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Catering Guidelines

Recommendations for Implementing
Healthier Catering Practices



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Recommendations for Implementing Healthier Catering Practices

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Disclaimer

The purpose of this document is to provide information on healthy catering choices to staff, visitors and the wider community. It should be recognised that these guidelines were developed based on the current information available and provide only general recommendations. Therefore any person using these Catering Guidelines is encouraged to exercise common sense and discretion when applying the recommendations to individual situations.

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Catering Guidelines Summary

Introduction

QAIHC has developed these guidelines to assist and encourage staff, visitors and the wider community to make healthy choices easier choices by ensuring the nutritional quality of food and drinks supplied and promoted are consistent with the Australian Dietary Guidelines (1), Australian Guide to Healthy Eating (2) and the Aboriginal and Torres Strait Islander Guide to Healthy Eating (3).

These guidelines aim to assist staff in making appropriate food and drink choices when catering for workshops, meetings or other events. The guidelines outline that for optimal health, the majority of food intake should include fruit and vegetables and wholegrain breads and cereals. It is recommended that low-fat dairy, lean meat and fish be consumed in moderate amounts and high energy, low nutrient foods such as soft drinks, chocolate and chips are to be limited.

Goal

To improve the health and wellbeing of staff and visitors at QAIHC and its member services, in which the benefits will extend to the wider Aboriginal and Torres Strait Islander community.

Objectives

1. To increase the availability of healthy food and beverages to at least 80% of total food offered at catered workshops, meetings or other events.
2. To decrease the amount of unhealthy food eaten by staff and visitors at catered workshops, meetings or other events.

Rationale

Good nutrition has been internationally recognised as essential for optimal health and wellbeing. Benefits of eating healthy foods include but are not limited to: increased energy levels; maintenance of a healthy body weight and reduction in the risk of disease including heart disease, type 2 diabetes, obesity and some cancers (4).

Poor nutrition can contribute to a number of chronic diseases. Time taken off work by staff for the treatment of and/or recovery from various diet related diseases adds to employer costs and significantly impacts upon efficiency of the workplace.

There is increasing evidence of a strong link between employee health and productivity. Benefits of promoting healthy food choices and regular physical activity in the workplace include increased productivity, reduced staff absenteeism, improved staff relations and job satisfaction.

Indigenous Australians suffer an overall burden of disease that is 2.5 times that of the total Australian population (5). The high proportion of Aboriginal and Torres Strait Islanders working within QAIHC and its member services indicates a large potential for health gain, the benefits of which will extend to the wider community.

QAIHC undertakes a strong advocacy role across its 27 member organisations and the numerous Community controlled health services they represent. QAIHC has an important role in health education and information in support of Aboriginal and Torres Strait Islander communities making healthier choices.

The Guidelines

It is recommended that catering in the workplace meets the Australian Dietary Guidelines and includes the following:

- Wholemeal, multigrain, high fibre and/or low glycaemic index breads, cereals and pastas;
- Reduced fat dairy and/or dairy alternatives;
- Lean meat, poultry, fish and/or eggs;
- Fruit and/or vegetables;
- Legumes, seeds and/or nuts.
- Limit the amount of saturated fats, sugars and salt

It is recommended that catering in the workplace recognises special dietary requirements of staff and visitors and that these dietary requirements are provided for where possible.

When providing catering it is recommended that:

- At least 80% of total food offered is healthy
- At least one option is vegetarian
- At least one third of food is fruit and/or vegetables.

It is recommended that one staff member be responsible for identifying appropriate local caterers that agree to meet these guidelines, (preferably in consultation with a Dietitian/Nutritionist) as well as developing and disseminating a list of preferred caterers to staff.

It is recommended that vending machines and fundraising drives also promote the healthy options provided in these guidelines

When providing food, caterers and staff must follow adequate food safety measures.

