



Department  
of Health &  
Social Care

# **Government Buying Standards for food and catering services: nutrition standards**

## **Technical guidance**

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## Background

The Government Buying Standards for Food and Catering Services (GBSF) were introduced in 2011 as a means of meeting the Greening Government Commitments when buying and providing food and catering services. The nutrition standards within the GBSF aim to ensure healthier food and drink options are available across the public sector and includes vending.

[Childhood Obesity: a plan for action, chapter 2](#) set out the Government's commitment to consult on updating the nutrition standards within the Government Buying Standards for Food and Catering Services to reflect the latest scientific dietary advice. The 12-week [public consultation](#) was launched on 21 May 2019 and closed on 13 August 2019. The Government response to the public consultation was announced on the 15 July 2021 and is available at: [The Government Buying Standards for Food and Catering Services: Updating the nutrition standards - GOV.UK \(www.gov.uk\)](#). The final updated nutrition standards are available at: [Sustainable procurement: the GBS for food and catering services](#).

This practical guide has been developed to provide those who must, or choose to, adopt GBSF with technical information to help support implementation of the updated nutrition standards therein. It summarises aspects of the nutrition standards that have been updated and illustrates how the standards apply to each food or drink category. It also provides practical tips and supporting information to achieve compliance as well as examples of how to demonstrate this.

## Using the Guide

Table 1 – Implementing the updated GBSF nutrition standards is key to this guide. This table provides technical guidance to support the practical implementation of each GBSF nutrition standard. It sets out whether the standard is mandatory or best practice, provides detail on the definitions used and offers practical tips, supporting information and links to useful resources. The standards have been grouped to facilitate application of the standards.

Table 2 in Annex A provides further detail to implement the new salt reduction best practice standard.

Annex B provides a simple summary of how the GBSF nutrition standards have been updated. Table 3 and Table 4 therein set out the previous GBSF mandatory and best practice nutrition standards alongside the updated standards and highlight what has changed. These tables may be particularly useful for those who are already familiar with the GBSF nutrition standards and are looking to identify what specific changes they need to make to their catering provision to maintain their compliance.

The guidance also includes examples of evidence that could be used to help demonstrate compliance with the updated nutrition standards.

The guidance provides further information to support implementation of the updated GBSF nutrition standards within a wider framework of what constitutes a healthy balanced diet. Annex

C provides further practical guidance to help choose, cook and serve healthier food and drink options.

## Guidance to support implementation of the updated GBSF nutrition standards

Table 1 sets out each updated GBSF mandatory and voluntary (best practice) nutrition standard. The table is split into four sections, grouping together the GBSF nutrition standards relating to:

- A: Cooking and serving practices
- B: Meal deals
- C: Nutrient/portion size criteria
- D: Menus

For the specific nutrient/portion size criteria within Section C, the standards have been grouped according to food or drink category in alphabetical order. This allows all standards for a given food or drink to be listed together. For example, for the provision of beverages, users can see ‘at a glance’ what requirements they must meet to comply with the mandatory standards alongside the voluntary (best practice) standard for beverages should they wish to go further.

**Note:** Some standards require a proportion of products to meet specific nutrient criteria; for example, 75% of a product category to meet salt targets. These are either worded as ‘**percentage procured by volume**’ or ‘**percentage as provided**’ to allow practical implementation of the standards and avoid stockpiling or waste. ‘Procured by volume’ means the percentage of the amount you procure and has been used for products where it is less likely for there to be an element of selection by users (e.g. cooking sauces or milk). ‘As provided’ means the percentage you have on offer for selection where there is an element of choice that directly affects procurement of these items.

**Table 1: Implementing the updated GBSF nutrition standards**

<b>A: Cooking and serving practices</b>  <b>Standard</b>	<b>Definitions, top tips for implementation and supporting information</b>
<b>Mandatory:</b> Vegetables and boiled starchy foods such as rice, pasta and potatoes shall be cooked without salt.	<b>Tips and useful links:</b> <ul style="list-style-type: none"> <li>✓ Amend kitchen practice as necessary so that salt is not added when cooking vegetables or boiling starchy foods.</li> <li>✓ Avoid adding salt to these items after cooking and before serving</li> <li>✓ Herbs, spices and garlic can be used during or after cooking to add flavour for example.</li> <li>✓ Salt can be made available separately on request.</li> <li>✓ People can be provided discretionary salt separately on request. This allows freedom of choice for those who do not wish to consume these foods with added salt, and those that do.</li> </ul>
<b>Mandatory:</b> Salt shall not be available on tables.	<ul style="list-style-type: none"> <li>✓ Place salt cellars or sachets somewhere other than where people sit down to eat – for example at till points, cutlery/condiment stations etc.</li> <li>✓ Consider keeping salt behind counters so people need to request it. This can help people reduce their salt intake while maintaining freedom of choice.</li> </ul>

	<p>✓ Using salt cellars with fewer holes will dispense less salt, help people reduce their salt intake yet still maintain freedom of choice.</p>
<p><b>Mandatory:</b> Half of desserts available should contain at least 50% of their weight as fruit – which may be fresh, canned in fruit juice, dried or frozen. This excludes whole fresh fruit as a dessert option. Whole fresh fruit can be a dessert option but should not be included when calculating whether half of dessert options contain at least 50% of their weight as fruit.</p>	<p><b>Definition:</b> Half of the desserts available should contain at least half of the total raw weight of their ingredients as fruit (fresh, canned in fruit juice, dried or frozen). Some may wish to go further than this and increase the number of dessert options available that contain the required amount of fruit although this is the minimum requirement to comply.</p> <p><b>Whole</b> fresh fruit can be included as a separate option in your dessert offer, but it is not permitted to include whole fresh fruit in your calculations.</p> <p>Example of dessert offer that would comply with the standard:</p> <ol style="list-style-type: none"> <li>1. Fresh fruit salad (majority of ingredients fruit) (50 portions);</li> <li>2. Apple pie (recipe where more than half of the raw ingredients are cooking apples) (100 portions);</li> <li>3. Tiramisu (no fruit) (50 portions); and</li> <li>4. Fruit trifle (recipe where less than half of the raw ingredients is canned fruit in juice) (50 portions).</li> </ol> <p>Over half of desserts available (150 portions out of a total of 250 portions) contain at least half of their raw ingredients as fruit.</p> <p>If only one dessert is made available per day and it doesn't include 50% fruit, whole fresh fruit must also be available to customers. This is so that customers can have fruit as an alternative dessert.</p> <p><b>Tips and useful links:</b></p> <ul style="list-style-type: none"> <li>✓ Review dessert options available on the menu and ensure half of these options contain fruit.</li> <li>✓ For those desserts that are made on site (rather than bought-in) that contain fruit, review and modify recipes as necessary to ensure that at least half the weight of the raw ingredients is fruit.</li> <li>✓ Set procurement rules/criteria for suppliers to ensure bought-in dessert options meet this standard.</li> <li>✓ When making or procuring desserts, take the opportunity to provide healthier options e.g. higher fibre and/or lower fat and sugar varieties (such as fruit crumbles made with lower sugar, oats and wholemeal flour). This can also help you meet the separate best practice standard for menus to meet nutrient based standards.</li> <li>✓ See separate mandatory standard for reducing the energy content of the puddings you offer.</li> </ul>
<p><b>Mandatory:</b> A portion of fruit shall be sold at a lower price than a portion of hot or cold dessert.</p>	<p><b>Definition:</b> The definition for a portion of fruit is that used for the government's <a href="#">5 A Day programme</a> and includes fresh, canned, frozen and dried fruit. See information on <a href="#">what counts as a portion of fruit</a>.</p> <p>For this standard a portion of fruit does not include fruit juice.</p> <p><b>Tips and useful links:</b></p> <ul style="list-style-type: none"> <li>✓ A portion of fresh, frozen or canned fruit (i.e. drained weight) is 80g.</li> </ul>

	<ul style="list-style-type: none"> <li>✓ A portion of dried fruit is on average 30g (i.e. fresh weight equivalent).</li> <li>✓ Offer a wide selection such as: whole fruit e.g. a banana, portions of smaller fruit e.g. strawberries, and sliced/prepared fruit e.g. melon.</li> <li>✓ Use fruit canned in fruit juice rather than in syrup.</li> <li>✓ Review pricing of relevant menu options. Purchasing fruit and vegetables in season can help keep costs down for both procurers and consumers.</li> </ul>
<p><b>Mandatory:</b> If caterers serve lunch and an evening meal, fish is provided twice per week (2 X 140g portion), one of which is oily. If caterers only serve lunch or an evening meal, oily fish (140g portion) is available at least once every 3 weeks.</p>	<p><b>Definition:</b> Fish includes any fresh, frozen and tinned fish. This also includes fish products such as fish cakes and fish fingers.</p> <p>Oily fish includes salmon, sardines, mackerel, herring and pilchards for example. Fresh or canned tuna does not count as oily fish.</p> <p>Non-oily fish includes pollack, basa, cod, coley, haddock, plaice, tilapia, and tuna for example.</p> <p>A typical portion of fish is 140g.</p> <p><b>Tips and useful links:</b></p> <ul style="list-style-type: none"> <li>✓ Review menu cycles to ensure availability of fish options based on whether you serve lunch or an evening meal, or both.</li> <li>✓ For fish options/fish-containing recipes that are produced on site (rather than bought-in), review and modify as necessary to ensure at least 140g of fish per portion.</li> <li>✓ Set procurement rules/criteria for suppliers to ensure bought-in fish options meet this standard.</li> <li>✓ Set procurement rules/standards for suppliers to meet the standard for bought-in fish options.</li> </ul>
<p><b>Best practice:</b> To ensure main meals containing beans and/or pulses as a main source of protein are made available at least once a week.</p>	<p><b>Definition:</b> Beans and pulses include chickpeas, butter beans, kidney beans, baked beans and lentils for example.</p> <p><b>Tips and useful links:</b></p> <ul style="list-style-type: none"> <li>✓ Review menu cycles and availability of bean and/or pulse-based options as appropriate to ensure compliance.</li> <li>✓ This standard can be met by including a vegetarian or vegan main meal option based on beans and/or pulses (such as chickpea curry and rice for example).</li> <li>✓ Add pulses like beans and lentils to casseroles, stews, curries and salads.</li> <li>✓ Consider making use of standard recipes that contain pulses to comply with this standard for example, lentil curries (dals), houmous pittas with salad.</li> <li>✓ If using ready-to-use canned beans and pulses, look for ones with no added salt and sugar.</li> <li>✓ If using dried beans and pulses it is most important that you follow the cooking instructions on the packet to ensure food safety.</li> <li>✓ Beans and pulses provide a good source of protein for vegetarians, are low in fat, and can be used to increase the fibre content of meals.</li> </ul>
<p><b>B: Meal deals</b></p>	<p><b>Definitions, top tips for implementation and supporting information</b></p>

Standard	
<p><b>Mandatory:</b> Main meals within a meal deal should include a starchy carbohydrate which is not prepared with fats or oils, and the meal deal options should include at least 1 portion of vegetables and 1 portion of fruit.</p>	<p><b>Definition:</b></p> <p>Main meals within meal deals can include those offered at breakfast, lunch and evening meal episodes. For example:</p> <ul style="list-style-type: none"> <li>• Cooked breakfast deal: Scrambled eggs, reduced sugar and salt baked beans, oven-baked hash browns, tomatoes and lean grilled bacon, a portion of fresh fruit or canned grapefruit (drained).</li> <li>• Lunch/evening main meal options:             <ul style="list-style-type: none"> <li>○ cottage pie with broccoli and carrots and a portion of fruit salad and yogurt;</li> <li>○ Chickpea and vegetable curry with boiled rice and a portion of whole fresh fruit; and</li> <li>○ oven chips, oven baked fish with mixed vegetables and a fruit based-dessert containing one portion of fruit.</li> </ul> </li> </ul> <p>Starchy carbohydrates include all breads, potatoes, pasta, noodles, couscous and rice for example.</p> <p>Not prepared with fats or oils means carbohydrates should not be cooked <u>in</u> fat or oil. Main meals within meal deals should not therefore include fried chips and other fried potato products such as wedges, waffles, croquettes and hash browns, roast potatoes and fried breads in a breakfast meal deal for example.</p> <p>Chips and potato products and other starchy carbohydrate options where fat or oil is used during the manufacturing process <b>but are oven baked prior to serving</b> can be included as part of a main meal within a meal deal (e.g. oven baked chips).</p> <p>Starchy carbohydrate options that use a minimal amount of fat or oil during preparation in the kitchen can be included such as tomato based pasta dishes prepared with oil. Similarly, other starchy carbohydrates prepared without oil or fats such as jacket potatoes served with salad can be included (with reduced/low fat spread and oil based dressings made available separately to offer freedom of choice).</p> <p>The definition for a portion of fruit or vegetables is that used for the government’s <a href="#">5 A Day programme</a> and includes fresh, canned, frozen and dried fruit and vegetables. See information on <a href="#">what counts as a portion of fruit or vegetables</a>.</p> <p>NB: Fruit juice does not count as ‘1 portion of fruit’ for this standard.</p> <p><b>Tips and useful links:</b></p> <ul style="list-style-type: none"> <li>✓ Main meals within a meal deal should include a starchy carbohydrate which is not prepared with fats or oils and at least 1 portion of vegetables too. The complete meal deal should also contain a portion of fruit.</li> <li>✓ A portion of fresh, frozen or canned fruit (i.e. drained weight) is 80g.</li> <li>✓ A portion of dried fruit is on average 30g (i.e. fresh weight equivalent).</li> </ul>

	<ul style="list-style-type: none"> <li>✓ Review menu planning and meal deal promotions and modify options/cooking practices as necessary.</li> <li>✓ Look to include fruit and vegetables in season to help keep costs down.</li> <li>✓ Take the opportunity to offer healthier options. This can also help you meet the separate best practice standard for menus to meet nutrient based standards. For example, use higher-fibre, wholegrain varieties of starchy carbohydrates when you can such as wholemeal pasta, brown rice, higher fibre breads and leaving the skins on potatoes.</li> </ul>
<p><b>Mandatory:</b> Any foods and drinks within a meal deal must also meet the relevant GBSF standards for the healthier options (e.g. healthier sandwiches).</p>	<p><b>Definition:</b> Includes <b>any</b> food or drink within a breakfast, lunch, evening meal or any other meal deal (e.g. coffee and snack). For example:</p> <ul style="list-style-type: none"> <li>• Hot drink and snack deal (e.g. coffee and toast/muffin/cake/pastry);</li> <li>• Bread and soup offer; and</li> <li>• Sandwich, savoury snack and drink offer.</li> </ul> <p><b>Tips and useful links:</b></p> <ul style="list-style-type: none"> <li>✓ Review options included in meal deals against the appropriate GBSF mandatory standards in Section C of this table.</li> <li>✓ Any pre-packed products (such as pre-packed sandwiches and other savoury pre-packed meals, bought-in soups) and items for meal deal options made on site (for example bread, spread, cheese and ham used for meal deal sandwiches) must be selected from the proportion of your stock that meets the relevant mandatory standard for healthier options of these items (for example cheese and ham sandwiches made on site for a meal deal must contain higher fibre bread, reduced fat sunflower spread, reduced fat cheddar and sliced ham that meets the appropriate Public Health England (PHE) salt target)<sup>1</sup></li> </ul>
<p><b>Mandatory:</b> Any meal deals should not include any sugar sweetened beverages.</p>	<p><b>Definition:</b> Sugar Sweetened Beverages (SSBs) are any drink, hot or cold, carbonated or non-carbonated, including milk based drinks and milk substitute drinks such as soya, almond, hemp, oat, hazelnut or rice, which contains more than 20kcal (80kJ)/100ml energy (i.e. is not 'low energy (calorie)') <b>and</b> also has any sugar added to it as an ingredient (i.e. is not 'no added sugar'). Products sweetened with a combination of artificial/natural sweeteners and sugars would, if they contain more than 20kcal/100ml energy (i.e. are not 'low energy (calorie)'), fall within this definition.</p> <p>Those beverages that can be included in a meal deal are: Low calorie (low energy) beverages not containing more than 20kcal (80kJ)/100ml energy for liquids. No added sugar means beverages that have not had sugar added to them as an ingredient.</p> <p>This includes beverages such as coffee, tea and hot chocolate which should not contain sugar sweetened flavoured syrups or be sugar sweetened as sold or provided; milk, flavoured milk products (not sugar sweetened), fruit juice, vegetable juice, smoothies, 'juicy waters' and water. Pack sizes for fruit/vegetable juice and smoothies could include larger single serve packs containing a 150ml serving of juice diluted with water for example.</p>

