

Towards the very best...

Education, Learning & Leisure

Nutritional Guidance for Pre-School and School Provision



SCHOOLS (HEALTH PROMOTION AND NUTRITION)

SCOTLAND ACT 2007

Contents

1. Introduction
2. Schools (Health Promotion & Nutrition) (Scotland) Act 2007
3. Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2008
4. Snack Provision
5. Celebrations, Special Events, School Trips & Rewards
6. Healthier Baking
7. References

1 Introduction

Aberdeenshire Education, Learning and Leisure Service Nutrition Guidance

The Education, Learning and Leisure Service (EL&L) has developed this guidance for school communities to enable them to comply with the requirements of the Schools (Health Promotion & Nutrition) (Scotland) Act 2007 & Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2008 .*

These relate to guidance for food and drink provision for:

- Snack provision
- Celebrations, special events, school trips and rewards
- Healthier baking (from home and in school communities).

This guidance is primarily designed to offer extra clarity and practical suggestions for Aberdeenshire school communities in the assessment of any food and drink prepared for children and young people before, after and/or during the school day.

Food and Health is one of six organisers.

The outcomes are set out within three areas –

Nutrition, Safe and Hygienic Practices and Food and the Consumer.

Hungry for Success encouraged the adoption of a whole school approach to food and health and this approach should be reinforced through the Schools (Health Promotion and Nutrition) (Scotland) Act 2007.

School communities are required to plan a range of food and health programmes across the curriculum. The main objective of this being to demonstrate ways in which engaging communities in healthy eating, physical activity and healthy weight activities as part of a single programme can have a greater impact on health outcomes.

** In this document where the Schools (Health Promotion & Nutrition) (Scotland) Act 2007 and Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2008 are referred to, it will read 'the Act and 2008 nutritional requirements'.*

Education Learning & Leisure Schools Catering Service

The School Catering Service has worked closely with school communities to ensure that food and drink supplied by the service (during the school day) complies with the 'Act and the 2008 nutritional requirements'.

The School Catering Service provides primarily a lunchtime school meal service which meets the requirements of the legislation referred to above. Currently, the menus available for primary pupils and staff are reviewed twice yearly and distributed to parents in March and October. Using realistic average take-up figures, standard portions and recipes, the menu items are computer analysed to demonstrate compliance with the required targets. Nutritional analysis is also conducted on an individual school basis.

In addition to lunchtime meals, a "tuck shop" selection is available to schools using prepared fruit, home-made biscuits and a selection of drinks, all of which meet the nutritional regulations.

The School Catering Service in secondary schools provides pre-school and mid morning breaks services offering a range of snacks and drinks in accordance with the nutritional regulations. The lunchtime menus are also nutritionally analysed on an individual school basis to demonstrate compliance.

School communities should consider how best to work with the Catering Service to meet the legislated requirements.

Further details regarding the EL&L Schools Catering Service can be found on the Aberdeenshire Council website - www.aberdeenshire.gov.uk/schools/school_meals

2 The Schools (Health Promotion & Nutrition) Scotland Act 2007

In summary, the Act:

- Imposes the duties on the Scottish Ministers, education authorities and managers of grant-aided schools to ensure that public schools and grant-aided schools are health-promoting (this guidance relates to this duty).
- Places duties on education authorities and managers of grant-aided schools to ensure that all food and drink provided in schools complies with nutritional requirements specified by Scottish Ministers in regulations.
- Places a duty on education authorities to have regard to the nutritional requirements regulations when purchasing a place at an independent school.
- Gives education authorities the power to provide pupils with snacks either free of charge or subject to a charge.
- Places a duty on education authorities to promote school lunches and, in particular, free school lunches.
- Places a duty on education authorities to take steps to protect the identity of those receiving free schools lunches.
- Places a duty on education authorities and managers of grant-aided schools to have regard to any guidance issued by the Scottish Ministers on the application of the principles of sustainable development when providing food or drink or catering services in schools.

3 The Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2008

The Regulations came into effect for primary schools on 4 August 2008. Regulation 3 and Regulation 4 came into effect for secondary schools on 3 August 2009.