Meal Suggestions

Breakfast

Hot Foods	Foods to Include:	Foods to Limit
✓ A variety of wholegrain, high fibre or fruit toasts	✓ Wholemeal, wholegrain, soy and linseed, rye, white high fibre toast, fruit toast or wholemeal damper	• High GI bread (eg. plain white bread, white damper) • High fat bread items (eg. Croissant)
✓ Reduced salt and reduced fat toast toppings where possible	✓ Use thinly spread monounsaturated/polyunsaturated margarine instead of butter ✓ Salt reduced baked beans (low GI), avocado, reduced fat cheese, tomato, mushrooms, reduced fat cream cheese, no added sugar and salt peanut butter, banana, bush jam	• Butter • Full fat or high fat cheese (eg. cream cheese, cheddar)
✓ Oats/Porridge	✓ Plain rolled oats (low GI) cooked with skim/reduced fat milk or water ✓ Flavoured with fresh fruit, dried fruit, frozen fruit, cinnamon,	• Oats with added sugar or adding sugar to cooked oats
✓ Eggs cooked with little or no fat	✓ Scrambled, poached, boiled or as omelette served with grilled tomato, grilled mushroom	• Eggs cooked in high amounts of oil (eg. fried) • fried bacon/ sausages/ ham
Cold Foods		
✓ Wholegrain and high fibre cereals	✓ Wheat breakfast biscuits, porridge, oats, natural and untoasted muesli served with skim/reduced fat milk or yoghurt and fresh/dried fruit	• Breakfast cereals with added sugar, processed breakfast cereals, toasted muesli
✓ Low fat dairy/ dairy alternatives	✓ Skim/reduced fat: milk, soy milk, powdered milk, long-life milk, yoghurt (low GI)	• Full fat dairy, full fat dairy alternatives (eg. full fat milk)
✓ Fruit	✓ Fresh fruit, frozen fruit, canned fruit in natural juice, dried fruit ✓ Fruit smoothies made with reduced fat milk or yoghurt (low GI) or soy/rice/oat milk	• Canned fruit in syrup

Morning Tea/Afternoon Tea

	Foods to Include:	Examples:	Foods to Limit
Sandwiches and wraps	✓ A variety of wholegrain, wholemeal, high fibre breads.	✓ Wholemeal, wholegrain (low GI), rye, white bread with added fibre, flatbreads (pita bread & lavish), gluten-free (GF) wholemeal damper, served fresh or toasted ✓ Flatbread used as pizza bases topped with vegetables, lean meat and reduced fat cheese	• High GI bread (e.g. plain white bread, white damper). • High Fat bread items (e.g. Naan bread, croissants)
Sandwich fillings/ toppings	✓ Salad vegetables ✓ Lean meat/fish/ ✓ egg ✓ Reduced fat cheese ✓ Reduced fat/ low salt spreads and condiments	✓ A variety of salad vegetables including: lettuce, tomato, avocado, beetroot, onion, cucumber, carrot, sprouts, capsicum (V) ✓ Chicken breast with skin removed, lean beef, turkey, boiled eggs, tinned tuna/ salmon/ sardines in springwater ✓ Reduced fat cheese, ricotta cheese, cottage cheese, light cream cheese ✓ Use thinly spread polyunsaturated/monounsaturated margarine, avocado, hummus, mustard, pesto, relish or chutney instead of butter	• Processed meats (e.g. salami, luncheon sausage) • Full fat or high fat cheese (e.g. cream cheese, cheddar) • Butter, mayonnaise.
Platters (served with dips/ dipping sauces)	✓ Vegetable ✓ Fruit ✓ Low fat, low salt cheese ✓ Meats and alternatives ✓ Wholemeal/ wholegrain	✓ Fresh, frozen, salt-reduced and low-sugar canned: vegetable sticks, kebabs, fruit salad ✓ Swiss cheese, mozzarella, feta ✓ Lean sliced chicken, ham, turkey, fish, tofu, meatballs, lentil & bean patties (low GI), spinach and feta frittatas, nut bars/slice, unsalted nuts ✓ Low fat and low sugar, fruit or vegetable based muffins/slices/damper e.g. pumpkin scones, orange and poppy-seed muffins, blueberry muffins, oat and raisin slice, banana and walnut slice, muesli bars/slice, wholemeal damper), air-popped popcorn and a variety of wholegrain crackers (low GI)	• Deep fried foods (e.g. spring rolls, chips, sausage rolls, fish fingers) • Processed foods (e.g. pastries, pies, donuts, cream-filled buns, cake, sweet biscuits, flavoured popcorn) • Full fat or high fat cheese.
Dips/ dipping sauces	✓ Low fat ✓ Vegetable-based	✓ Use reduced fat yoghurt (low GI) or cottage cheese as base ✓ Hummus, tzatziki, beetroot, tomato salsa, avocado, pesto, corn, capsicum, sweet potato, pumpkin (V)	• Mayonnaise, Caesar, French Onion dip, aioli, sour cream
Dairy and alternatives	✓ Low fat milk, yoghurt, cheese, soy/rice milk	✓ Fruit smoothies made with reduced fat milk or yoghurt or soy/rice/oat milk. ✓ Low fat yoghurt (low GI) with fruit & nuts	• Full fat milk for adults • Ice-cream, condensed milk, whipped cream, chocolate.