<p><b>C:</b> <b>Nutrient/portion size criteria</b></p> <p><b>Standard</b></p>	<p><b>Definitions, top tips for implementation and supporting information</b></p>
<p><b>Beverages</b></p>	
<p><b>Mandatory:</b> No more than 10% beverages provided can be sugar sweetened beverages (SSB).</p> <p><b>Mandatory:</b> All SSB to be no more than 330ml pack size.</p> <p><b>Mandatory:</b> Any SSB that are hot or cold milk-based drinks including milk substitute drinks such as soya, almond, hemp, oat, hazelnut or rice need to meet 300kcal cap.</p> <p><b>Mandatory:</b> At least 90% of beverages provided must be low calorie/no added sugar beverages.</p> <p><b>Mandatory:</b> At least 75% fruit juice, vegetable juice and smoothies to be provided in single serve packs.</p> <p><b>Best practice:</b> All beverages (100%) provided must be low calorie/no added sugar beverages, i.e. no SSBs are offered.</p>	<p><b>Definition:</b> Sugar Sweetened Beverages (SSBs) are any drink, hot or cold, carbonated or non-carbonated, including milk based drinks and milk substitute drinks such as soya, almond, hemp, oat, hazelnut or rice, which contains more than 20kcal (80kJ)/100ml energy (i.e. is not ‘low energy (calorie)’ <u>and</u> also has any sugar added to it as an ingredient (i.e. is not ‘no added sugar’). Products sweetened with a combination of artificial/natural sweeteners and sugars would, if they contain more than 20kcal/100ml energy (i.e. are not ‘low energy (calorie)’), fall within this definition.</p> <p>Low calorie (low energy) beverages are products not containing more than 20kcal (80kJ)/100ml energy for liquids.</p> <p>No added sugar means beverages that have not had sugar added to them as an ingredient. This includes beverages such as coffee, tea and hot chocolate which should not contain sugar sweetened flavoured syrups or be sugar sweetened as sold or provided; milk, flavoured milk products (not sugar sweetened), fruit juice, vegetable juice, smoothies, ‘juicy waters’ and water.</p> <p>The 300kcal cap for any SSB that are hot or cold milk-based drinks including milk substitute drinks is per portion.</p> <p>Fruit Juice: Single serve packs should contain no more than 200ml for juice alone, and as close to 150ml per serving as possible. This could include larger single serve packs containing a 150ml serving of juice diluted with water.</p> <p><b>Tips and useful links:</b></p> <ul style="list-style-type: none"> <li>✓ The standard is as ‘provided’. For the mandatory standard no more than a tenth (10%) of the drinks on offer for selection (in a vending machine or chiller cabinet for example) can be SSBs. Displays should be re-stocked to reflect this percentage.</li> <li>✓ Similarly, any beverage menu should aim to have no more than a tenth (10%) of options that are SSBs. Different weight sizes of a specific type of drink (e.g. small, medium or large) should not be included in the total number of options as a basis of calculations.</li> <li>✓ SSBs do not include coffee and tea provided without sugar sweetened flavoured syrups or sugar sweetened as sold/provided (and where separate, discretionary sugar options may be provided at self-service milk stations for example).</li> <li>✓ A compliant beverage menu (as sold/provided) could be:             <ul style="list-style-type: none"> <li>• Option 1: Latte (without sugar sweetened syrups or sugar sweetened);</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>• Option 2: Cappuccino (without sugar sweetened syrups or sugar sweetened);</li> <li>• Option 3: Flat White (without sugar sweetened syrups or sugar sweetened);</li> <li>• Option 4: Americano (without sugar sweetened syrups or sugar sweetened);</li> <li>• Option 5: Breakfast tea (without sugar sweetened syrups or sugar sweetened);</li> <li>• Option 6: Herbal tea (without sugar sweetened syrups or sugar sweetened);</li> <li>• Option 7: Semi skimmed milk;</li> <li>• Option 8: Flavoured water (low calorie/no added sugar);</li> <li>• Option 9: Fruit juice (200ml pack);</li> <li>• <b>Option 10: Hot chocolate (sweetened) &lt;300kcal per portion;</b> and</li> <li>• Option 11: Low calorie hot chocolate.</li> </ul> <p><b>1 of the 11 options above (&lt;10%) is a SSB.</b></p> <p>NB: If beverage menu options are limited, to comply with the standard non-SSBs should clearly make up the majority of the choices on offer for selection.</p>
<p><b>Biscuits</b></p>	<p><b>Definition:</b> Includes all types of sweet biscuits including breakfast biscuits and cereal bars for example.</p> <p>Saturated fats include animal fats found in meat, meat products, butter, ghee, cheese, cream, crème fraiche, yogurt, suet and lard, and in coconut oil and palm oil. They are also found in products made using these such as biscuits.</p> <p>100kcal maximum is per portion</p> <p><b>Tips and useful links:</b> Reducing saturated fat standard for biscuits: For some types of biscuit, versions that are lower in saturated fat than the standard product may not be available for procurement. In practical terms, ‘lower in saturated fat’ is not limited to an alternative to the standard product available on the market that is lower in saturated fat (eg ‘light’ digestive biscuits vs standard digestive biscuits). Other options that could be implemented to comply with this standard are:</p> <ul style="list-style-type: none"> <li>✓ Swapping a type of biscuit higher in saturated fat to an alternative type of biscuit available to you that is lower in saturated fat (e.g medium sized biscuit fully coated in chocolate to a smaller sized chocolate chip cookie); and</li> <li>✓ Using less saturated fat than would be expected in a standard recipe when making biscuits (e.g. using a vegetable based hard fat that is lower in saturated fat in place of butter or, better still, a reduced fat spread).</li> </ul> <p>Reducing energy standard for biscuits:</p>
<p><b>Mandatory:</b> Biscuits provided be lower in saturated fat, where available.</p> <p><b>Mandatory:</b> At least 75% of biscuits provided are to not exceed 100kcal.</p>	

	<ul style="list-style-type: none"> <li>✓ The standard is as ‘provided’. At least three quarters (75%) of the biscuits on offer for selection from a display or menu do not exceed 100kcal per portion. Displays should be re-stocked to reflect this percentage.</li> <li>✓ Try to procure all, or most products that meet the standard. This will avoid you having to do calculations to confirm you comply.</li> </ul> <p>General:</p> <ul style="list-style-type: none"> <li>✓ Look for healthier alternatives to biscuits (such as currant buns or fruit bread – with or without reduced or low fat spread).</li> <li>✓ Set procurement rules/standards for suppliers.</li> </ul>
<p><b>Bread</b></p>	
<p><b>Mandatory:</b> At least 75% of breads (procured by volume) meet current core salt targets<sup>2</sup> and any subsequent revisions to this target.<sup>1</sup></p> <p><b>Mandatory:</b> At least 50% of bread provided contains at least 3g fibre per 100g (i.e. is a source of fibre), excluding pre-packed sandwiches.</p> <p><b>Best practice: In addition to the above mandatory standard for fibre, at least 25% of all bread provided contains at least 6g per 100g (i.e. high in fibre), excluding pre-packed sandwiches.</b></p>	<p><b>Definition:</b> All types of bread served excluding that within pre-packed sandwiches. Includes all bread and rolls: pre-packed, part-baked and freshly baked; white, brown, malted grain, wholemeal and 50:50 bread or rolls including seeded products, French bread, ciabatta, focaccia, pitta, naan, chapattis, tortillas etc. Also includes pizza bases (fresh and frozen).</p> <p><b>Tips and useful links:</b> Salt reduction standard for bread:</p> <ul style="list-style-type: none"> <li>✓ The requirement relates to meeting maximum targets.</li> <li>✓ The salt reduction mandatory standard relates to ‘procured by volume’. This means that at least three quarters (75%) of the amount of bread you procure needs to meet current core salt targets and any subsequent revisions to these targets to meet this standard.</li> <li>✓ To allow time for manufacturers to reformulate their products to meet the 2024 salt reduction targets, Government is allowing an implementation period of 3 years for compliance with these updated targets following publication of this technical guidance. In the meantime, the 2017 salt targets must be met.</li> <li>✓ Look to procure products that meet the 2024 salt targets to future proof your procurement practices where possible.</li> <li>✓ Try to procure all, or most products that meet the salt targets. This will avoid you having to do calculations to confirm you comply with the standard.</li> <li>✓ There are four salt targets for different types of bread to comply with. The 2017 salt targets and 2024 salt targets are provided below: <ul style="list-style-type: none"> <li>• <b>Bread and rolls without ‘high salt’ additions</b> (e.g. cheese, olives and sundried tomatoes). Includes all bread and rolls: pre-packed, part-baked and freshly baked (including retailer instore bakery) white, brown, malted grain, wholemeal and 50:50 bread or rolls including seeded products, French bread, ciabatta, focaccia, pitta, naan, chapattis, tortillas etc Includes pizza bases (fresh and frozen). <b>2024 Target: Maximum 1.01g salt/100g. 2017 Target: Maximum 1.13g salt/100g.</b></li> <li>• <b>Bread and rolls with additions.</b> Includes all bread and rolls listed above with ‘high salt’ additions (e.g. cheese, olives and sundried tomatoes)</li> </ul> </li> </ul>

	<p><b>2024 Target: Maximum 1.08g salt/100g. 2017 Target: Maximum 1.13g salt/100g.</b></p> <ul style="list-style-type: none"> <li>• <b>Morning goods – yeast raised.</b> Includes bagels, croissants, fruited and non-fruited buns, hot cross buns, pain au chocolat, teacakes, brioche etc. <b>2024 Target: Maximum 0.83g salt/100g. 2017 Target: Maximum 0.88g salt/100g.</b></li> <li>• <b>Morning goods – powder raised.</b> Includes waffles, pancakes, English muffins, crumpets, soda farls, scones, potato farls, wheaten bread. <b>2024 Target: Maximum 1.90g salt/100g. 2017 Target: Maximum 2g salt/100g.</b></li> </ul> <p>Increasing fibre standard for bread:</p> <ul style="list-style-type: none"> <li>✓ The increasing fibre standard is ‘as provided’. This means that for the mandatory standard at least half (50%) of the type of bread you offer from a display or menu (for example a display of rolls to accompany soup, bread available to toast as a breakfast option, bread available alongside fillings on display to make sandwiches to order) should contain at least 3g fibre per 100g.</li> <li>✓ Look for ‘source of fibre’ claims on product packaging. These contain at least 3g fibre per 100g. Fibre data per 100g may also be included in the ‘back of pack’ nutrition labelling.</li> <li>✓ There are many types of bread that contain enough fibre to help you meet the mandatory standard. These include wholemeal, wheatgerm, malted wheat (e.g. granary) and seeded breads and white breads with added fibre.</li> <li>✓ Try to procure all, or most products that meet the standard. This will avoid you having to do calculations to confirm you comply.</li> <li>✓ To meet the best practice standard, look for ‘high in fibre’ claims on product packaging. These contain at least 6g fibre per 100g. Fibre data per 100g may also be included in the ‘back of pack’ nutrition labelling.</li> <li>✓ The types of bread containing enough fibre to help you meet the best practice standard include wholemeal and many seeded breads.</li> </ul> <p>General:</p> <ul style="list-style-type: none"> <li>✓ Consult with suppliers to identify breads that meet the relevant salt targets and fibre content.</li> <li>✓ Set procurement rules/standards for suppliers.</li> </ul>
<p><b>Breakfast cereals</b></p> <p><b>Mandatory:</b> At least 75% of breakfast cereals provided meet current core salt targets<sup>2</sup> and any subsequent revisions to this target<sup>1</sup>.</p> <p><b>Mandatory:</b> At least 50% of breakfast cereals provided are higher in fibre (i.e. at least 6g/100g) and</p>	<p><b>Definition:</b> Includes all breakfast cereals (e.g. muesli, cornflakes and hot oat cereals).</p> <p><b>Tips and useful links:</b> Salt reduction standard for breakfast cereals:</p> <ul style="list-style-type: none"> <li>✓ The requirement relates to meeting the maximum target.</li> <li>✓ The salt reduction mandatory standard is ‘as provided’. This means that at least three quarters (75%) of the types of breakfast cereals you offer (for example a display of breakfast cereals as part of a breakfast selection, or a selection of breakfast cereals on a breakfast menu) needs to meet current core salt targets and any subsequent revisions to these targets to meet this standard.</li> </ul>

<p>shall not exceed 12.3g/100g total sugars (10g additional allowance for dried fruit in cereal).</p> <p><b>Best practice: In addition to the above mandatory standard for fibre, at least 25% of all breakfast cereals provided contain at least 6g per 100g of fibre (i.e. high in fibre) and shall not exceed 5g/100g total sugars (10g additional allowance for dried fruit in cereal).</b></p>	<ul style="list-style-type: none"> <li>✓ To allow time for manufacturers to reformulate their products to meet the 2024 salt reduction targets, Government is allowing an implementation period of 3 years for compliance with these updated targets following publication of this technical guidance. In the meantime, the 2017 salt targets must be met.</li> <li>✓ Look to procure products that meet the 2024 salt targets to future proof your procurement practices where possible.</li> <li>✓ There is one salt target for all types of breakfast cereal. The 2017 salt target and 2024 salt target are provided below:             <ul style="list-style-type: none"> <li>• <b>Breakfast cereals 2024 Target: Maximum 0.9g salt/100g. 2017 Target: Maximum 1.0g salt/100g.</b></li> </ul> </li> </ul> <p>Increasing fibre and reducing sugar standard for breakfast cereals:</p> <ul style="list-style-type: none"> <li>✓ The mandatory standard is ‘as provided’. This means that at least half (50%) of the amount of breakfast cereals you offer (for example a display of breakfast cereals as part of a breakfast selection, or a selection of breakfast cereals on a breakfast menu) should contain at least 6g fibre per 100g and not more than 12.3g total sugars per 100g</li> <li>✓ Look for ‘high in fibre’ claims on product packaging. These contain at least 6g fibre per 100g. Fibre data per 100g may also be included in the ‘back of pack’ nutrition labelling.</li> <li>✓ Total sugars data per 100g is provided within back of pack nutrition labelling.</li> <li>✓ Categories of breakfast cereals that include products that meet both the mandatory and best practice standards for fibre and total sugar include wheat biscuits, shredded wholegrain cereals, porridge and plain instant oat-based cereals. In addition, any cereal consisting of a plain cereal base (e.g. oats) and milk powder only <b>that is not sugar sweetened (with sucrose or with added lactose for example)</b> is also considered to be compliant (even though it may exceed the total sugar threshold).</li> <li>✓ For any high fibre cereal <b>that also contains dried fruit</b> an allowance of 10g total sugar is applied for the mandatory and for the best practice standard (to enable practical implementation of the standard this is regardless of whether the dried fruit itself is sugar sweetened/coated during the manufacturing process). For example, to be included in the 50% of breakfast cereals that meet the mandatory standard, a high fibre breakfast cereal <b>that contains dried fruit</b> must not contain more than 22.3g (12.3g + 10g) total sugar. There are many high fibre breakfast cereal options with dried fruit that contain less total sugar on the market. Encourage the procurement of these healthier products to go further. If it does not contain dried fruit, it must not exceed 12.3g total sugar per 100g. Similarly, the allowance is also applied for the best practice standard. To be included in the additional 25% that meet the best practice standard, a high fibre breakfast cereal <b>with added dried fruit</b> must not exceed 15g total sugar per 100g (5g + 10g). If it does not contain dried fruit, it must not exceed 5g total sugar per 100g.</li> </ul> <p>General:</p> <ul style="list-style-type: none"> <li>✓ Set procurement rules/standards for suppliers.</li> <li>✓ Consult with suppliers to identify breakfast cereals that meet the salt target, are high in fibre and do not exceed total sugar thresholds.</li> </ul>
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	<ul style="list-style-type: none"> <li>✓ Try to provide all, or the vast majority of breakfast cereals that meet the standards. This will avoid you having to do calculations to confirm you comply.</li> </ul>
<b>Cakes</b>	
<p><b>Mandatory:</b> Cakes provided be lower in saturated fat, where available.</p> <p><b>Mandatory:</b> At least 75% of cakes provided are to not exceed 220kcal.</p>	<p><b>Definition:</b> Includes all types of cakes, ambient and chilled, including cake bars and slices, American muffins, flapjacks, Swiss rolls.</p> <p>Saturated fats include animal fats found in meat, meat products, butter, ghee, cheese, cream, crème fraiche, yogurt, suet and lard, and in coconut oil and palm oil. They are also found in products made using these such as cakes.</p> <p>220kcal maximum is per portion.</p> <p><b>Tips and useful links:</b> Reducing saturated fat standard for cakes: For some types of cake, versions that are lower in saturated fat than the standard product may not be available for procurement. In practical terms, ‘lower in saturated fat’ is not limited to an alternative to the standard product available on the market that is lower in saturated fat (e.g. jam sponge in place of jam sponge with buttercream icing). Other options that could be implemented to comply with this standard are:</p> <ul style="list-style-type: none"> <li>✓ Using less saturated fat than would be expected in a standard recipe when making cakes (e.g. using a vegetable based hard fat that is lower in saturated fat in place of butter or, better still, reduced fat spread); and</li> <li>✓ Varying the types of cakes on offer (e.g. cakes made by the whisking method (that uses limited, if any fat, plain fruit cakes without buttercream icing).</li> </ul> <p>Reducing energy standard for cakes:</p> <ul style="list-style-type: none"> <li>✓ The standard is as ‘provided’. At least three quarters (75%) of the cakes on offer for selection from a display or menu do not exceed 220kcal per portion. Displays should be re-stocked to reflect this percentage.</li> </ul> <p>General:</p> <ul style="list-style-type: none"> <li>✓ Offer healthier alternatives to cakes (such as currant buns or fruit bread – with or without reduced or low fat spread).</li> <li>✓ Set procurement rules/standards for suppliers.</li> </ul>
<b>Cheese</b>	
<p><b>Mandatory:</b> At least 50% of hard yellow cheese procured by volume shall have a maximum total fat content of 25g/100g.</p>	<p><b>Definition:</b> Includes cheddar and similar hard cheeses.</p> <p><b>Tips and useful links:</b></p> <ul style="list-style-type: none"> <li>✓ The standard relates to ‘procured by volume’. This means that at least half (50%) of the amount of cheddar and similar hard cheeses you procure should not contain more than 25g total fat per 100g.</li> <li>✓ Total fat data per 100g is included in ‘back of pack’ nutrition labelling.</li> <li>✓ Set procurement rules/standards for suppliers.</li> </ul>

