

smart food.

The Smart Food Program Operating Principles have been designed as qualitative over arching guidelines to positively influence the quality and nutritional value of menus and to facilitate their development.

These principles have been based primarily on the Australian Dietary Guidelines and the Australian guide to healthy eating and operates according to the following key principles:

1. An adequate quantity and variety of foods from each of the five core food groups (vegetables, fruit, grains, dairy, meat/alternatives) is provided in an appealing format to meet the energy and nutrient needs of customers and residents.
 2. Fruits and vegetables are readily available including different types and colours, and adequate consumption is encouraged.
 3. Grain based foods (breads, breakfast cereals, pasta, rice, quinoa, barley, noodles etc) are mostly wholegrain varieties and are incorporated daily into the menu.
 4. Dairy foods (milk, cheese, yoghurt) are primarily reduced or low fat varieties with sufficient amounts available daily and soy or other calcium fortified dairy milk alternative beverages are available on request.
 5. A variety of protein rich foods are offered throughout the week according to the following frequency:
Fish or seafood meals, especially oily fish are offered on the menu at least 2 times per week.
 6. Beverage offerings include the ready availability of drinking water and only 100% fruit juice in portion sizes up to 250ml (primary) and less than 500ml (secondary). Diet beverages with added sweeteners and sugar sweetened beverages are limited to no more than 20% of the fridge/offering.
 7. To minimise added sugars, salt and saturated fat:
High fat foods used in cooking, as dressings or as accompaniments provide predominantly polyunsaturated and monounsaturated fats with foods containing high levels of saturated fats limited.
 8. Foods classified as 'discretionary choices'* according to the Australian Guide to Healthy Eating such as processed meats, pastry based options or deep fried foods are limited and foods from each of the five core food groups promoted.
- Red meat is offered at least 3-4 times per week.
Mince meat is limited to no more than twice a week.
In addition to vegetarian dishes, legumes/beans are incorporated into the menu weekly.
Where vegetarian dishes are included on the menu, at least 1 serve of meat alternatives per meal is included such as 2 large (120g) eggs, 1 cup (150g) legumes or lentils, and 170g tofu or tempeh.
- Lower fat cooking methods are predominantly used.
The use of salty foods and added salt in cooking is minimized and where used, it is iodised.
Confectionary is minimised and presented in portion packs to control serving sizes for example, 40g packs (5-10 lollies).
Desserts and sweet dishes are predominately made with healthier ingredients such as wholemeal flour, fruit purees, unsaturated oils and nut meals, are primarily fruit and dairy based and are served in individual portions e.g. 40g (primary) and 80g (secondary) slice fruit and nut cake or muffin made with wholemeal flour and canola oil.

*The term 'discretionary foods' refers to foods and drinks that do not fit into the Five Food Groups because they are not necessary for a healthy diet and are too high in saturated fat and/or added sugars, added salt or are low in fibre. Examples of discretionary foods include sweet biscuits, cakes, desserts and pastries; processed meats and fattier/salty sausages; sweetened condensed milk; ice cream and other ice confections; confectionary and chocolate; savoury pastries and pies; commercial burgers with a high fat and/or salt content; commercially fried foods; potato chips, crisps and other fatty and/or salty snack foods including some savoury biscuits; cream, butter and spreads which are high in saturated fats; sugar-sweetened soft drinks and cordials, sports and energy drinks².