The Regulations form part of the wider health promoting schools approach set out in the Schools (Health Promotion & Nutrition) Scotland Act 2007. They cover food and drinks that are sold or served during the day in local authority and grant-aided schools in Scotland. These required to be considered within the following standards:

A) The standards for school lunches

Nutrient standards, which set out the proportion of nutrients that pupils should receive from an average school lunch. Food and drink standards, which define the types of food and drinks that pupils should be offered in a school lunch and their frequency as well as setting nutritional requirements for specific types of food and drink which may be provided.

These standards relate primarily to the work of the Aberdeenshire EL&L Schools Catering Service.

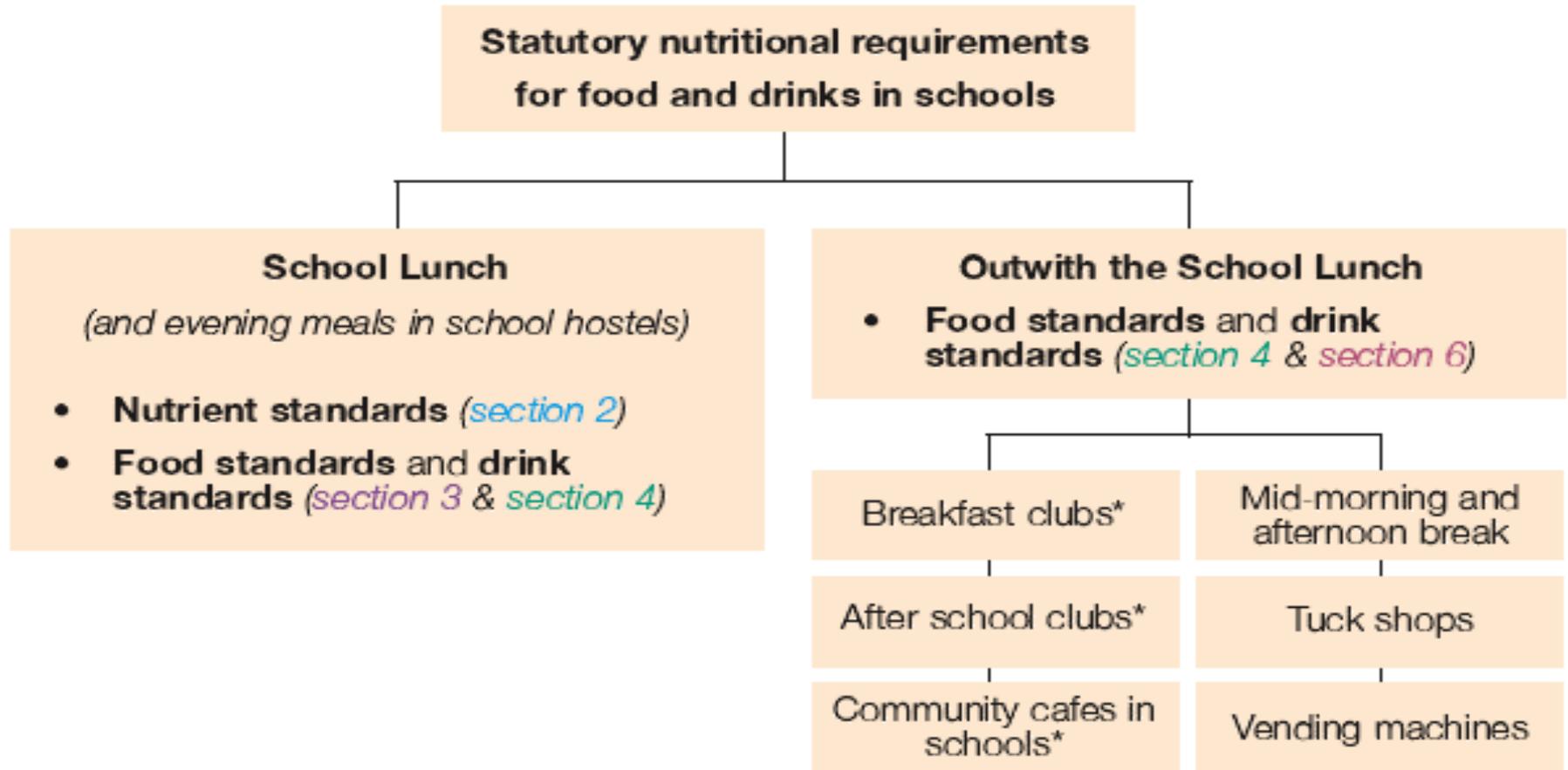
B) The standards for food and drinks served outwith the school lunch

For example, breakfast clubs, tuckshops, vending machines, mid-morning services, community cafes and after school clubs, where food and drinks are offered to pupils.

