

Healthier Drinks

The only drinks available should be:

- plain water (still or sparkling)
- milk (skimmed or semi-skimmed)
- pure fruit juices
- yoghurt or milk drinks (with less than 5% added sugar)
- drinks made from combinations of those in bullet points 1 to 4 of this list (e.g. smoothies)
- low calorie hot chocolate
- tea

○ coffee
NB: Artificial sweeteners could be used only in yoghurt and milk drinks; or combinations containing yoghurt

Or milk.



What is new?

Sweetened soft drinks should not be available as part of the school lunch.

The only drinks available should be:

- plain water (still or sparkling)
- skimmed or semi-skimmed milk
- pure fruit juices
- U yoghurt or milk drinks with less than 5% added sugar
- combinations of any of the above (for example, smoothies)
- U unsweetened Soya milk fortified with calcium
- tea, coffee and low-calorie Hot chocolate

Artificial sweeteners could only be used in yoghurt or milk-based drinks.

Why this standard **needs** to be in **place**

To remove from school lunches drinks which have no nutritional value and can cause tooth decay.

Which drinks are no longer acceptable?

Schools cannot serve flavoured waters, still or carbonated soft drinks, sport and diet drinks, squashes, fruit drinks (NB: not the same as fruit juices), yoghurt or milk drinks with more than 5% added sugar, drinks with artificial sweeteners (except milk or yoghurt based drinks).

How do I find out how much sugar is in a **yoghurt** or milk

You need to talk to your suppliers or the manufacturers to find out the sugar content of their drinks, and also look at the product label.

Yoghurt drinks

- Products with less than 9.5g of total sugars per 100ml are acceptable (milk naturally contains approximately 4.5g of sugar as lactose per 100ml).
- Milkshake syrups and powders can be used, provided that the total sugar content of the made-up drink is not more than 9.5g per 100ml.

NB: Total sugar content is not the same as carbohydrate content, as carbohydrate includes both sugars and starches. If the labeling information on a milk or yoghurt drink does not specify sugar content then generally the carbohydrate content is a good indication, but you should also check whether the ingredients list includes any type of added sugar. If you are still in doubt, ask your supplier. Serving

Suggestions

- Offer a variety of pure fruit juices, for example, apple, orange, pineapple or mixed juices. These can be in cartons or in cups/glasses.
- U Hot drinks such as tea, coffee and low calorie hot chocolate can be served.
- Try offering combinations of drinks. For example, smoothies made from yoghurt and/or milk mixed with fruit or fruit juice.

Good practice

- Restrict access to sugar to add to hot drinks.

Milk and dairy foods

A food from this group should be available on a daily basis.



What less new?

Milk should be semi-skimmed or skimmed, not full fat.

This food group includes Milk, cheese, yoghurt (including frozen and drinking yoghurt), fromage fraies and custard, but not butter and cream.

Why **this standard needs to be** in place

The 1994 COMA report⁸ stated that it is highly appropriate for school-aged children to consume semi-skimmed or skimmed milk in order to help regulate the amount of fat in their diets. Lower fat milks contain the same amount of calcium, protein and riboflavin as full fat equivalents.

Good practice

Offer a variety of dairy products, and where possible serve lower fat options.

Try not to serve cheese more than once a week as the only vegetarian option.

Prepare custard with milk (fresh or dried) rather than water.

Notes from the 2001 standards

Schools must still provide foods from this group on a daily basis.