

Food and Beverage Classification System

Nutrient Framework for Schools

Occasional foods

There are certain foods that automatically fall into the occasional category due to these foods being too high in energy and/or saturated fat and/or added sugar and/or sodium and provide minimal nutritional value.

For school children these foods and beverages are:

1. confectionery¹
2. deep-fried foods
3. full-sugar and artificially sweetened energy drinks²
4. full-sugar drinks

There are other foods and beverages that are not recommended for sale or provision in schools. These are any beverages labelled with “not recommended for children” and any food or beverage labelled “dietary supplement”.

Notes:

- This framework is for school-aged children.
 - Products must meet all criteria to be classified as either everyday or sometimes.
 - The symbol > means greater than.
 - The symbol < means less than.
 - The symbol \geq means greater than or equal to.
 - The symbol \leq means less than or equal to.
1. Confectionery includes a range of sugar-based products, including boiled sweets (hard glasses), fatty emulsions (toffees and caramels), soft crystalline products (fudges), fully crystalline products (fondants), gels (gums, pastilles, and jellies), and chocolate.
 2. An energy drink is a non-alcoholic water-based flavoured beverage which contains caffeine and may contain carbohydrates, amino acids, vitamins and other substances, including other foods, for the purpose of enhancing mental performance.

Product Category	Classification		
Beverages [#]	Everyday	Sometimes	Occasional
Water Includes carbonated water.	All plain water with nothing added	Not applicable	Not applicable
Flavoured and/or fortified water and sports drinks	Not applicable	Energy ≤ 60kJ/100ml Energy ≤ 350kJ/serve	Energy > 60kJ/100ml Energy > 350kJ/serve
Carbonated drinks Examples include 'diet', 'light' and 'zero' carbonated drinks (soft drinks).	Not applicable	Package size ≤ 600ml Energy ≤ 50kJ/100ml	Package size > 600ml Energy > 50kJ/100ml
Vegetable and/or fruit juice Examples include pure vegetable and/or juices.	Not applicable	Package size ≤ 250ml	Package size > 250ml
Vegetable and/or fruit drinks Examples include fruit flavoured drinks and fruit smoothies.	Not applicable	Package size ≤ 250ml or Package size ≤ 350ml and Energy ≤ 90kJ/100ml	Package size > 350ml or Package size > 250ml and Energy > 90kJ/100ml
Flavoured milks and drinking yoghurts Examples include flavoured cow's milk, soy milk and rice milk.	Not applicable	Package size ≤ 350ml Energy ≤ 400kJ/100ml Total fat ≤ 3.3g/100ml	Package size > 350ml Energy > 400kJ/100ml Total fat > 3.3g/100ml
Milk* Examples include plain cow's milk, soy milk, goat's and rice milk.	Total fat ≤ 2.0g/100ml	Total fat ≤ 3.3g/100ml	Total fat > 3.3g/100ml

Products with a package size ≥ 1.8 litres are considered multi-serve products and are for catering purposes only. Multi-serve products should not be directly sold or provided to children.

* Excludes cream. For recommendations on the use of cream see the catering guidelines.

Flavoured and fortified water: A carbonated or non-carbonated water-based flavoured beverage that may or may not contain added vitamins and/or minerals, prepared from one or more of the following; water, fruit extracts and sugars.

Fruit juice: The liquid portion, with or without pulp, obtained from fruit including products that have been concentrated and later reconstituted with water to a concentration consistent with that of the undiluted juice from which it was made. No more than 40g/kg of sugars may be added to juices.

Fruit drink: A product prepared from one or more of the following; fruit juice, fruit purée, concentrated fruit juice, concentrated fruit purée, comminuted fruit, orange peel extract, water, mineralised water, and sugars. Fruit drinks must contain no less than 50mL/L of fruit, except in the case of passionfruit drink, which must contain no less than 35mL/L of passionfruit.

A sports drink (electrolyte drink) is a drink formulated and represented as suitable for the rapid replacement of fluid, carbohydrates, electrolytes and minerals.

