans.

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

---

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

## Raw and Cooked Meats

(beef, pork, lamb, poultry, gammon and bacon)

Lean meat should be provided, having a target maximum fat content of about 10% **as served**, allowing it to be included any time on the menu.

It is important to ensure that any gravy or sauce provided with the product also meets or approaches the relevant target specifications.

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

---

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

## Savoury Stir-In Sauce

Limiting the fat and sodium content of these products will help in achieving the Nutrient Standards (*Hungry for Success, 2002*).

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

## Sauces to be Added to Raw/ Cooked (but not Processed) Meat, TVP and/or Vegetables

This specification covers, for example, tikka masala, korma, curry, sweet and sour, barbecue, chilli and bolognese sauces intended for the addition to raw/cooked meat, TVP and/or vegetables.

If sauces meeting the specification below are added to processed meat products, e.g. meatballs, it is very likely that the sodium content of a lunch meal will be very high.

Product	Maximum Total Fat (g/100g)	Maximum Saturated Fat (g/100g)	Maximum Sodium (mg/100g)
Sauce for addition to meat/TVP and/or vegetables, e.g. bolognese or curry	6	3	500

The target fat specification is lower than for cheese and/or milk-based sauces as meat/TVP will contribute fat to the meal, whereas cheese and/or milk-based sauces are likely to be added to pasta/potatoes which contribute very little fat to the meal.

The target specifications for total fat, saturated fat and sodium above are for the composition of the product **as served**. Menus containing products significantly exceeding these target specifications are unlikely to allow the Nutrient Standards set for the weekly lunch menu as a whole to be met, and are not encouraged.

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

## Cheese,\* Cream or Milk-Based Sauces to be Added to Pasta, Potatoes or Other Vegetables

Whilst recognising that cheese-based dishes are a good source of protein and calcium, they can also be high in fat. However, when cheese sauce is served with pasta, potatoes and other vegetables, due to the small contribution of fat from the latter, the contribution of such dishes to total fat intake is reduced.

The target specifications for total fat, saturated fat and sodium below are for the composition of the product **as served**. Menus containing products significantly exceeding these target specifications are unlikely to allow the nutrient standards set for the weekly lunch menu as a whole to be met, and are not encouraged.

Product	Maximum Total Fat (g/100g)	Maximum Saturated Fat (g/100g)	Maximum Sodium (mg/100g)
Sauce for addition to pasta/potatoes/other vegetables, e.g. cheese* and/or cream and/or milk-based sauces	15	6	500

\*Please note that cheese dishes can be served a maximum of **twice per week**, e.g. macaroni cheese.

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

## Gravy

The target specification below is meant for gravy to be added to cooked meats. If gravy meeting the target specification below is added to processed meat products, e.g. meatballs, it is very likely that the sodium content of a lunch meal will be very high.

However, it is important to remember that it is the menu for the whole week overall which must meet the Nutrient Standards for School Lunches. The values are for the composition of gravy **as served**.

Menus containing products significantly exceeding these specifications are unlikely to allow the Nutrient Standards set for the weekly lunch menu as a whole to be met, and are not encouraged.

Product	Maximum Total Fat (g/100g)	Maximum Saturated Fat (g/100g)	Maximum Sodium (mg/100g)
Gravy	2	1	400

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

## Table-Top Accompaniments

In general, table-top sauces and accompaniments should largely be provided as lower sugar, lower salt, and lower fat varieties as indicated below. However, it is important to remember that it is the menu for the whole week overall which must meet the Nutrient Standards for School Lunches.

### Tomato Ketchup and Brown Sauce

The fat and saturated fat content of products currently available appears to be relatively low and should not impact significantly on achieving the Nutrient Standards for fat and saturated fat in school lunches. Therefore no target fat specification is being set for these products.

However, most products currently on the market appear to have a very high sodium content and would contribute significantly to a child's sodium intake. In order to help caterers meet the Nutrient Standards for school lunches a target sodium specification of 600mg/100g is recommended. This is very approximately half the sodium content of standard products, although low sodium versions are already available on retail sale.

