FOOD and BEVERAGE STANDARDS IN SCHOOLS

RECOMMENDED IN SCHOOLS
Foods and beverages that in this group are high in nutrients. Recommended to be taken every day in school.

- Fruits, vegetables can be consumed raw (according to season), salads (olive oil and lemon can be added)
- Dried fruits (30 g, packaged, uncoated and no added sugar – grape, apricot etc.)
- Nuts (30 g, packaged, without sauced, unsalted, without shell – walnut, almond etc.)
- Drinking water (no sugar or sweeteners added)
- Natural mineral water
- Drinking milk (UHT/pasteurized milk)
- Freshly squeezed fruit and vegetable juice, fruit and vegetable juices should be 100% fruit and vegetable juice (should be no added sugar, should not be larger than 250 mL)
- Yogurt (100-150 g, packaged)
- Buttermilk (200 mL, packaged)
- Cheese (pasteurized)
- Boiled eggs (daily)
- Flavored bread (flavor: nuts, dried fruits, oilseeds, spice bread)
- Whole wheat bread, whole wheat flour bread, mixed grain bread sandwich with no added fat etc. The products made from the following:
  - Eggs or cheese
  - Fresh tomatoes, carrots, lettuce, peppers etc. Vegetables (exception pickles)
- Sugarless gums, sweetened gums

SELECT CAREFULLY
Foods and beverages that in this group contain some valuable nutrients, but may also be high energy, and/or saturated fat or sugar content. Portions should be kept small, the label should be taken to carefully read and frequency of consumption.

- Breakfast cereals (added sugar and lower fiber)
- Bakery products (bagel, toast etc.), home made or bakery sweet/savoury pastry, cake, (muffin etc.) etc. (not contain cream, chocolate, jelly)
- Lean processed meats, meat products
- Pasta dishes, oven-baked potato products, sauces, mayonnaise
- Tea, coffee and similar drinks (only for high schools and maximum 375 mL serve size)
- Ice cream, ice milk, vegetable oil ice milk, fresh milk products ≤150 kcal of energy and saturated fat should not exceed 3 g.
- Edible ice products must contain more than 99% fruit juice, no added sugar and the amount should be less than 125 mL.
- Crushed/broken iced drinks should contain more than 99% fruit juice, no sugar added and the amount should be less than 200 mL.

NOT RECOMMENDED IN SCHOOLS
This group of food and beverages, energy, saturated fat, sugar, salt (sodium) content are much lower than the high nutritional value. Is not recommended to be taken in schools.

- Energy drinks, soda beverages, flavored beverages (ice tea), cola beverages, flavored natural mineral drinks, flavored syrup, flavored drink powder, flavored water, fruit beverages, fruit beverage powder, fruity natural mineral beverages, unnatural soda, fruity syrup, sports drinks or water, fruit nectars, concentrated fruit juices
- Fried foods
- Chips (potato, corn, dressed etc.), crisp snacks
- All types of chocolate (including those separately sold or added to products, chocolate drops, spreading chocolate and covered with chocolate), wafers (simple, filling, coating etc.)
- All types of candies (jelly candies, hard candies, soft candies, filled - unfilled, coated candies and sugar coated dragee, all lollipops etc.)
- Products containing added caffeine, guarana etc.
- Filled with cream, chocolate or jelly cakes (pie, croissant, doughnuts, parfait, mosaic cake, muffin, cupcake etc.)
- Intense sweetened foods and drinks
- Cream, coconut milk and coconut cream
- Tea and coffee type beverages (exception in high schools.)

*Guarana: A plant that has high caffeine content.