	<ul style="list-style-type: none"> <li>✓ Consult with suppliers to identify hard yellow cheeses that have a maximum total fat content of 25g/100g.</li> <li>✓ Try to procure the vast majority of hard yellow cheeses that meet the standard. This will avoid you having to do calculations to confirm you comply.</li> <li>✓ Look for ‘reduced fat’ or ‘lighter’ options. These hard yellow cheese products are likely to meet this standard.</li> <li>✓ Choose a variety of cheeses to vary the fat content of the cheeses you use. Full fat hard cheeses such as cheddar tend to be higher in fat than softer cheeses such as Edam and Brie (e.g. for a cheese selection board), mozzarella (e.g. on pizzas) or feta cheese (e.g. in salads).</li> </ul>
<p><b>Confectionery and packet sweet snacks</b></p>	
<p><b>Mandatory:</b> At least 75% of confectionery and packet sweet snacks provided are in the smallest standard single serve portion size available within the market and do not exceed 200 kcal (maximum) for chocolate and 125 kcal (maximum) for sugar confectionery.</p> <p><b>Best practice:</b> All confectionery and packet sweet snacks provided are in the smallest standard single serve portion size available within the market and do not exceed 200 kcal (maximum) for chocolate and 125 kcal (maximum) for sugar confectionery.</p>	<p><b>Definition:</b> Includes all chocolate and sugar confectionery.</p> <p>Chocolate confectionery includes chocolate bars, filled bars, assortments, carob, diabetic and low calorie chocolate, seasonal products e.g. Easter eggs, chocolate produced for Christmas and Halloween.</p> <p>Sweet confectionery and packet sweet snacks include boiled sweets, gums, pastilles, fudge, chews, mints, rock, liquorice, toffees, chewing gum, sweet and sweet and savoury popcorn, nougat and halva, seasonal products e.g. sweets produced for Christmas, Halloween etc. Excludes sugar free sweets and chewing gum.</p> <p>The calorie limit is for the smallest standard single serve portion size.</p> <p><b>Tips and useful links:</b></p> <ul style="list-style-type: none"> <li>✓ Set procurement rules/standards for suppliers.</li> <li>✓ Consult with suppliers to identify products that meet the standards.</li> <li>✓ Try to provide the vast majority of products that meet the energy thresholds. This will avoid you having to do calculations to confirm you comply with the mandatory standard.</li> </ul>
<p><b>Cooking sauces</b></p>	
<p><b>Mandatory:</b> At least 75% of cooking sauces (procured by volume) meet current core salt targets<sup>2</sup> and any subsequent revisions to this target<sup>1</sup>.</p>	<p><b>Definition:</b> Includes cook-in and pasta sauces, thick sauces and pastes.</p> <p><b>Tips and useful links:</b></p> <ul style="list-style-type: none"> <li>✓ The requirement relates to meeting maximum targets.</li> <li>✓ The mandatory standard relates to ‘procured by volume’. This means that at least three quarters (75%) of the amount of cooking sauces you</li> </ul>

	<p>procure needs to meet current core salt targets and any subsequent revisions to these targets to meet this standard.</p> <ul style="list-style-type: none"> <li>✓ To allow time for manufacturers to reformulate their products to meet the 2024 salt reduction targets, Government is allowing an implementation period of 3 years for compliance with these updated targets following publication of this technical guidance. In the meantime, the 2017 salt targets must be met.</li> <li>✓ Look to procure products that meet the 2024 salt targets to future proof your procurement practices where possible.</li> <li>✓ Try to procure all, or most products that meet the salt targets. This will avoid you having to do calculations to confirm you comply with the standard.</li> <li>✓ There are three separate salt targets for different types of cooking sauces to comply with. The 2017 salt targets and 2024 salt targets are provided below: <ul style="list-style-type: none"> <li>● <b>All cook in and pasta sauces (except pesto and other thick sauces and pastes).</b> Includes all cooking sauces e.g. pasta sauce, curry, Mexican, Chinese etc. Excludes thick varieties. <b>2024 Target: Maximum 0.83g salt/100g. 2017 Target: Maximum 0.93g salt/100g.</b></li> <li>● <b>Pesto and other thick sauces.</b> Includes thick cooking sauces intended to be used in smaller quantities e.g. pesto and stir fry sauces (e.g. a portion size of under 90g). <b>2024 Target: Maximum 1.55g salt/100g. 2017 Target: Maximum 1.63g salt/100g.</b></li> <li>● <b>Thick pastes.</b> Includes all thick pastes used in very small quantities (e.g. 15-20g) such as curry and Thai. <b>2024 Target: Maximum 3.56g salt/100g. 2017 Target: Maximum 3.75g salt/100g.</b></li> </ul> </li> <li>✓ Set procurement rules/standards for suppliers.</li> <li>✓ Consult with suppliers to identify products that meet the relevant salt target.</li> </ul>
<p><b>Ice cream</b></p>	
<p><b>Mandatory:</b> At least 75% of ice cream provided to not exceed 220 kcals.</p>	<p><b>Definition:</b> Includes all types of ice cream, dairy and non-dairy, choc ices, ice cream desserts e.g. Arctic roll.</p> <p>220kcal maximum is per portion.</p> <p><b>Tips and useful links:</b></p> <ul style="list-style-type: none"> <li>✓ The standard is as ‘provided’. At least three quarters (75%) of the ice cream on offer for selection from a display or menu do not exceed 220kcal per portion. Displays should be re-stocked to reflect this percentage.</li> <li>✓ Set procurement rules/standards for suppliers.</li> <li>✓ Consult with suppliers to identify single serve products/tubs that meet the standard.</li> </ul>
<p><b>Meat and meat products</b></p>	
<p><b>Mandatory:</b> At least 75% of meat products (procured by volume) meet current core salt</p>	<p><b>Definition:</b> Includes bacon, ham/other cured meats, sausages and sausage meat products, meat pies, cooked uncured meats, burgers and grill steaks, frankfurters and hotdogs.</p>

<p>targets<sup>2</sup> and any subsequent revisions to this target<sup>1</sup>.  <b>Mandatory:</b> Meat and meat products (procured by volume), be lower in saturated fat, where available.</p>	<p><b>Tips and useful links:</b></p> <p>Salt reduction standard for meat products:</p> <ul style="list-style-type: none"> <li>✓ The requirement relates to meeting maximum targets or using an average target as a maximum where a maximum target is not set (i.e. for bacon and ham/other cured meats).</li> <li>✓ The salt reduction mandatory standard relates to ‘procured by volume’. This means that at least three quarters (75%) of the amount of meat products you procure needs to meet current core salt targets and any subsequent revisions to these targets to meet this standard.</li> <li>✓ To allow time for manufacturers to reformulate their products to meet the 2024 salt reduction targets, Government is allowing an implementation period of 3 years for compliance with these updated targets following publication of this technical guidance. In the meantime, the 2017 salt targets must be met</li> <li>✓ Look to procure products that meet the 2024 salt targets to future proof your procurement practices where possible.</li> <li>✓ Try to procure all, or most products that meet the salt targets. This will avoid you having to do calculations to confirm you comply with the standard.</li> <li>✓ There are a number of salt targets for different types of meat products to comply with. The 2017 salt targets and 2024 salt targets are provided below: <ul style="list-style-type: none"> <li>• <b>Bacon.</b> Includes all types of injection cured bacon, e.g. sliced back, streaky, smoked and unsmoked bacon, bacon joints. Excludes all dry and immersion cured bacon.  <b>2024 Target: Maximum 2.59g salt/100g. 2017 target: Maximum 2.88g/100g</b> (NB: average salt target is used as a maximum).</li> <li>• <b>Ham/other cured meats.</b> Includes hams, cured pork loin and shoulder, corned beef etc. Excludes ‘Protected Designation of Origin’ and traditional speciality guaranteed products, e.g. parma ham, salami, pepperoni. Also excludes speciality products produced using traditional methods such as immersion and dry cured processes including cured tongue. <b>2024 Target and 2017 Target are the same: Maximum 1.63g salt/100g</b> (NB: average salt target is used as a maximum).</li> <li>• <b>Sausages</b> <ul style="list-style-type: none"> <li>○ <b>Sausages.</b> Includes all fresh, chilled and frozen meat sausages, e.g. pork, beef, chicken, turkey, etc. <b>2024 Target: Maximum 1.31g salt/100g. 2017 Target: 1.38g salt/100g.</b></li> <li>○ <b>Cooked sausages and sausage meat products.</b> Includes all cooked sausages and sausage meat products e.g. stuffing, turkey roll with stuffing etc. Excludes Scotch eggs. <b>2024 Target: Maximum 1.53g salt/100g. 2017 Target: Maximum 1.7g salt/100g.</b></li> </ul> </li> <li>• <b>Meat pies</b> <ul style="list-style-type: none"> <li>○ <b>Delicatessen, pork pies and sausage rolls.</b> Includes all delicatessen pies, pork pies and sausage rolls e.g. game pie, cranberry topped pork pie, Melton Mowbray pork pie etc. <b>2024</b></li> </ul> </li> </ul> </li> </ul>
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	<p><b>Target: Maximum 1.08g salt/100g. 2017 Target: Maximum 1.13g salt/100g.</b></p> <ul style="list-style-type: none"> <li>○ <b>Cornish and meat-based pasties.</b> Includes all Cornish and meat-based pasties only. <b>2024 Salt Target: Maximum 0.9g salt/100g. 2017 Salt Target: 1.0g salt/100g.</b></li> <li>○ <b>Other meat-based pastry products.</b> Includes all meat-based pastry products, pies, slices, etc whether chilled, canned, frozen etc. Excludes pork pies and sausage rolls and Cornish and meat-based pasties (see separate targets for these). <b>2024 Target: Maximum 0.71g salt/100g. 2017 Target: Maximum 0.75g salt/100g.</b></li> <li>● <b>Cooked uncured meat. Includes all roast meat, sliced meat etc. Excludes ham.</b> <ul style="list-style-type: none"> <li>○ <b>Whole muscle.</b> Includes all chilled, frozen and canned whole muscle e.g. beef, lamb, chicken, turkey etc. Also includes rotisserie and roasted products. <b>2024 Target and 2017 Target are the same: Maximum 0.68g salt/100g.</b></li> <li>○ <b>Reformed whole muscle.</b> Includes all reformed whole muscle e.g. beef, lamb, chicken, turkey etc. <b>2024 Target and 2017 Target are the same: Maximum 0.9g salt/100g.</b></li> <li>○ <b>Comminuted or chopped reformed meat.</b> Includes all comminuted or chopped reformed and shaped uncured meats e.g. beef, lamb, chicken, turkey etc. <b>2024 Target and 2017 Target are the same: Maximum 1.35g salt/100g.</b></li> </ul> </li> <li>● <b>Burgers and grill steaks.</b> Includes all standard, speciality and topped burgers and grill steaks e.g. fresh and frozen burgers and grill steak, beef burgers, hamburgers, pork/bacon burgers, chicken burgers, turkey burgers and all kebabs. Excludes canned burgers (see separate category). <b>2024 Target: Maximum 0.84g salt/100g. 2017 Target: Maximum 0.88g salt/100g.</b></li> <li>● <b>Frankfurters, hotdogs, and burgers</b> <ul style="list-style-type: none"> <li>○ <b>Canned frankfurters, canned hotdogs and canned burgers only.</b> Excludes fresh and frozen burgers, sausages and chilled frankfurters (see separate categories for these). <b>2024 Target and 2017 Target are the same: Maximum 1.75g salt/100g</b></li> <li>○ <b>Fresh chilled frankfurters.</b> <b>2024 Target and 2017 Target are the same: Maximum 1.88g salt/100g.</b></li> </ul> </li> </ul> <p>Reducing saturated fat standard for meat and for meat products:</p> <p><b>Definition:</b> Includes all meat, and all meat products covered under the salt reduction standard above.</p> <p>Saturated fats include animal fats found in meat, meat products, butter, ghee, cheese, cream, crème fraiche, yogurt, suet and lard, and in coconut oil and palm oil. They are also found in products made using these.</p> <p>For some meat products, versions that are lower in saturated fat than the standard product may not be available for procurement. In practical terms ‘lower in saturated fat’ is not limited to an alternative to the standard</p>
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	<p>product available on the market that is lower in saturated fat (e.g. lower fat sausages, trimmed back bacon instead of streaky bacon). Other options that could be implemented to comply with this standard are:</p> <ul style="list-style-type: none"> <li>✓ Using less saturated fat than would be expected in a standard recipe (e.g. lower fat beef mince in a Bolognese sauce, using leaner cuts of meat); and</li> <li>✓ Substituting all or a proportion of the meat/meat product in recipes with alternative ingredients such as beans and pulses for example.</li> </ul> <p>General:</p> <ul style="list-style-type: none"> <li>✓ Set procurement rules/standards for suppliers.</li> <li>✓ Consult with suppliers to identify products that meet the relevant salt targets and are lower in saturated fat.</li> </ul>
<b>Milk</b>	
<p><b>Mandatory:</b> At least 75% of milk procured by volume is lower fat (semi-skimmed, 1% or skimmed milk).</p>	<p><b>Definition:</b> Includes all types of milk (for example cow’s, goat’s and sheep’s milk).</p> <p><b>Tips and useful links:</b></p> <ul style="list-style-type: none"> <li>✓ The standard relates to ‘procured by volume’. This means that at least three quarters (75%) of the amount of milk you procure is lower fat milk.</li> <li>✓ The standard refers to total milk procured (which is then used for whatever purpose e.g. in recipes, with breakfast cereals or hot drinks).</li> <li>✓ Semi skimmed, 1% fat and skimmed milk meet this standard.</li> <li>✓ Set procurement rules/standards for suppliers.</li> <li>✓ Try to procure all, or the vast majority of milk that meets the standard. This will avoid you having to do calculations to confirm you comply.</li> </ul>
<b>Morning goods</b>	
<p><b>Mandatory:</b> At least 75% of morning goods provided are to not exceed 220 kcals.</p>	<p><b>Definition:</b> Includes croissants, crumpets, English muffins, pancakes, buns, teacakes, scones, waffles, Danish pastries, fruit loaves and bagels.</p> <p>220 kcal maximum is per portion.</p> <p><b>Tips and useful links:</b></p> <ul style="list-style-type: none"> <li>✓ The standard is as ‘provided’. At least three quarters (75%) of the morning goods on offer for selection from a display or menu do not exceed 220kcal per portion. Displays should be re-stocked to reflect this percentage.</li> <li>✓ Look for healthier options (such as currant buns or fruit loaf – with or without reduced or low fat spread).</li> <li>✓ Set procurement rules/standards for suppliers.</li> <li>✓ See separate mandatory standard for reducing saturated fat in pastries you offer, too.</li> </ul>
<b>Oils and fat spreads</b>	
<p><b>Mandatory:</b> At least 75% of oils and 75% of spreads procured by volume are based on unsaturated fats.</p>	<p><b>Definition:</b> Unsaturated oils (that is predominantly monounsaturated and polyunsaturated oils) are liquid at room temperature and include most vegetable oils such as sunflower, rapeseed, soya and olive. This standard</p>