Compared with a Nutrient Standard of 394mg for 5-6 year olds for the school lunch, a 10ml sachet of tomato ketchup or brown sauce containing 600mg/100g would contribute 60mg (15%) sodium to the lunch. It is likely that teenagers will have more than one sachet, or more than 10g if the sauce is freely available from a bottle. In order to further limit the intake of sodium from tomato ketchup and brown sauce, the use of sachets may be preferable to that which is freely available. However, it is also important to remember that it is the menu for the whole week overall which must meet the Nutrient Standards for School Lunches.

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

## Salad Cream and Mayonnaise as Table-Top Accompaniments

Salad cream and mayonnaise as table-top accompaniments are probably not consumed in such large quantities as tomato ketchup and brown sauce. However, they can still make a significant contribution to the total sodium in a meal. In order to help caterers to meet the Nutrient Standards for school lunches, target total fat, saturated fat and sodium specifications are being recommended below. However, it is also important to remember that it is the menu for the whole week overall which must meet the Nutrient Standards for School Lunches.

Compared with a Nutrient Standard of 394mg for 5-6 year olds, a 10ml sachet of salad cream or mayonnaise (meeting the target specification of 500mg/100g) would contribute 50mg (13%) sodium to the lunch. It is likely that teenagers will have more than one sachet, or more than 10g if the sauce is freely available from a bottle. In order to further limit the intake of sodium from salad cream/mayonnaise, the use of sachets may be preferable to that which is freely available.

Product	Maximum Total Fat (g/100g)	Maximum Saturated Fat (g/100g)	Maximum Sodium (mg/100g)
Salad Cream	10	1	500
Mayonnaise	30	3	500

## Salad Cream and Mayonnaise as Ingredients for Fillings for Sandwiches and Baked Potatoes

With regard to mayonnaise and salad cream when used in the production of composite fillings for sandwiches or baked potatoes, care should be taken in the amount added (especially when added to other fat containing ingredients such as cheese).

Ideally a lower total fat, lower saturated fat and lower sodium product should be used, where at all possible, with a target specification as above. However, it is also important to remember that it is the menu for the whole week overall which must meet the Nutrient Standards for School Lunches.

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

## Pickle and Relish

The fat and saturated fat content of products currently available appears to be relatively low and should not impact significantly on achieving the Nutrient Standards for fat and saturated fat in school lunches. Therefore no target fat specification is being set for these products.

In order to help caterers meet the Nutrient Standards for school lunches a target sodium specification of 500mg/100g is recommended.

Compared with a Nutrient Standard of 394mg for 5-6 year olds for the school lunch, a 20g portion (approximately a level tablespoon) of pickle or relish containing 500mg/100g would contribute 100mg (25%) sodium to the lunch. However, it is also important to remember that it is the menu for the whole week overall which must meet the Nutrient Standards for School Lunches.

## Tartare Sauce

Tartare sauce is probably not consumed in such large quantities as tomato ketchup, brown sauce, salad cream and mayonnaise. However, caterers should be aware it can still make a significant contribution to the total sodium content of a meal. Therefore there are currently no target nutrient specifications set for tartare sauce.

## Soy Sauce

The sodium content of soy sauce is extremely high and therefore its use should be carefully considered. However, if it is used only occasionally and in very small quantities in school meals its sodium content is unlikely to impact significantly on achieving the Nutrient Standards for the lunch. Therefore there are currently no target nutrient specifications set for soy sauce.

## Mustard

Since mustard is likely to be used only occasionally and in very small portion sizes in school meals its nutrient contribution is unlikely to impact significantly on achieving the Nutrient Standards for the lunch. Therefore there are currently no target nutrient specifications set for mustard.