Product Category	Classification		
Vegetables and fruit	Everyday	Sometimes	Occasional
Fresh, canned and frozen vegetables and/or vegetable mixes Excludes potato, kumara, taro and tapioca.	No added fat	Saturated fat ≤ 1.5g/100g	Saturated fat > 1.5g/100g
Potato, kumara, taro and tapioca Examples include fresh, frozen or mashed potato, kumara, taro and/or tapioca products.	No added fat No added salt	Energy ≤ 1000kJ/100g Saturated fat ≤ 5g/100g Sodium ≤ 450mg/100g	Energy > 1000kJ/100g Saturated fat > 5g/100g Sodium > 450mg/100g
Fresh, frozen and canned fruit, fruit tubs and puréed fruit	≥ 85% fruit content* No added fat No added salt No artificial sweetener or ≥ 60% fruit content* No added fat No added salt No added sugar^ or artificial sweetener	All other fresh, frozen and canned fruit, fruit tubs and puréed fruit	Not applicable

* Fruit content includes whole fruit, fruit pieces and fruit purée

^ Added sugar includes concentrated, refined and deionised fruit juice

Product Category	Classification		
Breads and cereals	Everyday	Sometimes	Occasional

<p>Rice, pasta, noodles and couscous Examples include fresh and dried pasta, rice, couscous, noodle cups/instant noodles, rice risotto and savoury rice, and canned spaghetti.</p>	<p>No added fat No added salt</p>	<p>Energy \leq 1000kJ/100g Saturated fat \leq 1.5g/100g Sodium \leq 450mg/100g</p>	<p>Energy > 1000kJ/100g Saturated fat > 1.5g/100g Sodium > 450mg/100g</p>
<p>Breads or bread products and fruit breads Examples include all wholemeal, wholegrain, multigrain and white breads, muffin splits, crumpets, bagels, wraps, flat breads, rolls, fruit breads, non-iced buns, rewena bread, fa'apapa, garlic bread and croissants.</p>	<p>Saturated fat \leq 1.5g/100g Sodium \leq 450mg/100g Fibre \geq 3g/100g</p>	<p>Saturated fat \leq 4g/100g</p>	<p>Saturated fat > 4g/100g</p>
<p>Breakfast cereals Examples include wheat biscuits, bran, rice and corn flakes and bubbles, rolled oats and muesli.</p>	<p>Saturated fat \leq 1.5g/100g Sugar \leq 15g/100g (\leq 20g/100g for cereals containing fruit) Sodium \leq 450mg/100g Fibre \geq 8g/100g</p>	<p>Saturated fat \leq 4g/100g Sugar \leq 20g/100g (\leq 25g/100g for cereals containing fruit) Sodium \leq 600mg/100g Fibre \geq 4g/100g</p>	<p>Saturated fat > 4g/100g Sugar > 20g/100g (> 25g/100g for cereals containing fruit) Sodium > 600mg/100g Fibre < 4g/100g</p>

Product Category	Classification		
Milk and milk products	Everyday	Sometimes	Occasional
<p>Milk* Examples include plain cow's milk, soy milk, goat's and rice milk.</p>	<p>Total fat \leq 2.0g/100ml</p>	<p>Total fat \leq 3.3g/100ml</p>	<p>Total fat > 3.3g/100ml</p>
<p>Cheese Soft and hard cheese. Examples include ricotta, cottage cheese, cheddar, cheese slices and cream</p>	<p>Saturated fat \leq 5g/100g Sodium \leq 450mg/100g</p>	<p>All other cheeses</p>	<p>Not applicable</p>

cheese.			
Milk-based snack foods Examples include yoghurt, custards, dairy desserts and creamed rice, and soy versions of these items.	Energy ≤ 600kJ/serve Saturated fat ≤ 1.5g/serve	Energy ≤ 1000kJ/serve Saturated fat ≤ 3g/serve	Energy > 1000kJ/serve Saturated fat > 3g/serve
Flavoured milks and drinking yoghurts Examples include flavoured cow's milk, soy milk and rice milk.	Not applicable	Package size ≤ 350ml Energy ≤ 400kJ/100ml Total fat ≤ 3.3g/100ml	Package size > 350 ml Energy > 400kJ/100ml Total fat > 3.3g/100ml

* Excludes cream. For recommendations on the use of cream see the catering guidelines.

