

## **APPENDIX 1 –NUTRITION CRITERIA FOR ASSESSING CHILDREN’S MEALS**

The nutrition criteria for assessing children’s meals, according to the Australian Quick Service Restaurant Industry Initiative for Responsible Advertising and Marketing to Children, are as follows:

### **1. Meal composition**

- a. The meal must be comprised of at least a main and a beverage.
- b. The meal should reflect general principles of healthy eating as defined by credible nutrition authorities.

### **2. Energy**

- a. The meal must satisfy an energy criteria based on the Nutrient Reference Values<sup>1</sup> for children of different age groups. The maximum energy limits for each target age group are as follows:
  - i. 4-8 years - 2080 kJ per meal
  - ii. 9-13 years - 2770 kJ per meal

### **3. Nutrients of public health concern**

- a. The meal must not exceed maximum limits as follows:
  - i. Saturated fat - 0.4g per 100kJ;
  - ii. Sugar - 1.8g per 100kJ; and
  - iii. Sodium - 650mg per serve.
  
- b. Overall, the average level of saturated fat, sugar and sodium in the meal will be less than what children are currently eating (based on the Children’s Survey<sup>2</sup>).

The nutrition criteria for assessing children’s meals have been developed by a team of Accredited Practicing Dietitians in consultation with national guidelines and authorities on children’s nutrition. These criteria will be piloted over the next 12 months and updated as required to reflect changes in nutrition science and NHMRC recommendations. Specific details on the nutrition criteria are outlined in a compliance tool provided to signatories of this Initiative.

### **References**

1. National Health and Medical Research Council. Nutrient Reference Values for Australia and New Zealand. Canberra: Commonwealth of Australia; 2006.
2. Australian Government: Department of Health and Ageing. 2007 Australian National Children’s Nutrition and Physical Activity Survey. Canberra: Commonwealth of Australia; 2008.