



FOOD and BEVERAGE STANDARDS IN SCHOOLS



This standard has been prepared by Republic of Turkey Ministry of Health Public Health Institution of Turkey, Obesity Diabetes and Metabolic Disorders Department within the school health studies as a part of Healthy Nutrition and Active Life Program of Turkey with the recommendations of School Health Scientific Committee in order to assist the healthy choices offers of schools and healthy food/beverage choices of the students.

Food and Beverage Standards In Schools

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Web sites

www.beslenme.gov.tr

www.fizikselaktivite.gov.tr

Background

Obesity prevalence is gradually increasing in the recent years. For to control the body weight, maintaining a life style with healthy nutrition and regular physical activity is highly important.

Besides the obesity, unhealthy nutrition also increases the risk of many chronic diseases such as heart diseases, stroke, cancer and Type II Diabetes.



Healthy nutrition is effective on the growth and development based on age of the children and adolescents at school age; in the prevention of the health diseases such as obesity, weakness, stunting, dental caries, iron, vitamin D and other vitamin and mineral insufficiencies etc. and health problems such as osteoporosis that can develop in the adulthood and increase of the school success.

School period is the period of fast learning, acquirement of knowledge and skills and affection. Habits begin to develop during this period. Preventive measures going to be taken will contribute to gaining useful habits that will be effective on general health status in the future. This period is an “opportunities” period that proper nutritional and physical activity habits will be gained. Inadequacy of the right advice and implementation in these ages in terms of developing healthy nutrition habits, will not only cause to be an obese or overweighted adults in the advanced age but will also increase the risk of developing chronic diseases. According to *Turkey Childhood Obesity Surveillance Initiative (COSI-TUR) 2013 Report*; 22,5% of the 7-8 age group was detected overweighted and obese. The results of the survey demonstrates that fresh fruits (9,7%) and fresh vegetable (8,3%) are sold only in very few of the schools.



Healthy Schools, Healthy Generations

In our country; within the applications of Nutrition Friendly Schools Program which was launched in accordance with the Turkey Health Nutrition and Active Life Program published as Prime Ministry circular in September 2010 and based on the *Control of School Cantinas and Hygiene Rules will be applied Circular* of the National Ministry of Education dated 21.07.2011 and numbered 2011/41; Including the educational institutions' pension refectories, in restaurants, cantinas, tea cafes, buffets etc. places, since they can cause the unbalanced nutrition of the children, except than the natural mineral waters, marketing of the high energy low nutritional value beverages (energy beverages, soda pop beverages, aromated beverages and coke beverages) and fries and chips will not be sold and will not be in automatic vending machines. Instead of these; milk, yoghurt beverages- ayran, yoghurt, fruit juice, freshly squeezed juice and fruits that can be sold as one will be available.

The main goal of the Food and Beverage Standards In Schools is to assist the healthy food/beverage choices of the students. Usage of these guideline by school managements, cantina/tea cafes/buffet operators and families will be helpful for the choice of the high nutritional content, appropriate portion sizes for children and adolescents (not large/ideal portions), not including excessive fat and sugar, healthy foods without high energy.

The Guide also aims to give the correct messages about healthy food/beverage choices in all activities within the school environment (private days and weeks such as fairs, classroom celebrations, Local Products Weeks etc.). Also in the schools providing restaurant-refectory services the book “Models and Sample Lunch Menu Lists for Full Time Schools” prepared by our Ministry can be used for menu planning (www.beslenme.gov.tr).

Food and Beverage Standards In Schools do provide the approval of any private food or beverage product. Recommendations have been developed in line of decreasing energy, saturated fats, salt (sodium) and sugar suggested for healthy growth and development.

Food and beverages in the guideline are grouped according to their energy and nutrients contents.

- GREEN** → Nutritional value is high.
- ORANGE** → Although including some nutrients their energy (calorie/kcal), saturated fat, salt (sodium) and sugar contents may be high.
- RED** → Nutritional value is low and energy (calorie/kcal), saturated fat, salt (sodium) and sugar contents are high.