Lunch/Dinner

	Foods to Include:	Examples:	Foods to Limit
Sandwiches and wraps	✓ A variety of wholegrain, wholemeal, high fibre breads.	✓ Wholemeal, wholegrain, soy and linseed, rye, white high fibre bread, rolls, pita bread and lavish bread served fresh or toasted ✓ Flatbreads used as pizza bases topped with vegetables, lean meat and reduced fat cheese	• High GI bread (eg. plain white bread, white damper) • Cheese/bacon topped bread items
Sandwich fillings/ toppings	✓ Salad vegetables ✓ Lean meat/fish/ ✓ egg ✓ Reduced fat cheese ✓ Reduced fat/low salt spreads and condiments	✓ A variety of salad vegetables including: lettuce, tomato, avocado, beetroot, onion, cucumber, carrot, sprouts, capsicum ✓ Chicken breast with skin removed, lean beef, turkey, boiled eggs, tinned tuna/ salmon/ sardines in springwater ✓ Reduced fat cheese, ricotta cheese, cottage cheese, light cream cheese ✓ Use thinly spread polyunsaturated/monounsaturated margarine, avocado, hummus, mustard, pesto, relish or chutney instead of butter	• Butter, full fat mayonnaise, thickly spread condiments • Fatty and processed meats (eg. salami, pastrami, Strasburg) • Full fat and high fat cheese (eg. cream cheese, cheddar cheese)
Salads	✓ Salad vegetables ✓ Reduced fat cheese ✓ Plain and untoasted seeds/nuts	✓ A variety of salad vegetables such as lettuce, spinach, rocket, carrot, corn, tomato, beetroot, snow peas, sprouts, cabbage, capsicum, cucumber, onion ✓ Reduced fat hard or soft cheeses ✓ Unflavoured, unsalted, unseasoned and untoasted nuts or seeds such as pumpkin seeds, sesame seeds, sunflower seeds, pine nuts, walnuts, cashews or peanuts	• Full fat and high fat cheese • Oil roasted/ seasoned nuts or seeds
Salad dressings	✓ Low-oil or no-oil dressings ✓ Low fat dressings made with polyunsaturated/mono unsaturated oil	✓ Lemon juice, lime juice, natural yoghurt, balsamic or wine vinegar with herbs or pepper ✓ Reduced fat dressings made from polyunsaturated/monounsaturated oils such as canola, sunflower, soybean or olive oil ✓ Low fat commercial dressings ✓ Serve dressings separate to salads eg. In a container on the side	• Heavily dressed salads • Cream-based dressings (Caesar, sour cream, ranch) • High oil dressings • Salt added to dressings
Meat/Fish	✓ Lean meat, fish, poultry and meat alternatives.	✓ Use lean chicken, turkey, beef, pork, kangaroo, emu, lamb and veal with minimal fat marbling and visible fat and skin removed ✓ Fresh/frozen plain fish and tinned tuna/ salmon/ sardines in springwater ✓ Legumes (V) (low GI) - peas and beans dried or prepared such as baked beans, red kidney beans, soy beans, mung beans, lentils, chick-peas, split peas, bean curd, or tofu ✓ Cook using healthy methods such as pan-fry in little mono/polyunsaturated oil, oven bake, stir-fry, boil, lightly grill, microwave, steam, poach ✓ Add to pasta, rice, curries, casseroles, stews	• Fatty and processed meats (eg. salami, pastrami, Strasburg) • Meat cooked in high amounts of oil (fried, deep fried, battered, roasted in excess oil) • Battered meats • Crumbed meats