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

---

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

## **NUTRIENT SPECIFICATIONS FOR GROUP 5**

### **Foods Containing Fat and Foods Containing Sugar**

The use of foods from this group should be **limited**. There should be no active promotion or advertising of full fat crisps, confectionery or fizzy, sugary soft drinks within the dining room. Foods from this category are consumed to excess by Scottish children, providing excess fat, sugar and salt in the diet (*Hungry for Success, 2002*).

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

## Fruit Drinks

Fizzy, sugary soft drinks **should not be served** as part of school lunch in primary schools and should not be encouraged in secondary schools.

Carbonated water, plain water, milk and fruit juices are considered appropriate drinks. Flavoured waters are popular with children and low-sugar versions are acceptable. There is a desirability to gradually wean Scottish children away from a predilection for sweet flavours. There is a popular movement amongst children to drinking plain water and this should be encouraged.

It is recognised that sweetened soft drinks will be available each day in some secondary schools. However, they **should not be served** as part of a combination meal deal or packed lunch. These schools may find that a staged progression from sugary fizzy drinks to diet versions and the promotion of lower-sugar squashes and flavoured waters is helpful. The promotion of chilled bottled water as well as the adequate provision of freely available drinking water is considered very important.

To achieve the nutrient standard for sugar and for the protection of dental health, it is considered that there is no place for sugary, carbonated (fizzy) drinks as part of school lunches.

The menu as a whole should provide a choice of **at least two vegetables and two fruits** in addition to fruit juice every day and throughout the lunch service. (*Hungry for Success, 2002*).

## Fruit Juice

All fruit juices (from concentrate or not from concentrate) should contain no added sugar. A 150ml portion of fruit juice counts as one portion towards the recommended intake of five portions of fruit and vegetables per day.

## Fruit Juice Drinks and Squash/Cordial for Diluting

All fruit juice drinks and squashes/cordials for diluting should be of a low sugar content (no more than 5g sugar/100ml) and will not count towards the five portions of fruit and vegetables.

## Flavoured/Fruit Water (Sparkling and Still Varieties)

All flavoured or fruit water should contain no added sugar.

The above target specifications should be achievable in the shorter term, with the primary goal being the replacement of fizzy, sugary soft drinks with suitable alternatives.

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

---

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

## Confectionery

(e.g. Chocolate, Sweets)

Where confectionery is still being sold, it should be set away from the food service points. A working distinction is made between manufactured confectionery and home baking. This will discourage purchase as part of a meal and help achieve the Nutrient Standard for sugar and for the protection of dental health (*Hungry for Success, 2002*).

There are currently no target nutrient specifications for this product category.

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

## Pies, Tarts, Sponges and Crumbles for Pudding

Desserts and puddings are a useful way of boosting the total energy in children's diets while providing important nutrients. They can also help to increase fruit intake. Where there is no choice, all desserts on offer should be fruit and/or milk-based (including yoghurt). Pies, crumbles and other composite fruit dishes should contain a **minimum of one portion** of fruit (80g) per serving (*Hungry for Success, 2002*).

The target nutrient specifications below apply to fruit pies including lemon meringue pie, sponge puddings (including jam roly poly and spotted dick), tarts (including bakewell and jam tart), fruit crumble, and chocolate cracknell.

The aim of the target specifications below are to reduce the total fat, saturated fat, sugar and sodium intakes of school children. The values are for the composition of the product **as served**.

The use of only a pastry topping or base should be encouraged to assist in meeting the Nutrient Standard for fat and saturated fat. Ideally a savoury pastry based product should not be offered on the same day as a pudding pastry based product.

Product	Maximum Total Fat (g/100g)	Maximum Saturated Fat (g/100g)	Maximum Sugar (g/100g)	Maximum Sodium (mg/100g)
Fruit pies and fruit crumble.	10	5	30	100
Sponge puddings including jam roly poly, spotted dick	10	5	35	300

Any products meeting the target nutrient specifications above can probably be included on the menu as often as desired. However, it is important to remember that it is the menu for the whole week overall which must meet the Nutrient Standards for School Lunches.

Menus containing products significantly exceeding these target specifications are unlikely to meet the Nutrient Standards set for the menu for the whole week and are not encouraged.