Foods and beverages in **GREEN** and **ORANGE** group can be available in schools. When these foods and beverages are thought within a wide range, the aim is; Foods and beverages should be close to the **GREEN** side of the range as much as possible. For example; instead of a sandwich with sausage and white bread; when a wheat bread sandwich including lettuce, tomatoes, cucumber and white cheese preferred, the food will be consumed will get close to **GREEN**. Each vegetable added will bring the sandwich closer to the **GREEN** side of the range.

Keeping **RED** foods and beverages in schools is not recommended.



**Recommended
in schools**

Foods and beverages in the Green group should be supported

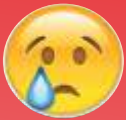
Foods and beverages in this group:
Are the best choices.
Should be available in the schools every day.
They are rich for many nutrients.
Saturated fat, salt (sodium) and sugar contents are low.



**Select
carefully**

Foods and beverages in the Amber group should not consumed frequently and the portions should be small in size

Foods and beverages in this group:
They include some important nutrients.
They can increase the daily energy intake in case of excessive
consumption.
Saturated fat, salt (sodium) and sugar contents are moderate.



**Not recommended
in schools**

Foods and beverages in the Red group should not be available in school canteens and cafeterias

Foods and beverages in this group:
Nutrient contents are low.
They include excessive amount of energy, saturated fat,
salt (sodium) and sugar.





RECOMMENDED IN SCHOOLS

GREEN GROUP

Foods and beverages that in this group are high in nutrients. Recommended to be taken every day in school. These foods and drinks,

- 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



NOT RECOMMENDED IN SCHOOLS

RED GROUP

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. These foods and drinks,

- 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.)
- Sweet pastries with sherbet (including dry baklava)
- 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.



SELECT CAREFULLY

ORANGE GROUP

Foods and beverages that in this group contain some valuable nutrients, but may also be high energy, and/or saturated fat and/or sodium (salt) and/or sugar. Foods and beverages categorized in this group; portions should be kept small, the label should be taken to carefully read and frequency of consumption. These foods and drinks,

- 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 (burger, meatball, ready cooked doner, nuggets etc.)
- 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.
- Packaged foods (cakes, cookies, crackers, dairy dessert, flavoured yoghurts etc.) and drinks (flavoured milks, fruit juice etc.) providing the following criteria
 - > The total energy content of the product shall not exceed 200 kcal.
 - > The energy from fat should not exceed 35% of the total energy.
 - > The energy from saturated fat must not exceed 10% of the total energy.
 - > The energy from the natural and added sugars should not exceed 35% of the total energy.
 - > The sodium content of the product must not exceed = 200 mg.
 - > Used in the production of sugar, flavor and/or flavorings containing milk's added sugar should be less than 5 g/100 mL and total sugar (natural milk sugar and added sugar) should be less than 9,5 g/100 mL.
 - > Used in the production of sugar, flavor and/or flavorings containing yoghurt's amount of total sugar should be less than 12,5 g/100 g.

GREENING THE MENU



Think of foods and drinks categorized **GREEN** and **ORANGE** sitting on a spectrum. The aim is for all foods and drinks to be as close to the **GREEN** end of spectrum as possible.

For healthy nutrition in school	Make sure most of the ingredients come from the list of foods categorized as GREEN
Choosing standard	Foods should be containing minimum energy, saturated fat, salt (sodium) and containing sugars; most pulp (fiber).
While offering	Foods categorized as GREEN should be the focus for promoting healthy choice. Prepared foods should be at the proper temperature and presentation should be directed to encourage consumption .
Serving size	If consumed foods in the ORANGE , portion size should be kept small.
Sandwich, wraps, burger	Choose the whole wheat, whole wheat flour, mixed grain bread . Add vegetables/salads (eg, tomatoes, lettuce, carrots, peppers, etc.). All vegetables are added closer sandwich to the GREEN side of the spectrum.
Cheese	Cheese can be excess/much salty. Must be chosen carefully. Prefer reduced salty cheese.
Pasta	Sauce with fresh tomatoes or other vegetables are the best choice. The cheese selection should be made as above.
Muffin ve cakes	Should be prepared using fresh or dried apples, bananas, strawberries, lemons, grapes, berries, raspberries etc. fruits, reduced the amount of sugar, flour mixed with half whole wheat flour. Cream, chocolate, jelly should not be contain.
Milky drinks and yoghurts	When making fruity milk and fruity yogurt should be used fresh and seasonal fruit and no sugar added.
Soups	Should be used less salt in the production. Flavour with herbs (mint, parsley, thyme etc.) and spices. Should be served with plenty of vegetables and whole wheat flour bread etc.
Flavor	Use herbs and spices instead of salt.
Sauces, mayonnaise	Low fat, no salty or low salt added sauces should be used sparingly.
Breakfast cereals	Whole grain, no added sugar/ or low-sugar cereals should be preferred.