		and soup dishes ✓ Make lean meat/vegetarian patties, skewers or meatballs ✓ Marinade with unsweetened fruit juice (lemon, lime, pineapple), low or reduced fat yoghurt, balsamic vinegar, garlic, pepper, mustard, ginger, herbs or spices (eg. lemon myrtle, thyme, mint, rosemary) ✓ Always serve with vegetables	
Pasta/Rice	✓ Preferably wholemeal and Low GI pasta and rice options. ✓ Vegetables/ Legumes ✓ Lean meat, fish and poultry ✓ Reduced fat, salt and sugar sauces.	✓ Wholemeal pasta. ✓ Brown rice, Doongara rice (low GI) and Basmati rice (low GI) ✓ A variety of fresh, frozen or salt-reduced canned vegetables such as broccoli, cauliflower, zucchini, asparagus, celery, cabbage, spinach, squash, corn, carrot, yam (low GI), sweet potato (low GI), pumpkin and peas ✓ Add legumes (low GI) ✓ Use legumes (V) instead of meat ✓ Lean meat/fish/poultry cooked in healthy methods ✓ Vegetable based sauces such as tomato ✓ For creamy pasta sauces, use evaporated skim milk or coconut flavoured evaporated skim milk instead of cream, coconut milk and coconut cream. ✓ Sushi with lean meat and vegetable fillings such as salmon, tuna, egg and lettuce, lean chicken, avocado, cucumber.	• White pasta • High GI rice (eg. short grain white rice, jasmine rice) • Fatty and processed meats with the skin on • Meat cooked in excess oil • Cream, coconut cream and sour cream based sauces
Curries/ Casseroles/ Stews	✓ Lean meat/ fish/ poultry ✓ Vegetables ✓ Legumes ✓ Low fat sauce bases	✓ Use lean chicken, turkey, beef, pork, kangaroo, lamb and veal with minimal fat marbling and visible fat and skin removed ✓ Add legumes (low GI) such as chickpeas, butterbeans, kidney beans to bulk out ✓ Add fresh or frozen vegetables such as sweet potato (low GI), mixed frozen veggies, frozen peas, corn ✓ Use tomato based sauces ✓ For creamy curries, use evaporated skim milk or coconut flavoured evaporated skim milk instead of cream, coconut milk and coconut cream ✓ Serve with Doongara (low GI) or Basmati (low GI) rice and wholemeal damper	• Fatty and processed meats with the skin on • Meat cooked in excess oil • Cream, coconut cream and sour cream based sauces • High GI rice (eg. short grain white rice, jasmine rice)
Soup	✓ Vegetable based soups and broths ✓ Vegetables and legumes, lean meat, seafood and	✓ Use vegetables such as tomato and reduced salt stocks ✓ Use evaporated skim milk or coconut flavoured evaporated skim milk instead of cream, coconut milk and coconut cream ✓ A variety of vegetables and legumes (low GI), lean meat, seafood and wholemeal pasta to bulk up soups	• Cream based soups • Fatty and processed meats with the skin on (eg. bacon, sausage)

