



**Government of South Australia**

Department of Education and  
Children's Services

# *Right Bite* Ready Reckoner

# Right Bite Ready Reckoner

These tables provide a guide to foods commonly supplied within schools and preschools, and where they fit into the **Right Bite** food and drink supply categories. Where there is more than one colour shown against a food, this indicates that different brands or varieties of this food or product may have a different nutrient profile.

Foods provided in schools and preschools should be based on choices in the **GREEN** column, with choices from the **AMBER** column selected carefully and not dominating the menu. Foods in the **RED** column are of poor nutritional value and are to be avoided. See **pages 30–34** for further details.

To help you find your way around the **Right Bite** Ready Reckoner look at the list of contents below.

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## Right Bite Ready Reckoner

Foods	GREEN	AMBER	RED	Comments and suggestions
<p><b>Breads and alternatives</b></p> <p>Breads/rolls – wholemeal, wholegrain, multigrain, high fibre white, pita bread, English muffins, lavash bread, Lebanese bread, foccacia, bagels, crumpets</p> <p>Raisin and fruit breads or fruit buns (no icing)</p> <p>Scones – plain, savoury or fruit</p> <p>Rice and corn cakes/crackers</p> <p>Pikelets</p> <p>Crispbread, wholemeal or grainy crackers</p>	<p>●</p> <p>●</p> <p>●</p> <p>●</p> <p>●</p> <p>●</p>			<p>Breads can be used in a variety of ways for snacks and/or main meal choices in the school or preschool food supply. Choose a variety of different breads to add interest to your menu.</p> <p>Toasted breads/jaffles served with fillings are a tasty alternative to sandwiches. They are often popular winter foods.</p> <p>Rolls can be split, have reduced fat cheese added, wrapped in foil and heated in the food warmer. Some rolls can be purchased already made up. Experiment with interesting sandwich fillings and spreads. Always include vegetables in fillings.</p> <p>Bread cases can be filled with similar fillings to the baked potatoes.</p> <p>Try cooking pikelets plain or with ricotta or fruit.</p> <p>Serve crisp bread or crackers as a snack or as part of a salad lunch meal.</p> <p><b>Tip: Make sure you can see the bread through the spread.</b></p>
<p><b>Rice, grains, noodles and pasta</b></p> <p>Plain rice, pasta and noodles</p> <p>Commercially prepared pasta products, instant noodles and rice</p> <p>Sushi</p>	<p>●</p> <p>●</p> <p>●</p>	<p>●</p> <p>●</p>	<p>●</p> <p>●</p>	<p>Limit added fats/oils when cooking these dishes. Add plenty of vegetables for a healthy meal.</p> <p>Try dishes like couscous salad, rice salad, noodle stir-fries and tomato based pasta bakes.</p> <p>Watch commercially prepared and instant-style rice and noodle based dishes as they may be high in sodium and saturated fat.</p> <p>Choose reduced fat and salt reduced versions. Check against <b>RED</b> category Nutrient Criteria.</p> <p>When making sushi avoid ingredients high in saturated fat or salt. For commercially prepared, check the label.</p>

Foods	GREEN	AMBER	RED	Comments and suggestions
<p><i>Breakfast cereals</i></p> <p>High fibre, low fat</p> <p>Refined cereals</p>	●	●		<p>Choose wholegrain cereals, wholewheat flakes and puffed cereals, porridge, and wholewheat breakfast biscuits. These fit into the <b>GREEN</b> segment. Serve with reduced fat milk.</p> <p>Refined cereals with added sugar and low fibre usually fit into the <b>AMBER</b> category.</p> <p><b>Tip: Include as a nibble mix in a small bag for a healthy alternative snack idea.</b></p>
<p><i>Fruit</i></p> <p>Fresh</p> <p>Frozen</p> <p>Canned (in natural juice) and fruit tubs</p> <p>Dried</p> <p>Fruit leathers and other dried fruit based snack foods</p>	●			<p>Any fresh fruit in season – whole, sliced, cubed, wedges, quarters, spirals (eg apple slinkies can be made using a special peeling and slicing machine).</p> <p>Fruit salad with a mixture of interesting fruit, served cold is a refreshing alternative. A scoop of reduced fat ice cream, a dollop of custard, yoghurt or fromage frais can add interest and variety.</p> <p>Try frozen fruit, for example grapes or a banana on a stick.</p> <p>Choose ‘no added sugar’ varieties</p> <p>Dried fruit is sticky, so best eaten as part of a meal.</p> <p>Choose those with 100% fruit and watch serve size.</p>