Where premises DO NOT allow school pupils access throughout the school day the regulations DO NOT APPLY.

The regulations only apply if:-

“School pupils have access to purchase food and drink products throughout the school day from the premises.”



Which food and drink settings do the standards cover?

Pupils have access to foods and drinks in a range of settings in school. The *Standards for Food Outwith the School Lunch* and *Drinks Standards* require to be implemented within all school food outlets if they are operated by the local authority, managers of a grant aided school or by another person or organisation on their behalf.

Exceptions

The Regulations do not apply to:

- Food or drink brought on to the premises by parents or pupils, e.g. packed lunches or food bought by a pupil from a shop
- Food and drink provided in schools for people who are not pupils, e.g. staff
However, if food and drink is provided for more than one reason (for example a school canteen which doubles as a community café), the food and drink provided to pupils must still meet the nutritional requirements set by the Regulations
- Food and drink used in teaching food preparation and cookery skills, provided that any food so prepared is not served to pupils as part of a school meal

However, we recommend that the food and drink chosen for such activities reflect, as far as possible, the ethos of the health promoting school

- Food and drink provided as part of a medically recommended diet for any pupil
- Food or drink provided as part of a social, cultural or recreational activity, e.g. school discos, sports days or cultural events such as school-organised Burns suppers or Christmas lunches

However, we recommend that all those with a role to play in organising social, cultural or recreational events would still consider, encourage and promote healthier options, in keeping with the ethos of a health promoting school (see Regulation 2(2) for the exceptions).

School Lets

School lets are not specifically included or referred to in the regulations. However, the EL&L Service endorses the fact that school communities should **encourage and promote** the wider school community to provide healthier options if your school is using your school facilities for a fund raising event which will benefit the school e.g. parent ceilidh, disco. This is in keeping with the ethos of a health promoting school.

Staff as Role Models

Staff (teaching and non-teaching) should consider the ethos of the health promoting school and provide positive messages through their wider policy and practice which support the principles of the Act and regulations.

Other Initiatives (e.g. Enterprise/Citizenship)

Eating for health can be explored across the curriculum and through many activities outwith the classroom, offering a wealth of opportunities for active pupil participation. When developing other initiatives within the school community, consideration should be given to the fact that food and drink provision should meet the requirements of the regulations and should also consider the 'messages' being conveyed around food and health.

4 Snack Provision

All schools should now have reviewed the provision of their food and drink, where it falls outwith the school lunch provision, to ensure they comply with the standards set out in the 'Act and 2008 nutritional requirements'.

Food and drink supplied by the School Catering Service, during school hours, will comply with the 'Act and 2008 nutritional requirements'.

The School Catering Service has the experience and expertise to assist with meeting the requirements, and can also provide the necessary food and drink to support the development of initiatives; we encourage schools to work with them where appropriate and liaise with School Catering Service personnel on site for assistance.

Outwith School Catering provision, school communities will need to consider what food and drink they provide in the following settings –

- Breakfast clubs
- Mid-morning services
- Tuck-shops
- Community cafes (where appropriate)
- Before/after school clubs (provided by the local authority and/or anyone on behalf of the Local Authority)
- Fair trade
- Food available for pupils after a school cooking activity.

After School Club (not provided by the Local Authority or on school premises)

After school clubs not provided on school premises are not specifically included or referred to in the regulations.

However, the EL&L Service endorses the fact that school communities can work with other providers to **encourage and promote** the provision of healthier options.

This guidance can be shared with other after school club providers in the area if appropriate to assist them in reviewing their own policies and practice.

Fair Trade

Many school communities have achieved or will be seeking the status as a Fair Trade School. It should be noted that some of the 'fairly traded' food and drink fall outwith the nutritional requirements.

Confectionery, cereal bars and chocolate are included in foods that can no longer be provided during the school day.

School communities will need to review their practice around this initiative and consider providing alternative products.

What foods can and cannot be provided?

