

# Food and Beverage Standards

Adapted from TASNE report (2006) and revised by the HESC staff

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## Document 1

The following food and beverage items listed hereunder are always subject to the nutrient levels as established within the parameters set in the Nutrient Based Guidelines for Food and Drink Providers.

# FOOD AND BEVERAGE STANDARDS

## List of Permissible Foods

### SAVOURY ITEMS

- Soups, made with fresh or frozen ingredients low in added fat and salt. Soups should include a selection of vegetables and pulses.
- Fresh or toasted sliced sandwiched bread, rolls, baguettes, ftira, a selection of buns, ciabatta, pocket bread, pittas with healthy fillings<sup>1</sup> preferably using wholegrain<sup>2</sup> breads.
- *Hobz Malti* - Maltese bread preferably wholegrain filled with tuna, tomatoes, onions, lettuce, beans, capers, olives and fresh herbs.
- A selection of pizzas with healthy toppings<sup>3</sup>, preferably using a wholegrain<sup>2</sup> dough base.
- Hot dishes, such as baked rice and pasta and vegetable lasagne.
- Couscous, bulgar wheat and pasta dishes.
- Quiches and pies with a healthy filling<sup>4</sup> and a thin layer of short crust pastry.
- Baked potatoes/jacket potatoes with healthy fillings such as ricotta, tuna or any other medium/low fat cheeses.

- 100% grilled or baked chicken/turkey/fish fillet.
- Grilled/baked, not fried fish patties made with healthy ingredients such as tuna, salmon, vegetables, potatoes.
- Boiled/poached egg.

### SALADS AND DIPS

- Pasta or vegetable salads with vinaigrette (using olive oil, balsamic vinegar, lemon juice) or with mustard.
- A selection of low fat/low salt dips - vegetable, tuna, ricotta, bean, bigilla, hummus.

<sup>1</sup>Healthy fillings or toppings can include one or more of the following: a variety of fresh or frozen vegetables, tuna, sardines, mackerel, salmon, chicken, turkey, ricotta, baked omelettes and patties, skimmed mozzarella, low/medium fat cheese, hard boiled eggs, traditional Maltese bigilla, beans and lentils, low fat spread, low fat and low salt dressings.

<sup>2</sup>Wholegrain products include those made with wholegrain flour, wholewheat flour, cracked or bulgur wheat, graham flour, wholegrain corn flour or corn meal, whole oatmeal, whole rye, spelt, quinoa, wholegrain rice flour. The terms 'multigrain', 'stone ground' and 'pumpernickel' do not necessarily mean that the product is wholegrain.

<sup>3</sup>Healthy toppings include tuna, sardines, mackerel, salmon, chicken, hard boiled eggs, fresh or frozen vegetables, cheese e.g. mozzarella, ricotta, Edam cheese, cheeselets.

<sup>4</sup>Healthy filling includes ricotta, tuna, chicken, vegetables, beans, lentils, peas. Quiches and pies should be eaten occasionally and portion sizes should be small.

## SAVOURY SNACKS

- *Galletti*, water crackers, crackers, rice cakes and crispbreads, preferably wholegrain, low fat and low salt varieties.
- Nuts and seeds, not fried, without added salt or added sugars<sup>5</sup>.
- Roasted/dried beans and roasted chickpeas, without added salt or added sugars.
- Plain air-popped popcorn without added butter, salt or sugar.

## SWEET SNACKS

- Fresh, frozen fruit yoghurts (containing not more than 2.5% total fat, 1.5% saturated fat and not more than 10% sugar).
- Breakfast cereals<sup>6</sup>.
- Plain *qagħaq tal-ħmira*.
- Individually packed *buskuttelli*.
- Traditional Bread Pudding.

## FRUIT SNACKS

- Individual fresh fruits and fresh fruit salads.
- Stewed fruit with no added sugar.
- Baked fruit without pastry and no added sugar.
- Fresh fruit milkshake (with milk or yoghurt containing not more than 2.5% total fat, 1.5% saturated fat and 10% total sugars, and fresh fruit without added sugar).

**Sweet Snacks** should not contain any trans fats (i.e. hydrogenated or partially-hydrogenated vegetable oils/fats). They should be eaten less often.

**Common allergenic foods** include eggs, milk, fish, shellfish, peanuts, soya, wheat, nuts and seeds. Allergies to certain foods such as peanuts and peanut products, other nuts, seeds and their derivatives and shellfish can be acute. People suffering from a severe food allergy need to know the exact ingredients in their food since even a small amount of the food allergen could harm them. **Nuts should not be distributed among children under 5 years of age.**

<sup>5</sup>Added sugars include white sugar, brown sugar, raw sugar, sucrose (referred to also as table sugar), glucose, glucose syrup, agave syrup, corn syrup, high-fructose corn syrup, corn-syrup solids, malt syrup, maple syrup, pancake syrup, fructose sweetener, liquid fructose, honey, molasses, invert sugar, anhydrous dextrose, crystal dextrose, hydrolysed starch. The higher up in the list these ingredients occur, the higher in 'added sugars' the product is.

<sup>6</sup>Breakfast cereals as per nutrient based guidelines (Document 5). Wholegrain varieties are good sources of fibre.

