

Swaps for processed red meat products

All processed red meat products are classified **RED** and most are now off the menu.

Processed meats such as ham have traditionally been a prominent ingredient in a range of menu items sold at school canteens, from sandwiches and toasties, to pizzas and other savoury baked items.

Current evidence recommends we avoid processed red meats due to their strong association with bowel and other cancers.

Processed red meats are now classified as **RED** according to the WA School Food and Drink Criteria and must be off the menu at school canteens. Only ham products that meet the nutrient criteria can be sold as a 'selected **RED** item' a maximum of two days per week and included in the maximum 40% **AMBER** count of a menu.



Processed red meat includes:



- Ham
- Bacon
- Salami
- Chorizo
- Pastrami
- Polony
- Corned beef
- Beef jerky

The reclassification of processed red meat doesn't mean you have to stop selling your popular menu items. Instead, introduce some easy swaps to make these meals more nutritionally balanced.

Swaps for processed red meat products

In sandwiches, toasties and wraps, swap ham for:

- Shredded BBQ chicken with skin removed.
- Roast lean beef.
- Deli style chicken or turkey (that meets the nutrient criteria and served with half a serve of salad or vegetables) note this an **AMBER** savory commercial product.
- Canned tuna.
- Boiled or curried egg.
- Char-grilled vegetables such as pumpkin, eggplant, or capsicum with hummus.
- Vegetable and legume patties such as falafel.
- Chickpea mash.



In other savoury items such as muffins or scones make veggies the hero!

Try these combinations:

- Pumpkin, spinach and feta.
- Zucchini and corn.
- Tomato and cheese.
- "Mexican muffins" – capsicum, corn, coriander and Mexican spices.
- "Super green muffins" – spinach, peas and broccoli.
- "Mediterranean muffins" – chargrilled capsicum, zucchini and sundried tomato.



On pizza, swap ham and other processed red meats for:

- Shredded BBQ chicken with skin removed.
- Grilled vegetables such as capsicum, eggplant, zucchini.
- Oven baked pumpkin or sweet potato.
- Other vegetables such as broccoli, mushrooms, tomatoes.


FoodChecker

Remember FoodChecker is here to take the guess work out of classifying foods and help you find healthier alternatives.