Product Category	Classification		
	Everyday	Sometimes	Occasional
Meat, fish, seafood, poultry and meat alternatives			
Fresh, frozen, canned and pouched fish and seafood Examples include plain fish fillets and plain and flavoured canned and pouched tuna.	No added fat No added oil Sodium ≤ 500mg/100g	Energy ≤ 1000kJ/100g Saturated fat ≤ 5g/100g Sodium ≤ 500mg/100g	Energy > 1000kJ/100g Saturated fat > 5g/100g Sodium > 500mg/100g
Processed meat, fish, poultry and seafood products Examples include mince meat patties, crumbed or coated poultry and fish, fish patties, fish fingers, surimi, and other processed seafood.	Not applicable	Energy ≤ 1000kJ/100g Saturated fat ≤ 5g/100g Sodium ≤ 450mg/100g	Energy > 1000kJ/100g Saturated fat > 5g/100g Sodium > 450mg/100g
Meat, poultry and eggs Examples include plain beef, lamb, pork, chicken	Visibly lean, unprocessed meat and poultry	All other unprocessed meat and poultry and egg dishes	Not applicable

and turkey, plain mince (with no added ingredients) and egg dishes.	Eggs cooked with no added fat and no added salt		
Ready-to-eat sandwich meats Examples include ham, salami, and luncheon and luncheon-type meats.	Not applicable	Total fat ≤ 5g/100g Saturated fat ≤ 2g/100g	Total fat > 5g/100g Saturated fat > 2g/100g
Sausages, frankfurters and saveloys	Not applicable	Saturated fat ≤ 7.5g/100g Sodium ≤ 900mg/100g	Saturated fat > 7.5g/100g Sodium > 900mg/100g
Meat alternatives (vegetarian options) Examples include vegetarian 'meats' and 'sausages', nutmeat, falafel, tofu and tempeh.	Total fat ≤ 10g/100g Saturated fat ≤ 5g/100g Sodium ≤ 450mg/100g	Sodium ≤ 900mg/100g	Sodium > 900mg/100g
Dried and canned peas, beans and lentils (pulses) Examples include lentils, split peas, chickpeas, red kidney beans, baked beans, canned bean mixes, and flavoured dried peas and beans.	No added fat	Saturated fat ≤ 5g/serve	Saturated fat > 5g/serve

Product Category	Classification		
Mixed meal dishes	Everyday	Sometimes	Occasional
Mixed meal items Items that are a combination of foods from one or more food groups. These are promoted as standalone items that are consumed on their own or as the	Energy ≤ 800kJ/100g Energy ≤ 1500kJ/serve Saturated fat ≤ 3g/100g Sodium ≤ 350mg/100g Sodium ≤ 700mg/serve	Energy ≤ 1200kJ/100g Energy ≤ 1800kJ/serve Saturated fat ≤ 5g/100g Sodium ≤ 450mg/100g Sodium ≤ 800mg/serve	Energy > 1200kJ/100g Energy > 1800kJ/serve Saturated fat > 5g/100g Sodium > 450mg/100g Sodium > 800mg/serve

<p>main item of a meal.</p> <p>Examples include pizza, pasta dishes including filled pasta, lasagne and macaroni cheese, sushi, calzones, hotdogs and hamburgers.</p>			
<p>Soup All fresh, canned and powdered soups, soup mixes and chowders.</p>	<p>Saturated fat ≤ 1.5g/100ml Sodium ≤ 450mg/100ml Fibre ≥ 1g/100ml</p>	<p>Energy ≤ 1000kJ/100ml Saturated fat ≤ 5g/100ml Sodium ≤ 450mg/100ml</p>	<p>Energy > 1000kJ/100ml Saturated fat > 5g/100ml Sodium > 450mg/100ml</p>
<p>Filled sandwiches, rolls and wraps All filled bread, flavoured bread, flat bread and pita bread. Examples include sandwiches, filled rolls and wraps (such as those filled with salad or vegetables and lean meat).</p>	<p>Energy ≤ 1100kJ/100g Energy ≤ 1500kJ/serve Saturated fat ≤ 5g/serve Sodium ≤ 600mg/100g</p>	<p>Energy ≤ 1500kJ/100g Energy ≤ 1800kJ/serve Saturated fat ≤ 8g/serve Sodium ≤ 750mg/100g</p>	<p>Energy > 1500kJ/100g Energy > 1800kJ/serve Sat fat > 8g/serve Sodium > 750mg/100g</p>
<p>Pastry products Examples include savoury pies, sausage rolls, spring rolls, quiches and samosas.</p>	<p>Not applicable</p>	<p>Energy ≤ 1000kJ/100g Energy ≤ 1500kJ/serve Saturated fat ≤ 5g/100g Sodium ≤ 350mg/100g</p>	<p>Energy > 1000kJ/100g Energy > 1500kJ/serve Saturated fat > 5g/100g Sodium > 350mg/100g</p>