Foods	GREEN	AMBER	RED	Comments and suggestions
<i>Vegetables</i>				
Fresh	●			<b>Tip: Frozen or canned vegetables are a convenient alternative if fresh vegetables are not available.</b>
Baked potato	●			<p>Cook potatoes in their skins, split and fill with any combination of sandwich fillings or other ingredients such as baked beans, mince, creamed corn, tabouli, tuna, diced vegetables. Top with low fat grated cheese, low fat yoghurt or low fat sour cream.</p> <p>Include plenty of vegetables in hot foods, for example vegetable lasagne or pasta sauce, vegetable stir-fries, vegetable patties, vegetable fillos, spinach and ricotta cannelloni.</p> <p>Add diced vegetables to fried rice.</p>
Vegetable sticks and dip	●			<p>Include vegetables as snacks, for example, chunky vegetable pieces with low fat and low salt dips, a small container of mixed bite-sized vegetables such as cherry tomatoes, carrot sticks, peas, cucumber.</p>
Corn on the cob	●			<p>Corn on the cob or vegetable soup can be a warm recess snack in winter.</p>
<i>Legumes</i>				
Chick peas, kidney beans and lentils	●			<p>Dried or canned. Add canned kidney beans to bolognese sauce. Use canned beans as an interesting addition to salads. Use in soups.</p>
Baked beans	●			<p>Baked beans can be used in sandwiches and jaffles or as a topping on potatoes as a meat alternative. Choose salt reduced varieties.</p>
Lentil patties	●			<p>Lentil patties can be used in rolls, sandwiches or as a wrap and served with salad. They can be easily made, or purchased commercially (often higher in salt).</p>
Falafels	●	●		<p>Falafels can be used in rolls and sandwiches or served with salads. Commercially made may be higher in salt and fat, Check the label.</p>

Foods	GREEN	AMBER	RED	Comments and suggestions
<i>Salads</i>				
All garden vegetable mixtures	●			<p>Try interesting combinations, for example warm chicken/beef salads, Asian style salads, roast vegetable salads, Greek salads.</p> <p>Include a protein source such as lean meat, tuna, chicken, low fat cheese, or legumes.</p> <p>Serve as a salad plate, box or tub. Use different dressings for variety.</p> <p>Dressings should be low fat and low salt: a no oil dressing is good.</p> <p>Salads dressed with lots of oil or mayonnaise may fall into the <b>AMBER</b> category.</p>
Bean mix	●			
Tabouleh	●			
Rice salad	●			
Potato salad	●	●		
Coleslaw	●	●		
Egg	●	●		
Pasta	●	●		
<i>Soups</i>				
Canteen made	●	●		<p>Soups are a great winter food. Soups either made in the canteen (eg pumpkin, vegetable) or produced from low salt commercially prepared soup mixes can be sold in cups with a bread roll or bread stick (grissini).</p> <p>If serving soup to younger children, stand and allow to cool slightly before serving for safety reasons.</p>
Canned	●	●		
Commercially prepared	●	●		
<i>Dairy foods</i>				
Yoghurt	●	●		<p>Children and adolescents of school age do not need the full fat varieties of these products. The reduced fat versions should be encouraged.</p> <p>Yoghurt – plain and fruit varieties and custard can be frozen in summer and sold as a snack. Plain natural yoghurt makes a good sauce or dressing for savoury foods.</p> <p>Use reduced fat cheeses as standard in the canteen. Ricotta and cottage cheese are naturally lower in fat than other cheeses.</p> <p>Check commercially made desserts against the <b>RED</b> category Nutrient Criteria</p>
Custard	●	●		
Cheese	●	●		
Milk (see drinks)	●	●		
Dairy Desserts		●	●	

Reduced/low fat

Full fat

Foods	GREEN	AMBER	RED	Comments and suggestions
<b><i>Meat/fish/poultry (not crumbed) and alternatives</i></b>				These foods are a good source of protein and can be used for hot rolls, sandwiches, salad plates, pizza topping etc. Serve with rice, pasta or grain such as couscous.
Lean meats (eg roast beef)	●			
Lean chicken meat (no skin)	●			
Turkey	●			Burritos and tacos (fill with reduced fat savoury mince and kidney beans, salad and reduced fat yoghurt; chicken burritos are a tasty alternative)
Egg	●			
Fish (eg tuna or salmon in spring water, sardines)	●			
Nuts	●			Check the school policy regarding nuts.
Commercially prepared curries, stroganoff, stew type products	●	●	●	Some of these products will fit into the <b>RED</b> Nutrient Criteria. Check labels carefully. For a healthier meal serve these <b>AMBER</b> foods with salad or add vegetables
Meat patties (not crumbed) or fish patties		●	●	These products are usually used to make the following items in the canteen: – burgers – kebabs – burritos and tacos – focaccias served with a salad
Chicken drumsticks and wings		●	●	Remove skin from chicken. Chicken drumsticks are a popular choice when basted with honey and soy sauce and baked (use minimal oil).
Meat balls		●	●	Check labels carefully.
<b><i>Processed meats</i></b>				These foods are usually high in sodium and/or saturated fat, putting them in <b>AMBER</b> . They are not as nutritious as lean cuts of meat. If using these foods, choose low fat varieties, use in small amounts and serve with a bread-based product and salad.
Fritz/ham/chicken roll/corned beef		●		
Bacon/pastrami/salami		●	●	