Barbeques/Sausage Sizzles

	Foods to Include:	Examples:	Foods to Limit
Meat	✓ Lean meat, poultry, fish and alternatives	✓ Use lean fish, chicken, turkey, beef, pork, kangaroo, emu, lamb and veal pieces with minimal fat marbling and visible fat and skin removed ✓ Grill marinated tofu, vegetarian sausages (V) ✓ Marinade with unsweetened fruit juice (lemon, lime, pineapple), low or reduced fat yoghurt, balsamic vinegar, garlic, pepper, mustard, ginger, herbs or spices ✓ Low fat sausages, hamburger patties and meatballs such as kangaroo or chicken ✓ Make skewers with a combination of lean meat, chicken or tofu (V) with vegetables such as zucchini, eggplant, capsicum, mushroom and onion ✓ Cook on the grill or use a small amount of monounsaturated/polyunsaturated oils such as canola, sesame, olive, sunflower and soybean oil	• Fatty and processed meats (eg. high fat sausages, pork ribs, bacon) • Meat barbequed in high amounts of oil • Battered/ crumbed meats • Meats marinated in oil
Vegetables	✓ A variety of vegetables.	✓ A variety of salad vegetables such as lettuce, spinach, rocket, carrot, corn, tomato, beetroot, snow peas, sprouts, cabbage, capsicum, cucumber, onion ✓ Add reduced fat hard or soft cheeses to salads ✓ Add unflavoured, unsalted, unseasoned and untoasted nuts or seeds such as pumpkin seeds, sesame seeds, sunflower seeds, pine nuts, walnuts, cashews or peanuts ✓ Use lemon juice, lime juice, natural yoghurt, balsamic or wine vinegar with herbs or pepper as salad dressings ✓ Reduced fat salad dressings made from polyunsaturated/monounsaturated oils such as canola, sunflower, soybean or olive oil ✓ Low fat commercial salad dressings ✓ Grill sliced vegetables on the barbecue such as tomato, mushroom, eggplant, taro, cassava, sweet potato (LGI), onion and corn cobs	• Full fat and high fat cheese • Oil roasted/ seasoned nuts or seeds • Heavily dressed salads • Cream-based dressings (Caesar, sour cream, ranch) • High oil dressings • Dressings made with saturated oils (eg. palm oil, coconut oil) • Salt added to dressings
Breads	✓ A variety of wholegrain, high fibre breads and rolls ✓ (preferably unbuttered)	✓ Wholemeal, wholegrain, soy and linseed, rye and white high fibre breads, rolls, baguettes or damper	• High GI bread (eg. plain white bread, white damper) • Cheese/bacon topped bread items
Condiments	✓ Low salt, low sugar and reduced fat varieties	✓ Low-fat vegetable-based salsas or relishes such as tomato, capsicum, mango, bean or corn ✓ Reduced sugar and no added salt ketchup ✓ Reduced fat yoghurt and mint sauce ✓ Tzatziki or guacamole	• Mayonnaise • Sour cream • Ranch dressing • Gravy

