

Shopping List

INTRODUCTION

There are 14 food and drink standards that apply to meal and snack provision. These standards are evidence based and reflect recommendations contained within the *Eatwell Guide*.

Planning meals, snacks and drinks around the 14 standards helps to ensure that children's nutritional requirements are met through a variety of different foods.

The 'Shopping List' document provides basic nutritional information regarding each of the food standards, the frequency that each should be provided and examples of the types of food product that meet each standard's criteria. Notably, this list is not exhaustive.

It's important to remember that each product's nutritional information may change over time, therefore, settings must check product information to ensure that it continues to meet the required standards.

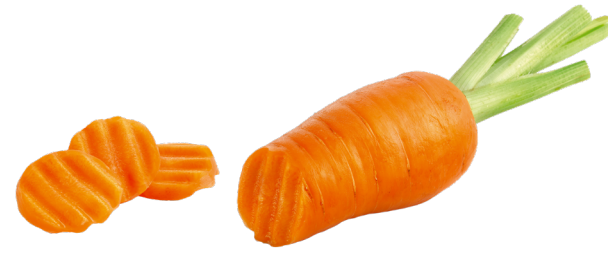
In order to develop a thorough understanding of the guidance, it's recommended that practitioners consult the Scottish Government's *Setting the Table* document.

Please note that nutritional information provided throughout the document is per 100g.

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|------------------------------|------------------------------------|
| ▶ Fruit & Vegetables | ▶ Savoury Snacks |
| ▶ Oily Fish | ▶ Bread & Bread Rolls |
| ▶ Red & Red Processed Meat | ▶ Savoury Pastry & Pastry Products |
| ▶ Yoghurts & Fromage Frais | ▶ Oils & Spreads |
| ▶ Sweetened & Baked Products | ▶ Salt, Condiments & Preserves |
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| ▶ Fried Foods | ▶ Drinks |

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FRUIT & VEGETABLES



INFORMATION

Fruit and vegetables are rich in vitamins and minerals, high in fibre and help boost children's immunity.

FREQUENCY

Main Meal: At least two portions of fruit and vegetables should be provided. Where a dessert is provided, a portion of fruit should always be an option.

Light Meal: A portion of fruit and/or vegetable should be provided.

Snack: A portion of fruit and/or vegetable should be provided. Dried fruit should not be provided at snack occasions.

Setting the Table (Page 42) can support understanding of portions for fruits and vegetables.

EXAMPLES

Consider offering fruits and vegetables that are in season. For access to a Scottish Seasonality Calendar, [click here](#).



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OILY FISH



INFORMATION

Oily fish are a rich source of Omega-3 fatty acids, which support brain development, eye health, vision and healthy heart function.

FREQUENCY

Main Meal: Oily fish should be provided at least once every three weeks.

Light Meal/Snack: It should be provided once a week across light meals or snacks on weeks that it is not provided as a main meal.

Oily fish should be limited to being served a maximum of twice per week.

EXAMPLES

Oily fish includes fresh, canned or frozen salmon, mackerel, trout, herring, sardines or pilchards.

It can be used as a filling for sandwiches, wraps, kebabs, and fish cakes. Additionally, it can be used to make pâté or be served as part of a salad.



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RED & RED PROCESSED MEAT



INFORMATION

Whilst red meat is an excellent source of protein and iron, it's important to consume red meat in moderation due to its link with increased risk of bowel cancer.

FREQUENCY

Main Meal & Light Meal: Red and red processed meat should be limited to a maximum of three times per week. Only one of these can be red processed meat, at no more than one meal occasion per day.

Snacks: These foods should not be provided for snack.

EXAMPLES

Red meat includes: beef, lamb, mutton, pork, veal, venison, goat, and offal from these sources.

Red processed meats include: sausages, hot dogs, ham, burgers and deli meats such as salami, pâté, corned beef.

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YOGHURTS & FROMAGE FRAIS



INFORMATION

Yoghurts and fromage frais are a good source of calcium and protein which support bone development.

FREQUENCY

As part of meal and snack occasions, only plain, unsweetened yoghurt/fromage frais can be provided.

