

EVERYDAY FOODS AND OCCASIONAL FOODS

EVERYDAY FOODS

Everyday foods are the foods on the plate of the Australian Guide to Healthy Eating. They include foods from the five food groups, such as vegetables, fruit, dairy products (for instance milk, yoghurt and cheese), bread, rice, pasta, lean meats, fish, eggs, nuts and legumes. As these foods contribute a substantial amount of nutrients to our diet they are the basis of healthy eating and can be consumed on a daily basis. In New South Wales, a healthy school canteen menu contains at least 75 % Everyday food and drinks.



WHAT ARE EVERYDAY FOOD AND DRINKS IN THE CANTEEN?

- Sandwiches and toasties with Everyday fillings like cheese, tuna, lean chicken, lean meat, egg and salad.
- Sushi with Everyday fillings like tuna, salmon, avocado and other vegetables.
- Salads.
- Hot foods made from Everyday ingredients such as lasagne, pasta bolognese, rice and noodle dishes and burgers.
- Fruit, yoghurts and custard, veggies and dip, cheese and crackers, plain popcorn.
- Plain milk, smoothies, 99% fruit and vegetable juice.

OCCASIONAL FOODS

Occasional foods and drinks should be selected carefully as they are mostly high in saturated fat, sugars and/or salt and often with little nutritional value. These foods aren't on the plate of the Australian Guide to Healthy Eating. A healthy school canteen menu should contain not more than 25% occasional food and drinks.

WHAT ARE OCCASIONAL FOOD AND DRINKS IN THE CANTEEN?

- Sandwiches, wraps, toasties and sushi with Occasional fillings, such as Occasional meats: commercial crumbed chicken schnitzel, salami, devon, chicken roll and sausages.
- Hot foods such as crumbed or coated chicken, hot potato chips, hash browns, pies and sausage rolls, instant flavoured noodles.
- Chips, pretzels, cakes, biscuits and desserts.
- Smoothies made with ice cream/gelato/sorbet and all diet drinks such as diet soft drinks, diet iced tea and diet flavoured waters, etc.
- Ice creams and frozen yoghurt.

Adapted from <https://healthy-kids.com.au/school-canteens/canteen-guidelines/nsw-healthy-school-canteen-strategy/>