- The 'YES' column specifies the food and drink that **can be provided**. Children and young people should be encouraged to eat these foods.
- The 'SELECT WITH CARE' section specifies those foods that are allowed. Care must be taken when selecting these foods.
- The 'NO' section specifies the categories of foods that are **not allowed**.

Standards for Food (outwith school lunch)

Yes	Select with care	No
<ul style="list-style-type: none"> • A variety of fruits and/or vegetables • These could include for example: Whole or pieces of fresh fruit e.g Apples, Bananas Grapes, Kiwi Fruit Blueberries • Seasonal Fruit e.g. Satsumas Strawberries Pineapples Raspberries • Canned fruit in natural juice • Raw vegetables e.g. carrot sticks Celery Salads Cucumber Pepper slices Tomatoes 	<ul style="list-style-type: none"> ▪ If condiments are available, they must only be dispensed in no more than 10ml portions. This includes for example: tomato ketchup, brown sauce, salad cream, mayonnaise, mustard, pickles and relishes. ▪ Only savoury snacks that have reduced amounts of fat, saturated fat, sodium and sugar and in a pack size no more than 25 grams are allowed. This includes for example: crisps, crisp-like products, pretzels, salted popcorn, rice crackers, cream crackers, oatcakes and bread sticks. • Dried Fruit (with no added sugar or salt) The sugar content and stickiness of the fruit affects the teeth 	<ul style="list-style-type: none"> ❖ No Confectionery ❖ No chocolate and chocolate products (e.g. bars of milk, plain or white chocolate, chocolate flakes, buttons or chocolate-filled eggs and chocolate spread) ❖ Chocolate coated products (e.g. partially or fully coated biscuits, chocolate coated fruits or nuts, choc ices and chocolate-coated ice-cream and cereals coated with chocolate) ❖ No sweets including sugar-free sweets (e.g. boiled, gum/gelatine, liquorice, mint and other sweets, lollipops, fudge, tablet, toffee, sherbet, marshmallows and chewing gum) ❖ No chocolate, yoghurt or sugar coated dried fruit and nuts ❖ Cereal bars, processed fruit sweets and bars ❖ No fried foods, including products deep-fried in the manufacturing process. This includes for example: chips, pakora, spring rolls,

		<p>potato waffles, potato wedges, fried bacon, fried sausages, fried burgers and pre-prepared coated, battered and breaded products, e.g. chicken nuggets. Fish fingers, potato shapes, battered onion rings and doughnuts.</p> <ul style="list-style-type: none">❖ No savoury snacks, with a fat, saturated fat, sodium and sugar content over the criteria specified and in a pack size greater than 25g.❖ No additional salt should be provided
--	--	---

Standards for Drink (outwith school lunch)

Yes	Select with care	No
<p>Drinking water must be available:</p> <p>✓ Free drinking water must be available in schools at all times</p> <p>Drinks that are allowed to be provided:</p> <p>✓ Mineral Water (still or carbonated)*</p> <p>✓ Semi-skimmed, skimmed milk or lower fat milks</p> <p>There is a range of other drinks permitted by the Regulations but these drinks must be selected (see the 'SELECT WITH CARE' column)</p>	<p>Other drinks that are allowed to be provided if specific criteria are met:</p> <p>✓ Milk drinks*(hot or cold) containing:</p> <ul style="list-style-type: none"> ▪ No more than 1.8g of total fat per 100ml ▪ No more than 10g of total sugars per 100ml and ▪ No more than 20g of total sugars per portion size <p>✓ Drinking yoghurts containing:</p> <ul style="list-style-type: none"> ▪ No more than 1.8g of total fat per 100ml ▪ No more than 10g of total sugars per 100ml and ▪ No more than 20g of total sugars per portion size <p>✓ Soya, rice or oat drinks enriched with calcium containing:</p> <ul style="list-style-type: none"> ▪ No more than 1.8g of total fat per 100ml ▪ No more than 5g of total sugars per 100ml and ▪ No more than 20g of total sugars per portion size <p>✓ Any* variety of fruit juice or vegetable juice (including fruit juice made from concentrate or partially made from concentrate) which meets the following criteria:</p> <ul style="list-style-type: none"> ▪ Unsweetened and unsalted ▪ A portion size of no more than 200ml <p>✓ A blend containing any of the following ingredients, either singly or in combination:</p> <ul style="list-style-type: none"> ▪ Fruit ▪ Fruit juice ▪ Vegetable ▪ Vegetable juice 	<p>Examples of drinks that are no longer allowed:</p> <p>❖ No soft drinks (still or carbonated) including flavoured waters</p> <p>❖ No sugar-free soft drinks (still or carbonated) including flavoured waters</p> <p>❖ No sweetened fruit juice</p> <p>❖ No sweetened or salted vegetable juice</p> <p>❖ No squashes/ cordials including lower sugar and 'no added sugar' versions</p> <p>❖ No whole milk</p> <p>❖ No sports drinks</p>