	<p>refers to these unsaturated oils and fat spreads containing predominantly unsaturated oils.</p> <p>NB: Coconut and palm oil are not unsaturated oils. They are vegetable oils but are rich in saturated fat. Similarly, butter, other spreading fats containing predominantly saturated fats and solid cooking fats such as ghee, lard, dripping and compound cooking fat are not unsaturated fats.</p> <p>This standard applies to oils and to fat spreads separately.</p> <p><b>Tips and useful links:</b></p> <ul style="list-style-type: none"> <li>✓ The standard relates to ‘procured by volume’. This means that at least three quarters (75%) of the amount of oils and three quarters (75%) of the amount of fats you procure need to be based on unsaturated fats.</li> <li>✓ Try to procure all, or the vast majority of oils and fat spreads that meet the standard. This will avoid you having to do calculations to confirm you comply.</li> <li>✓ Look for reduced fat and low-fat spreads and check the nutrition labelling/product specification. Look for those based on predominantly monounsaturated fats (e.g. olive or rapeseed oil) and/or polyunsaturated fats (e.g. sunflower oil).</li> <li>✓ Set procurement rules/standards for suppliers.</li> <li>✓ Consult with suppliers to identify products that meet this standard.</li> </ul>
<p><b>Pre-packed sandwiches and other savoury pre-packed meals (wraps, salads, pasta salads)</b></p>	
<p><b>Mandatory:</b> At least 50% of pre-packed sandwiches and other savoury pre-packed meals (wraps, salads, pasta salads) provided contain 400kcal (1680kj) or less per serving and do not exceed 5.0g saturated fat per 100g for an implementation period of 18 months and will increase the standard to 75% thereafter with a further implementation period of 18 months. <b>Mandatory:</b> At least 75% of pre-packed sandwiches provided meet current core salt targets<sup>2</sup> and any</p>	<p><b>Definition:</b></p> <p>The energy and saturated fat standard apply to pre-packed sandwiches and other savoury pre-packed meals such as (but not limited to) wraps, salads and pasta salads. The salt reduction standard and higher fibre standards apply to pre-packed sandwiches only.</p> <p>Pre-packed food is any food that has been pre-portioned and put into packaging before being provided/put on sale that cannot be altered without opening or changing the packaging. This excludes sandwiches and hot food options made on site.</p> <p>Saturated fats include animal fats found in meat, meat products, butter, ghee, cheese, cream, crème fraiche, yogurt, suet and lard, and in coconut and palm oil. They are also found in products made using these.</p> <p><b>Tips and useful links:</b></p> <p>Energy and saturated fat standard for pre-packed sandwiches and other savoury pre-packed meals:</p> <ul style="list-style-type: none"> <li>✓ This standard is ‘as provided’. This means that at a percentage of the types pre-packed sandwiches and other savoury pre-packed meals e.g. wraps/salads/pasta salads on offer for selection from a display or menu (for example a display as part of a lunch selection) need to contain no more than 400kcal per portion/pack and do not exceed 5g saturated fat per 100g.</li> </ul>

<p>subsequent revisions to this target<sup>1</sup>.  <b>Mandatory:</b> At least 75% of pre-packed sandwiches provided contains bread with at least 3g fibre per 100g.</p>	<ul style="list-style-type: none"> <li>✓ To allow time for manufacturers to reformulate their products to meet this standard, Government has set the percentage of products that meet this standard to be at least half (50%) for an initial 18 months following publication of this technical guidance. This will increase to 75% thereafter with a further implementation period of 18 months.</li> <li>✓ Both energy and saturated fat nutrient data are included in back of pack nutrition labelling.</li> </ul> <p>Salt reduction standard for pre-packed sandwiches:</p> <ul style="list-style-type: none"> <li>✓ The requirement relates to meeting maximum targets.</li> <li>✓ The salt reduction mandatory standard is ‘as provided’. This means that at least three quarters (75%) of pre-packed sandwiches you offer from a display or menu (for example a display of pre-packed sandwiches as part of a lunch selection) needs to meet current core salt targets and any subsequent revisions to these targets to meet this standard.</li> <li>✓ To allow time for manufacturers to reformulate their products to meet the 2024 salt reduction targets, Government is allowing an implementation period of 3 years for compliance with these updated targets following publication of this technical guidance. In the meantime, the 2017 salt targets must be met.</li> <li>✓ Look to procure products that meet the 2024 salt targets to future proof your procurement practices where possible.</li> <li>✓ Try to procure all, or most products that meet the salt targets. This will avoid you having to do calculations to confirm you comply with the standard.</li> <li>✓ There are two salt targets for different types of pre-packed sandwiches to comply with. The 2017 salt targets and 2024 salt targets are provided below:</li> <li>✓ <b>Pre-packed sandwiches with ‘high salt’ fillings.</b> Includes sandwiches where the filling includes cured meat (e.g. ham, bacon, pastrami, chorizo, salt beef etc), olives, anchovies and smoked fish, hard cheese, prawns, crayfish, crab and tuna. <b>2024 Target: Maximum 1.43g salt/100g. 2017 Target: Maximum 1.5g salt/100g.</b></li> <li>✓ <b>Pre-packed sandwiches without ‘high salt’ fillings.</b> Includes sandwiches with lower salt fillings e.g. chicken, vegetables, egg etc (where ingredients are other than those specified in the ‘high salt’ category above). <b>2024 Target: Maximum 0.83g salt/100g. 2017 Target: Maximum 0.88g salt/100g.</b></li> </ul> <p>Increasing fibre standard for pre-packed sandwiches:</p> <ul style="list-style-type: none"> <li>✓ The increasing fibre standards is ‘as provided’. This means that at least three quarters (75%) of the type of bread used in the pre-packed sandwiches you offer (for example a display of pre-packed sandwiches) should contain at least 3g fibre per 100g.</li> <li>✓ Look for ‘source of fibre’ claims on product packaging. These contain at least 3g fibre per 100g. Fibre data per 100g may also be included in the ‘back of pack’ nutrition labelling.</li> <li>✓ There are many types of bread that contain enough fibre to meet the standard. These include wholemeal, wheatgerm, malted wheat (e.g. granary) and seeded breads and white breads with added fibre.</li> </ul>
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	<p>General:</p> <ul style="list-style-type: none"> <li>✓ Set procurement rules/standards for suppliers.</li> <li>✓ Consult with suppliers to identify breads that meet the relevant salt targets and fibre content.</li> </ul>
<b>Pastries</b>	
<p><b>Mandatory:</b> Pastries provided be lower in saturated fat, where available.</p>	<p><b>Definition:</b> Includes pastries such as Danish pastries, pain au chocolate, maple and pecan plaits, cinnamon whirls and croissants.</p> <p>Saturated fats include animal fats found in meat, meat products, butter, ghee, cheese, cream, crème fraiche, yogurt, suet and lard, and in coconut and palm oil. They are also found in products made using these such as pastries.</p> <p><b>Tips and useful links:</b> For some types of pastries, versions that are lower in saturated fat than the standard product may not be available for procurement. In practical terms ‘lower in saturated fat’ is not limited to an alternative to the standard product available on the market that is lower in saturated fat (eg reduced fat croissants in place of all butter croissants). Other options that could be implemented to comply with this standard are:</p> <ul style="list-style-type: none"> <li>✓ Using less saturated fat than would be expected in a standard recipe when making pastries (e.g. using a vegetable based hard fat that is lower in saturated fat in place of butter or, better still, reduced fat spread); and</li> <li>✓ Offering alternatives lower in saturated fat than pastries (such as bagels or crumpets at breakfast, currant buns or fruit loaf – with or without reduced or low fat spread).</li> </ul> <p>General:</p> <ul style="list-style-type: none"> <li>✓ Set procurement rules/standards for suppliers.</li> <li>✓ See separate mandatory standard for reducing the energy content of the morning goods you offer, too.</li> </ul>
<b>Puddings</b>	
<p><b>Mandatory:</b> At least 75% of puddings provided to not exceed 220 kcals.</p>	<p><b>Definition:</b> Includes all types of ambient (including canned), chilled and frozen large and individual pies, tarts and flans (fruit and other), cheesecake, gateaux, dairy desserts, sponge puddings, rice pudding, crumbles, fruit fillings, powdered desserts, custards, jellies, meringues, seasonal products such as Christmas puddings.</p> <p>220kcal maximum is per portion and relates to ‘bought in’ puddings as a minimum.</p> <p><b>Tips and useful links:</b></p> <ul style="list-style-type: none"> <li>✓ The standard is as ‘provided’. At least three quarters (75%) of the puddings on offer for selection from a display or menu do not exceed 220kcal per portion. Any displays should be re-stocked to reflect this percentage.</li> <li>✓ Set procurement rules/standards for suppliers.</li> </ul>

	<ul style="list-style-type: none"> <li>✓ Consult with suppliers to identify puddings that meet the standard.</li> <li>✓ See separate mandatory standard for the fruit content of desserts you offer, too.</li> </ul>
<p><b>Ready meals</b></p>	
<p><b>Mandatory:</b> At least 75% of ready meals (procured by volume) meet current core salt targets<sup>2</sup> and any subsequent revisions to this target<sup>1</sup>.</p> <p><b>Mandatory:</b> At least 75% of ready meals (procured by volume) shall contain less than 6g saturated fat per portion.</p>	<p><b>Definition:</b> All ready meals including meal centres:</p> <ul style="list-style-type: none"> <li>✓ All Chinese, Thai, Italian, traditional and other ready meals and meal centres with or without accompaniment (potato, rice, noodles, pasta, etc) made from meat, poultry, fish, Quorn or vegetables;</li> <li>✓ Side dishes such as vegetable curries, dhal and other dishes that can be consumed as a meal; and</li> <li>✓ Products such as cheese pies/rolls, breaded fish (excluding shellfish) and chicken, dressed salad with protein, marinated meats etc.</li> </ul> <p><b>Tips and useful links:</b> Salt reduction standard for ready meals and meal centres:</p> <ul style="list-style-type: none"> <li>✓ The requirement relates to meeting the maximum target.</li> <li>✓ The salt reduction mandatory standard relates to ‘procured by volume’. This means that at least three quarters (75%) of the amount of ready meals and meal centres you procure needs to meet current core salt targets and any subsequent revisions to these targets to meet this standard.</li> <li>✓ To allow time for manufacturers to reformulate their products to meet the 2024 salt reduction targets, Government is allowing an implementation period of 3 years for compliance with these updated targets following publication of this technical guidance. In the meantime, the 2017 salt targets must be met.</li> <li>✓ Look to procure products that meet the 2024 salt targets to future proof your procurement practices where possible.</li> <li>✓ Try to procure all, or most products that meet the salt targets. This will avoid you having to do calculations to confirm you comply with the standard.</li> <li>✓ There is one salt target for all types of ready meals and meal centres. The 2017 salt target and 2024 salt target are provided below: <ul style="list-style-type: none"> <li>• <b>Ready meals and meal centres 2024 Target: Maximum 0.90g salt/100g. 2017 Target: Maximum 0.95g salt/100g.</b></li> </ul> </li> </ul> <p>Reducing saturated fat standard for ready meals and meal centres:</p> <ul style="list-style-type: none"> <li>✓ Saturated fats include animal fats found in meat, meat products, butter, ghee, cheese, cream, crème fraiche, yogurt, suet and lard, and in coconut and palm oil. They are also found in products made using these such as ready meals.</li> <li>✓ The standard relates to ‘procured by volume’. This means that at least three quarters (75%) of the amount of ready meals and meal centres you procure need to contain no more than 6g saturated fat per portion.</li> <li>✓ Saturated fat nutrient data is included in back of pack nutrition labelling.</li> <li>✓ Look for ready meals and meal centres with front of pack colour coding that are ‘not high’ (i.e. green or amber) for saturated fat. These ready meals and meal centres do not exceed 6g saturated fat per portion.</li> </ul> <p>General:</p>

	<ul style="list-style-type: none"> <li>✓ Set procurement rules/standards for suppliers.</li> <li>✓ Consult with suppliers to identify ready meals that meet the salt target and are lower in saturated fat.</li> </ul>
<b>Savoury snacks</b>	
<p><b>Mandatory:</b> Savoury snacks are only provided in packet sizes of 35g or less.</p> <p><b>Best practice:</b> Savoury snacks are only provided in packet sizes of 30g or less.</p>	<p><b>Definition:</b> Includes crisps and other savoury snacks, excluding nuts and seeds. Savoury snacks include crisps and any product made from small pieces of potato, wheat, rice, corn or other base ingredient, which have been baked, extruded, cooked or processed in any way. Crisps are defined in this instance as products that comprise sliced, whole, fried potato.</p> <p><b>Tips and useful links:</b></p> <ul style="list-style-type: none"> <li>✓ Set procurement rules/standards for suppliers.</li> <li>✓ Consult with suppliers to identify products that meet the pack size requirement.</li> </ul>
<b>Soups</b>	
<p><b>Mandatory:</b> At least 75% of soups procured by volume meet current core salt targets<sup>2</sup> and any subsequent revisions to this target<sup>1</sup>.</p>	<p><b>Definition:</b> Soup as consumed. Includes all wet soups (canned, condensed, ambient and fresh) and dried soups as consumed.</p> <p><b>Tips and useful links:</b></p> <ul style="list-style-type: none"> <li>✓ The requirement relates to meeting the maximum target.</li> <li>✓ The salt reduction mandatory standard relates to ‘procured by volume’. This means that at least three quarters (75%) of the amount of soup you procure needs to meet current core salt targets and any subsequent revisions to these targets to meet this standard.</li> <li>✓ To allow time for manufacturers to reformulate their products to meet the 2024 salt reduction targets, Government is allowing an implementation period of 3 years for compliance with these updated targets following publication of this technical guidance. In the meantime, the 2017 salt targets must be met.</li> <li>✓ Look to procure products that meet the 2024 salt targets to future proof your procurement practices where possible.</li> <li>✓ Try to procure all, or most products that meet the salt targets. This will avoid you having to do calculations to confirm you comply with the standard.</li> <li>✓ There is one salt target for different types of soup. The 2017 salt target and 2024 salt target are provided below: <ul style="list-style-type: none"> <li>• <b>2024 Target: Maximum 0.59g salt/100g. 2017 Target: Maximum 0.63g salt/100g.</b></li> </ul> </li> <li>✓ Set procurement rules/standards for suppliers.</li> <li>✓ Consult with suppliers to identify soups that meet the salt target.</li> </ul>
<b>Stock</b>	
<p><b>Mandatory:</b> All stock preparations shall be lower salt varieties (i.e. below 0.6g/100mls reconstituted).</p>	<p><b>Definition:</b> Includes all flavours of stocks and bouillons including granules, powder, pastes, cubes, reduction jellies and ready to use products, as consumed (made up according to manufacturers’ instructions).</p> <p><b>Tips and useful links:</b></p> <ul style="list-style-type: none"> <li>✓ Set procurement rules/standards for suppliers.</li> <li>✓ Consult with suppliers to identify products that meet the standard.</li> </ul>