Food supply one of the criteria set out in the table / drinks should be considered in the **RED** group and should not be kept in the school.

Food and beverages; set the energy or equal to the amount of saturated fat and sodium should be kept at school has less than this amount.

Table 1: Snack Food Items (assessed per serve)			
Food	Nutrient Criteria		
	Energy (kcal)	Saturated fat (g)	Sodium (mg)
Savory pastry (1 big size=75 g)	250	5 g or less	400 mg or less
Toast (with 15 g or 30 g cheese)	250	5 g or less	400 mg or less
Savory roll covered with sesame seed (1 small size=90 g)	250	5 g or less	400 mg or less
Cake (home made/bakery) (1 big wedge=60 g)	240	3 g or less	-

Table 2: Hot Food Items and Processed Meats (assessed per 100 g)			
Food	Nutrient Criteria		
	Energy (kcal)	Saturated fat (g)	Sodium (mg)
Savory pastries, sandwiches, pasta dishes, pizzas, pizza-like breads, oven-baked potato products, pilafs and spaghetitis	250 kcal or less	5 g or less	400 mg or less
Meat products (burgers, patties, cooked meat/chicken doner, nuggets etc.), sausages	250 kcal or less	5 g or less	450 mg or less
Processed meats (salamis, pastramis, spiced sausages etc.)	250 kcal or less	3 g or less	750 mg or less

Table 3: Suggested Packaged Food Items Criteria *						
(Assessed per packeted for cakes, biscuits, crackers etc. and drinks.)						
Energy (kcal)	Total fat (g)	Saturated fat (g)	Total sugar (g)	Sodium (mg)	Salt (g)	Trans fat (g)
≤200	≤7,7	≤2,2	≤17,5	≤200	≤0,5	<0,5

* While choosing food check that it meets the criteria by reading the labels of foods.

References

1. *Healthy Nutrition and Active Life Program of Turkey published as Prime Minister's circular dated 29.09.2010 and numbered 2010/22*
2. *Turkey Childhood Obesity Surveillance Initiative Survey (7-8 years) (COSI-TUR) 2013*
3. *Control of School Canteens and Circular for Hygiene Regulations of Rep. Of Turkey Ministry of Education dated 21.07.2011 and numbered 2011/41*
4. *European Food and Nutrition Action Plan, World Health Organization*
5. *Institute of Medicine (USA), Nutrition Standards for Foods in Schools, Recommended Nutrition Standards for Foods Outside of School Meal Programs*
6. *Australian Government, Department of Health and Aging, National Healthy School Canteens Pocket Guide*
7. *Rakıcıoğlu N, Acar Tek N, Ayaz A, Pekcan G. Yemek ve Besin Fotoğraf Kataloğu Ölçü ve Miktarlar, 4. Baskı. ISBN:978-9944-5508-0-2. Ata Ofset Matbaacılık, Ankara, 2014.*
8. *Bebis Nutrition Data Base Software .*
9. *<http://www.turkomp.gov.tr/foods>*

Prepackaged foods and sandwiches and all other marketed foods will be prepared and packaged according to “Turkish Food Codex and Regulations on Materials and Goods Contact with Food” and “Specific Hygiene Rules Regulations for School Cantinas”.