	<ul style="list-style-type: none"> ✓ Drinks made with a combination of water (still or carbonated)* and fruit and/or vegetable juice which contains: <ul style="list-style-type: none"> ▪ No added sugar ▪ More than 20g of sugar per portion size ▪ 50% or more fruit or vegetable juice and ▪ no more than 200ml fruit or vegetable juice. ✓ Tea and coffee – the use of any milk in these drinks should be restricted to semi-skimmed, skimmed milk and other lower fat milks. 	
--	--	--

* It is recognised that the frequent consumption of soft drinks, including sugar free varieties (e.g. sugar free/diet fizzy drinks and flavoured waters), can also contribute to tooth erosion because of the acidic nature of these drinks (e.g. from acidic flavourings).

Food and drink suggestions for snack provision

The following provides you with more detail about specific food and drink which can be used WITH CARE and may be alternatives to what is currently provided.

Nuts & Seeds	Nuts and seeds are high in fat (most of which is not saturated) and provide fibre, minerals and vitamins. Salted nuts are not permitted . Refer to the Council's nut allergy policy
Toast	<p>Toast to be made from breads that are white, granary, seeded or wholemeal and served with 'spread' or jam. Spread used on toast must be labelled "low in saturates" as butter cannot be used because it is high in saturated fat.</p> <p>Spreads that meet the following criteria can be used in schools: Saturated fat content of 20g per 100g or less and combined monounsaturated and polyunsaturated fat content of 30g per 100g or more.</p>
Breakfast Cereal	Breakfast cereals or porridge with semi-skimmed milk may be provided. It is recommended that cereals with large amounts of added sugar* are avoided. Some cereals you might want to use include oats, shredded wheat, and weetabix.
Yoghurt	<p>There are many types of yoghurt* and fromage frais available and the fat/sugar content of these varies. Choose the lower fat and sugar varieties. Avoid yoghurts with 13% or more sugars (13g/100ml). Yoghurts containing confectionary e.g. chocolate coated balls/flakes are not permitted.</p> <p>See Food Standards Agency for guidance on foods/drinks containing artificial sweeteners.</p>

<p>Crisps and other Savoury Snacks</p>	<p>Only pre-packaged savoury snacks with:</p> <ul style="list-style-type: none"> • pack size of no more than 25g • no more than 22g of fat per 100g • no more than 2g of saturates per 100g • no more than 0.6g of sodium per 100g • no more than 3g of total sugar per 100g are permitted. <p>Savoury crackers, oatcakes and breadsticks (that meet the above criteria) can be provided, but only outwith lunchtime. 'Walkers Lites'[™] is the only readily available crisp that currently complies.</p>
<p>“Home Baking”</p>	<p>Home baked items* such as flapjack, cakes, and biscuits can be made available as a snack if they meet the healthy home baking guidance also provided. As chocolate in any form, is not permitted, cocoa powder may be used in home baking. If required, home baking can be provided in school from the School Catering Service.</p>
<p>Drinks</p>	<p>See Food Standards Agency for guidance on foods/drinks containing artificial sweeteners – www.food.gov.uk</p>

5 Celebrations, Special Events, School Trips and Rewards

The 'Act and 2008 nutritional requirements' also encourage those playing a role in organising social, cultural or recreational events to consider encouraging and promoting healthier options, in keeping with the ethos of the health promoting school. Such events may involve considerable input from parents, teachers, pupils and the wider community in providing food/drink. This section provides guidance for Aberdeenshire schools on food/drink provision for special/occasional events

Many children grow up believing that anything healthy can't be nice and anything nice can't be healthy. Providing healthier foods at special/occasional events can help them to examine these misconceptions. Fruits, salads and even vegetables can be seen to be attractive and desirable precisely because they are part of such special events. Schools should involve children and young people in planning events and deciding on healthier menu items, taking into account the season and make best use of locally grown or sourced produce.