## FOOD AND BEVERAGE STANDARDS

### List of Permissible Drinks

- Still Water.
- Fresh white milk, preferably local.  
For **Primary and Secondary school pupils** -  
containing:  
not more than 2.5% total fats.
- Oat, rice, barley and other cereal drinks with  
not more than 2.5% total fats, 1.5% saturated  
fat and 10% total sugars.
- Combinations of milk, yoghurt and fruit with  
not more than 2.5% total fats, 1.5% saturated  
fat and 10% total sugars.
- Hot tea with no added sugar and served in an  
insulated cup with lid.

## FOOD AND BEVERAGE STANDARDS

### List of Prohibited Foods

- Fried foods.
- Potato chips.
- Salami, bacon, luncheon meat, mortadella and corned beef.
- Highly processed foods, including all sausages, burgers, chicken nuggets, spring rolls, wontons, samosas, fish cakes/fingers and other battered, ready-made crumb-coated products.
- Pizzas with high fat/salt toppings, such as sausages, salami, pepperoni and cheese.
- *Pastizzi*, sausage rolls and hot dogs.
- Salted or sweetened nuts.
- Doughnuts, cream and jam cakes, iced cakes, sweet pastries<sup>7</sup>.
- Chocolates, sweets and confectionery<sup>7</sup>.
- Yoghurts and desserts<sup>8</sup>.
- Breakfast cereals<sup>9</sup> and cereal bars<sup>9</sup>.
- Bagged savoury snacks except nuts, pulses and seeds.
- Products manufactured and marketed with the intention of being used as part of a weight loss diet.
- Ready-to-use dips, ready-to-use salad dressings and sauces.

<sup>7</sup>Milk chocolate, plain chocolate, white chocolate bars; chocolate flakes; chocolate buttons; chocolate eggs; filled chocolate, chocolate coated confectionery bars or biscuits; boiled, chewy, gum, liquorice, mint and other sweets; sherbet; dried fruit; fudge; toffee; marshmallows; nougat; Turkish delight; cereal chewy bars; cereal crunchy bars; processed fruit bars; chewing gum; croissants, cookies, sponge cakes, wafers; marzipan, nut spreads including peanut butter, spreadable chocolate and other sweet sandwich toppings; jelly caramels, iced lollies, sorbets, ice cream.

<sup>8</sup>Contain more than 2.5% total fat, 1.5% saturated fat and 10% total sugars.

<sup>9</sup>Not in line with the nutrient based guidelines (Document 5).

## FOOD AND BEVERAGE STANDARDS

### List of Prohibited Drinks

- Carbonated and flavoured water.
- Soft drinks.
- Iced teas.
- Energy/sports drinks.
- Coffee and hot chocolate.
- Fruit juices.
- Milk containing more than 2.5% fat and/or milk which contains artificial additives.
- Oat, rice, barley and other cereal drinks with more than 2.5% total fat, 1.5% saturated fat and more than 10% total sugars.
- Drinks containing a combination of milk, yoghurt and fruit with more than 2.5% total fat, 1.5% saturated fat and more than 10% total sugars.

## Nutrient Based Guidelines for Food and Drink Providers

It is advisable that tuck-shop operators keep to the minimum nutrient levels suggested for each nutrient.

Foods should be free from artificial sweeteners, and trans fats found in hydrogenated or partially-hydrogenated vegetable oils/fats.

Flavours, colourings and enhancers (monosodium glutamate MSG) should be avoided.

Nutrient	Nutrient level per 100g / ml of food
Fats <sup>10</sup>	Not more than 20g
Saturated Fats	Not more than 5g
Total Sugars	Not more than 10g <sup>11</sup>
Salt	Not more than 1.5g
Sodium	Not more than 0.6g

Adapted from: Food Standards Agency Guidelines, UK 2010 and TASNE Report (2006).

Revised by the HESC and the HPDPD.

<sup>10</sup>Foods should be free from hydrogenated or partially-hydrogenated vegetable oils/fats. Total fats may discriminate against foods high in natural fats such as nuts and seeds. Values for total fats may be higher than the suggested levels for these foods.

<sup>11</sup>With the exception of cereals for which total sugars should not be more than 15g per 100g.

## Food based guidelines

### Cheeses

- A variety of medium or low fat cheeses such as Edam, Ricotta, Emmenthal, Mozzarella, Cheeselets and Goat's cheese should be used.

### Fat spreads (Council Regulation (EC) No 2991/94 of 5 December 1994)

- Margarine and low-fat spreads should be plant-based (that is to have not more than 2% fat from animals).
- Low fat/light spreads (Low-fat or light – less than 41% fat) only are permissible.
- At least 70% of total fat is unsaturated.
- Should not contain trans fats (i.e. hydrogenated or partially-hydrogenated vegetable oils).

### Traditionally prepared sweets

- Wholemeal flour to be used whenever possible.
- Plant-based spreads or oils should be chosen and the amount of fat should be reduced as much as possible.
- The least possible amount of sugar should be used.
- Sugar should be replaced with fresh fruit or vegetables (grated or chopped) such as apples, pears, carrots, and beetroots.

### Milk, yoghurt and drinks made from a combination of these which may also include fruit

- Contain not more than 2.5% total fat, 1.5% saturated fat and 10% total sugars\*.

\*Food-based standard which applies to yogurts only Interim period for scholastic year 2016-2017

#### Total Sugar:

- not more than 10.5g (Junior, Middle & Senior Schools)
- not more than 11.5g (Early Years).