



# FINISH WITH THE RIGHT STUFF

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# 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 patrons and swap 'Occasional' items for 'Everyday' items



## Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day. Drink plenty of water.



Use small amounts



Only sometimes and in small amounts





# 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



