



healthyfood@sport

Healthy Food@Sport newsletters provide community sports clubs with information to help them implement a range of healthy options in canteens. The newsletters will feature recipe ideas and tips on healthy eating and hydration for parents, coaches, officials, club administrators and participants.

April 2012

Issue 4 – Making Healthy Choices



Information about the 'Traffic Light System'

We are fortunate in Australia to have a large variety of fruit and there are lots of ways of preparing and eating it. As you will know there are many products on the market that are fruit flavoured, or have a small amount of fruit in them, but do not provide the nutrients of a real piece of fruit.

Below are some colour-coded lists to help you know where a fruit based food fits in with the **Traffic Light System**:

- **Fresh fruit**
- **Frozen fruit**
- **Canned or pureed Fruit in natural juice**
- **Dried Fruit**
- **Jam used sparingly**
- **Fruit juice (at least 99% fruit juice and no added sugar)**
- **Fruit flavoured confectionary**
- **Fruit flavoured soft drinks (added sugar)**
- **Juice with less than 99% fruit juice and/or added sugar**

If a product is whole fruit or has greater than 99% fruit juice with **no added sugar** it is perfect for your canteen menu. Note that serves of fruit juice should be no greater than 250mls.

Also, if you add sugar to fruit it will move it from the **green** category to **amber** or **red** depending on the amount of sugar added.

Please refer to the Tips for Using the Traffic Light System Fact Sheet for further information on how to **green** up your menu and how to market a **greener** menu.

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A joint Australian, State and Territory Government initiative under the National Partnership Agreement on Preventive Health



Tips for Increasing Fruit in Your Canteen

Here are some tips to help you increase the amount of fruit that you sell in your canteen.

- Try selling mixed fruit in plastic/paper cups.
- Make sure that your fruit products are up the front for the customers to see.
- Include a piece of fruit with your meal deal specials.
- Chunks of fruit can be included in jelly for an amber snack (maximum serve 200mls).
- Add chunks of fruit or pureed fruit to muffins – this makes them fluffier plus adds that fruit.
- Try fruit filled jaffles. By the way – these are delicious for adults as well.
- Rotate the variety on offer to encourage customers to try different fruit.
- Finally, make sure you provide fruit that is in season and fresh.

Go Greener by Eating Fruit

Fruit provides us with a range of vitamins and minerals which are essential for growth and every day health. Children aged 4-7 years and 8-11 years should aim for one to two serves of fruit per day and at least two serves for children 12 years and older.¹

What is a serve?

One serve of fruit is:

- 1 medium sized apple, banana or orange
- 1 cup of cut up fresh fruit
- 2 fresh apricots
- 4 dried apricots
- ½ cup of fruit juice (note that only one serve of fruit should be from fruit juice in any one day)

As with vegetables, it is important to eat a variety of different coloured fruits to ensure that you get all the nutrients you need.

1. Australian Guide to Healthy Eating: Background Information for Consumers, 1998, Commonwealth of Australia.

AMBER Apple Cinnamon Muffin Recipe

Ingredients

Serves	12	24
Wholemeal plain flour	¾ cup	1 ¼ cups
SR flour	¾ cup	1 ¼ cups
Baking powder	¼ tsp	½ tsp
Ground cinnamon	1 tsp	2 tsp
Brown sugar	¼ cup	½ cup
Egg	1	1
Milk, reduced fat	¾ cup	1 ½ cups
Vanilla essence	½ tsp	1 tsp
Canola oil	½ cup	¾ cup
Tinned pie apples (chopped)	220g can	2 cans

Cooking spray and paper patty pans

Method

Preheat oven to moderately hot (170 degrees). Place a paper patty pan in each muffin case and lightly spray. Sift flours and baking powder together into a bowl. Mix through cinnamon and sugar. In a jug, whisk together egg, milk, vanilla essence and oil. Make a well in the centre of the flour mixture and pour in egg mixture. Stir gently, and then fold in apples. Place mixture into patty pans and bake in oven for 20-25 minutes.

Cost per serve: \$0.45 approximately for the ingredients.

Contact Details

For further information about the Healthy Food@Sport project please contact Grant Voysey on 6207 1696 or grant.voysey@act.gov.au

To access the range of newsletters and fact sheets in this series please visit:

www.health.act.gov.au