Special/Occasional Events

Most of these events are enjoyable informal activities that can take place once a month, term or year. These can be important social events for the school community. Food and drink can help make the event fun and enjoyable for everyone. Children's favourite foods are often provided at these events including many things we remember from our own childhood.

These events are, socially and culturally significant. The food and drink that we consume at them are special. Due to the special status of these events, they represent a real opportunity for introducing children to healthy special food and drink alongside or instead of less healthy ones.

Many people feel that, as these are special/occasional events, we should have a relaxed attitude to food and drink and give children what we think they want rather than what is good for them. **All foods are acceptable in moderation.** Any of these foods can take their place in a healthy balanced diet. The message is to have those foods which are high in sugar and fat as a treat rather than as an everyday food and therefore an occasional celebration/party as a special event is permissible under the Act.

Advice on Children's Birthday Celebrations

Food and drink brought into school to celebrate birthdays is not covered by the regulations but, as the celebration of birthdays may occur frequently in some schools the EL&L Service endorses the fact that school communities should encourage and promote the wider school community to provide healthier options. We recommend discouraging parents/carers from providing large sweet, sticky cakes in favour of more suitable alternatives e.g. fruit, mini muffins.

School Trips

Some trips include a visit to a particular cafe or restaurant, so consider here:

- Cafes chosen for a school trip acquire a special status precisely because they are not everyday events. You should ensure they have a good reputation for healthy food.
- It may be that prior negotiation and guidance to the cafe from the school would enable them to provide something more appropriate. Some cafes might be happy to provide a healthy “meal deal” which includes fruit, vegetables or salad in the price.

If looking for healthier options consider those venues who provide a good choice of fruit and vegetables, attractive salads, wholemeal bread, vegetable based soups, suitable drinks such as water, milk, pure fruit juice or smoothies and starchy foods other than chips (such as:- potatoes, rice, pasta, wraps).

Meals eaten at cafes during school trips allow pupils to learn and practise their social skills of eating out. Social skills and good manners are useful life skills learned from their friends, teachers and support personnel. Certain types of cafe or restaurant lend themselves better than others to the acquisition of such skills. Self-service fast food restaurants serving food without cutlery can sometimes provide the least opportunity for this.

Packed Lunches

Whilst foods that are not allowed under the Act cannot be banned from packed lunches we value the efforts of schools in working in partnership with parents to encourage healthier options being included in home packed lunches.

Many school trips involve pupils being out of school at lunchtime. Remember that your school catering service can provide packed lunches for such events.

Contact your school catering service personnel on site for more details.

Rewards

As part of being a “Health Promoting School”, school communities will probably have reviewed their approach to the use of food/drink when it is used as a reward, encouraging fruit rather than sweets. Similarly for activities after school, any food and drink used should re-enforce the messages for pupils that they receive during their school day.

It is customary for rewards to be provided for something that has been done well. This is an opportunity to provide foods e.g. fruits such as cherries, strawberries, pineapple etc. Cheaper foods like carrots and apples might not have the same status.

A practical solution would be to provide non-food rewards. Pupils could be involved in deciding what rewards are valuable to them by selecting the type of rewards.

Healthier foods that can be provided at events

- Strawberries, grapes, melon, pineapple etc.
- Fruit kebabs (children can make their own)
- Corn on the cob
- Soup – Leek and potato, lentil, Scotch broth and smoked haddock chowder
- Dried fruit and nuts (beware of allergies)
- Frozen yoghurts and sorbets
- Cherry tomatoes, carrot and cucumber sticks with dips
- Healthier home baking (see separate guidance)
- Sandwiches or wraps include low fat fillings with a range of breads, filled pitta breads
- Breadsticks and oatcakes
- French bread pizza.

To promote good oral health, offer the following items **only as part of a meal** and not as snacks:

- Fruit Smoothies (offer a choice of fruits, yoghurt, fruit juice and milk for the children to design their own)
- Pure fruit juice
- Dried fruit
- Sweet foods e.g. muesli bars.