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

## Ice Cream

Where there is no choice, all desserts on offer should be fruit-and/or milk-based (including yoghurt) (*Hungry for Success, 2002*).

The aim of the target specifications below are to reduce the total fat, saturated fat and sugar intakes of school children.

Product	Maximum Total Fat (g/100g)	Maximum Saturated Fat (g/100g)	Maximum Sugar (g/100g)
Ice cream	8	5	20

Any products meeting the target nutrient specifications above can probably be included on the menu as often as desired. However, it is important to remember that it is the menu for the whole week overall, which must meet the Nutrient Standards for School Lunches.

Menus containing products significantly exceeding these specifications are unlikely to meet the nutrient standards set for the menu for the whole week and are not encouraged.

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

---

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

## Jelly

Where there is no choice, all desserts on offer should be fruit and/or milk-based (including yoghurt). Desserts and puddings are a useful way of boosting the total energy in children's diets while providing important nutrients. They can also help to increase fruit intake (*Hungry for Success, 2002*).

Sugar-free jellies are available and may be useful in assisting in achieving the nutrient standards for NME sugars in school meals. The inclusion of fruit in jellies should also be encouraged, to increase fruit intake. It is important to remember that it is the menu for the whole week overall which must meet the Nutrient Standards for School Lunches.

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

---

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

## Jam

Jam is likely to be used only occasionally and in small portion sizes in school meals. The use of higher fruit content jam ('extra jam') is to be encouraged, and along with other measures, may assist in encouraging children to eat more fruit in the longer term. Reduced-sugar varieties are available and can assist in meeting NME sugar targets. It is important to remember that it is the menu for the whole week overall which must meet the Nutrient Standards for School Lunches.

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

## Cakes and Biscuits

Where there is no choice, all desserts on offer should be fruit and/or milk-based (including yoghurt). Caterers are, however, encouraged to review home-baking recipes to lower fats and sugars and include nutrient-rich, whole food ingredients (*Hungry for Success, 2002*).

There are a wide variety of single portion cakes and biscuits available on the market. These include sponge, fruit and cream cakes, doughnuts, danish and fruit pastries, currant and iced buns, sweet pies and tarts, gingerbread, muffins, scones, gateaux, crêpes, pancakes, crumpets, cookies, flapjacks, shortbread and various tray-bakes. Their energy density range from around 250 to 500 kcals/100g and a single portion weighs from around 20-75g.

It is important for caterers to choose the appropriate portion sizes and products that will help allow the Nutrient Standards set for the weekly lunch menu as a whole to be met. It will probably be necessary to provide smaller portion size products with lower energy density to children aged 5-6 compared with those aged 11-18. For example a 65g chocolate muffin at 420kcals/100g = 273kcals versus 40g fruit loaf at 260kcal/100g = 104kcals.

It is recommended that the target maximum portion size is 40-50g for a 5-11 year old and 65g for a 12-18 year old.

Due to the wide diversity of products in this category FSAS consider it difficult to propose a single specification for total fat, saturated fat, sugar and sodium. Therefore there are currently no target nutrient specifications for this product category. It should be noted that for some products, lower fat, saturated fat, sugar and/or sodium versions are available. However, it is also important to remember that it is the menu for the whole week overall which must meet the Nutrient Standards for School Lunches.

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

---

**IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES**

## Butter and Spreads

Only polyunsaturated and monounsaturated fats, spreads and oils and low-fat spreads should be used. This will contribute to a reduction in the fat intake in line with the Scottish Diet Action Plan targets. As part of a healthy diet, it is also important to reduce the amount of saturated fats eaten, by replacing them with unsaturated fats (with an emphasis on monounsaturates) (*Hungry for Success, 2002*).

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

---

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

## Cooking Fats and Oils

Only polyunsaturated and monounsaturated fats, spreads and oils should be used (*Hungry for Success, 2002*).

