

## HEALTHY CATERING IDEAS FOR BREAKFAST, MORNING TEA AND AFTERNOON TEA

The tables below help to explain **GREEN**, **AMBER** and **RED** foods and give real food examples to assist you. Remember, the menus on the Monash catering website have already done this work for you, so you can be sure that everything on the Monash Healthy Catering website is **GREEN** and **AMBER**.

ITEM	RECOMMENDED FOOD AND DRINKS ( <b>GREEN</b> AND <b>AMBER</b> OPTIONS)	NOT RECOMMENDED ( <b>RED</b> OPTIONS)
<b>Drinks</b>	Offer a variety of hot and cold options: <ul style="list-style-type: none"> <li>• chilled plain water</li> <li>• sparkling, soda or mineral water</li> <li>• plain and decaffeinated coffee</li> <li>• plain and herbal teas</li> <li>• reduced-fat or skim milk</li> <li>• artificial sweetener for hot beverages</li> </ul>	Sugar sweetened soft drinks, fruit drinks, iced tea drinks, flavoured mineral water, sports waters, cordials, and energy and sports drinks
<b>Fruit, dried fruit and nuts</b>	<ul style="list-style-type: none"> <li>• Whole, sliced or cut pieces of fresh fruit</li> <li>• Canned fruit in natural juice</li> <li>• Stewed fruit without added sugar</li> <li>• Small portions (30g) of dried fruit, and plain and/or dry-roasted unsalted nuts</li> </ul>	<ul style="list-style-type: none"> <li>• Dried fruit-based confectionery (e.g. coated with sugar, chocolate, carob or yoghurt)</li> <li>• Banana chips</li> <li>• Salted, coated (e.g. honey, chocolate or savoury coating) and/or fried nuts</li> </ul>
<b>Breads and crackers</b>	Offer high-fibre wholemeal or wholegrain breads and crispbreads that are lower in salt. Top with a variety of garnishes including reduced-fat cheeses, relishes, chutneys or vegetables. <ul style="list-style-type: none"> <li>• multigrain, wholemeal, high-fibre white, rye, bagels, rolls, pita, baguette, Turkish bread, Lebanese bread or ciabatta.</li> <li>• raisin or fruit bread</li> <li>• plain or fruit-based English muffins</li> <li>• Savoury topped breads that are wholemeal or wholegrain with vegetable toppings and reduced-fat cheeses</li> <li>• reduced-fat, reduced-salt crispbreads and crackers, lavash and rice crackers. Choose wholemeal or wholegrain options that are higher in fibre</li> <li>• pita and Lebanese breads or water crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Large serves of savoury breads such as garlic or pull-aparts topped with cheese and processed high-fat meats such as bacon or salami</li> <li>• Flavoured varieties of crackers high in fat and/or salt.</li> </ul>