Product Category	Classification		
	Everyday	Sometimes	Occasional
<p>Snack items</p>			
<p>Milk-based snack foods Examples include yoghurt, custards, dairy desserts and creamed rice, and soy versions of these items.</p>	<p>Energy ≤ 600kJ/serve Saturated fat ≤ 1.5g/serve</p>	<p>Energy ≤ 1000kJ/serve Saturated fat ≤ 3g/serve</p>	<p>Energy > 1000kJ/serve Saturated fat > 3g/serve</p>

<p>Sweet snack foods Examples include biscuits, bars, cereal bars and sweetened popcorn.</p>	Not applicable	<p>Energy ≤ 1900kJ/100g Energy ≤ 600kJ/serve Saturated fat ≤ 2g/serve Sodium ≤ 200mg/serve Fibre ≥ 1g/serve</p>	<p>Energy > 1900kJ/100g Energy > 600kJ/serve Saturated fat > 2g/serve Sodium > 200mg/serve</p>
<p>Savoury snack foods Examples include crackers, bars, chips, potato crisps (chippies), rice crackers and popcorn.</p>	Not applicable	<p>Energy ≤ 1800kJ/100g Energy ≤ 600kJ/serve Saturated fat ≤ 3g/serve Sodium ≤ 200mg/serve</p>	<p>Energy > 1800kJ/100g Energy > 600kJ/serve Saturated fat > 3g/serve Sodium > 200mg/serve</p>
<p>Baked snack foods Examples include cakes, pancakes, pikelets, iced buns, sweet and savoury muffins, scones and sweet pastries, for example, danish pastries and fruit pies. Excludes biscuits and pre-packaged bars.</p>	Not applicable	<p>Energy ≤ 1800kJ/100g Energy ≤ 900kJ/serve Saturated fat ≤ 3g/serve Sodium ≤ 200mg/serve (≤ 450mg/serve for scones) Fibre ≥ 1.5g/serve</p>	<p>Energy > 1800kJ/100g Energy > 900kJ/serve Saturated fat > 3g/serve Sodium > 200mg/serve (> 450mg/serve for scones) Fibre < 1.5g/serve</p>
<p>Dried fruit Any dried fruit sold as a mixture or sold separately.</p>	Not applicable	<p>Package size ≤ 30g Saturated fat ≤ 3g/serve</p>	<p>Package size > 30g Saturated fat > 3g/serve</p>
<p>Dried fruit, nut and seed mixtures Examples include any dried fruit and nut and/or seeds sold as a mixture or any nuts and/or seeds sold separately.</p>	<p>Package size ≤ 30g Saturated fat ≤ 3g/serve No added salt</p>	<p>Package size ≤ 30g Saturated fat ≤ 5g/serve Sodium ≤ 200mg/serve</p>	<p>Package size > 30g Saturated fat > 5g/serve Sodium > 200mg/serve</p>
<p>Vegetable and/or fruit derived products Examples include vegetable and/or fruit leathers and similar leather-type products, vegetable and/or fruit chips for example banana chips (excludes potato</p>	Not applicable	<p>Package size ≤ 30g ≥ 95% vegetable and/or fruit Saturated fat ≤ 3g/serve</p>	<p>Package size > 30g < 95% vegetable and/or fruit Saturated fat > 3g/serve</p>

chips) and foods made with vegetable and/or fruit juice, paste or concentrate.			
Ice creams, iceblocks, frozen yoghurts and jellies Ices, iceblocks, ice creams, frozen yoghurts, gelato, slushees, fruit and jelly tubs, and jelly snacks.	Not applicable	Energy \leq 600kJ/serve Saturated fat \leq 3g/serve	Energy > 600kJ/serve Saturated fat > 3g/serve

Nutrient Framework for Early Childhood Education Services

Occasional foods

There are certain foods that automatically fall into the occasional category due to these foods being too high in energy and/or saturated fat and/or added sugar and/or sodium and provide minimal nutritional value.

