

# HSC Nutritional Standards: dairy and alternatives

Nutritional Standards: Dairy and alternatives

## Nutritional Standards

3.1 Milk and dairy foods must be offered at all times.

3.2 At least 75 per cent of milk (on display) must be semi-skimmed, 1 per cent fat or skimmed milk.

3.3 At least 50 per cent of all hard yellow cheese used in meal preparation or on display must not exceed a total fat content of 25g of fat per 100g.

3.4 At least 75 per cent of yogurts (used in meal preparation or on display) must be low fat (that is, they must contain less than 3g fat per 100g) and low sugar (that is, containing less than 11g of sugar per 100g).

3.5 If offered, plant-based milk alternative drinks must be fortified with calcium and unsweetened.

## What foods are included

- all types of pasteurised milk, including dried milk, reduced fat milk, goat's and sheep's milk
- all types of cheeses, for example Cheddar, Cottage cheese, cheese spreads, Edam, Goat's cheese, Stilton and Camembert
- yogurt (fruit or plain, whole milk or low fat), or fromage frais
- milk-based sauces, custard and milk puddings
- fortified and unsweetened plant-based drinks and yogurts, for example rice, nut, oat and soya