

Guidelines for bakery items

UNPACKAGED AND PACKAGED BAKERY ITEMS

One of the key principles of the *Healthy Food and Drink Guidance for Organisations* is that 'food should be mostly prepared with, or contain, minimal saturated fat, salt and added sugar'.

To apply this principle to your workplace:

- limit the availability and portion size of bakery items and pastries on offer
- do not provide deep-fried food
- limit confectionery (eg, sweets and chocolate).

To improve the nutrition of bakery items:

- limit their number and size (see recommended maximum portion sizes in the table)
- include, in at least half of the selection of bakery items, some wholemeal flour, whole grains (eg, oats, bran, seeds) and/or fruit
- use no or minimal icing
- don't use confectionery as an ingredient within or on top of products
- consider using filo pastry or bread cases as alternatives to pastry.

RECOMMENDED MAXIMUM PORTION SIZES FOR BAKERY ITEMS

BAKERY ITEM	MAXIMUM PORTION SIZE (G)
	Biscuits, muesli bars, pikelets 40
	Slices, friands 80
	Muffins, mini loaves 100
	Scones, cakes or desserts 120
	Small pastries 65
	Pies and quiches 180

Note that the portion sizes listed above are the **maximum** recommended sizes. For many situations, such as workplace meetings, smaller 'bite-size' portions are more appropriate.