For early childhood education (ECE) children these food and beverages are:

1. confectionery¹
2. deep-fried foods
3. full-sugar and artificially sweetened energy drinks²
4. full-sugar and artificially sweetened carbonated beverages
5. flavoured water, fortified water and sports drinks³.

There are other foods and beverages that are not recommended for children and young people. These are any foods and beverages labelled with “not recommended for children”, coffee flavoured foods and beverages, and any food or beverage labelled “dietary supplement”.

Notes:

- This ECE framework is for children aged 1–5 years only.
 - For children aged 0–1 years, refer to the Ministry of Health’s Food and Nutrition Guidelines for Healthy Infants and Toddlers (Aged 0–2).
 - Products must meet all criteria to be classified as either everyday or sometimes.
 - The symbol > means greater than.
 - The symbol < means less than.
 - The symbol ≥ means greater than or equal to.
 - The symbol ≤ means less than or equal to.
1. Confectionery includes a range of sugar-based products, including boiled sweets (hard glasses), fatty emulsions (toffees and caramels), soft crystalline products (fudges), fully crystalline products (fondants), gels (gums, pastilles, and jellies), and chocolate.
 2. An energy drink is a non-alcoholic water-based flavoured beverage which contains caffeine and may contain carbohydrates, amino acids, vitamins and other substances, including other foods, for the purpose of enhancing mental performance.
 3. A sports drink (electrolyte drink) is a drink formulated and represented as suitable for the rapid replacement of fluid, carbohydrates, electrolytes and minerals.

Product Category	Classification		
Beverages [#]	Everyday	Sometimes	Occasional
Water Includes carbonated water.	All plain water with nothing added	Not applicable	Not applicable
Vegetable and/or fruit juice and drinks (children aged 2–5 yrs⁺) Examples include pure juices, fruit flavoured drinks and fruit smoothies.	Not applicable	Not applicable unless diluted. See catering guidelines	Undiluted vegetable and/or fruit juice and drinks
Flavoured milks and drinking yoghurts (children aged 2–5 yrs^{+^}) Examples include flavoured cow's milk, soy milk and rice milk. Includes solid/frozen varieties.	Not applicable	Serving size ≤ 250ml Energy ≤ 300kJ/100ml Total fat ≤ 3.3g/100ml	Serving size > 250ml Energy > 300kJ/100ml Total fat > 3.3g/100ml
Milk* (children aged 1–2 yrs) Examples include plain cow's, goat's and soy milks.	Total fat ≥ 3.3g/100ml	Not applicable	Not applicable
Milk*^ (children aged 2–5 yrs) Examples include plain cow's, goat's and soy milks.	Total fat 0.5 - 3.3g/100ml	Total fat > 3.3g/100ml	Not applicable

Products with a package size ≥ 1.8 litres are considered multi-serve products and are for catering purposes only. Multi-serve products should not be directly sold or provided to children.

* Excludes cream. For recommendations on the use of cream see the catering guidelines.

^ Introduction of reduced fat milks to children over 2 years of age is encouraged.

+ The Ministry of Health Food and Nutrition Guidelines for Healthy Infants and Toddlers (Aged 0–2) recommend breast milk, whole cow's milk and water as suitable sources of fluid in the diet of 1–2 year olds. Fruit juices, fruit drinks and other sweetened drinks are not recommended for infants and toddlers (0–2 years old).

Flavoured and fortified water: A carbonated or non-carbonated water-based flavoured beverage that may or may not contain added vitamins and/or minerals, prepared from one or more of the following: water, fruit extracts and sugars.

Fruit juice: The liquid portion, with or without pulp, obtained from fruit including products that have been concentrated and later reconstituted with water to a concentration consistent with that of the undiluted juice from which it was made. No more than 40g/kg of sugars may be added to juices.