ITEM	RECOMMENDED FOOD AND DRINKS ( <b>GREEN</b> AND <b>AMBER</b> OPTIONS)	NOT RECOMMENDED ( <b>RED</b> OPTIONS)
<b>Spreads and condiments</b>	Serve spreads and condiments separately and ensure you can see the bread through the spread. <ul style="list-style-type: none"> <li>• poly or mono-unsaturated margarine</li> <li>• reduced-fat cream cheese</li> <li>• fruit jams without added sugar</li> <li>• avocado</li> <li>• ricotta</li> <li>• nut butters with no added sugar, salt or fat</li> </ul>	<ul style="list-style-type: none"> <li>• Cream, butter or dairy-blend spreads</li> <li>• High-fat, cream or oil-based dips</li> <li>• Jam, fruit pastes or coulis with added sugar</li> </ul>
<b>Loaves, buns, scones, muffins, cakes, slices and pastries</b>	Plain, un-coated, un-iced varieties that are higher in fibre (wholemeal or wholegrain) and lower in fat and sugar: <ul style="list-style-type: none"> <li>• fruit or vegetable-based mini muffins</li> <li>• plain or fruit-based pikelets</li> <li>• plain, fruit or vegetable-based (e.g. pumpkin) scones</li> <li>• banana or date loaf</li> <li>• plain hot cross buns</li> <li>• plain cakes and scrolls that contain wholemeal flour, fruit, vegetables or nuts in a small to medium serve size (a small finger or slice of cake 50–60g per person)</li> </ul>	<ul style="list-style-type: none"> <li>• Options that are in larger serve sizes, higher in fat and sugar and lower in fibre, including those that are iced, coated or filled (e.g. with chocolate, confectionery or cream)</li> <li>• Danishes, doughnuts, croissants, tarts, cakes, slices, scrolls, sweet pastries, puddings, soufflés, some scones, buns, loaves and muffins</li> </ul>
<b>Sweet biscuits</b>	Plain or wholemeal sweet biscuits without icing or coating. Offer small to medium serves (30 g or two/three small biscuits per person). Try reduced-fat and/or reduced-sugar varieties with wholemeal flour, fruit, vegetables and/or nuts.	<ul style="list-style-type: none"> <li>• Fancy sweet biscuits such as cream-filled, chocolate-coated, choc-chip or iced</li> <li>• Jumbo cookies and biscuits</li> </ul>
<b>Muesli or fruit-filled bars</b>	Un-iced, un-coated cereal, muesli or fruit-filled bars, of a small to medium serve size (30–40g)	<ul style="list-style-type: none"> <li>• Yoghurt or chocolate-coated cereal or muesli bars or those containing confectionery such as chocolate chips</li> <li>• Large serve sizes of cereal, muesli or fruit-filled bars greater than 40g</li> </ul>

ITEM	RECOMMENDED FOOD AND DRINKS ( <b>GREEN</b> AND <b>AMBER</b> OPTIONS)	NOT RECOMMENDED ( <b>RED</b> OPTIONS)
<b>Toppings, dips and antipasto</b>	<p>Low-fat, low or reduced-salt varieties. Examples include:</p> <ul style="list-style-type: none"> <li>• tomato, basil and cheese</li> <li>• cherry tomato, onion and avocado</li> <li>• low-fat vegetable-based salsas or relishes such as tomato, capsicum, bean or corn</li> <li>• reduced-fat versions of dips including tzatziki or hummus</li> <li>• vegetable-based dip varieties including beetroot, capsicum or eggplant</li> <li>• chargrilled vegetables, such as zucchini, eggplant and capsicum</li> </ul>	<p>Oil, cream and or cheese-based dips such as aioli, sour cream and tapenades</p>
<b>Cheese and cheese platters</b>	<p>Small serves of cheese such as cottage, ricotta, fetta or hard cheeses, reduced-fat where possible, with a variety of accompaniments such as:</p> <ul style="list-style-type: none"> <li>• different bread varieties, including wholemeal, salt-reduced crispbreads and crackers, pita bread, lavash or water crackers</li> <li>• fresh fruit and small amounts of dried fruit</li> <li>• fresh cut vegetable sticks with reduced-fat dips</li> <li>• roasted or grilled vegetables (drain oil)</li> <li>• plain and/or dry-roasted unsalted nuts</li> </ul>	<ul style="list-style-type: none"> <li>• Large portions or blocks of cheese, double/triple cream soft cheeses such as brie and camembert</li> <li>• Chocolate almond bread, high-fat and high-salt crackers</li> <li>• Salted, coated and/or fried nuts</li> </ul>
<b>Yoghurt</b>	Reduced fat yoghurt (plain or flavoured)	
<b>Breakfast cereals</b>	<ul style="list-style-type: none"> <li>• Cereals that are lower in added sugar, higher in fibre and without added confectionery (e.g. wholegrain cereals, wholewheat biscuits and flakes)</li> <li>• Untoasted muesli</li> <li>• Porridge/oats</li> </ul>	