



healthyliving
award
the sign of **healthier** food

important!

changes to the **healthy**living **award** criteria



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Changes to **healthyliving award** criteria

Following a review of the **healthyliving award**, a small number of changes have been made to the criteria. In accordance with the Award Schedule of Regulations the award criteria can be changed at any time; the criteria are reviewed annually by the healthyliving award with assistance from the Food Standards Agency Scotland.

This document presents changes to the criteria. It is important that you introduce these changes as soon as possible; you will be assessed based on these new criteria at your next assessment visit.

Please note that this document supports your original Guidance for Applicants folder – these new criteria should be introduced alongside the criteria listed in the Guidance for Applicants folder.

If you have any queries about this document please contact:

healthyliving award

Consumer Focus Scotland
Royal Exchange House
100 Queen Street
GLASGOW
G1 3DN

Tel. 0141 226 5261

Email: enquiries@healthylivingaward.co.uk

Fats & Oils

- 1% milk can be classed as a **healthyliving choice**[®].
- If you serve yoghurts, low fat, fruit-based varieties must be available, which contain less than 3grams of fat per 100 grams and less than 16grams of added sugar per 100grams (single serve pots greater than 100 grams in size must contain less than 18.8 grams of sugar per portion).
- Flavoured oils, even if made with olive oil, are NOT **healthyliving choices**[®].
- **As often as possible** – serve higher-fat, food-based accompaniments only as optional extras e.g Yorkshire pudding, naan bread, garlic bread etc.
- **As often as possible** – serve dishes containing oil rich fish such as salmon, mackerel or sardines. Dishes should contain at least one portion of fish per serving.

Salt

- Use stocks and bouillons sparingly.
- **As often as possible** – avoid using multiple salty ingredients in one dish, for example a sandwich containing both cheese and ham.
- The **healthyliving award** does not endorse the use of salt substitutes in cooking. Instead, we recommend that you take steps to actively reduce the amount of salt and salt related products you use.

Sugar

- If you serve soft drinks you must provide sugar-free alternatives to soft drinks (less than 0.5 grams of sugar per 100ml). Note, these drinks should not be highlighted using the apple logo.
- If you serve flavoured waters, sugar-free varieties must be available (less than 0.5 grams of sugar per 100 millilitres (ml)). Note, these drinks should not be highlighted using the apple logo.
- The **healthyliving award** does not endorse the use of artificial sweeteners in cooking. Instead, we recommend that you take steps to actively reduce the amount of sugar and sugar related products you use.

Fruit & Vegetables

- You must provide at least two types of vegetables as an accompaniment to hot meals, one of which can be beans, pulses or salad (not including potatoes).

Starchy Carbohydrates

- Customers must be able to choose their starchy accompaniment; do not automatically serve chips with main meals.
- If you serve breakfast cereals unsweetened, higher-fibre cereals that meet our new bought in product criteria must be available, for example porridge, Weetabix, Shredded Wheat or unsweetened muesli. Please note, cereals such as Branflakes, Fruit n Fibre and Special K do not meet the HLA criteria and therefore should not be highlighted using the apple logo.

Food for Children

- You must not promote chips on the menu as a stand-alone snack or meal. Where possible you must only serve chips as an accompaniment to a main meal.
- Where meal boxes are served, a healthyliving meal box must be available and highlighted using the healthyliving apple. The healthyliving meal box should contain:
 - Sandwich containing lower-fat filling;
 - Milk, water or sugar-free drink;
 - Fruit;
 - Suitable snack, for example, yoghurt, baked crisp or bakery product that meet the nutrient specifications for bought-in products listed later in this document.

healthyliving choices[®]

- Do not serve higher-fat, food-based accompaniments such as Yorkshire pudding, naan bread, garlic bread as part of a **healthyliving choice[®]** dish. These should only be served as optional extras and should not appear on the menu as part of the highlighted dish.
- Do not automatically serve chips with healthyliving dishes.
- Use stocks and bouillons sparingly.
- Products such as ice cream, frozen yoghurt or custard can only be part of a **healthyliving choice[®]** dessert if they are served as an accompaniment to a fruit-based dessert which qualifies as a **healthyliving choice[®]**, and only if they meet bought-in product specifications listed later in this document.
- Salads such as coleslaw and potato salad can be highlighted as **healthyliving choices[®]**, but only if:
 1. They are made with lower-fat mayonnaise and/or low-fat yoghurt, and in small amounts;
 2. A poster or sign is clearly displayed explaining how the product is healthier e.g. “our coleslaw is made with lower-fat mayonnaise”
- The following ingredients can no longer be classed as **healthyliving choices[®]**:
 - Feta cheese
 - White wraps
 - Panini bread

Drinks

- Where drinks are served, water, unsweetened fruit juice and low-fat milk must be available and must be highlighted as **healthyliving choices[®]**.

