










## SmartFood nutrient criteria

When planning your food service menu, it is important to know whether each food, drink or dish is classified as GREEN, AMBER or RED. This is based on the item's overall nutritional content and portion size.

Some food and drinks can easily be classified by looking at Table 3, the traffic light table for food, drinks and ingredients. These items do not need any further assessment, for example fresh fruit, which is always GREEN.

Other food, drinks or dishes could be GREEN, AMBER or RED depending on their size, nutritional content or ingredients. These items need to be classified using the SmartFood nutrient criteria, which is shown in Tables 3 to 6. The SmartFood nutrient criteria is used to classify food and drinks based on the information on the nutrition information panel (NIP).

**Table 3: Hot food items and mixed dishes assessed per 100g**

Hot food items and mixed dishes assessed per 100g		Nutrient criteria			
		Energy (kJ) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g	
1.1	Savoury pastries, pizzas, oven-baked potato products, dim sims, spring rolls, cup style noodles, tinned spaghetti and dried packet-ready meals	 A	1000kJ or less	5g or less	400mg or less
		 R	More than 1000kJ	More than 5g	More than 400mg
1.2	Meat and plant-based products crumbed and non-crumbed (including burgers, patties, strips, balls or nuggets), sausages, frankfurts, saveloys and hot dogs	 A	1000kJ or less	5g or less	450mg or less
		 R	More than 1000kJ	More than 5g	More than 450mg
1.3	Commercial meals and dishes based on the five food groups: • Rice, noodle, pasta dishes • Stews, casseroles, curries • Salads • Egg dishes (without pastry)	 G	750kJ or less	2.5g or less	300mg or less
		 A	1000kJ or less	5g or less	450mg or less
		 R	More than 1000kJ	More than 5g	More than 450mg
1.4	Soups (commercial) • All dried soups are AMBER	 G	–	2g or less	300mg or less
		 A	–	More than 2g	More than 300mg

**Table 4: Snack food items assessed per serve**

Snack food items assessed per serve		Nutrient criteria			
Category		Energy (kJ) per serve	Saturated fat (g) per serve	Sodium (mg) per serve	Fibre (g) per serve
2.1 Sweet snack food, biscuits, slices, balls and bars	A	600kJ or less	3g or less	–	1g or more
	R	More than 600kJ	More than 3g	–	Less than 1g
2.2 Savoury snack food, biscuits, crackers, chips and crisps	A	600kJ or less	2g or less	200mg or less	–
	R	More than 600kJ	More than 2g	More than 200mg	–
		<i>Energy must be 1800kJ or less per 100g</i>			
		<i>Energy more than 1800kJ per 100g</i>			
2.3 Ice-creams, milk-based ices, custard and dairy desserts	A	600kJ or less	3g or less	–	–
	R	More than 600kJ	More than 3g	–	–
		<i>Milk listed as the first ingredient</i>			
		<i>Milk not listed as the first ingredient</i>			
2.4 Un-iced cakes, muffins, sweet pastries, scones or scrolls (plain or sweet)	A	900kJ or less	3g or less	–	1.5g or more
	R	More than 900kJ	More than 3g	–	Less than 1.5g
2.5 Unfilled savoury breads, pull-aparts, twists, garlic or herb breads, savoury or vegetable muffins, scones or scrolls	A	900kJ or less	3g or less	300mg or less	–
	R	More than 900kJ	More than 3g	More than 300mg	–

**Table 5: Ingredients assessed per 100g**

Ingredients assessed per 100g		Nutrient criteria		
Category		Energy (kJ) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g
3.1 Pasta sauces and simmer sauces	<b>G</b>	–	2g or less	300mg or less
	<b>A</b>	–	More than 2g	More than 300mg
3.2 Processed meats: • Luncheon meats - devon, chicken loaf, silverside, pastrami • Free flow chicken meat • Cured meats – ham, bacon • Smoked fish - salmon, trout	<b>A</b>	1000kJ or less	3g or less	1200mg or less
	<b>R</b>	More than 1000kJ	More than 3g	More than 1200mg
3.3 Corn chips and taco shells	<b>A</b>	2200kJ or less	5g or less	330mg or less
		<i>Serve size 30g or less; must be served with vegetables</i>		
	<b>R</b>	More than 2220kJ	More than 5g	More than 330mg
		<i>Serve size more than 30g; not served with vegetables</i>		
3.4 Dips and salsa: legume, dairy or vegetable based	<b>G</b>	–	2g or less	750mg or less
	<b>A</b>	–	More than 2g	More than 750mg
3.5 Mayonnaise and salad dressings	<b>G</b>	–	3g or less	750mg or less
	<b>A</b>	–	More than 3g	More than 750mg

**Table 6: Breakfast cereals assessed per 100g**

Breakfast cereals assessed per 100g		Nutrient criteria		
Category		Saturated fat (g) per 100g	Fibre (g) per 100g	Sugar (g) per 100g
4.1 Breakfast cereals not containing dried fruit	<b>G</b>	2g or less	5g or more	20g or less
	<b>R</b>	More than 2g	Less than 5g	More than 20g
4.2 Breakfast cereals containing dried fruit	<b>G</b>	2g or less	5g or more	25g or less
	<b>R</b>	More than 2g	Less than 5g	More than 25g