<b>Yogurts</b>	
<p><b>Mandatory:</b> At least 75% of yogurts provided to not exceed 120 kcals.</p>	<p><b>Definition:</b> Includes all sweetened dairy yogurt, fromage frais products including non-dairy alternatives (such as soya, goat, sheep products). Excludes natural yogurt and unsweetened yogurt and unsweetened fromage frais. 120kcal maximum is per portion.</p> <p><b>Tips and useful links:</b></p> <ul style="list-style-type: none"> <li>✓ The standard is as ‘provided’. At least three quarters (75%) of the yoghurts on offer for selection from a display or menu do not exceed 220kcal per portion. Displays should be re-stocked to reflect this percentage.</li> <li>✓ Set procurement rules/standards for suppliers.</li> </ul>
<p><b>ALL food categories covered by the current core salt targets</b></p>	
<p><b>Best practice:</b> At least 75% of all products (procured by volume/provided) that are covered by the current salt targets<sup>2</sup> and any subsequent revisions to this target<sup>1</sup> meet this target.</p>	<p><b>Definition:</b> Includes all those foods and drinks for which there is a salt target.</p> <p>The 75% applies individually to each food category, and not only to the combined provision/volume.</p> <p>The requirement relates to meeting maximum targets or using an average target as a maximum where a maximum target is not set.</p> <p><b>Tips and useful links:</b></p> <ul style="list-style-type: none"> <li>✓ The remaining product categories that are covered by salt targets (that are not already included within the mandatory standards) are set out in Annex A as well as whether each category should be interpreted as ‘as provided’ or ‘procured by volume.’</li> <li>✓ To allow time for manufacturers to reformulate their products to meet the 2024 salt reduction targets, Government is allowing an implementation period of 3 years for compliance with these updated targets following publication of this technical guidance. In the meantime, the 2017 salt targets must be met.</li> <li>✓ Look to procure products that meet the 2024 salt targets to future proof your procurement practices where possible.</li> <li>✓ Try to procure all, or most products that meet the salt targets. This will avoid you having to do calculations to confirm you comply with the standard.</li> <li>✓ Set procurement rules/standards for suppliers.</li> <li>✓ Consult with suppliers to identify products that meet the salt targets.</li> </ul>
<p><b>D: Menus</b></p>	<p><b>Definitions, top tips for implementation and supporting information</b></p>
<p><b>Standard</b></p> <p><b>Best Practice:</b> Menu cycles are analysed to meet nutrient based standards relevant for the majority of</p>	<p><b>Definition:</b> Nutrient-based standards are targets defining the minimum or maximum provision of a range of nutrients that should be present in meals or menus. They relate to both macronutrient content (particularly saturated fat, free</p>

<p><i>customers using the catering provision.</i></p>	<p>sugars and fibre), and micronutrient content (that is, vitamins and minerals, including salt).</p> <p><b>Tips and useful links:</b></p> <ul style="list-style-type: none"> <li>✓ Nutrient analysis of menus is necessary to comply with this GBSF best practice standard.</li> <li>✓ See <a href="#">PHE’s scientific principles for developing nutrient-based standards for planning nutritionally balanced menus</a>. The approach taken to meet nutrient based standards will depend on what catering provision is provided – whether meals are provided over the whole day, or for a particular meal episode (e.g. breakfast, lunch or evening meal)</li> <li>✓ Meeting GBSF, and following <a href="#">current food-based healthy eating guidance</a> will help ensure menus are developed to meet nutrient requirements.</li> <li>✓ Consider the main population group that you are catering for (age, gender). This will determine the nutrition standards that you will need to meet to comply with this standard.</li> <li>✓ Nutrient-based standards for adults aged 19 to 74 years are provided in <a href="#">PHE’s scientific principles for developing nutrient-based standards for planning nutritionally balanced menus</a>.</li> <li>✓ Consider obtaining support from a registered nutritionist or dietitian to calculate any additional nutrient standards you require using PHE’s scientific principles, and to develop and analyse compliant menus using appropriate nutrient analysis software. <a href="#">The Association for Nutrition</a> and <a href="#">British Dietetic Association</a> websites provide details on how to find a registered nutritionist or dietitian.</li> <li>✓ Energy (calorie) data from the nutrient analysis can be used to comply with the separate best practice standard for calorie labelling on menus.</li> </ul>
<p><b>Best Practice:</b> <i>Menus (for food and beverages) to include calorie and allergen labelling where not stated in law.</i></p>	<p><b>Definition:</b> Calorie (kcal) content to be provided per portion of food or drink.</p> <p><b>Tips and useful links:</b></p> <ul style="list-style-type: none"> <li>✓ If you are undertaking nutrient analysis of your menu cycles to comply with the menu analysis best practice standard, calorie data from this can be used for labelling purposes.</li> <li>✓ Consider obtaining support from a registered nutritionist or dietitian to comply with this best practice standard. <a href="#">The Association for Nutrition</a> and <a href="#">British Dietetic Association</a> websites provide details on how to find a registered nutritionist or dietitian.</li> <li>✓ Mandatory calorie labelling comes into force on 6 April 2022 for businesses with 250 or more employees which offers for sale food or drink which is not prepacked and suitable for immediate consumption by the person who buys it. The Calorie Labelling (Out of Home Sector) (England) regulations are available at: <a href="#">Calorie Labelling (Out of Home Sector)(England) Regulations 2021</a></li> <li>✓ It is mandatory to provide information on 14 major allergens to consumers when selling ‘non-prepacked’ or ‘loose’ food – this information can be communicated through different means to suit the business. Suggested best practice would be to provide printed information on these 14 allergens on the menu or another display sign</li> </ul>

	<p>for each food item sold. You should ensure that this information is always kept to date and changed, if ingredients change.</p> <ul style="list-style-type: none"><li>✓ If food is prepacked on site before a customer orders it, new allergen labelling requirements apply from 1 October 2021. This food is known as 'prepacked for direct sale'.</li><li>✓ You can find out more guidance on allergens on the Food Standards Agency website at: <a href="https://www.food.gov.uk/business-guidance/allergen-guidance-for-food-businesses">https://www.food.gov.uk/business-guidance/allergen-guidance-for-food-businesses</a></li><li>✓ Best practice involves making it as easy as possible for consumers to access the information they need on allergens. As well as making allergen information more visible on menus, you could also proactively ask consumers directly whether they have any allergen or dietary requirements.</li></ul>
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## Evidence

Examples of evidence that could be used to help you demonstrate compliance with the updated nutrition standards include:

- Catering policies and standard recipes that are updated as necessary in line with changes in provision.
- Orders and invoices.
- Product specifications.
- Other procurement records.
- Copies of menus annotated with prices and with relevant notes highlighting how the standards are met. Updated as and when menus change.
- Photographs (eg of dining areas and relevant aspects of provision).
- Independent review of practices to confirm compliance (that could include spot checks).
- Copies of any menu analysis demonstrating how nutrient-based standards are being met (best practice standard). Updated as and when menus change.

## Further Information

Many of the new GBSF nutrition standards have been set to reflect ambitions and guidelines set for all sectors of industry to reduce the sugar, calorie and salt content of their products as part of the reduction and reformulation programme. See [further information on the programme](#).

Making additional changes to your provision to provide healthier options that go beyond these standards can provide further leverage to help move population intakes towards Government's dietary recommendations and reduce the risk of dietary-related disease. See further information on [what constitutes a healthy balanced diet](#). Annex C provides food-based guidance that reflects this approach to help all those involved choose, cook and serve healthier food and drink options.

<sup>1</sup> PHE Salt reduction: targets for 2024

<https://www.gov.uk/government/publications/salt-reduction-targets-for-2024>

<sup>2</sup> Current core salt targets are available at:

<https://www.gov.uk/government/collections/sugar-reduction#salt-reduction->

## Annex A: Implementing the salt reduction voluntary (best practice) standard

Table 2 sets out the remaining product categories covered by salt targets that are not already included within the mandatory standards. To meet the salt reduction voluntary (best practice) standard, in addition to meeting the mandatory salt reduction standard, you need to ensure that at least three quarters (75%) of all products procured by volume/provided that are covered by the categories listed below meet salt targets.

When working to meet the salt reduction best practice standard note that:

- To allow time for manufacturers to reformulate their products to meet the 2024 salt reduction targets, Government is allowing an implementation period of 3 years for compliance with these updated targets following publication of this technical guidance. In the meantime, the 2017 salt targets must be met.
- Look to procure products that meet the 2024 salt targets to future proof your procurement practices where possible.
- Try to procure all, or most products that meet the salt targets. This will avoid you having to do calculations to confirm you comply with the standard.
- The requirement relates to meeting maximum targets or using an average target as a maximum where a maximum target is not set.

**Table 2: Categories covered by the GBSF best practice salt reduction standard**

Main product category  <i>(and whether 'provided' or 'procured by volume')</i>	Sub-categories (where relevant)	Salt target for 2024 (g per 100g as a maximum)	Salt target for 2017 (g per 100g as a maximum)
Cheese	Cheddar and other similar "hard pressed" cheeses. Includes Cheddar, Cheshire, Lancashire, Wensleydale, Caerphilly, Double Gloucester,	1.90	2.0

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<b>(Procured by volume)</b>	Leicester, Derby etc including mild, medium or mature and those products where levels of fat have been reduced. Also includes 'string type' cheese that contain no emulsifiers.		
	<b>"Fresh" cheeses. Soft white cheese</b> e.g. Philadelphia includes all soft white cheese, flavoured or unflavoured, including reduced fat products. Excludes cottage cheese and fromage frais. Excludes Brie, Camembert and other similar soft rinded cheeses.	0.68	0.68
	<b>Cottage cheese.</b> Includes all plain and flavoured cottage cheese.	0.48	0.53
	<b>Mozzarella.</b> Includes mozzarella products for food industry use and grated mozzarella sold in retail outlets. Excludes fresh mozzarella sold in retail outlets.	1.35	1.35
	<b>Blue cheese.</b> UK produced blue cheeses only.	1.80	2.0
	Processed Cheese. <b>Cheese spreads.</b>	1.8	1.8
	<b>Other processed cheese.</b> Includes all sliced cheese and 'string' type cheese with emulsifiers. Excludes stringed cheese without emulsifiers and cheese spreads.	2.0	2.0
<b>Butter</b> <b>(Procured by volume)</b>	<b>Salted butters and buttery spreads.</b> Includes all regional and salted butter and buttermilk-enriched spreads. Also includes flavoured butter and buttery spreads e.g. garlic butter. Excludes lightly salted butters.	1.60	1.68
	<b>Lightly salted butter.</b> Includes all lightly salted butters (made using different processes to that used for salted butters).	1.06	1.13
<b>Fat spreads</b> <b>(Procured by volume)</b>	<b>Margarines/other spreads.</b> Includes all margarines, spreads and spreadable butters which include an oil element and spreads, e.g. sunflower, olive oil, sterol/stanol etc. Excludes buttermilk-enriched spreads (see 'butter' category).	1.24	1.38
<b>Baked beans</b> <b>(Procured by volume)</b>	<b>Baked beans in tomato sauce without accompaniments.</b>	0.56	0.56
	<b>Baked beans and canned pasta with accompaniments.</b> Includes baked beans or canned pasta in tomato sauce with sausages, meatballs, other meats and cheese, spaghetti bolognese, macaroni cheese etc.	0.69	0.73

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<p><b>Ready meal sides and accompaniments</b> <i>(Procured by volume)</i></p>	<p>Includes bhajis, samosas, spring rolls, pakoras, gyozas and other similar products. Also includes vegetable-based croquettes, arancini, macaroni and cheese coated bites, onion rings, coated garlic mushrooms and other similar products. Excludes mini sausage rolls, pasties or pies, coated prawns, calamari and deep-fried cheese.</p>	<p>0.88</p>	<p>New target for 2024</p>
<p><b>Pizzas</b> <i>(Procured by volume)</i></p>	<p><b>Pizzas with cured meat toppings</b> (as consumed). Includes all fresh and frozen pizza with cured meat e.g. ham, pepperoni, as consumed (following cooking according to manufacturers' instructions).</p>	<p>1.25</p>	<p>1.25</p>
	<p>✓ <b>Pizzas with all other toppings</b> (as consumed). Includes all fresh and frozen pizza without cured meat e.g. chicken, beef, fish, margherita, as consumed (following cooking according to manufacturers' instructions).</p>	<p>1.13</p>	
<p><b>Crisps and snacks</b> <i>(provided)</i></p>	<p><b>Standard potato crisps.</b> All standard potato crisps (sliced potato or vegetable only), all flavours except salt and vinegar. Includes crisps aimed at a more adult market.</p>	<p>1.38</p>	<p>1.45</p>
	<p><b>Extruded and sheeted snacks.</b> All extruded or sheeted snacks e.g. cheese flavour corn puffs, potato hoops, pretzels, formed crisps, sheeted crisps, tortillas, all flavours except salt and vinegar.</p>	<p>1.90</p>	<p>2.0</p>
	<p><b>Pelleted snacks.</b> All snacks made from pellets e.g. prawn cocktail flavour shells, crispy bacon flavour corn snacks, curly cheese snacks, and mini poppadoms, all flavours except salt and vinegar.</p>	<p>2.73</p>	<p>2.88</p>
	<p><b>Salt and Vinegar products.</b> All crisps, snacks etc salt and vinegar flavour only. Includes salt and vinegar popcorn and nuts.</p>	<p>2.25</p>	<p>2.5</p>
	<p><b>Savoury popcorn.</b> All savoury and salted popcorn. Includes 'sweet and savoury' popcorn, and coated popcorn. Excludes no added salt popcorn and salt and vinegar popcorn.</p>	<p>1.44</p>	<p>New target for 2024</p>
	<p><b>Sweet popcorn.</b> All sweet popcorn, including coated popcorn. Excludes 'sweet and savoury popcorn' and popcorn kernels.</p>	<p>1.00</p>	<p>New target for 2024</p>

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	<b>Flavoured nuts.</b> Salted and flavoured nuts. Includes salted and flavoured dried seeds, beans, peas and corn e.g. dried wasabi peas, broad beans, edamame beans. Excludes coated nuts, fruit and nut mixes, and plain/unflavoured nuts.	1.20	New target for 2024
<b>Cakes, pastries, fruit pies and other pastry-based desserts</b>  <i>(Provided)</i>	<b>Cakes.</b> Includes all sponge cakes, cake bars, malt loaf, American muffins, doughnuts, flapjacks, brownies etc. Also includes iced finger buns. All other buns are included in Morning goods - yeast raised (covered under the mandatory standard).	0.66	0.7
	<b>Pastries.</b> Includes all puff pastry based and laminated pastries such as Danish pastries, maple and pecan plait etc. Includes strudels and other products made with filo pastry. Excludes all sweet shortcrust and choux pastry-based products.	0.45	0.45
	<b>Sweet Pies and other shortcrust or choux pastry based desserts.</b> Includes all fruit pies and other desserts made with shortcrust and choux pastry e.g. apple pie, jam tarts, tarte au citron, tarte au chocolate, treacle tart, lemon meringue pie, custard tart, banoffee pie, éclairs, profiteroles, choux buns etc. Excludes all puff pastry and laminated pastries.	0.30	0.33
<b>Table Sauces and condiments</b>  <i>(Procured by volume)</i>	<b>Tomato ketchup.</b> Includes standard and reduced salt and sugar varieties. Includes all flavours.	1.63	1.7
	<b>Brown sauce.</b> Includes all standard and reduced salt and sugar brown, BBQ, curry-flavoured etc sauces.	1.2	1.2
	<b>Salad cream.</b> Includes reduced fat varieties.	1.50	1.58
	<b>Mayonnaise (not reduced fat/calorie).</b> Includes all flavours. Includes vegan alternatives.	1.25	1.25
	<b>Mayonnaise (reduced fat/calorie only).</b> Includes all flavours. Includes vegan alternatives.	1.61	1.7
	<b>Salad dressing.</b> Includes all oil and vinegar based dressings, including reduced fat varieties.	1.43	1.5
	<b>Chilli sauce.</b> Includes all chilli and sweet chilli sauce. Also includes Sriracha sauce. Excludes chilli cooking sauce.	2.88	New target for 2024
	<b>Dips.</b> Includes all ambient and chilled dips.	0.9	New target for 2024