Fruit drink: A product prepared from one or more of the following; fruit juice, fruit purée, concentrated fruit juice, concentrated fruit purée, comminuted fruit, orange peel extract, water, mineralised water, and sugars. Fruit drinks must contain no less than 50mL/L of fruit, except in the case of passionfruit drink, which must contain no less than 35mL/L of passionfruit.

Product Category	Classification		
Vegetables and fruit	Everyday	Sometimes	Occasional
Fresh, canned and frozen vegetables and/or vegetable mixes Excludes potato, kumara, taro and tapioca.	No added fat	Saturated fat ≤ 1.5g/100g	Saturated fat > 1.5g/100g
Potato, kumara, taro and tapioca Examples include fresh, frozen or mashed potato, kumara, taro and/or tapioca products.	No added fat No added salt	Energy ≤ 1000kJ/100g Saturated fat ≤ 5g/100g Sodium ≤ 450mg/100g	Energy > 1000kJ/100g Saturated fat > 5g/100g Sodium > 450mg/100g
Fresh, frozen and canned fruit, fruit tubs including fruit and jelly and puréed fruit	≥ 85% fruit content* No added fat No added salt No artificial sweetener or ≥ 60% fruit content* No added fat No added salt No added sugar [^] or artificial sweetener	All other fresh, frozen and canned fruit ≥ 50% fruit content* for fruit tubs	< 50% fruit content* for fruit tubs

* Fruit content includes whole fruit, fruit pieces and fruit purée

[^] Added sugar includes concentrated, refined and deionised fruit juice

Product Category	Classification		
Breads and cereals	Everyday	Sometimes	Occasional

<p>Rice, pasta, noodles and couscous Examples include fresh and dried pasta, rice, couscous, noodle cups/instant noodles, rice risotto and savoury rice, and canned spaghetti.</p>	<p>No added fat No added salt</p>	<p>Energy ≤ 1000kJ/100g Saturated fat ≤ 1.5g/100g Sodium ≤ 450mg/100g</p>	<p>Energy > 1000kJ/100g Saturated fat > 1.5g/100g Sodium > 450mg/100g</p>
<p>Breads or bread products and fruit breads Examples include all wholemeal, wholegrain, multigrain and white breads, muffin splits, crumpets, bagels, wraps, flat breads, rolls, fruit breads, non-iced buns, rewena bread, fa'apapa, garlic bread and croissants.</p>	<p>Saturated fat ≤ 1.5g/100g Sodium ≤ 450mg/100g Fibre ≥ 3g/100g</p>	<p>Saturated fat ≤ 4g/100g</p>	<p>Saturated fat > 4g/100g</p>
<p>Breakfast cereals Examples include wheat biscuits, bran, rice and cornflakes and bubbles, rolled oats and muesli.</p>	<p>Saturated fat ≤ 1.5g/100g Sugar ≤ 15g/100g (≤ 20g/100g for cereals containing fruit) Sodium ≤ 450mg/100g Fibre ≥ 8g/100g</p>	<p>Saturated fat ≤ 4g/100g Sugar ≤ 20g/100g (≤ 25g/100g for cereals containing fruit) Sodium ≤ 600mg/100g Fibre ≥ 4g/100g</p>	<p>Saturated fat > 4g/100g Sugar > 20g/100g (> 25g/100g for cereals containing fruit) Sodium > 600mg/100g Fibre < 4g/100g</p>

Product Category	Classification		
Milk and milk products	Everyday	Sometimes	Occasional
<p>Cheese Soft and hard cheese. Examples include ricotta, cottage cheese, cheddar, cheese slices and cream cheese.</p>	All cheeses	Not applicable	Not applicable

