

FOOD IN SCHOOLS

BUYING GUIDE

Nutritional
Regulations 2020

Savoury snacks per 100g

e.g. popcorn, crisps

- 25g max
- Fat <22g
- Saturated fat <2g
- Sugar <3g
- Salt <1.5g



Sweetened baked products

per portion e.g. bars, biscuits

- Sugar <7g
- Fat <13g
- Saturated fat <4g



Drinks

- Water or milk
- No added sugar flavoured milk e.g. hot chocolate



Yoghurts per 100g

- 125g max
- sugar <15g
- fat <3g



Breads per 100g

- >3g fibre



Cereals per 100g

- Sugars <15g
- Fibre >3g
- Salt <1.1g