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	<b>All other condiments.</b> Includes horseradish, tartare sauce, mint sauce, chutney, seafood sauce.	1.8	New target for 2024
<b>Biscuits</b> <i>(Provided)</i>	<b>Sweet Biscuits.</b> Includes all filled and unfilled sweet biscuits, whether coated (full or half) or not, breakfast biscuits and cereal bars.	0.85	0.95
	<b>Savoury biscuits.</b> Includes all filled and unfilled savoury biscuits.	1.75	1.75
<b>Pasta</b> <i>(Procured by volume)</i>	<b>Pasta and noodles, plain and flavoured.</b> Includes fresh, canned, frozen pasta (including spaghetti/hoops in tomato sauce) and noodles. Also includes dry flavoured noodles and pasta with flavour or sauce sold as a snack or meal – in these circumstances, the target is for the products as consumed (made up according to manufacturer’s instructions) and not as sold. Excludes stuffed pasta and pasta ready meals (covered under the mandatory standard) and canned pasta in tomato sauce with accompaniments. Also excludes dried pasta.	0.58	0.88
<b>Rice</b> <i>(Procured by volume)</i>	<b>Rice (unflavoured),</b> as consumed. Includes all unflavoured rice and couscous, dried, cooked (made up according to manufacturer’s instructions, where appropriate).	0.15	0.18
	<b>Flavoured rice,</b> as consumed. Includes all pouched, flavoured rice and couscous, including ambient and dried products, as consumed (made up according to manufacturer’s instructions, where appropriate).	0.58	0.58
<b>Other cereals</b> <i>(Procured by volume)</i>	Other cereals. Includes ready made pastry – puff, short crust, filo etc. (fresh and frozen); Yorkshire puddings, dumplings, batter and crumble mix, taco shells, flan cases, vol au vent cases, tempura batter and Chinese pancakes. Excludes flavoured and unflavoured couscous and mini poppadoms. Also excludes large poppadoms.	0.6	0.63
<b>Processed puddings</b> Excludes mousses, crème caramel, jelly,	<b>Dessert mixes,</b> as consumed. Includes dehydrated dessert mixes (made up according to manufacturer’s instructions). Excludes custard powder and jelly crystals.	0.45	0.45

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<p>rice pudding, ready to eat custard and custard powder as these contain no added salt (the sodium present is that naturally occurring in the ingredients only). Jelly crystals are also excluded for technical reasons.</p> <p><i>(Procured by volume)</i></p>	<p><b>Cheesecake.</b> Includes ambient, chilled, frozen and dehydrated (as consumed, made up according to manufacturer’s instructions).</p>	0.33	0.35
	<p><b>Sponge-based processed puddings.</b> Includes jam roly-poly, spotted dick, sticky toffee pudding etc. Excludes canned versions.</p>	0.56	0.63
	<p><b>All other processed puddings.</b> Includes all other processed and pre-prepared puddings e.g. bread and butter pudding, brownie desserts, crumbles, trifle etc. Excludes sweet pies and all other desserts made with shortcrust and choux pastry.</p>	0.25	0.28
<p><b>Quiche</b></p> <p><i>(Procured by volume)</i></p>	<p><b>Quiches.</b> Includes all quiches and flans.</p>	0.6	0.68
<p><b>Scotch Eggs</b></p> <p><i>(Procured by volume)</i></p>	<p><b>Scotch eggs.</b> Includes vegetarian/vegan alternatives.</p>	0.78	0.78
<p><b>Canned Fish</b></p> <p><i>(Procured by volume)</i></p>	<p><b>Canned tuna.</b> Includes all tuna canned in oil, brine, spring water etc. Excludes canned fish with sauce or other additions.</p>	0.85	0.9
	<p><b>Canned salmon.</b> Includes all standard canned salmon. Excludes canned fish with sauce or other additions.</p>	0.8	0.8
	<p><b>Other canned fish.</b> Includes sardines, mackerel, pilchards in brine, oil etc and canned fish with sauces or other additions e.g. tomato, barbeque, mustard etc. Also includes canned shellfish e.g. prawns, crab, mussels etc. Excludes anchovies, smoked fish, lumpfish caviar and fish roe.</p>	1.43	1.5

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<b>Canned vegetables</b> <i>(Procured by volume)</i>	<b>Canned and bottled vegetables.</b> Includes all vegetables, pulses and passata in cans, jars, cartons and tetra-packs etc. Excludes processed, marrowfat and mushy peas and sauerkraut.	0.13	0.13
	Canned processed, marrowfat and mushy peas. Includes these products only.	0.45	0.45
<b>Meat alternatives</b> <i>(Procured by volume)</i>	<b>Plain meat alternatives.</b> Includes plain tofu, Quorn ingredients (e.g. mince, plain pieces and fillets), meat free mince and other similar products.	0.63	0.63
	<b>Meat free products.</b> Includes all meat and fish alternative products e.g. sausages, burgers, bites, pies, en crouete products, sausage rolls, nut cutlets, falafel, flavoured “meat” pieces e.g. chicken fillets, “meatballs”, all meat-free “meats” e.g. ham, turkey etc, including “beanburgers”, “vegieburgers” and other similar products. Excludes meat-free bacon, baked beans, canned vegetables. Excludes ready meals and meal centres (covered under mandatory standard).	1.19	1.25
	<b>Meat-free bacon.</b> Includes all meat-free bacon type products, whether made from soya, Quorn or other ingredients.	1.78	1.88
<b>Other processed potatoes</b> <i>(Procured by volume)</i>	<b>Dehydrated instant mashed potato</b> , as consumed. Includes all instant mashed potato products, plain and flavoured, as consumed (as made up according to manufacturer’s instructions).	0.15	0.15
	<b>Other processed potato products.</b> Includes all other processed potato products, including frozen and chilled chips with coatings, potato waffles, shaped potato, wedges, mash, potato dauphinoise etc. Excludes oven chips or other processed potato products with no added salt.	0.65	0.69
<b>Beverages</b>	<b>Dried Beverages</b> , as consumed. Includes drinking chocolate, instant chocolate drinks, instant malted drinks, instant cappuccino drinks etc,	0.14	0.15

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<b><i>(Procured by volume)</i></b>	as consumed (made up according to manufacturer’s instructions). Excludes tea and coffee.		
<b>Gravies</b> <b><i>(Procured by volume)</i></b>	<b>Gravy</b> , as consumed. Includes all flavours of gravy including granules, powder, pastes, cubes, reduction jellies and ready to use products, as consumed (made up according to manufacturer’s instructions).	1.01	1.13

## Annex B: The updated GBSF nutrition standards – summary of changes

Tables 3 and 4 set out the previous GBSF nutrition standards alongside the updated nutrition standards and associated explanatory notes.

Table 3 sets out amendments made to update the mandatory standards and table 4 sets out amendments made to update the (voluntary) best practice standards. All changes are highlighted in bold.

**Table 3: Changes to the MANDATORY GBSF nutrition standards**

N/A = Not applicable (i.e. no previous standard)

PREVIOUS Mandatory GBSF Nutrition Standard	UPDATED Mandatory GBSF Nutrition Standard	Explanatory Notes
<i>Reducing salt</i>		
Vegetables and boiled starchy foods such as rice, pasta and potatoes, are cooked without salt.	Vegetables and boiled starchy foods such as rice, pasta and potatoes, <b>shall be</b> cooked without salt.	Re-worded for consistency.
Salt is not available on tables.	Salt <b>shall not be</b> available on tables.	Re-worded for consistency.
At least 50% of meat and meat products, breads, breakfast cereals, soups and cooking sauces, ready meals and pre-packed sandwiches (procured by volume) meet Responsibility Deal salt targets and all stock preparations are lower salt varieties (i.e. below 0.6g/100mls).	At least <b>75%</b> of meat products, breads, soups, cooking sauces and ready meals procured by volume, <b>and 75%</b> of breakfast cereals and pre-packed sandwiches <b>provided</b> meet <b>current core salt targets<sup>2</sup> and any subsequent revisions to this target<sup>1</sup></b> and all stock preparations <b>shall be</b> lower salt varieties (i.e. below 0.6g/100mls <b>reconstituted</b> ). <b>Note: The 75% applies individually to each food category described in the above specification, and not only to the combined provision/volume. The requirement relates to meeting maximum</b>	Increased the percentage of products within these categories that need to meet salt targets from 50% to 75%.  Changed wording from ‘procured by volume’ to ‘provided’ for breakfast cereals and pre-packed sandwiches.  Updated to reflect current core salt targets and any subsequent revisions to these.  Re-worded for consistency.

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	<b>targets, or using an average target as a maximum where a maximum target is not set.</b>	Explanatory text provided for clarification.
<i>Increasing fruit and vegetable consumption</i>		
At least 50% of the volume of desserts available is based on fruit – which can be fresh, canned in fruit juice, dried or frozen.	<b>Half of desserts available should contain at least 50% of their weight as fruit</b> – which may be fresh, canned in fruit juice, dried or frozen. <b>This excludes whole fresh fruit as a dessert option. Whole fresh fruit can be a dessert option but should not be included when calculating whether half of dessert options contain at least 50% of their weight as fruit.</b>	Re-worded for clarity.  Fresh fruit excluded as a dessert for calculation purposes.
A portion of fruit is cheaper than a portion of hot or cold dessert.	A portion of fruit <b>shall be sold at a lower price</b> than a portion of hot or cold dessert.	Re-worded for consistency.
Meal deals include a starchy carbohydrate, vegetables and 1 portion of fruit.	<b>Main meals within a meal deal should</b> include a starchy carbohydrate <b>which is not prepared with fats or oils, and the meal deal options should include at least 1 portion of</b> vegetables and 1 portion of fruit.	Revised to refer specifically to main meals within a meal deal.  Additional requirements for the preparation of starchy carbohydrate and amount of vegetables in a main meal that forms part of a meal deal.
<i>Meal deals</i>		
N/A	<b>Any foods and drinks within a meal deal must also meet the relevant GBSF standards for the healthier options e.g. healthier sandwiches.</b>	New requirement for any food and drink option provided as part of a meal deal.
<i>Reducing saturated fat</i>		
Meat and meat products, biscuits, cakes and pastries (procured by volume) are lower in saturated fat where available.	Meat and meat products (procured by volume), biscuits, cakes and pastries <b>(provided) be</b> lower in saturated fat, where available.	Changed wording from ‘procured by volume’ to ‘provided’ for biscuits, cakes and pastries.
At least 50% of hard yellow cheese shall have a maximum total fat content of 25g/100g.	At least 50% of hard yellow cheese <b>procured by volume</b> shall have a maximum total fat content of 25g/100g.	Re-worded for clarity.

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At least 75% of ready meals shall contain less than 6g saturated fat per portion.	At least 75% of ready meals <b>procured by volume</b> shall contain less than 6g saturated fat per portion.	Re-worded for clarity.
At least 75% of milk is reduced fat.	At least 75% of milk <b>procured by volume is lower fat (semi-skimmed, 1% or skimmed milk).</b>	Re-worded for clarity.
At least 75% of oils and spreads are based on unsaturated fats.	At least 75% of oils and <b>75% of spreads procured by volume</b> are based on unsaturated fats.	Re-worded for clarity.
N/A	<b>At least 50% of pre-packed sandwiches and other savoury pre-packed meals (wraps, salads, pasta salads) provided contain 400kcal (1680kJ) or less per serving and do not exceed 5.0g saturated fat per 100g for an implementation period of 18 months and will increase the standard to 75% thereafter with a further implementation period of 18 months.</b>	New requirement for pre-packed sandwiches and other savoury pre-packed meals to limit their energy and saturated fat content.
<i>Increasing fibre</i>		
N/A	<b>At least 50% of bread provided contains at least 3g fibre per 100g (i.e. is a source of fibre), excluding pre-packed sandwiches.</b>	New requirement for proportion of bread provided to be higher fibre varieties.
N/A	<b>At least 75% of pre-packed sandwiches provided contains bread with at least 3g fibre per 100g.</b>	New requirement for proportion of pre-packed sandwiches provided to contain higher fibre bread.
<i>Reducing sugar intake</i>		
N/A	<b>At least 75% of products provided that are included in the following categories covered by the sugar reduction programme to not exceed the following:</b> <ul style="list-style-type: none"> <li>• Biscuits – 100kcal</li> <li>• Cakes – 220 kcal</li> </ul>	New requirement for a proportion of biscuits, cakes, morning goods, puddings, yogurts and ice cream provided to not exceed energy caps set out in published PHE sugar reduction guidelines.

	<ul style="list-style-type: none"> <li>• Morning goods – 220 kcals</li> <li>• Puddings – 220 kcals</li> <li>• Yogurts – 120 kcals</li> <li>• Ice cream – 220 kcals</li> </ul> <p><b>Note: The 75% applies individually to each product category described in the above specification and not only to the combined provision.</b></p>	
<i>Breakfast cereals</i>		
At least 50% of breakfast cereals (procured by volume) are higher in fibre (i.e. more than 6g/100g) and do not exceed 22.5g/100g total sugars.	At least 50% of breakfast cereals <b>provided</b> are higher in fibre (i.e. <b>at least</b> 6g/100g) and <b>shall</b> not exceed <b>12.3g/100g</b> total sugars ( <b>10g additional allowance for dried fruit in cereal</b> ).	<p>Changed wording from ‘procured by volume’ to ‘provided’.</p> <p>Re-worded for consistency.</p> <p>Revised wording on fibre criteria to reflect nutrition claims legislation.</p> <p>Updated sugar criteria to reflect sugar reduction guideline for breakfast cereals.</p>
<i>Fish</i>		
If caterers serve lunch and an evening meal, fish is provided twice a week, one of which is oily. If caterers only serve lunch or an evening meal, an oily fish is available at least once every 3 weeks.	If caterers serve lunch and an evening meal, fish is provided twice per week ( <b>2 X 140g portion</b> ), one of which is oily. If caterers only serve lunch or an evening meal, oily fish ( <b>140g portion</b> ) is available at least once every 3 weeks.	Re-worded for clarity.
<i>Savoury snacks</i>		
N/A	<p><b>Savoury snacks are only provided in packet sizes of 35g or less.</b></p> <p><b>Note: Savoury snacks include crisps and any product made from small pieces of potato, wheat, rice, corn or other base ingredient, which have been baked, extruded, cooked or</b></p>	New mandatory requirement to limit pack size.

	processed in any way. Crisps are defined in this instance as products that comprise sliced whole, fried potato.	
<i>Confectionery</i>		
N/A	<b>At least 75% of confectionery and packet sweet snacks provided are in the smallest standard single serve portion size available within the market and do not exceed 200 kcal (maximum) for chocolate and 125 kcal (maximum) for sugar confectionery.</b>	<p>New mandatory requirement for a proportion of confectionery and packet sweet snacks to not exceed energy caps set out in published PHE sugar reduction guidelines.</p> <p><i>Compared with previous best practice standard for confectionery and packet sweet snacks:</i></p> <ul style="list-style-type: none"> <li>• Set percentage of products provided that need to meet criteria (ie 75%).</li> </ul> <p>Criteria revised from 250kcal cap to 200kcal for chocolate and 125kcal for sugar confectionery.</p>
<i>Sugar sweetened beverages</i>		
N/A	<p><b>No more than 10% beverages provided can be sugar sweetened beverages (SSB).</b></p> <p><b>At least 90% of beverages provided must be low calorie/no added sugar beverages.</b></p> <p><b>All SSB to be no more than 330ml pack size.</b></p> <p><b>Any SSB that are hot or cold milk-based drinks including milk substitute drinks such as soya, almond, hemp, oat, hazelnut or rice need to meet 300kcal cap.</b></p> <p><b>Any meal deals should not include any SSBs.</b></p>	<p>New mandatory requirement to limit availability of sugar sweetened beverages.</p> <p><i>Compared with previous best practice standard for sugar sweetened beverages:</i></p> <ul style="list-style-type: none"> <li>• Increased percentage of beverages that are low calorie/no added sugar from 80% to 90%.</li> <li>• Changed wording from ‘procured by volume’ to ‘provided’.</li> <li>• Updated and clarified definitions for ‘low calorie/no added sugar beverages’ and ‘sugar sweetened beverages.’</li> <li>• New requirement that SSBs cannot be included in meal deals.</li> </ul>

	<b>At least 75% fruit juice, vegetable juice and smoothies to be provided in single serve packs.</b>	<ul style="list-style-type: none"><li>• New calorie cap for any milk based SSBs – in line with sugar reduction programme.</li><li>• New requirement for pack sizes of fruit juice, vegetable juice and smoothies offered.</li></ul>
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**Table 4: Changes to the BEST PRACTICE GBSF nutrition standards**

N/A = Not applicable (i.e. no previous standard)