Beverages

	Beverages to Include:	Examples:	Beverages to limit:
Hot	✓ Tea	✓ Black, green, herbal tea ✓ Served with low fat milk, soy/rice/oat milk	• Full fat milk
	✓ Coffee	✓ Regular, decaffeinated ✓ Served with low fat milk, soy/rice/oat milk	• Coffee syrups, cream, full fat milk
Cold	✓ Water	✓ Tap, filtered, bottled, soda water	• Flavoured mineral water, cordial, soft drinks energy drinks, sports drinks, commercial ice-teas (Diet and sugar free drinks are preferred)
	✓ Fruit Juice ✓ Canned/ bottled/ freshly squeezed	✓ Orange, apple, mango etc ✓ 100% juice – no added sugar ✓ Limit serving size to 250mL ✓ Juice can be diluted with water	• Fruit juice with added sugar, fruit drink • Large serving sizes
	✓ Vegetable Juice ✓ Canned/ bottled/ freshly squeezed	✓ Carrot, tomato, etc ✓ 100% juice – no added sugar ✓ Limit serving size to 250mL ✓ Juice can be diluted with water	• Vegetable juice with added sugar and salt • Large serving sizes
	✓ Milk and Milk Alternatives	✓ Low fat, soy/rice/oat milk (V) ✓ Full fat milk for children ✓ Fruit can be added to make fruit smoothies	• Flavoured milk, flavoured yoghurt drinks • Full fat milk for adults

Foods to Limit when Catering

When ordering food and beverages for workshops, meetings and other events, it is recommended that low salt, low fat and low sugar varieties are chosen (6).

Salt

Too much sodium can cause high blood pressure and many other health conditions. Low salt and no added salt foods are recommended. Low salt foods are defined as containing no more than 120mg of sodium per 100g (7).

Hints to reduce salt intake:

Reduce the amount of processed foods offered; choose low salt foods where possible; don't add salt to cooking; don't provide salt sachets or shakers.

Did you know?

About 75% of the salt eaten comes from processed foods. Ricotta, cottage, mozzarella and Swiss cheeses are lower in salt than most other cheeses.

Fat

Too much saturated fat (found in red meat, butter, coconut oil etc.) can lead to high cholesterol levels and increase the risk of heart disease. Unsaturated fat (which includes monounsaturated fat and polyunsaturated fat) is considered a 'good fat' and should be eaten in moderation. It is recommended to choose low fat food and unsaturated fat over saturated fat. Low fat foods are defined as containing no more than 3g total fat per 100g of food, or 1.5g total fat per 100g of liquid food (8).

Hints to reduce saturated fat intake:

Choose low fat/reduced fat foods; substitute butter in recipes with olive oil, canola oil, sunflower oil or soybean oil; remove fat and skin from meat before cooking; substitute cream in recipes with low fat yoghurt or light evaporated milk.

Good sources of unsaturated fat include:

Olive oil, canola oil, fish and seafood, nuts, seeds and avocado.

Sugar

Too much sugar in the diet can contribute to health problems including obesity and tooth decay. Low sugar and no added sugar foods are recommended. Low sugar is defined as containing no more than 5g total sugars per 100g of the food, or 2.5g total sugars per 100g of liquid food (9).

Hints to reduce sugar intake:

Reduce the amount of processed foods (e.g. biscuits, cakes and pastries) offered; choose reduced or low sugar varieties; substitute sugar in recipes with fruit.

Did you know?

Many reduced fat foods substitute fat with sugar. Sugar is often added to bread and savoury foods.

Dietary Requirements

When providing catering, be mindful of varying dietary requirements for people with diabetes, vegetarians, and people with food allergies (wheat, gluten, nuts, eggs, soy, fish and shellfish, milk and milk products). It is recommended that staff and visitors are provided with an opportunity to request foods which meet their special dietary requirements.

Diabetes

It is recommended that people with diabetes eat low Glycaemic Index (GI) foods. Try to include at least 1 low GI food for every 5 foods offered at catered workshops, meetings and other events.

What is GI?

GI (glycaemic index) refers to how quickly carbohydrates in food are broken down and absorbed into the bloodstream. 'Low GI' foods are broken down slower than 'High GI' foods, causing a smaller increase in blood glucose levels, which can help with the management of diabetes.

Some low GI foods:

Multi-grain bread; low fat yoghurt and milk; most fruit; sweet potato; legumes (e.g. baked beans); oats; pasta; basmati rice.