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

## Savoury Potato Snacks, Crisps and Corn Snacks

Crisps should be offered as part of a combination meal option/meal deal or packed lunch **a maximum of twice a week**. Many pack sizes are too large and the fat content per 100g is excessive. Crisps are commonly consumed throughout the day, e.g. at break times and eating multiple packets should not be encouraged (*Hungry for Success, 2002*).

The target specifications for savoury snacks and crisps made from potato, rice, wheat, oats or corn are shown below.

Product	Maximum Pack size	Maximum Total Fat (g/100g)	Maximum Saturated Fat (g/100g)	Maximum Sodium (mg/100g)
Savoury Snacks and Crisps made from Potato, Rice, Wheat, Oats or Corn	25g	22	2	600

In order to meet the sodium standards, it would be desirable for products with an even lower sodium content and the possibility of these should be explored. Smaller pack sizes will also assist in reducing sodium intake.

However, it is important to remember that it is the weekly lunch menu as a whole which must meet the Nutrient Standards for School Lunches.

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

The impact of these tight sodium specifications is shown in the table below.

	Infant 5-6 years	Junior 7-10 years	All Secondary 11-18 years
Suggested Portion Size for Snack Products	25g	25g	25g
Suggested Recommended Max Sodium per 100g Snack	600mg	600mg	600mg
Sodium Intake for a Portion of Snack Products Alone	150mg	150mg	150mg
Revised Maximum Permitted Sodium in Lunch ( <i>Hungry for Success</i> )	394mg	656mg	787mg

This table demonstrates that for children aged 5-6 years and 7-10 years, the snack product alone will provide 38% and 23% respectively of the Nutrient Standard for sodium.

However, it is important to remember that it is the weekly lunch menu as a whole, which must meet the Nutrient Standards for School Lunches.

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

## IMPACT OF SODIUM SPECIFICATIONS FOR MANUFACTURED PRODUCTS

The reason for the suggested low-target sodium levels is to allow the Nutrient Standards for School Lunches for the weekly lunch menu as a whole to be met by caterers. From modelling work, which has been carried out it is recognised that meeting the sodium specification will be a challenge for caterers planning the menu.

The following examples demonstrate how individual products contribute to the sodium content of the school lunch.

### Meat Pie with Chips

	Infant 5-6 years	Junior 7-10 years	All Secondary 11-18 years
Suggested Portion Size for Meat Pie	80g	80g	110g
Suggested Recommended Max Sodium per 100g Meat Pie	400mg	400mg	400mg
Suggested Portion Size for Chips	70g	100g	150g
Suggested Recommended Max Sodium per 100g Chips	100mg	100mg	100mg
Sodium Intake for a Portion of Meat Pie and Chips Alone	390mg	420mg	590mg
Revised Maximum Permitted Sodium in Lunch ( <i>Hungry for Success</i> )	394mg	656mg	787mg

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

## Shepherd's Pie

	Infant 5-6 years	Junior 7-10 years	All Secondary 11-18 years
Suggested Portion Size for Shepherd's Pie	190g	275g	400g
Suggested Recommended Max Sodium per 100g Shepherd's Pie	400mg	400mg	400mg
Sodium Intake for a Portion of Shepherd's Pie Alone	760mg	1100mg	1600mg
Revised Maximum Permitted Sodium in Lunch ( <i>Hungry for Success</i> )	394mg	656mg	787mg

## Lasagne

	Infant 5-6 years	Junior 7-10 years	All Secondary 11-18 years
Suggested Portion Size for Lasagne	150g	215g	300g
Suggested Recommended Max Sodium per 100g Lasagne	300mg	300mg	300mg
Sodium Intake for a Portion of Lasagne Alone	450mg	645mg	900mg
Revised Maximum Permitted Sodium in Lunch ( <i>Hungry for Success</i> )	394mg	656mg	787mg