The following drinks, although not required, can also be highlighted using the apple logo:

- Fruit/vegetable blends i.e. smoothies, containing any combination of the following ingredients, either singly or in combination: fruit, vegetable, fruit juice and/or vegetable juice, with no added sugar or salt.
- Combinations of water and fruit/vegetable juice, with no added sugar. These drinks can be made with still or carbonated water.
- Sparkling fruit drinks made with 100% fruit juice and with no added sugar.

Sandwiches

If you provide sandwiches for your customers, you must provide at least one **healthyliving choice**:

To prepare a healthyliving sandwich you must follow the guidelines below:

- Fillings should be lower-fat, for example, lean meat, lower-fat cheese and so on.
- If you use spread, use only a low-fat or unsaturated spread and only in small amounts.
- If you are using mayonnaise as a binding agent, for example, tuna mayonnaise, it must be lower-fat and you must use only small amounts.
- Less than 50% of fillings should be prepared using mayonnaise, for example tuna or chicken mayonaise.
- More than 50% of the sandwiches should be made with higher fibre bread. Please refer to Section 3 in your Guidance for Applicants folder for information relating to acceptable breads.
- At least one sandwich must be made with higher fibre bread and must contain salad, fruit or vegetables.
- If prepared using white bread/rolls, the sandwich must contain salad, fruit or vegetables.

Remember

**A healthyliving sandwich should be made with higher fibre bread
OR,
if made with white bread MUST contain salad, fruit or vegetables**

Bought-in Sandwiches

If you sell bought-in, pre-packed sandwiches, which have nutritional information on the label, the healthyliving sandwiches must be made with higher fibre bread or contain salad, fruit or vegetables, and must meet the nutrient specifications outlined. Please refer to the section on bought-in products, later in this document.

Made-to-order Sandwiches

If you prepare sandwiches upon request, for example from a deli-counter, you must follow the guidelines below:

- A selection of lower-fat fillings must be available.
- Lower-fat spread should be offered to customers.
- Less than 50% of fillings should be prepared using mayonnaise.
- Wholemeal or other higher-fibre varieties of bread and rolls must be available.
- Salad, fruit or vegetables must be available as part of, or as an accompaniment to, the sandwich.
- Salt should not be added automatically to sandwiches – customers should be given the option.

Highlighting healthyliving sandwiches

You must label all of the healthyliving sandwiches using the healthyliving apple logo. Sandwiches should be highlighted in at least one of the following ways:

- Individual sandwich packs are highlighted using the apple logo;
- Healthyliving sandwiches are highlighted on a menu, which is displayed next to the sandwiches.
- Healthyliving sandwiches are grouped together and the shelf, or area of the chiller, is highlighted using the apple logo.
- Where sandwiches are prepared to order, for example from a deli-counter, the healthyliving breads, fillings and salads must be clearly highlighted using the apple logo.

Bought-in products

PLEASE NOTE: THIS INFORMATION REPLACES THE BOUGHT-IN PRODUCT SPECIFICATIONS LISTED IN YOUR GUIDANCE FOR APPLICANTS FOLDER. FROM NOW ON, YOU SHOULD USE THE NUTRIENT SPECIFICATIONS LISTED BELOW WHEN IDENTIFYING HEALTHYLIVING PRODUCTS.

As well as thinking about food that you prepare from scratch, you must also give consideration to bought-in ingredients or products that you want to label as, or use in, a **healthyliving choice**[®] dish.

For example, you might sometimes use a bottled sauce when preparing a stir fry or a bolognese sauce when preparing pasta, or you might use a ready-made dish, for example, pre-packed sandwiches, a lasagne or fish bake.

If you are using a bought-in or manufactured product and want to label it as, or use it in, a **healthyliving choice**[®] dish, you must make sure that the product is suitable to be labelled with the award logo.

To check if a product is suitable you should look at the nutrition box on the product label or request the product specification from your supplier and compare the information on the label or product specification with the nutrient specifications, in this section.

The nutrient specifications must be met for bought-in or manufactured products if:

1. You are labelling a whole product as a **healthyliving choice**[®], for example, pre-packed sandwich or a lasagne; or
2. A bought-in product is a major component in a dish labelled as a **healthyliving choice**[®], for example, a stir-fry sauce.