<b>PREVIOUS Best Practice GBSF Nutrition Standard</b>	<b>UPDATED Best Practice GBSF Nutrition Standard</b>	<b>Explanatory Notes</b>
<i>Reducing salt</i>		
N/A	<p><b>At least 75% of all products (procured by volume/provided) that are covered by the current salt targets<sup>2</sup>, and any subsequent revisions to this target<sup>1</sup> meet this target.</b></p> <p><b>Note: The 75% applies individually to each food category described in the above specification, and not only to the combined provision/volume. The requirement relates to meeting maximum targets or using an average target as a maximum where a maximum target is not set.</b></p>	<p>New best practice standard that builds on the updated mandatory requirement.</p> <p>Covers <b>all</b> food categories for which there is a salt target (rather than just those specific food categories included within the mandatory standard).</p>
<i>Increasing fibre</i>		
N/A	<p><b>To ensure at least 50% of bread provided contains at least 3g fibre per 100g (i.e. is a source of fibre), excluding pre-packed sandwiches as per the mandatory standard and, in addition to the mandatory standard at least 25% of all bread provided contains at least 6g per 100g (i.e. high in fibre), excluding pre-packed sandwiches.</b></p>	<p>New best practice standard that builds on the new mandatory requirement for provision of higher fibre bread options.</p>
N/A	<p><b>To ensure main meals containing beans and/or pulses as a main source of protein are made available at least once a week.</b></p>	<p>New best practice standard for provision of beans and pulses.</p>
<i>Breakfast cereals</i>		

N/A	<p><b>To ensure at least 50% of all breakfast cereals provided contain at least 6g per 100g of fibre (i.e. high in fibre) and shall not exceed 12.3g/100g total sugars (10g additional allowance for dried fruit in cereal), as per the mandatory standard.</b></p> <p><b>And, in addition to the mandatory standard, at least 25% of all breakfast cereals provided contain at least 6g per 100g (i.e. high in fibre) and shall not exceed 5g/100g total sugars (10g additional allowance for dried fruit in cereal).</b></p>	New best practice standard that builds on the updated mandatory requirement for provision of higher fibre/lower sugar breakfast cereal options.
<i>Savoury snacks</i>		
Savoury snacks are only available in packet sizes of 30g or less.	Savoury snacks are only <b>provided</b> in packet sizes of 30g or less.	Changed wording from 'available' to 'provided.'
<i>Confectionery</i>		
Confectionery and packet sweet snacks are in the smallest standard single serve portion size available within the market and do not exceed 250kcal.	<b>All confectionery and packet sweet snacks provided are in the smallest standard single serve portion size available within the market and do not exceed 200kcal (maximum) for chocolate and 125kcal (maximum) for sugar confectionery.</b>	Updated best practice standard that builds on the new mandatory requirement. Covers all confectionery and packet sweet snacks provided.
<i>Sugar Sweetened Beverages</i>		
All sugar sweetened beverages to be no more than 330ml pack size and no more than 20% of beverages (procured by volume) may be sugar sweetened. No less than 80% of beverages (procured by volume) may be low calorie/no added sugar beverages (including fruit juice and water).	<b>All beverages (100%) provided must be low calorie/no added sugar beverages, i.e. no SSBs are offered.</b>	Updated best practice standard that builds on the new mandatory requirement. Covers all beverages provided.
<i>Menu cycle analysis</i>		
Menu cycles are analysed to meet stated nutrient based standards	Menu cycles are analysed to meet <b>nutrient based standards relevant for the majority of</b>	Re-worded for clarity.

relevant to the major population subgroup of the catering provision.	<b>customers using the catering provision.</b>	
<i>Calorie and allergen labelling</i>		
Menus (for food and beverages) include calorie and allergen labelling.	<b>Best practice requirement for menus (for food and beverages) to include calorie and allergen labelling where not stated in law.<sup>3,4</sup></b>	Amended to align with legislative requirements.

## Annex C: Food Based guidelines to choose, cook and serve healthier food and drink

<b>Potatoes, bread, rice, pasta and other starchy carbohydrates</b>	
<b>Guidance</b>	<ul style="list-style-type: none"> <li>Starchy foods should make up just over a third of the food we eat.</li> <li>Offer higher-fibre wholegrain varieties wherever possible. (Higher fibre options include wholemeal breads, breads made with a combination of white and wholemeal flour with or without added fibre, brown rice, wholewheat pasta and wholewheat/wholegrain breakfast cereals – offer low fat, salt and sugar varieties).</li> <li>Offer potatoes cooked with skins on for more fibre.</li> </ul>
<b>What foods are included?</b>	<ul style="list-style-type: none"> <li>All breads including wholemeal and granary bread, pitta bread, chapattis, tortillas and bagels.</li> <li>Potatoes, plantain, yam and cassava.</li> <li>Breakfast cereals.</li> <li>All rice, couscous, bulgar wheat, semolina, tapioca, maize, cornmeal, quinoa.</li> <li>All noodles (including rice, soba and egg noodles) and pasta.</li> <li>Other grains e.g. oats, millet, barley, buckwheat, rye, spelt, bulgar (cracked wheat).</li> </ul>
<b>Why are these foods important?</b>	<ul style="list-style-type: none"> <li>Foods from this group are a good source of energy and the main source of a range of nutrients in the diet.</li> <li>As well as starch, these foods supply fibre. Fibre helps to keep bowels healthy and helps prevent constipation. A diet rich in dietary fibre is also associated with a reduced risk of heart disease, stroke, type 2 diabetes and bowel cancer.</li> <li>These foods can also provide a good source of folate, riboflavin and iron.</li> </ul>
<b>Tips on choosing starchy foods</b>	<ul style="list-style-type: none"> <li>Ask suppliers for information on the salt, fat, saturated fat and sugars in their products.</li> </ul>

	<ul style="list-style-type: none"> <li>Choose products that meet salt targets.<sup>1</sup></li> </ul> <p>Bread</p> <ul style="list-style-type: none"> <li>Choose a variety of breads – including wholegrain, brown, wholemeal, granary and seeded.</li> <li>Look for bread made with a combination of white and wholemeal flour with or without added fibre for customers who do not like brown or wholemeal bread.</li> <li>Choose lower salt bread where possible.</li> </ul> <p>Flour</p> <ul style="list-style-type: none"> <li>Wholemeal flour can be used for some recipes or used to replace some of the white flour to add folate, iron and fibre to the dish.</li> </ul> <p>Breakfast cereals</p> <ul style="list-style-type: none"> <li>Choose fortified breakfast cereals as they can be a good source of vitamin D, folate and iron.</li> <li>Include cereals which are higher fibre and cereals with added dried fruit and nuts.</li> <li>Remove cereals that are high in salt and added sugar.</li> </ul> <p>Potatoes</p> <ul style="list-style-type: none"> <li>Potatoes are a useful source of folate.</li> </ul>
<p><b>Tips on cooking and serving foods</b></p>	<ul style="list-style-type: none"> <li>Offer a variety of starchy foods with main meals including potatoes, rice, pasta, noodles and other grains.</li> </ul> <p>Breads</p> <ul style="list-style-type: none"> <li>Use thick cut bread for sandwiches.</li> <li>A variety of breads could be made available daily as starters or meal accompaniments.</li> </ul>

<sup>1</sup> [2024 salt reduction targets](#) have been published. Government is allowing an implementation period of 3 years for compliance with these updated targets following publication of this technical guidance. In the meantime, the 2017 salt targets must be met

- Try not to add too much fat, e.g. butter/spreads on bread, mayonnaise in sandwiches.
- Use combinations of wholemeal and white bread in sandwiches to encourage consumption of wholemeal varieties.

#### Breakfasts

- Offer a variety of breakfast cereals (preferably fortified including high fibre, low sugar varieties), porridge and/or bread at breakfast.
- Oats can be served in a variety of ways including porridge, granola and bircher muesli.
- Restrict cake style muffins and pastries and offer a range of bread instead including wholemeal, granary, brown, seedy, fruity and bagels.
- If offering a traditional English breakfast, use wholemeal toast rather than fried bread or waffles.

#### Potatoes

- Boil potatoes in the minimum amount of water and for the shortest amount of time or steam them to retain vitamins.
- Do not add salt to the cooking water or prior to serving.
- Use skimmed or semi-skimmed milk rather than butter or margarine to mash potatoes to smoothness.
- Roast potatoes in small amounts of vegetable oil. Brush the oil on to potatoes rather than pouring over to use smaller amounts.
- Try to cut down on the amount of fried potatoes offered, such as chips and reconstituted potato dishes. Offer mash, steamed/boiled new potatoes, baked potatoes, and oven baked potato products as alternatives.
- Choose thick cut chips or potato wedges instead of thin cut chips – they absorb less oil when cooking, or use oven chips.
- Pre-blanch chips in steamers before frying to reduce the amount of oil absorbed.
- Use baked products where possible instead of frying as they are likely to contain less fat; compare product labels for more information.
- Use sweet potatoes as an alternative. These can also be boiled, mashed, roasted and turned into wedges.

	<p>Pasta, rice and other grains</p> <ul style="list-style-type: none"> <li>• Do not add salt to water when cooking pasta, rice and other grains. Herbs, spices, garlic, vegetables, dried fruit, seeds and nuts can be used during or after cooking to add flavour.</li> <li>• Use more starchy foods e.g. pasta in relation to meat/rich sauces in lasagne, potato to meat in cottage pie, sausages and mash – have more of the mash and include vegetables for a balanced meal.</li> <li>• Serve boiled/steamed rice or Indian breads with curries, rather than poppadums, fried Indian breads or fried rice.</li> <li>• Choose tomato and vegetable based sauces in preference to creamy, buttery sauces where appropriate.</li> <li>• Rice or other grains can make filling salads and meals, e.g. rice salads, pearl barley risottos and bulgar salads.</li> <li>• Add pulses like beans and lentils to casseroles, stews and curries to increase fibre content.</li> </ul> <p>When frying starchy foods</p> <ul style="list-style-type: none"> <li>• Make sure the oil used for frying is at the correct temperature – this reduces the amount of fat absorbed.</li> <li>• Drain/blot fried foods before serving.</li> </ul>
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<b>Fruit and vegetables</b>	
<b>Guidance</b>	<ul style="list-style-type: none"> <li>• Fruit and vegetables should make up just over a third of the daily diet.</li> <li>• Offer at least five different portions of fruits and vegetables every day.</li> <li>• A portion of fresh or cooked fruit or vegetables should be about 80g.</li> <li>• Limit consumption of unsweetened 100% fruit/vegetable juice or smoothies to a combined total of no more than one portion (150mls) per day and consume at mealtimes to reduce the risk of tooth decay.</li> <li>• A portion of dried fruit is around 30g but it is recommended that dried fruit is only consumed at mealtimes as it can stick to teeth, increasing the risk of tooth decay.</li> </ul>
<b>What foods are included</b>	<ul style="list-style-type: none"> <li>• All types of fresh, frozen, tinned, juiced and dried fruit.</li> <li>• All types of fresh, frozen, juiced and tinned vegetables.</li> <li>• 150ml unsweetened 100% fruit and vegetable juices or smoothies count as one portion. Limit to a combined total of one portion (150ml) a day.</li> </ul>

	<ul style="list-style-type: none"> <li>• Watch out for drinks that say ‘juice drink’ on pack. They’re unlikely to count towards your 5 A Day and can be high in sugar.</li> <li>• Beans and pulses are also included but, again, only count as a maximum of one portion per day.</li> <li>• See <a href="#">further information on what counts towards 5 A Day</a>.</li> </ul>
<p><b>Why are they important</b></p>	<ul style="list-style-type: none"> <li>• Fruit and vegetables are good sources of many vitamins (including folate), minerals and fibre.</li> <li>• There is evidence that consuming more than 400g (five portions) of fruit and vegetables every day may reduce the risk of developing chronic diseases such as coronary heart disease and some cancers.</li> </ul>
<p><b>Tips on choosing foods</b></p>	<ul style="list-style-type: none"> <li>• Ask suppliers for information on salt, fat, saturated fat and sugar in their products.</li> <li>• Choose products that meet salt targets<sup>2</sup> (e.g. for tinned products).</li> <li>• Buy tinned fruit in juice rather than in syrup.</li> <li>• Buy tinned vegetables and pulses in water, with no added salt or sugar.</li> <li>• Fruit and vegetables that are useful sources of iron include dark green leafy vegetables, broccoli, dried apricots and raisins, blackcurrants and broad beans.</li> <li>• Fruit and vegetables that are useful sources of folate include green leafy vegetables, broccoli, brussels sprouts, peas, asparagus and oranges.</li> </ul>
<p><b>Tips on cooking and serving foods</b></p>	<p>Storing and preparation</p> <ul style="list-style-type: none"> <li>• Use fresh fruit and vegetables as soon as possible, rather than storing them, to avoid vitamin loss. Alternatively, use frozen fruit and vegetables.</li> <li>• Store fresh vegetables in a cool, dark place.</li> <li>• Avoid leaving any cut vegetables exposed to air, light, heat or leaving them to soak. Cover and chill them.</li> </ul> <p>Cooking and including fruit and vegetables in dishes</p> <ul style="list-style-type: none"> <li>• Steaming and cooking vegetables with minimum amounts of water (with no added salt), for as short a time as possible and serving as soon as possible will help retain vitamins.</li> </ul>

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<sup>2</sup> [2024 salt reduction targets](#) have been published. Government is allowing an implementation period of 3 years for compliance with these updated targets following publication of this technical guidance. In the meantime, the 2017 salt targets must be met

	<ul style="list-style-type: none"> <li>• Vegetables can also be stir-fried, grilled and roasted in a small amount of oil.</li> <li>• Pureed stewed fruit can be offered with custard, yoghurt or ice cream as dessert.</li> <li>• Add vegetables and pulses to stews, casseroles or other dishes and offer a variety of vegetables at main meals.</li> <li>• Incorporate fruit into other desserts and dishes, including cold starters and savoury dishes (e.g. citrus chicken, serving apple sauce with pork, dried fruits like apricots and raisins in Moroccan style tagines and casseroles).</li> <li>• Add vegetables in rice e.g. mushrooms, peas, sweetcorn, peppers.</li> </ul> <p>Serving</p> <ul style="list-style-type: none"> <li>• Offer a variety of dried fruits to add to cereal options and porridge and include dried fruit in cakes and desserts.</li> <li>• Aim for one or two portions with each meal and offer fruit as a snack.</li> <li>• Offer a variety of salads by combining vegetables and fruits with nuts, seeds, noodles, quinoa, bulgar and couscous e.g. roasted vegetables and couscous. Use lower fat salad dressings.</li> <li>• Provide easy access to fresh fruit salads in take away containers. Some people prefer chopped fruit rather than whole fruit.</li> <li>• Offer fruit and vegetables as prominently as other snack foods.</li> <li>• Control the amount of fat or rich sauces added to vegetables (such as carrots glazed with butter).</li> <li>• Do not add sugar or syrupy dressings to fruit (such as stewed apple).</li> <li>• Place fruit conveniently and prominently with other snack foods.</li> </ul>
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<b>Dairy and alternatives</b>	
<b>Guidance</b>	<ul style="list-style-type: none"> <li>• Moderate amounts should be offered each day as milk in drinks, cheese, yoghurt or milk-based puddings and sauces.</li> <li>• Where appropriate choose lower fat, salt and sugar options or use higher fat/salt/sugar options in smaller amounts or less frequently.</li> </ul>
<b>What foods are included</b>	<ul style="list-style-type: none"> <li>• All types of milk, including dried milk, reduced fat milk, goat’s and sheep’s milk.</li> </ul>

	<ul style="list-style-type: none"> <li>• Cheeses e.g. cheddar, cottage cheese, cheese spreads, Edam, goat’s cheese, stilton.</li> <li>• Yoghurt (fruit or plain, whole milk or low-fat), or fromage frais.</li> <li>• Milk-based sauces, custard and milk puddings.</li> <li>• Fortified soya drinks.</li> </ul>
<b>Why are they important</b>	<ul style="list-style-type: none"> <li>• Milk and dairy products are excellent sources of calcium, which is needed for optimal bone strength as well as a source of protein and vitamin B12.</li> <li>• The fat content of different dairy products varies, and much of this is saturated fat so use lower fat options where possible.</li> <li>• Fortified dried milks are a good source of vitamin D.</li> <li>• Milk, cheese and yoghurt are useful sources of riboflavin.</li> </ul>
<b>Tips on choosing foods</b>	<ul style="list-style-type: none"> <li>• Dairy products can be high in fat, salt and sugar. Ask suppliers for information on salt, fat, saturated fat and sugar content of their products.</li> <li>• Choose products that meet salt targets<sup>3</sup> wherever possible.</li> <li>• Dairy products can make a large contribution to the saturated fat content of your menu. Often, products are available that are lower in fat and saturates and can easily be incorporated into the menu.</li> <li>• Consider switching to semi-skimmed, 1% or skimmed milk.</li> <li>• Milk drinks such as milkshakes and yoghurt drinks can be high in added sugars so choose varieties that are lower in sugar.</li> <li>• Choose a variety of cheeses to vary the fat content. Hard cheeses such as cheddar tend to be higher in saturated fat than softer cheese such as Edam and Brie.</li> <li>• Crème fraiche and soured creams are available in lower fat varieties and can be used with little difference to the taste of the recipe.</li> <li>• Hard, cheddar-style cheese, used for general cooking use in catering kitchens, is available in lower fat varieties.</li> </ul>
<b>Tips on cooking and serving foods</b>	<ul style="list-style-type: none"> <li>• Use fromage frais, quark or plain yoghurt in dishes in place of some of the cream (taking care not to alter the taste or appearance of the dish).</li> <li>• Offer frozen yoghurts as an alternative to ice cream, to reduce fat content.</li> <li>• Use lower fat milk in sweet and savoury sauces, custard and puddings.</li> </ul>