EXAMPLES

Plain Greek Yoghurt, Natural Plain Yoghurt, Soya Yoghurt, Lactofree Natural Yoghurt, Asda Fat Free Natural Fromage.

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SWEETENED & BAKED PRODUCTS



INFORMATION

Children should have a balanced diet with opportunities to enjoy sweetened and baked products in moderation.

FREQUENCY

Main Meal & Light Meal: Sweetened, baked products, puddings and desserts (including dairy and non-dairy alternatives) should be limited to a maximum of three times per week, but on no more than one meal occasion per day.

Snack: These foods should not be provided at snack occasions.

EXAMPLES

Baked Goods: Cookies, Scones, Muffins, Bagels, Traybakes, Cakes, Pancakes, Waffles, Brownies.

Desserts: Sponge Pudding, Cheesecake, Crumbles & Jelly (including sugar-free).

Dairy-Based & Non-Dairy Alternatives: Custard, Rice Pudding, Milk Whip.

Frozen Desserts: Ice Cream & Ice Lollies.

Biscuits: Digestives & Rice Tea

Cereal Bars: Breakfast Bakes & Bars (including home baked).

Sweet Pastry Products: Croissants, Danish Pastries, Choux, Fruit Pies, Brioche.



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BREAKFAST CEREALS



INFORMATION

Cereals are rich in fibre, Vitamin B and carbohydrate, which is the body's main source of energy.

FREQUENCY

Servings must contain:

- No more than 15g of total sugar per 100g.
- No more than 440mg of sodium per 100g.
- No more than 1.1g of salt per 100g.
- At least 3g of fibre per 100g.

Sometimes, sodium content is not detailed on packaging. In order to calculate the level of sodium in a product, simply divide the quantity of salt by 2.5.

EXAMPLES

Kellogg's Corn Flakes – Sugar: 8g, Salt: 1.1g, Fibre: 3g

Tesco or Asda Wheat Biscuits, Sainsbury's Wholewheat Biscuits or Weetabix – Sugar: 4.4g, Salt: 0.28g, Fibre: 10g.

Tesco Scottish Oats - Sugar: 1g, Salt: 0.01g, Fibre: 8.4g.

Asda Essential Oats - Sugar: 1.3g, Salt: 0.07g, Fibre: 9.8g.

Sainsbury's Scottish Oats - Sugar: 1.1g, Salt: 0.01g, Fibre: 8.3g.



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FRIED FOODS



INFORMATION

It's important that children have a balanced diet and only eat fried foods in moderation. Oven baked or air fried products are preferable as they are typically lower in fat.

FREQUENCY

Main Meal & Light Meal: Fried foods should be limited to a maximum of once per week. This includes products which are fried as part of the manufacturing process. If provided, chips should be served as part of a meal. Deep frying should not be used as a cooking method.

Snack: Fried foods should not be provided for snack.

EXAMPLES

Chips, potato waffles, potato wedges, pakora, spring rolls and pre-prepared coated, battered and breaded products, such as chicken nuggets, fish fingers, vegetable fingers, potato shapes and battered vegetables.

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SAVOURY SNACKS



INFORMATION

Remember, plain savoury snacks can be lower in fat and sugar than products such as crisps and biscuits.

FREQUENCY

These should be limited to a maximum of once per day.

EXAMPLES

Plain oatcakes, plain savoury crackers, plain rice cakes, plain breadsticks, plain lentil cakes, plain crispbread, plain crackerbread.

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INFORMATION

Breads are rich in carbohydrates. These are the body's main source of energy. Likewise, they provide protein, nutrients, and fibre, especially in wholemeal varieties.

FREQUENCY

Only bread and bread rolls containing a minimum of 3g of fibre per 100g can be provided.

Bread that meets the nutritional criteria can be provided as part of all meals and snacks. However, like all products detailed in the *Food Standards*, it's important to serve these in moderation.

