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FOCIS Federation of Canteens in Schools

FACT SHEET

Traffic light system

The FOCIS nutrient criteria and traffic light system (2016) closely align to the National Healthy School Canteen Guidelines (2010). The traffic light system enables the practical identification of food and drinks suitable for school canteens.

GREEN: contain a wide range of nutrients; generally low in fat/sugar/sodium (salt). These foods and drinks correspond to core food groups in the Australian Guide to Health Eating.

AMBER: contain some valuable nutrients; may also contain higher levels of fat/sugar/sodium (salt); over-consumption could contribute to excess energy intake.

RED: low in nutritional value; often contain excess energy (kilojoules)/fat/sugar/sodium (salt); often discretionary foods. Products that do not meet the FOCIS nutrient criteria are red.

	Green: fill the menu	Amber: limit	Red: not recommended
Drinks	Water; plain reduced fat milk; reduced fat flavoured milk, ≤375mL	Full fat plain milk; reduced fat flavoured milk >375mL; reduced fat coffee flavoured milk drink ≤375mL; fruit and vegetable juice, 99%, 250mL	Soft drink, iced tea, cordial, sports drinks, flavoured water, energy drinks, coffee flavoured milk drinks >375mL
Bread and cereals	All bread, preferably wholegrain, wholemeal e.g. breakfast cereals, bagels, crumpets, English muffins, pita, rye, fruit bread, plain and scones, pikelets, pancakes, rice, pasta, noodles, cous cous, quinoa	Savoury bread e.g. cheese scroll, garlic bread, pizza bases	Croissant; chocolate scroll
Fruit	Plain and frozen fruit, canned in fruit juice	Plain dried fruit, 99% fruit bar	Chocolate coated fruit, fruit leathers
Vegetables	Fresh, frozen or canned without added flavourings, reduced salt baked beans, chickpeas, kidney beans, lentils	Baked beans (regular)	Deep fried vegetables
Milk and milk products	Plain and flavoured reduced fat yoghurt and cheese	Plain and flavoured full fat yoghurt and cheese	Chocolate coated ice cream; cream
Meat and alternatives	Unprocessed lean beef, chicken, lamb, pork, turkey, fish; plain canned tuna, salmon, sardines; eggs; plain nuts	Burger patties; chicken strips; nuggets; sausages; frankfurts; lean processed meats, e.g. free flow chicken, ham, bacon	Deep fried meat; salami; polony
Savoury hot and cold food	Meals e.g. pasta and rice, soup, frittata, sushi	Meals e.g. pasta and rice, pies, sausage rolls, hot dogs, quiche, pizza	Meals e.g. pasta and rice made with high fat ingredients i.e. cream
Snack foods	Plain air popped popcorn; reduced fat cheese and plain cracker packs	Flavoured popcorn; muesli bars; sweet or savoury biscuits; un-iced cakes, muffins; milk-based ice cream; dairy desserts e.g. custard; fruit juice icy poles (99%)	Icy pole with added sugar, jelly, iced cakes, doughnuts, Danishes, croissants, cream-filled buns/cakes; confectionary e.g. boiled lollies, carob, chocolate