Foods	GREEN	AMBER	RED	Comments and suggestions
<i>Crumbed chicken, fish, meat or vegetable products</i>				Many of these products will fit into the <b>RED</b> category as they are high in saturated fat and sodium. Check the label against the criteria.
Chicken nuggets		●	●	Limit the number per serve of nuggets and chip type products to keep down the kilojoules.
Chicken fillet wedges		●	●	
Chicken patty		●	●	If using these products, GRILL or BAKE ONLY.
Fish fingers		●	●	
Fish burgers		●	●	Serve with vegetables.
Vegetable patties		●	●	
Meat patties		●	●	Most frankfurters and sausages are high in sodium. Choose a reduced fat and sodium version and serve on a bun to boost the nutritional value.
Frankfurters, sausages (beef, lamb & chicken varieties)		●	●	
Battered saveloys			●	Battered saveloys are very high in saturated fat and sodium placing them in the <b>RED</b> category.
<i>Oven baked potato products</i>				Some oven baked potato products fit into the <b>AMBER</b> segment. Check the label to be sure.
Wedges, chips, hash browns, scallops, gems		●	●	DON'T DEEP FRY! Serve in small quantities.
<i>Pasta products</i>				Check the label against the (Occasionally) <b>RED</b> category Nutrient Criteria.
Lasagne, spaghetti bolognese, macaroni cheese	●	●	●	Pastas served with fresh tomato based sauces are a good choice. Avoid large serves. Serve with plenty of salad.



Foods	GREEN	AMBER	RED	Comments and suggestions
<p><i>Pizza</i></p> <p>Commercially prepared</p> <p>Muffin or pita based</p> <p>Homemade</p>	<p></p> <p>●</p> <p>●</p>	<p>●</p> <p></p> <p>●</p>	<p>●</p> <p></p> <p></p>	<p>Go for the thin crust or bread based pizzas as these have less fat. Select those with vegetables in the topping or serve with salad.</p> <p>Muffin pizzas make a good snack. They can be topped with lean meats and fruit or vegetables and served as a snack food.</p> <p>Use minimal or no oil and top with lean meats, vegetables and reduced fat cheese.</p>
<p><i>Savoury pastries/breads</i></p> <p>Standard meat pies, sausage rolls, pasties, party pies, chicken and potato pies, cheese and bacon pies, cheese and spinach triangles, quiche, samosas etc</p> <p>Savoury croissants</p> <p>Garlic bread</p>		<p>●</p> <p></p> <p>●</p>	<p>●</p> <p></p> <p>●</p>	<p>The saturated fat content of many pastries will put them into the <b>RED</b> segment. Check the label against the criteria.</p> <p>A number of companies make reduced fat, small serve versions. Choose those that are vegetable based.</p> <p>Croissants are very high in saturated fat and kilojoules and fall into the <b>RED</b> end of the spectrum.</p> <p>May be high in saturated fat, salt and kilojoules. Check the label. To make your own healthier version, lightly brush or spray bread with olive oil and crushed garlic.</p>
<p><i>Spring rolls, chiko rolls, and dim sims</i></p>		<p>●</p>	<p>●</p>	<p>Check these products against the <b>RED</b> Nutrient Criteria.</p> <p>Some will fall into the <b>AMBER</b> category.</p> <p>DON'T DEEP FRY. All deep fried products fall into the <b>RED</b> category. Oven bake these foods or steam dim sims to keep the fat and kilojoules down. Choose those with added vegetables.</p>
<p><i>Sauces and gravy</i></p> <p>Tomato, sweet chilli, BBQ, soy, satay/peanut, gravy</p>		<p>●</p>	<p>●</p>	<p>Use sparingly. Choose reduced salt varieties where available.</p>