These ideas are all appropriate for an informal event (rather than a sit down meal) and most can be eaten while standing up and moving around. The above list can be added to. Fatty, salty or sugary foods should be offered only in moderation.

Similarly for activities after school, any food and drink used should reinforce the messages for pupils that they receive during their school day.

As a rough guide, at least one third of the food available should be fruit, salad or vegetable based. This is because most children and adults in Scotland do not eat enough food from this group and their health would benefit from increasing their current intake.

Summary

The main message is to demonstrate that healthy food and drinks can be part of special occasions and celebrations. It builds a positive association between the event and the food, promoting healthier eating as something that can be enjoyed rather than simply endured. Whether it is a school fair, disco, trip or reward scheme, parents, pupils, caterers and teachers can all play their part in ensuring that food reflects the ethos of a health promoting school.

6 Healthier Baking

Home baking is often produced for consumption at school for snacks and brought from home for special and occasional events e.g. fairs, other social events. This information has been written to help home cooks, and pupils/staff provide healthier home baking. Home baking contributes to the life of a school community and there are no plans to restrict it.

The Aberdeenshire EL&L Service endorses the fact that school communities should encourage the wider school community to provide healthier options, if and when providing home baking for a social, cultural and/or recreational event. This is in keeping with the ethos of a health promoting school.

EL&L School Catering Service will be implementing these principles for their range of home baked items. By providing the following tips we hope that home cooks, who give up their time by baking for special and occasional school events, will want to follow them too.

Baking in school can play a key role in contributing to children and young people developing a range of core skills and knowledge that should also support them in making healthier choices in later life. The competencies they develop through these learning experiences can also be met both within, outside the school setting and at home or through other activities.

Changes to lifestyles and work patterns can mean that children and young people are less likely to see and help their parents/carers prepare meals from scratch at home. However, recently there appears to be a turnaround and the absence of practical cooking skills is seeing a revival, particularly in the early years and primary sectors.

We also encourage pupils, teachers and those supporting cooking in schools to build into their planning for what is to be cooked the tips provided in this section.

The 2008 nutritional requirements states that the regulations do not apply to food and drink used in teaching food preparation and cookery skills, provided that any food so prepared is not served to pupils as part of a school meal. However, as endorsed and supported by this guidance, they do recommend that any food and drink chosen for such activities (as above), reflect as far as possible the ethos of the health promoting school.

Six Tips for Healthier Baking

1. Use less sugar - limit use of sugar (including honey, jam and syrup) to 12.5% (1/8). This equates to 50g (2 oz) for every 400g (1lb) of ingredients. This is in line with the Food Standards Agency's definition of medium sugar food content.
2. Use fruit and vegetables - dried fruit (raisins, dates, apricots etc), bananas, carrots, courgette, beetroot, and apples can all be used in baking, try substituting for some of the sugar in recipes.
3. Use high fibre ingredients alongside, or instead of, white flour - substitute some of the white flour in recipes with wholemeal flour or oats (you may need more raising agent), or you can add more nuts (be allergy aware, baking will need to be labelled) and seeds. This makes the cakes more substantial and filling.
4. Do not add any salt - most recipes do not need added any salt (baking powder, bicarbonate of soda all contain salt).
5. Use less fat - cakes, biscuits and tray bakes can be made with 20% fat or less (1/5). This means using no more than 80g (3oz) of fat, oil or butter for every 400g (1lb) of total ingredients. This is in line with the Food Standards Agency's definition of a medium fat food content.
6. Use unsaturated fat - avoid hydrogenated fats. Use liquid vegetable, rapeseed or olive oil (as used in many carrot cake recipes). Alternatively, try a block of vegetable fat that is labelled low in saturates. If a buttery taste is required try adding half butter and half oil as a compromise. Saturated fat is a major cause of ill health. Unsaturated fats are much healthier. By doing this and restricting the total fat you should be able to get the saturated fat down to 5% or less. This is in line with the Food Standards Agency's medium rating for saturated fat.

The 2008 regulations state that chocolate in any form, any products wholly or partially coated with chocolate and any chocolate-flavoured substance used in cakes and biscuits are not permitted. However, cocoa powder may be used in home baking.

Flapjacks, scones, carrot cake, cookies, fruit cake, apple cake are all examples of items that can be made using several of the six tips described above.