

Healthy Moves Breakfast Club

Guidelines for Healthy Choices

Background

Healthy Moves is improving children's health - step by step. It is a community-wide approach to enhancing the social, economic and environmental health and wellbeing of children that attend Warrnambool schools. In response, this also has a positive impact on the parents, teachers and support staff at Warrnambool schools and, as such, the wider Warrnambool community. It is a program unique to Victoria that has been enthusiastically embraced by the people of Warrnambool. It is fun, educational and successful - up to 70 per cent of the city's primary school population taking part in its specific activities.

Breakfast club

The importance of breakfast is well recognised, with those who consume breakfast each day exhibiting improved alertness, concentration, mental performance, mood and memory. For school children, consuming breakfast assists with an improvement in learning outcomes. In Australia, it is estimated that 1 in 7 children are skipping breakfast or going to school hungry. By providing a breakfast at school option, this statistic can be reduced.

Breakfast guidelines

Supporting and encouraging healthy food choices in breakfast club will help to promote good choices for the future and also giving the children eating breakfast at school the best start to the day. The guidelines for choosing breakfast have been developed in line with the traffic light system, where green foods are the best choice, amber are select carefully and red being not recommended. This messaging is consistent with other recommendations for lunchboxes and canteens. It is preferable that these guidelines are used to assist with making healthier choices.

Nutrition recommendations when selecting breakfast foods

The following Tables (1-3) provide essential information when making informed choices around breakfast foods. In addition, refer to Figure 1 to assist in identifying the key parts of reading a food label in making informed healthier choices.

Table 1. Guideline to selecting healthier breakfast cereal options using the traffic light system.

Type of Cereal	Label Information
Best Choice: Wholegrain, wholewheat flakes, wholegrain puffed cereals, rolled oats, wholewheat biscuits. Low in added sugar higher in fibre and without added confectionery	Breakfast cereals not containing dried fruit <ul style="list-style-type: none"> • 20g or less sugar / 100g • 5g or more fibre / 100g Breakfast cereals containing dried fruit <ul style="list-style-type: none"> • 25g or less sugar / 100g • 5g or more fibre / 100g
Select Carefully: Refined cereals Added sugar, low in fibre, high in salt	Refined breakfast cereals with added sugar and low fibre.

Table 2. Guideline to selecting healthier bread options using the traffic light system.

Type of Bread	Examples
Best Choice: Choose wholemeal, wholegrain, multigrain or white bread with added fibre	Breads/rolls, bagels, crumpets, muffins, multigrain, rye, wholegrain, wholemeal, white high fibre, raisin and fruit breads or fruit buns (no icing), glazed fruit buns, pikelets and pancakes
Select Carefully: White varieties of bread	White breads/rolls
*Use spreads and condiments sparingly * Check the school policy regarding the use of nuts and nut products	

Table 3. Guideline to selecting healthier breakfast drinks using the traffic light system.

Types of Drinks	Examples
Best Choice: Milk and water	<ul style="list-style-type: none"> • Plain milk or water is best. • If choosing flavoured milks maximum 375ml serve size
Select Carefully: Fruit and vegetable juice	<ul style="list-style-type: none"> • Maximum 250ml serve size • At least 99% fruit/vegetable juice • No added sugar
Not Recommended: Sweetened drinks and sweetened water	<ul style="list-style-type: none"> • Soft drinks, iced tea, cordial, sports waters, sports drinks, flavoured mineral water, energy drinks, sweetened waters • Fruit/vegetable juices with less than 99% fruit juice or added sugar or greater than 250ml serve size • Coffee style milk drinks

Figure 1. Example of how to read a food label highlighting key nutrients and sections within the label to refer to.

Snack Bar

NUTRITION INFORMATION

SERVING SIZE: 20g
6 serves per package

	QUANTITY PER SERVING	QUANTITY PER 100g
ENERGY	334kJ	1670kJ
PROTEIN	1.5g	7.3g
FAT, TOTAL	2.2g	11.0g
-saturated	0.2g	1.0g
CARBOHYDRATE	12.5g	62.5g
-sugars	2.9g	14.3g
DIETARY FIBRE	1.9g	9.5g
SODIUM	2mg	9mg

Contains gluten-containing cereals and soy.

INGREDIENTS

Wholegrains 36% (Rolled oats, popcorn 11%), rice syrup, glucose, honey 13%, puffed rice (rice flour, rice bran), sunflower seeds, sunflower oil, oat flour, natural vanilla flavour, cinnamon.

Serving Size: The quantity of food the manufacturer regards as a serve.

Quantity Per Serving: The quantity of the major nutrients in the manufacturer's serve size.

Quantity Per 100g: The quantity of the major nutrients in 100g of the food. You can use this information to compare products.

Ingredients: Listed in order from highest to lowest, according to weight of the ingredients in the product.

Percentage Labelling: The percentage of key ingredients in the product. Eg: in this product whole grains are a key ingredient.

Reference:

Australian Government Department of Health and Ageing. 2010. *National Healthy School Canteens: Guidelines for healthy food and drinks supplied in school canteens*. Access: [http://www.health.gov.au/internet/main/publishing.nsf/Content/5FFB6A30ECEE9321CA257BF0001DAB17/\\$File/Canteen%20guidelines.pdf](http://www.health.gov.au/internet/main/publishing.nsf/Content/5FFB6A30ECEE9321CA257BF0001DAB17/$File/Canteen%20guidelines.pdf) Accessed: December 15th 2015.