

Resource 13 - Food Standards



More fruit and vegetables.
(Fresh, dried, frozen, canned and juiced)



Free, fresh drinking water.



Healthier drinks.
(Water, semi-skimmed or skimmed milk,
fruit juice, plain yogurt drink)



Little confectionery.
(Including chocolate and sweets.
Cakes and biscuits only at lunchtime.)



Little salt.
(Or mayonnaise or ketchup)



Few crisps.
(Nuts, seeds, fruit and vegetables
with no added salt or sugar are allowed.)