Foods	GREEN	AMBER	RED	Comments and suggestions
<i>Fats and oils</i>				
Margarine and oils		●		Butter is high in saturated fat. Choose polyunsaturated or monounsaturated margarines and use sparingly.
Mayonnaise and dressings		●		Choose reduced or low fat varieties and use sparingly.
<i>Spreads</i>				
Peanut butter and other nut spreads		●	●	Check the school policy regarding the use of nuts, products containing nuts eg peanut butter.
Honey, jam, fish, chicken and meat pastes, vegemite/ yeast spreads		●		Use sparingly. Choose reduced salt varieties where available.
Chocolate spreads, syrups and toppings		●	●	Chocolate/sweet spreads and toppings are classified in the <b>RED</b> category if served alone. If served with bread use sparingly or try other <b>GREEN</b> category fillings instead.  <b>Tip: See the bread through the spread!</b>
<i>Cakes, muffins, sweet biscuits and slices</i>				
		●	●	Check the product against the <b>RED</b> category Nutrient Criteria.  Some un-iced cakes, muffins and sweet biscuits that are a small to medium serve size or have been modified (eg reduced levels of fat or sugar and include fibre) may fit into the <b>AMBER</b> category.  Choose or make varieties with added fruit and/or vegetables.  Most commercially produced sweet products fall into the <b>RED</b> category, for example, donuts, croissants, chocolate slices, danishes, lamingtons.



Foods	GREEN	AMBER	RED	Comments and suggestions
<p><i>Ice creams, milk based ice confections and dairy desserts (not yoghurts)</i></p> <p>Chocolate coated</p> <p>Standard, reduced and low fat ice creams and milk based ice confections</p> <p>Premium dairy desserts</p>			● ● ●	<p>Check standard ice creams, milk based ice confections and dairy desserts against the <b>RED</b> category Nutrient Criteria.</p> <p>Premium dairy desserts such as cheese cake, tiramisu, mousse or crème brulee are often high in saturated and total fat.</p>
<p><i>Ice blocks, water or fruit based ice confections</i></p>		●	●	<p>Choose those with 99% or more fruit juice. All others are in the <b>RED</b> category.</p>
<p><i>Confectionery</i></p> <p>Lollies – boiled, jellies, juice jellies, cough lollies, liquorice, yoghurt coated</p> <p>Chocolates, carob</p>			● ●	<p>All types of confectionery fit into the <b>RED</b> end of the spectrum. They are foods of minimal nutritional value, or are too high in energy (kJ) and saturated fat.</p> <p><i>All confectionery banned from sale from school and preschool food supply from 2008.</i></p>
<p><i>Savoury snack foods</i></p> <p>Popcorn</p> <p>Flavoured popcorn</p> <p>Crisps and chips</p> <p>Savoury biscuits</p>	●   ●	 ●  ●	  ● ●	<p>Air popped, no added fat popcorn is a high fibre, low fat choice.</p> <p>Read the label for flavoured popcorn – it may be too high in saturated fat and sodium.</p> <p>Check against the <b>RED</b> Nutrient Criteria. Crisps and chips are generally too high in energy (kJ) and/or saturated fat and/or sodium.</p> <p>Check label against the <b>RED</b> category Nutrient Criteria.</p>
<p><i>Snack food bars</i></p> <p>Cereal based bars, fruit bars, breakfast bars</p>		●	●	<p>Check label against the <b>RED</b> criteria.</p>



Foods	GREEN	AMBER	RED	Comments and suggestions
<i>Drinks</i>				
Water	●			Water is the best thirst quencher. Plain water (tap, spring, or mineral – serve chilled in summer). <b>Tip: Some primary schools serve iced water by the cup – charging only for the cup.</b>
Milks (including soy)	Reduced/low fat	Full fat		Children and adolescents do not need full fat milk. Choose reduced fat or low fat varieties of plain and flavoured milks, or fresh fruit milkshakes or smoothies.  <b>Serve sizes:</b> Reduced fat or full fat plain milk - serves 600ml or less. Reduced fat or full fat flavoured milk (not coffee) - serves 375ml or less and smaller size recommended for primary schools and preschools.
Fruit juice		●		Serve fruit juice chilled or frozen. Stock juices that are greater than 99% fruit juice and keep serve sizes to 250ml. Select products that contain fibre and no added sugar.
Fruit drinks			●	<i>All drinks other than non-carbonated water, water without flavouring or additives and milk and fruit juice are banned from schools and preschools from 2008.</i>
Iced tea			●	
Cordials			●	
Sports drinks			●	
Flavoured mineral water			●	
Energy drinks			●	
Soft drinks			●	
Artificially sweetened drinks			●	
Sweetened waters			●	
Sports waters			●	

Note: Check the school policy regarding the use of products containing nuts, ie satay or peanut sauces.