

Food and drink serve size allowances

Under the WA School Food and Drink Criteria, a number of food and drink products have serve size allowances. This restricts the sale of some items by classifying them as **RED** if they exceed their serve size allowance. Ensure your canteen is compliant by checking your products against the serve size allowances for the following products.



Dried fruit with no added sugar.

Maximum serve size 30g.

100% fruit leathers.

Maximum serve size 25g.



Plain, vanilla and fruit flavoured dairy desserts, ice-cream and frozen yoghurt.

Maximum serve size 125g.

All dairy-free ice cream, gelato, sorbet, ice blocks and frozen yoghurt.

Maximum serve size 125g.



Savoury muffins that contain vegetables or savoury and plain scones.

Maximum serve size 60g.

Banana bread, sweet muffins and scones that contain fruit and/or vegetables.

Maximum serve size 60g.



Commercial burger patties, rissoles, meatballs and fish cake.

Maximum single serve size 100g.

Commercial crumbed or coated red meat, poultry, fish or seafood.

Maximum single serve size 100g.

Processed poultry meat.

Maximum single serve size 100g.

Fact Sheet

fresh SNAP



99%-100% fruit, vegetable or mixed juice.

Maximum serve size 250mL.

Commercial flavoured dairy milk.

Maximum serve size 300mL.

Commercial flavoured dairy milk.

Serve size between 300mL - 500 mL.

Commercial coffee style drinks (high school only).

Maximum serve size 300mL.

Hot coffee served with milk (high school only).

Maximum serve size 300mL.

Hot flavoured milk drink.

Maximum serve size 300mL.

Hot flavoured milk drink.

Serve size between 300mL - 500mL.



If you are making up individual serve drinks from a large bottle, they must still meet these serve size allowances.



Not sure if your food or drink meets its serve size allowance? Simply search for the product in FoodChecker and find out instantly.

 **FoodChecker**



Government of Western Australia
Department of Health

**Nutrition
Australia**