<sup>3</sup> [2024 salt reduction targets](#) have been published. Government is allowing an implementation period of 3 years for compliance with these updated targets following publication of this technical guidance. In the meantime, the 2017 salt targets must be met

	<ul style="list-style-type: none"> <li>• Use béchamel, instead of cheese, sauce for dishes covered in cheese (e.g. lasagne).</li> <li>• Use reduced fat cheese in sandwiches, on cheese boards, in sauces, and for toppings on hot dishes like jacket potatoes, gratins etc.</li> <li>• Use smaller amounts of stronger tasting cheese to provide flavour. This helps lower salt and fat content of dishes.</li> <li>• Grate cheese for use in salads, sandwiches and fillings; you will tend to use less.</li> <li>• Use plain yoghurt and fromage frais instead of cream, soured cream or crème fraîche.</li> <li>• Use lower fat milk when making milky drinks such as lattes and hot chocolate.</li> </ul>
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<b>Beans, pulses, fish, eggs, meat and other proteins</b>	
<b>Guidance</b>	<ul style="list-style-type: none"> <li>• A source of protein from this food group should be offered at all main meals.</li> <li>• Fish should be offered at least twice a week, one of which should be oily (a typical portion is about 140g).</li> <li>• Meat and fish alternatives for vegetarians and vegans should be varied and a variety of foods from this group should be used. Cheese may be used as a substitute for vegetarians; however it should not be used too often as a source of protein as it can be high in salt and saturated fat.</li> <li>• Consider the amount and frequency of red and processed meats on your menu – it is recommended that those who consume more than 90g of red or processed meat per day reduce consumption to no more than 70g per day on average.</li> </ul>
<b>What foods are included</b>	<ul style="list-style-type: none"> <li>• Meat, poultry, offal, fish, eggs, nuts, beans, pulses, seeds and other non-dairy sources of protein.</li> <li>• Meat includes all cuts of beef, lamb and pork, as well as meat and meat products such as ham, bacon, salami, corned beef, beef burgers and sausages.</li> <li>• Fish includes any fresh, frozen and tinned fish, such as tuna, sardines, pilchards, and mackerel, and fish products such as fish cakes and fish fingers.</li> <li>• Oily fish includes salmon, sardines, trout and mackerel.</li> <li>• All eggs e.g. boiled, poached, scrambled, fried, omelettes.</li> </ul>

	<ul style="list-style-type: none"> <li>• Beans and pulses e.g. baked beans, chickpeas, butter beans, kidney beans and lentils are in this group and provide a good source of protein for vegetarians. They are also low in fat and can be used to increase the fibre content of meals.</li> <li>• Other protein products suitable for vegetarians include nuts, tofu and quinoa and textured protein products such as soya and mycoprotein (Quorn®).</li> </ul>
<p><b>Why are these foods important</b></p>	<ul style="list-style-type: none"> <li>• Meat and fish are a good source of protein, vitamins and minerals such as iron and all the B vitamins except folate. Meat is a particularly good source of riboflavin.</li> <li>• Oily fish provide long chain omega-3 fatty acids, which may help to prevent heart disease. Such foods are also a source of vitamin D and iron.</li> <li>• Beans and pulses are sources of protein, fibre and iron.</li> <li>• Eggs are useful sources of protein, vitamin A, vitamin D and riboflavin (B2).</li> <li>• Nuts provide a source of protein, iron, fibre and essential fatty acids.</li> </ul>
<p><b>Tips on choosing foods</b></p>	<ul style="list-style-type: none"> <li>• Ask suppliers for information on the salt, fat and saturated fat content of their products.</li> <li>• Choose products that meet salt targets<sup>4</sup> wherever possible.</li> <li>• Choose a variety of meats and meat products and choose less red and processed meat.</li> <li>• Choose lean cuts of meat where possible. Some types and cuts of meat are higher in fat, particularly saturated fat.</li> <li>• Look for meat products with higher meat content, look at the label for more information – also consider the fat and salt content.</li> <li>• Oily fish, such as herring, mackerel, pilchards, salmon, sardines, trout, roe and egg yolks, are rich in vitamin D.</li> <li>• Choose tinned fish in spring water rather than oil.</li> <li>• Turkey and chicken are lower fat options particularly when the skin is removed.</li> <li>• Meat products in pastry, such as pies and sausage rolls, are often high in fat; choose the lower fat options where available.</li> <li>• Look for canned beans and pulses with no added salt and sugar.</li> </ul>

<sup>4</sup> [2024 salt reduction targets](#) have been published. Government is allowing an implementation period of 3 years for compliance with these updated targets following publication of this technical guidance. In the meantime, the 2017 salt targets must be met.

	<ul style="list-style-type: none"> <li>• Liver/liver pâté is a useful source of nutrients, but liver and liver products should not be served more than once a week as they contain a lot of vitamin A and there are risks of having too much particularly for specific groups of people.</li> </ul>
<p><b>Tips on cooking and serving foods</b></p>	<p>Preparation</p> <ul style="list-style-type: none"> <li>• Remove visible fat from meat and skin from poultry.</li> </ul> <p>Cooking</p> <ul style="list-style-type: none"> <li>• Stand poultry and joints on racks when cooking to allow the fat to flow away.</li> <li>• Larger pieces of meat will absorb less fat than smaller pieces.</li> <li>• Boil, bake, grill or poach rather than frying or roasting where possible as this will lower the fat content.</li> <li>• Add pulses to meat dishes to increase the fibre content and reduce the fat content per portion.</li> <li>• If frying, make sure the temperature is correct, change fat/oil regularly and drain well to reduce fat content.</li> <li>• When baking fish, brush with unsaturated vegetable oil rather than butter.</li> <li>• Boil, poach or scramble eggs rather than frying them.</li> <li>• Gradually lower the salt content of food you cook to allow customers' taste buds to adapt. Try using garlic, herbs and spices to flavour foods.</li> </ul> <p>Serving</p> <ul style="list-style-type: none"> <li>• Serve red and processed meat and processed fish e.g. coated chicken, burgers and fish fingers less often.</li> <li>• Serve slightly less meat with extra vegetables and starchy foods.</li> <li>• Serve foods with tomato or vegetable based sauces rather than creamy, buttery sauces to lower the fat content.</li> <li>• Quiches and flans can be high in fat and salt, so try not to provide these too often.</li> <li>• Offer smoked meats and fish less often as they can be high in salt.</li> <li>• Serve oily fish as pâtés and spreads on bread and toast.</li> <li>• If a dish must be finished with butter, try lightly brushing with melted butter before serving.</li> <li>• When serving foods with gravy opt for lower salt versions of gravy mixes, or stock/bouillon cubes/granules.</li> </ul>

	<ul style="list-style-type: none"> <li>• Season food sparingly with salt or seasonings containing salt. Note that a chef’s palette may be less sensitive to salt than those of many of the customers.’</li> <li>• Nuts and seeds can be a good alternative to other snacks that are high in saturated fat, however avoid salted nuts where possible.</li> <li>• Seeds can be eaten raw, dry fried or dry roasted in a frying pan or in a roasting tin without any oil.</li> </ul>
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<b>Oils &amp; spreads</b>	
<b>Guidance</b>	<ul style="list-style-type: none"> <li>• Use foods containing fat sparingly.</li> <li>• Choose unsaturated oils and use in small amounts.</li> </ul>
<b>What’s included</b>	<ul style="list-style-type: none"> <li>• Oils and spreads containing unsaturated fats include: reduced and low fat spreads, cooking oils (e.g. rapeseed, sunflower and olive oils).</li> </ul>
<b>Why are they important</b>	<ul style="list-style-type: none"> <li>• Oils and spreads are high in energy and can contribute to excess energy intakes if they are eaten in large amounts.</li> <li>• Having too much saturated fat can increase the amount of cholesterol in the blood, which increases the chance of developing heart disease.</li> </ul>
<b>Tips on choosing foods</b>	<ul style="list-style-type: none"> <li>• Ask suppliers about and check the levels of salt, fat and saturated fat in their products.</li> <li>• Where possible choose products that meet salt targets.<sup>5</sup></li> <li>• Choose cooking and spreading fats that are based on unsaturated (that is, monounsaturated and polyunsaturated) fats wherever possible.</li> <li>• Choose unsaturated cooking oils such as soya, sunflower, rapeseed and olive for cooking and salad dressings.</li> <li>• Choose reduced or low fat spreads based on unsaturated fats such as rapeseed, sunflower, soya or olive oil.</li> </ul>

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<sup>5</sup> [2024 salt reduction targets](#) have been published. Government is allowing an implementation period of 3 years for compliance with these updated targets following publication of this technical guidance. In the meantime, the 2017 salt targets must be met

<p><b>Tips on cooking and serving foods</b></p>	<p>Lowering fat</p> <ul style="list-style-type: none"> <li>• Consider using spreads that are soft straight from the fridge, so it is easier to spread thinly.</li> <li>• Offer fewer fried foods.</li> <li>• Do not automatically garnish potatoes and vegetables with butter or fat spread prior to service.</li> <li>• Ensure correct temperatures when frying so that foods absorb less fat.</li> </ul>
<p><b>Foods high in fat, salt and sugars</b></p>	
<p><b>Guidance</b></p>	<ul style="list-style-type: none"> <li>• The foods listed in the ‘what’s included’ section below are not needed in the diet and so, if included, should be consumed infrequently and in small amounts. Use foods high in fat (particularly saturated fat), salt and/or sugar sparingly. Look out for lower fat/salt/sugar alternatives or eat these foods in smaller amounts.</li> <li>• Snacking on sugary foods and drinks throughout the day is discouraged as this can cause tooth decay.</li> </ul>
<p><b>What’s included</b></p>	<ul style="list-style-type: none"> <li>• Foods high in fat, saturated fat, salt and sugar including: butter, other spreading fats containing predominantly saturated fats, saturated cooking fats (e.g. lard, palm and coconut oil), mayonnaise, table sauces, cream, crisps, biscuits, pastries, cakes, ice cream, chocolate, sweets, jams, honey, table sugar and full-sugar soft drinks.</li> </ul>
<p><b>Why are they important</b></p>	<ul style="list-style-type: none"> <li>• Foods from this group principally provide energy in the forms of fats and sugars but may contain other nutrients in much smaller amounts. Some can also be high in salt. These nutrients are consumed in greater amounts than required and are associated with disease progression and/or dental caries.</li> <li>• Foods from this group can contribute to excess energy intakes if they are eaten in large amounts.</li> <li>• Having too much saturated fat can increase the amount of cholesterol in the blood, which increases the chance of developing heart disease.</li> <li>• Having too much salt can raise blood pressure, which increases the risk of cardiovascular disease.</li> <li>• Often foods high in calories offer few other nutrients. It is important that these foods do not displace more nutrient rich foods.</li> </ul>
<p><b>Tips on choosing foods</b></p>	<ul style="list-style-type: none"> <li>• Ask suppliers about and check the levels of salt, fat, saturated fat and sugars in their products.</li> </ul>

	<ul style="list-style-type: none"> <li>• Where possible choose products that meet salt targets.<sup>6</sup></li> <li>• Opt for smaller pack sizes of confectionery, savoury snacks and sugary soft drinks.</li> <li>• Choose cooking and spreading fats that are based on monounsaturated and polyunsaturated fats wherever possible.</li> <li>• Choose unsaturated cooking oils e.g. soya, rapeseed, sunflower and olive oils for cooking and salad dressings.</li> <li>• Choose fat spreads containing predominantly unsaturated oils such as rapeseed, sunflower, soya or olive oil.</li> <li>• Choose a range of cold drinks that are lower in sugar e.g. water, diet, sugar free and no added sugar drinks and lower fat milks.</li> <li>• Choose lower sugar, wholegrain breakfast cereals rather than those coated with sugar or honey.</li> </ul>
<p><b>Tips on cooking and serving foods</b></p>	<p>Lowering fat</p> <ul style="list-style-type: none"> <li>• Consider using spreads that are soft straight from the fridge, so it is easier to spread thinly.</li> <li>• Choose tomato and vegetable based sauces rather than cream-based ones.</li> <li>• Offer fewer fried foods.</li> <li>• Use reduced calorie mayonnaise in dressings or dilute with lower fat yoghurt.</li> <li>• Serve salad dressings and dessert toppings separately so that customers can decide how much they want.</li> <li>• Do not automatically garnish potatoes and vegetables with butter or fat spreads prior to service.</li> <li>• Ensure correct temperatures when frying so that foods absorb less fat.</li> </ul> <p>Lowering sugar</p> <ul style="list-style-type: none"> <li>• Reduce the amount of sugar used in dishes where practical and acceptable.</li> <li>• Use dried or fresh fruit to sweeten dishes.</li> <li>• Try halving the sugar you use in your recipes. This works for most recipes except jam, meringues and ice cream.</li> </ul>

<sup>6</sup> [2024 salt reduction targets](#) have been published. Government is allowing an implementation period of 3 years for compliance with these updated targets following publication of this technical guidance. In the meantime, the 2017 salt targets must be met

<p><b>Menu analysis</b></p> <p><b>Calorie and allergen labelling</b></p>	<ul style="list-style-type: none"> <li>• To help provide information to customers, menu cycles should be analysed to meet stated nutrient-based standards relevant for the majority of customers using the catering provision.</li> <li>• This would also support action on monitoring of the contract to deliver a healthier provision.</li> <li>• This information would also enable menus (for food and beverages) to include calorie and allergen labelling.</li> <li>• You should ensure you meet the legal requirements for providing allergen information on ‘non-prepacked’ food. There is information on this on the Food Standards Agency website at: <a href="https://www.food.gov.uk/business-guidance/allergen-guidance-for-food-businesses">https://www.food.gov.uk/business-guidance/allergen-guidance-for-food-businesses</a></li> <li>• There are also new labelling rules that apply to food that is ‘prepacked for direct sale’ from 1 October 2021. You can find information on these new rules at: <a href="https://www.food.gov.uk/business-guidance/introduction-to-allergen-labelling-changes-ppds">https://www.food.gov.uk/business-guidance/introduction-to-allergen-labelling-changes-ppds</a></li> <li>• You should always ensure you are providing accurate information on allergens to consumers, and should always check your ingredients to ensure you are capturing accurate information on allergens.</li> <li>• Some people have allergies and intolerances to allergens that are not included in the ‘14 allergen’ list. If someone makes you aware that their allergen is another food not on the list you should ideally be able to check quickly whether that ingredient is present. Where the information is unavailable, the consumer must be informed that the absence of their allergen cannot be confirmed. This will support the customer to make a safe food choice.</li> <li>• If there is a risk of cross-contamination and that allergens could be unintentionally present in food you might want to consider using some kind of ‘precautionary allergen labelling’ such as ‘may contain’. You can find information on this on the Food Standards Agency website at: <a href="https://www.food.gov.uk/business-guidance/allergen-labelling-for-food-manufacturers#avoiding-allergen-cross-contamination">https://www.food.gov.uk/business-guidance/allergen-labelling-for-food-manufacturers#avoiding-allergen-cross-contamination</a></li> </ul>
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## References

<sup>3</sup> EU Food Information for Consumers Regulation 1169/2011, available at:  
<https://eur-lex.europa.eu/legal-content/EN/TXT/PDF/?uri=CELEX:32011R1169>

<sup>4</sup> UK's Food Information Regulations 1855/2014, available at:  
<https://www.legislation.gov.uk/ukSI/2014/1855/contents/made>