Milk-based foods except cheese Examples include yoghurt, custards, dairy desserts, creamed rice, frozen dairy products including ice-cream and frozen yoghurt.	Energy ≤ 1000kJ/100g Energy ≤ 700kJ/serve Saturated fat ≤ 3g/100g Sugar ≤ 17g/100g	Energy > 1000kJ/100g Saturated fat ≤ 5g/100g	Saturated fat > 5g/100g
Milk* (children aged 1–2 yrs) Examples include plain cow's, goat's and soy milks.	Total fat ≥ 3.3g/100ml	Not applicable	Not applicable
Milk*^ (children aged 2–5 yrs) Examples include plain cow's, goat's and soy milks.	Total fat 0.5 - 3.3g/100ml	Total fat > 3.3g/100ml	Not applicable
Flavoured milks and drinking yoghurts (children aged 2–5 yrs#^) Examples include flavoured cow's milk, soy milk and rice milk. Includes solid/frozen varieties.	Not applicable	Serving size ≤ 250ml Energy ≤ 300kJ/100ml Total fat ≤ 3.3g/100ml	Serving size > 250ml Energy > 300kJ/100ml Total fat > 3.3g/100ml

* Excludes cream. For recommendations on the use of cream see the catering guidelines.

^ Introduction of reduced fat milks to children over 2 years of age is encouraged.

The Ministry of Health Food and Nutrition Guidelines for Healthy Infants and Toddlers (Aged 0–2) recommend breast milk, whole cow's milk and water as suitable sources of fluid in the diet of 1–2 year olds. Fruit juices, fruit drinks and other sweetened drinks are not recommended for infants and toddlers (0–2 years old).

Product Category	Classification		
Meat, fish, seafood, poultry and meat alternatives	Everyday	Sometimes	Occasional
Fresh, frozen, canned and pouched fish and seafood Examples include plain fish fillets and plain and flavoured canned and pouched tuna.	No added fat No added oil Sodium ≤ 500mg/100g	Energy ≤ 1000kJ/100g Saturated fat ≤ 5g/100g Sodium ≤ 500mg/100g	Energy > 1000kJ/100g Saturated fat > 5g/100g Sodium > 500mg/100g
Processed meat, fish, poultry and seafood products Examples include mince meat patties, crumbed or coated poultry and fish, fish patties, fish fingers, surimi, and other processed seafood.	Not applicable	Energy ≤ 1000kJ/100g Saturated fat ≤ 5g/100g Sodium ≤ 450mg/100g	Energy > 1000kJ/100g Saturated fat > 5g/100g Sodium > 450mg/100g
Meat, poultry and eggs Examples include plain beef, lamb, pork, chicken and turkey, plain mince (with no added ingredients) and egg dishes.	Visibly lean, unprocessed meat and poultry Eggs cooked with no added fat and no added salt	All other unprocessed meat and poultry and egg dishes	Not applicable
Ready-to-eat sandwich meats Examples include ham, salami, luncheon and luncheon-type meats.	Not applicable	Total fat ≤ 5g/100g Saturated fat ≤ 2g/100g	Total fat > 5g/100g Saturated fat > 2g/100g
Sausages, frankfurters and saveloys	Not applicable	Saturated fat ≤ 7.5g/100g Sodium ≤ 900mg/100g	Saturated fat > 7.5g/100g Sodium > 900mg/100g
Meat alternatives (vegetarian options) Examples include vegetarian 'meats' and 'sausages', nutmeat,	Total fat ≤ 10g/100g Saturated fat ≤ 5g/100g Sodium ≤ 450mg/100g	Sodium ≤ 900mg/100g	Sodium > 900mg/100g

falafel, tofu and tempeh.			
Dried and canned peas, beans and lentils (pulses) Examples include lentils, split peas, chickpeas, red kidney beans, baked beans, canned bean mixes, and flavoured dried peas and beans.	No added fat	Saturated fat ≤ 5g/serve	Saturated fat > 5g/serve