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

## Pizza

	Infant 5-6 years	Junior 7-10 years	All Secondary 11-18 years
Suggested Portion Size for Pizza	80g	120g	160g
Suggested Recommended Max Sodium per 100g Pizza	400mg	400mg	400mg
Sodium Intake for a Portion of Pizza Alone	320mg	480mg	640mg
Revised Maximum Permitted Sodium in Lunch ( <i>Hungry for Success</i> )	394mg	656mg	787mg

## Beefburger in White Bun

	Infant 5-6 years	Junior 7-10 years	All Secondary 11-18 years
Suggested Portion Size for Beefburger	50g	60g	80g
Suggested Recommended Max Sodium per 100g Beefburger	400mg	400mg	400mg
Suggested Portion Size for White Bun	45g	65g	100g
Suggested Recommended Max Sodium per 100g White Bun	350mg	350mg	350mg
Sodium Intake for a Portion of Beefburger and Bun Alone	358mg	468mg	670mg
Revised Maximum Permitted Sodium in Lunch ( <i>Hungry for Success</i> )	394mg	656mg	787mg

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

IT IS IMPORTANT TO REMEMBER THAT IT IS THE WEEKLY LUNCH MENU AS A WHOLE WHICH MUST MEET THE NUTRIENT STANDARDS FOR SCHOOL LUNCHES

## Hot Dog\* in White Bun

	Infant 5-6 years	Junior 7-10 years	All Secondary 11-18 years
Suggested Portion Size for Hot Dog	50g	60g	80g
Suggested Recommended Max Sodium per 100g Hot Dog	600mg	600mg	600mg
Suggested Portion Size for White Bun	45g	65g	100g
Suggested Recommended Max Sodium per 100g White Bun	350mg	350mg	350mg
Sodium Intake for a Portion of Hot Dog and Bun Alone	458mg	588mg	830mg
Revised Maximum Permitted Sodium in Lunch ( <i>Hungry for Success</i> )	394mg	656mg	787mg

\*Only allowed on the menu once per week

**It is important to remember that it is the weekly lunch menu as a whole which must meet the Nutrient Standards for School Lunches**

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

---

If you have any queries on the target nutrient specifications for manufactured products used in school meals please contact:

Science Branch  
Food Standards Agency Scotland  
6th Floor  
St Magnus House  
25 Guild Street  
Aberdeen  
AB11 6NJ

Telephone: 01224 285188 or 01224 285100  
Fax: 01224 285110  
e-mail: [scotland@foodstandards.gsi.gov.uk](mailto:scotland@foodstandards.gsi.gov.uk)

# Nutrition in Schools

Scottish Nutrient Standards for School Lunches

---

## Annex A

# References

Caroline Walker Trust. (1992). *Nutritional Guidelines for School Meals. Report of an Expert Working Group*. London: Caroline Walker Trust.

Department of Health (DH). (1991). *Dietary Reference Values for Food Energy and Nutrients for the United Kingdom. Report of the Panel on Dietary Reference Values of the Committee on Medical Aspects of Food Policy*. Report on Health and Social subjects. London: HMSO.

Food Standards Agency Scotland. *Catering For Health: A guide for teaching healthier catering practices*. Food Standards Agency Scotland and Scottish Executive.

Ministry of Agriculture, Fisheries and Food and the Department of Health (2000). *National Diet and Nutrition Survey: young people aged 4-18 years*

Scientific Advisory Committee on Nutrition: subgroup on Salt; report currently available at [www.doh.gov.uk/sacn/salt.htm](http://www.doh.gov.uk/sacn/salt.htm)

The Scottish Office (1996). *Eating for Health – A Diet Action Plan for Scotland*.

World Health Organization (WHO). (1990). *Diet, nutrition and the prevention of chronic diseases. A report of the WHO Study Group on Diet, Nutrition and Prevention of Noncommunicable Diseases*. Technical Report series 797. Geneva: WHO.

**ISBN 0-7559-0791-4**

**© Crown copyright 2003**

The text pages of this document are produced from 100% elemental chlorine-free, environmentally-preferred material and are 100% recyclable.

**Astron B29761 4/03**