You should look at the nutrition label if you want to label any of the following products as a **healthyliving choice**[®], or use them as an ingredient in a dish that is to be labelled as a **healthyliving choice**[®].

- **Complete ready meal product**

For example, lasagne, cottage pie and so on.

- **Meat or fish products and vegetarian alternatives**

For example, sausages, burgers, breaded meat or fish products.

- **Cooking or stir-in sauces**

For example, stir-fry sauces, pasta sauces, curry sauces and so on.

- **Soups**

- **Pre-packed sandwiches**

As well as meeting the specifications overleaf, the sandwiches must also comply with the guidelines for sandwiches to be labelled as **healthyliving choices**[®]:

- The sandwich must be made with higher-fibre bread or, if made with white bread must contain salad or vegetables

- **Packeted savoury snacks**

For example, rice snacks, crisps, vegetable crisps and so on.

- **Bakery products**

For example, scone or scone mixes, bought-in fruit cakes and so on.

- **Confectionery**

For example, cereal bars, fruit bars.

- **Yoghurts**

Please refer to specific nutrient specifications for yoghurts overleaf.

Note: The nutrient specifications do not apply to stocks and bouillons, spreads and condiments, including mayonnaise, pickles and relishes.

Nutrient Specifications

There are two sets of specifications. The first set of specifications apply to products which are served in portions of less than 100 grams, for example,

- a packet of crisps weighing 35 grams, or
- a bottle of sauce weighing 300 grams that is used to prepare 10 portions (giving 30 grams of sauce per portion).

The second set of specifications apply to foods that are served in larger portions sizes greater than 100 grams, for example,

- an individual portion of lasagne weighing 300 grams, or
- a tray of cottage pie weighing 1.5 kg, which is divided into 6 portions (weighing 250 grams each).

Nutrient specifications for smaller portion sizes (less than 100 grams)

Nutrient	Must contain less than
Fat	20 grams per 100 grams of product or 10 grams per 100 millilitres (ml)
Saturated fat	5 grams per 100 grams or 2.5 grams per 100 millilitres (ml)
Sugar	12.5 grams per 100 grams or 6.3 grams per 100 millilitres (ml)
Salt	1.5 grams per 100 grams or 1.5 grams per 100 millilitres (ml)
Sodium	0.6 grams per 100 grams or 0.6 grams per 100 millilitres (ml)

Therefore, to be labelled as a **healthyliving choice**[®], 100 grams of the product must contain:

- Less than 20 grams of fat;
- Less than 5 grams of saturated fat;
- Less than 0.6 grams of sodium (or 1.5 grams of salt); and
- Less than 12.5 grams of sugar.

If a single portion of a product weighs more than 100 grams, for example, a pre-packed sandwich weighing 200 grams or ready-made lasagne served in 300 gram portions, you must use the nutrient specifications in the table below:

Nutrient specifications for portion sizes greater than 100 grams

Nutrient	Portion must contain no more than
Fat	21 grams
Saturated fat	6 grams
Sodium	1 grams
Salt	2.4 grams
Total sugar	15 grams

For example, a lasagne that is served in individual portions weighing 300 grams can only be labelled as a **healthyliving choice** if it contains less than 21 grams of fat, less than 6 grams of saturated fat, and so on.

** It is important to remember that you can only label a bought-in, ready-prepared product as a **healthyliving choice** if it meets the specifications for ALL of the nutrients.

Criteria for bought-in single serve yoghurts (for example fruit yoghurt pots)

Nutrient	Must contain no more than
Fat	3 grams per 100 grams
Sugars (portion size up to 100g)	16 grams per 100 grams
Sugars (portion size over 100g)	18.8 grams per portion

Note: Always check the weight of the product so that you use the appropriate nutrient specifications. Some products will list nutrients 'per 100 grams' and 'per portion'. If your product only gives values 'per 100 grams', you can easily calculate the amount of nutrient per portion, as follows:

Calculation for products over 100 grams

Total nutrient in product (g/100g) multiplied by the product weight (g) divided by 100, equals the total nutrient per portion.

For example, a pot of yoghurt weighing 200 grams contains 8 grams of sugar per 100 grams.

The amount of sugar per portion/pot is:

8 multiplied by 200 divided by 100 equals 16 grams of sugar per portion/pot.

WHAT DO I DO NOW?

You must ensure that the changes to criteria are introduced as soon as possible. You will be assessed based on these new criteria at your next assessment visit.