Vegetarian

Some people choose to only eat plant-based foods as a personal choice or dietary requirement (e.g. to lower cholesterol levels). Try to include at least 1 vegetarian food for every 5 foods offered at catered workshops, meetings and other events.

Common Food Allergens

It is important to be aware that some staff, visitors and the wider community may have food allergies that need to be catered for.

The following is a list of foods that account for 90% of allergic reactions:

Foods:	Main foods to avoid:	Food substitutes:
Wheat and wheat products	Breads, cereals, baked goods, pasta, soy sauce, beer, all products containing wheat flour.	Rye/buckwheat/rice bread, oats, rice, soy/rice/corn flour, rice crackers.
Gluten	Breads, cereals, cakes & pasta containing wheat/oats/barley/rye.	Processed foods labelled gluten-free, rice/corn bread, rice, rice noodles, rice crackers, polenta.
Eggs and egg products	Baked goods, mayonnaise, commercial salad dressings, pancakes, some pasta.	Processed foods labelled egg-free, use egg substitutes in recipes (e.g. starchy fruits, corn starch, silken tofu, ground flaxseed).
Soy and soy products	Soy beans, tofu, soy sauce, gluten-free breads and cereals, textured vegetable protein, processed foods including some breads.	Processed foods labelled soy-free, homemade bread, other beans and lentils.
Fish and shellfish	All fish, fish oil, seafood sticks, crustaceans (e.g. prawns, crab, lobster, crayfish), molluscs (e.g. clams, oysters, scallops), Caesar salad dressing.	Use lean meats as replacement in recipes, flaxseed oil, other commercial salad dressings or yoghurt-based dressing.
Milk and milk products	Dairy products – milk, cheese, yoghurt, ice-cream, cream, cream-based soups, some baked goods.	Calcium-fortified rice/oat/soy milk, soy yoghurt, soy cheese, tofu, lactose-free milk.

Vending Machines

It is recommended that the food provided by vending machines is consistent with workplace wellness policies and these catering guidelines. If vending machines are situated in the workplace, it may be necessary to negotiate with the vending machine supplier to provide healthier options for purchase.

	Healthier Vending Options
Snacks	<ul style="list-style-type: none">✓Mixed nuts, dried fruit, mixed fruit and nuts✓Tuna and cracker packs✓Nut bars, fruit and nut bars✓Muesli slice✓Popcorn✓Yoghurt✓Cheese and cracker packs✓Tub of fruit in natural juice✓Single serve cereal packets (wholegrain, low sugar)✓Vegetable soups (low fat, low salt)
Drinks	<ul style="list-style-type: none">✓Spring water✓Soda water✓Fruit juice✓Vegetable juice✓Diet soft drinks

Food Safety

The principles of food safety should be applied when providing food to staff and visitors. Some of the basic principles of food safety are listed here. For further information visit Food Standards Australia and New Zealand at www.foodstandards.gov.au.

Food Hygiene	<ul style="list-style-type: none">• Wash hands thoroughly with soap and warm water and dry before touching food• Wash hands between touching raw meat then touching cooked meat and food that is to be eaten raw• Clean benches and other work surfaces with hot soapy water
Food Contamination	<ul style="list-style-type: none">• Keep raw meats, poultry and seafood separate from cooked food and food that is to be eaten raw• Food stored in the refrigerator or freezer should be stored in containers with lids or covered with plastic wrap to prevent cross-contamination• Use separate utensils and chopping boards for raw meat and other foods or wash utensils and chopping boards with warm soapy water after contact with raw meat
Food Storage	<ul style="list-style-type: none">• Store hot food above 60°C (eg. In a warm oven)• Store cold food below 5°C (eg. In the fridge or freezer)• Cook thoroughly meats such as mince, burger patties, sausages, stuffed meats, rabbit, seafood and poultry• Cover all foods immediately after preparation to prevent cross-contamination• Refrigerate sandwiches and fruit platters if there is a delay between delivery and serving• Do not re-freeze food

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