

HEALTHY MENU OPTIONS

When ordering food use the suggestions below to ensure a healthier selection of food and drink options.

Catering ideas for breakfast, morning tea and afternoon tea¹

	Healthy Suggestions	Try to avoid
Drinks	<p>Offer a variety of hot and cold options</p> <ul style="list-style-type: none"> • Plain tap, sparkling, soda and/or mineral water • Coffee (plain and decaffeinated) • Tea (plain and herbal) • Reduced-fat or skim milk for hot beverages • Fruit juice (99% fruit, no added sugar and maximum recommended serve size of 250 mL per person). 	<p>Sugar-sweetened drinks (e.g. fruit drinks, iced teas, soft drinks, flavoured mineral water, sports drinks, cordial, energy drinks)</p> <p>No more than 1 cup (250ml) of fruit juice per person</p>
Fruit, Dried fruit and nuts	<p>Offer fresh fruit in season and/or small quantities of dried fruit</p> <ul style="list-style-type: none"> • Whole, sliced or cut pieces of fresh fruit • Canned fruit in natural juice • Stewed fruit without added sugar • Small portions (30g) of dried fruit and/or plain and/or dry-roasted unsalted nuts 	<p>Dried fruit-based confectionery (i.e. coated with sugar, chocolate or yoghurt)</p> <p>Coated (honey, chocolate or savoury coating) and/or fried nuts</p>
Breads and crackers	<p>Offer high-fibre wholemeal/wholegrain options and top with a variety of reduced-fat cheeses, vegetables or lean meats and alternatives</p> <ul style="list-style-type: none"> • Multigrain, wholemeal, high-fibre white, rye breads, rolls, wraps, bagels, etc. • Raisin or fruit bread • Plain or fruit-based English muffins • Savoury topped breads that are wholemeal or wholegrain with vegetable toppings and reduced-fat cheeses • Plain, unflavoured crispbreads and crackers, lavash and rice crackers. Choose wholemeal or wholegrain options that are higher in fibre. 	<p>Flavoured varieties of crackers</p>

¹ Adapted from Healthy choices: healthy eating policy and catering guide for workplaces, State of Victoria, Department of Health and Human Services, 2016

	Healthy Suggestions	Try to avoid
Spreads and condiments	<p>Serve spreads and condiments separately. Use only in small quantities – thin spread.</p> <ul style="list-style-type: none"> • Polyunsaturated or monounsaturated fats/oils - healthier spreads • Margarine made from nuts and seeds (e.g. canola, sunflower, and olive) • Reduced-fat cream cheese • Fruit jams without added sugar • Avocado • Ricotta or cottage cheese • Nut butters with no added sugar, salt or fat 	<p>Cream, butter or dairy-blend spreads</p> <p>High-fat, cream- or oil-based dips</p> <p>Jam or fruit pastes with added sugar</p>
Loaves, buns, scones, muffins, cakes, slices, pastries	<p>Offer low or reduced fat, reduced sugar, wholegrain, with added fruit and / or vegetables and no added sugar or icing. Offer mini or Small sizes and limited portions, eg. One per person.</p> <ul style="list-style-type: none"> • Fruit or vegetable based mini muffins (up to 60g) • Plain or fruit-based pikelets • Plain, fruit or vegetable-based (e.g. pumpkin) scones • Plain cakes and scrolls that contain wholemeal flour, fruit, vegetables or nuts in a small to medium serve size (50–60 g per person) • Wholegrain English muffins 	<p>Options that are larger than 60g, higher in fat and/or sugar, iced, coated or filled with chocolate, confectionery or cream.</p> <p>Danishes, doughnuts, croissants, tarts, cakes, slices, scrolls, sweet pastries, puddings, Soufflés, some scones, buns, loaves and muffins</p>
Toppings, dips, antipasto	<p>Offer reduced-fat and reduced salt varieties such as:</p> <ul style="list-style-type: none"> • Low-fat vegetable-based salsas or relishes such as tomato, capsicum, bean or corn • Reduced-fat versions of dips including tzatziki or hummus • Vegetable-based dip varieties including beetroot, capsicum or eggplant, served with vegetables 	<p>Oil, cream or cheese-based dips such as aioli or sour cream</p>
Cheese and cheese platters	<p>Small serves of reduced-fat cheeses with a variety of accompaniments such as wholegrain/wholemeal breads, crisp breads, crackers, fresh fruit and vegetables</p>	<p>Large portions/blocks of cheese, double/triple cream soft cheeses</p>
Yoghurt	<p>Offer reduced-fat yoghurts (plain or unflavoured)</p>	

	Healthy Suggestions	Try to avoid
Breakfast cereals	<p>Offer cereals and muesli that are lower in added sugar, higher in fibre and without confectionery.</p> <ul style="list-style-type: none"> • Wholegrain cereals • Untoasted muesli • Porridge/oats • Bircher muesli cups 	Cereals and muesli with added sugar or confectionery (e.g. chocolate)
Cooked breakfast	<ul style="list-style-type: none"> • Eggs (scrambled made with reduced fat milk, poached, boiled or as an omelette) • Lean ham • Grilled vegetables • Baked beans (reduced salt) • Vegetable frittata • Mini pikelet / pancake topped with fruit • Oven-baked hash browns 	<p>Deep-fried items such as bacon, hash browns</p> <p>High salt/High fat products such as sausages and bacon</p>

Sample menu for Breakfast/Morning/Afternoon Tea

<p>MENU ONE: Breakfast</p> <p>Low- or reduced-fat milk (if required for hot drinks) Tea and coffee, including herbal teas and decaffeinated coffee Jugs of water</p> <p>Vegetable-based frittata</p> <p>Seasonal fresh fruit</p>

<p>MENU TWO: Morning or Afternoon Tea</p> <p>Low- or reduced-fat milk (if required for hot drinks) Tea and coffee, including herbal teas and decaffeinated coffee Jugs of water</p> <p>Low fat mini muffins (max 1 per person) OR Mini pikelet topped with reduced fat cream cheese and fruit (max 1 per person)</p> <p>Seasonal fresh fruit</p>