EXAMPLES

Tesco Wholemeal Medium Bread (6.3g Fibre)
 Sainsbury's Whole Meal Medium Sliced Bread (6.6g Fibre)
 Asda Bake at Home Ciabatta Roll (3.2g Fibre)
 Asda Wholemeal Medium Sliced Bread (6.6g Fibre)
 Kingsmill 50/50 Bread (4.7g Fibre)
 Hovis Wholemeal Bread Medium Sliced (6.8g Fibre)
 Kingsmill Soft White Large Rolls (3g Fibre)
 New York Bakery Co. Original Plain Bagels (3.1g Fibre)
 Free From White Sliced Loaf (5.5g Fibre)



INFORMATION

Providing these foods in moderation supports children to develop a balanced diet.

FREQUENCY

Main Meal & Light Meal: Should be limited to a maximum of once per week.

Snack: These foods should not be provided at snack.

EXAMPLES

Pies, sausage rolls, quiche and butteries.



INFORMATION

Oils and spreads with low saturated fats support absorption of fat-soluble vitamins whilst being less calorie-dense. This can help prevent excess weight gain and lower the risk of raising cholesterol.

FREQUENCY

Spreads should contain a saturated fat content of no more than 20g per 100g.

Oils should contain a saturated fat content of no more than 16g per 100g.

EXAMPLES

For spreads, consider using vegetable, rapeseed (canola), olive, sunflower or soya-based options.

Tesco 30% Less Fat Buttery Spread (7.1g Saturated Fat)

I Can't Believe It's Not Butter (10g Saturated Fat)

Utterly Butterly (11.6g Saturated Fat)

Bertolli Light Spread (12g Saturated Fat)

Pro-Active Buttery Taste Spread (12g Saturated Fat)

For oils, consider using olive, vegetable, rapeseed (canola), safflower, sunflower, corn, soya, or linseed.

Olive Oil: Tesco (14.3g) Sainsbury's (15.4g) Asda (13g)

Vegetable Oil: Asda (7.3g) Sainsbury's (7.3)

Rapeseed Oil: Asda (6.6g) Sainsbury's (6.1)

Sunflower Oil: Tesco (11g) Asda (10g) Sainsbury's (10.1g)

Corn Oil: Asda (12.7g) Tesco (12.4g) Sainsbury's (12.4g)



INFORMATION

Products containing high salt content can result in high blood pressure. Condiments and preserves can be high in sugar which can be damaging to teeth and overall health.

FREQUENCY

Main Meal & Light Meal: These products should only be provided sparingly to add to the acceptability of a meal. Where possible, the varieties offered should be lower in fat, salt and sugar.

Snack: These shouldn't be provided at any snack occasion.

EXAMPLES

In all instances, lower fat, salt and sugar versions of condiments should be used for products including but not limited to: table salt, sea salt, tomato ketchup, brown sauce, mayonnaise, salad cream, French dressing, mustard, soy sauce, Worcestershire sauce, barbeque sauce, Tabasco, plain and creamed horseradish sauce, mint sauce, mint jelly, tartare sauce, pickles and relishes.

Preserves are made with fruit preserved in sugar, these include but are not limited to jam, chutney, fruit butter, fruit curd, fruit spread, marmalade, syrups and honey.





INFORMATION

Confectionary typically contains high levels of refined sugar and holds little to no nutritional value. Excess intake of confectionary can lead to health complications.

FREQUENCY

Confectionary should not be provided at any time.

EXAMPLES

Confectionary includes:

Chocolate in any form, any product containing, wholly or partially coated with chocolate and any chocolate flavoured substance. These include any form of milk, plain or white chocolate or chocolate covered biscuits and ice creams.

Non-chocolate confectionary includes: boiled, gum/gelatine, liquorice, mints and others sweets, lollipops, fudge, tablet, toffee, sherbet, marshmallows, sprinkles, chewing gum or processed fruit sweets and bars, sugar or yoghurt coated fruit and nuts or yoghurt drizzled cereal bars and biscuits.



INFORMATION

It's important that children remain well hydrated.

Milk is rich in calcium and Vitamin D, nutrients essential for growth and healthy bone development.

FREQUENCY

Water should be freely available to children throughout the day.


However, fruit juice, vegetable juice, smoothies, flavoured milk, diluting juice (both no added sugar and sugar free versions) should not be provided at any time.

EXAMPLES

Still, plain water.

Plain milk or an unsweetened, fortified non-dairy alternative.





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