Product Category	Classification		
Mixed meal dishes	Everyday	Sometimes	Occasional
<p>Mixed meal items Items that are a combination of foods from one or more food groups. These are promoted as stand-alone items that are consumed on their own or as the main item of a meal.</p> <p>Examples include pizza, pasta dishes including filled pasta, lasagne and macaroni cheese, sushi, calzones, hotdogs and hamburgers.</p>	<p>Energy ≤ 800kJ/100g Energy ≤ 1500kJ/serve Saturated fat ≤ 3g/100g Sodium ≤ 350mg/100g Sodium ≤ 700mg/serve</p>	<p>Energy ≤ 1200kJ/100g Energy ≤ 1800kJ/serve Saturated fat ≤ 5g/100g Sodium ≤ 450mg/100g Sodium ≤ 800mg/serve</p>	<p>Energy > 1200kJ/100g Energy > 1800kJ/serve Saturated fat > 5g/100g Sodium > 450mg/100g Sodium > 800mg/serve</p>
<p>Soup All fresh, canned and powdered soups, soup mixes and chowders.</p>	<p>Saturated fat ≤ 1.5g/100ml Sodium ≤ 450mg/100ml Fibre ≥ 1g/100ml</p>	<p>Energy ≤ 1000kJ/100ml Saturated fat ≤ 5g/100ml Sodium ≤ 450mg/100ml</p>	<p>Energy > 1000kJ/100ml Saturated fat > 5g/100ml Sodium > 450mg/100ml</p>
<p>Filled sandwiches, rolls and wraps All filled bread, flavoured bread, flat bread and pita bread. Examples include sandwiches, filled rolls and wraps (such as those filled with salad or vegetables and lean meat).</p>	<p>Energy ≤ 1100kJ/100g Energy ≤ 1500kJ/serve Saturated fat ≤ 5g/serve Sodium ≤ 600mg/100g</p>	<p>Energy ≤ 1500kJ/100g Energy ≤ 1800kJ/serve Saturated fat ≤ 8g/serve Sodium ≤ 750mg/100g</p>	<p>Energy > 1500kJ/100g Energy > 1800kJ/serve Saturated fat > 8g/serve Sodium > 750mg/100g</p>
<p>Pastry products Examples include savoury pies, sausage rolls, spring rolls, quiches and samosas.</p>	<p>Not applicable</p>	<p>Energy ≤ 1000kJ/100g Energy ≤ 1500kJ/serve Saturated fat ≤ 5g/100g Sodium ≤ 350mg/100g</p>	<p>Energy > 1000kJ/100g Energy > 1500kJ/serve Saturated fat > 5g/100g Sodium > 350mg/100g</p>

Product Category	Classification		
Snack items	Everyday	Sometimes	Occasional
Sweet snack foods Examples include biscuits, bars, cereal bars and sweetened popcorn.	Not applicable	Energy ≤ 1900kJ/100g Energy ≤ 600kJ/serve Saturated fat ≤ 2g/serve Sodium ≤ 200mg/serve	Energy > 1900kJ/100g Energy > 600kJ/serve Saturated fat > 2g/serve Sodium > 200mg/serve
Savoury snack foods Examples include crackers, bars, chips, potato crisps (chippies), rice crackers and popcorn.	Not applicable	Energy ≤ 1800kJ/100g Energy ≤ 600kJ/serve Saturated fat ≤ 3g/serve Sodium ≤ 200mg/serve	Energy > 1800kJ/100g Energy > 600kJ/serve Saturated fat > 3g/serve Sodium > 200mg/serve
Baked snack foods Examples include cakes, pancakes, pikelets, iced buns, sweet and savoury muffins, scones and sweet pastries, for example, danish pastries and fruit pies. Excludes biscuits and pre-packaged bars.	Not applicable	Energy ≤ 1800kJ/100g Energy ≤ 900kJ/serve Saturated fat ≤ 3g/serve Sodium ≤ 200mg/serve (≤ 450mg/serve for scones) Fibre ≥ 1.5g/serve	Energy > 1800kJ/100g Energy > 900kJ/serve Saturated fat > 3g/serve Sodium > 200mg/serve (> 450mg/serve for scones) Fibre < 1.5g/serve
Dried fruit Any dried fruit sold as a mixture or sold separately.	Not applicable	Package size ≤ 30g Saturated fat ≤ 3g/serve	Package size > 30g Saturated fat > 3g/serve
Vegetable and/or fruit derived products Examples include vegetable and/or fruit leathers and similar leather-type products, vegetable and/or fruit chips for example	Not applicable	Package size ≤ 30g ≥ 95% vegetable and/or fruit Saturated fat ≤ 3g/serve	Package size > 30g < 95% vegetable and/or fruit Saturated fat > 3g/serve

banana chips (excludes potato chips) and foods made with vegetable and/or fruit juice, paste or concentrate.			
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