







HEALTHY FOOD AND DRINK

Finish with the Right Stuff uses the Australian Dietary Guidelines, including the Australian guide to healthy eating. The Guidelines put food and drinks into two different groups:

Everyday- fill the canteen and menu with these items

Foods that are made from the 5 food groups that give our bodies the right fuel to perform.

- 1. Fruit (including fresh, dried, frozen, canned in juice, 99% fruit juice)
- 2. Vegetables, and legumes/beans.
- 3. Grain foods, preferably wholegrain and high fibre.
- 4. Lean meats and alternatives, including poultry, fish, eggs, tofu, legumes and beans.
- 5. Reduced fat milk, yoghurt, cheese and/or alternatives

Children also need water as their main drink. Chilled, filtered, spring or sparkling water are suitable options.

Occasional - choose carefully and limit

Food and drink high in sugar, fat and often salt with little nutritional value. They are not needed as part of a healthy diet and should only be enjoyed sometimes and in small amounts.

Finish with the Right Stuff supports sport clubs to:

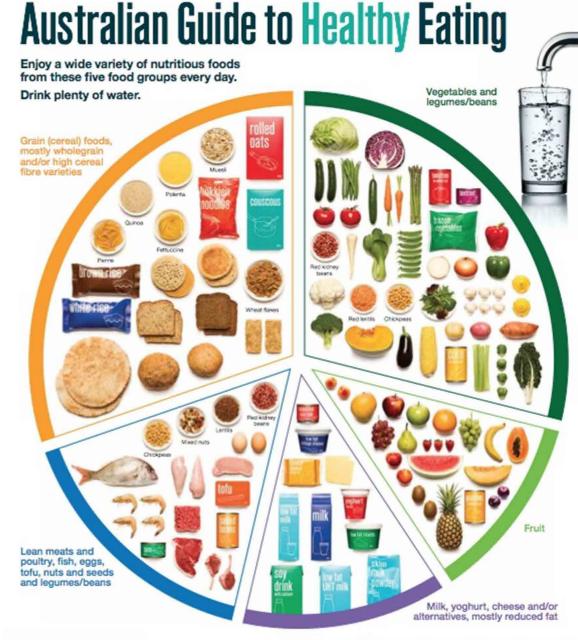
Increase the availability and promotion of 'Everyday' items for players and







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EVERYDAY DRINKS AND SNACKS

Everyday drinks

- Water (tap, bottled, mineral or sparkling)
- 99% fruit juice or vegetable juice Coconut water (no added sugar)
- Milk plain and flavoured, preferably reduced fat
- Milk alternatives with added calcium (such as soy or rice milks)
- Milkshakes and smoothies (without ice- cream, gelato or sorbet)
- Frozen ice snacks

Everday snacks

- Fruit fresh, canned, dried, frozen
- Vegetables raw, cooked, canned
- Plain air-popped unsalted / unflavoured popcorn
- Cheese hard and soft varieties
- Yoghurt and custard plain and flavoured
- Plain crackers
- Savoury muffins
- Plain unsalted legume snacks
- Scones, pikelets, pancakes, un-iced and un-filled buns
- Dips hummus, tzatziki, vegetable based dips
- Nuts







EVERYDAY FOOD

Everyday Cold food

- · Sandwiches /rolls/ wraps
- Salads
- Sushi/ rice paper rolls
- Frittata

Everday Hot food

- · Toasted sandwiches and open melts
- Soups
- Kebabs
- Stews and casseroles
- Burger patties /rissoles /meatballs /falafel/ veggie burger (not crumbed and pan-fried or baked)
- Pizza (canteen-made only)
- Pasta
- Jacket (baked) potato
- Indian and asian style dishes with rice/noodles
- Mexican-style dishes made without corn chips or hard taco chips.
- Oven-baked crumbed foods e.g. chicken, beef, schnitzel, fish, falafel, vegetable burger (canteen-made only)
- Garlic bread (canteen-made only)









OCCASIONAL FOOD AND DRINK

Everyday foods become Occasional if you:
Add processed meat (such as sausages, bacon, ham or salami)
Fry or shallow fry canteen made crumbed product instead of an oven bake

Occasional Drinks (both canteen-made and packaged products)

- Soft drinks (including diet soft drinks)
- Sports and energy drinks
- Flavoured waters (sparkling or still)
- Iced teas
- Fruit juice drinks (less than 99% juice), cordial, slushies
- Drinks with added sugar; fruit juice / coconut water, vitamin waters Frozen ice-blocks with less than 99% fruit juice
- Shakes and smoothies with ice cream/gelato/sorbet/frozen yoghurt

Occasional hot and cold foods

· Pies, sausage rolls, quiches and savoury pastries

 Hot potato products (chips, hash browns/wedges, gems, scallops or bakes)

- · Cheese and bacon rolls
- Instant flavoured noodles
- Packaged crumbed, coated foods (e.g. schnitzel)
- Packaged ready-to-eat pizza





OCCASIONAL SNACKS

Occasional snack foods

- Confectionery chocolate and lollies*
- · Cakes and sweet pastries
- Sweet biscuits and muffins
- Fruit breads e.g. banana pear and raspberry bread
- Muesli /snack/protein bars and balls
- Salty snacks e.g chips, pretzels, salted / flavoured popcorn

Occasional fillings include:

- Processed meat (excluding lean ham) such as salami, bacon, sausage and hot dogs
- Packaged crumbed/coated products and canteen-made crumbed products that are fried
- · Sugar-sweetened jelly

*Confectionery includes;

- Lollies all types
- · Chocolate including chocolate bars, chips, spreads, topping or coating
- Sugar-sweetened gum
- Sweetened condensed milk
- · Toppings; icing and fillings







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