

Nutrition Standards 2023: Summary of changes

Ka Ora, Ka Ako | Healthy School Lunches Programme

What's the same?

- using the green, amber and red classification system
- using minimum total meal weights
- using minimum weights for meal components
- using an amber allowance
- using Health Star Ratings

What's changed?

- All information is in one place and is easier to follow
- Four main components now make up a meal
- Food categories – restructured and simplified
- Minimum weights – decreases, increases, more added
- Amber allowance – measured in grams & easier to apply
- Portion size limits – some added, some removed
- Criteria for classifying food is clearer and simpler

For full details go to the [Nutrition Standards for Ka Ora, Ka Ako](#)

Meal weight requirements

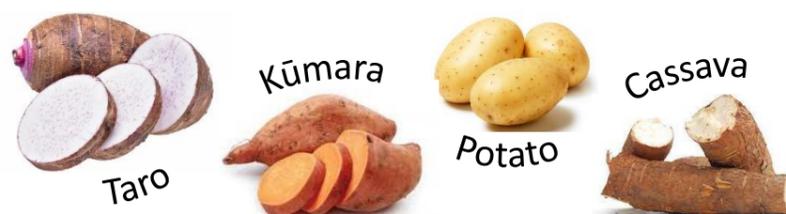
	Yrs 0-3	Yrs 4-8	Yrs 9+
Minimum weights			
Total meal weight	180g	240g	300g
Vegetables (excl. starchy veg)	<i>Cooked</i> 50g <i>or</i> 25g	<i>or</i> 60g <i>or</i> 30g	<i>or</i> 70g <i>or</i> 35g
Grain foods & starchy vegetables*	30g*	60g*	90g*
Protein foods <i>more than half is <u>animal-based</u></i> <i>or</i> <i>more than half is <u>plant-based</u></i>	30g <i>or</i> 45g	40g <i>or</i> 60g	50g <i>or</i> 75g
Additional food items	No minimum weight		
Maximum weights			
Amber items	60g	75g	100g

* for pasta, rice and starchy vegetables aim to include at least 50% more than the required minimum weight

Changes to food categories

Starchy vegetables grouped with grain foods as a main category	Milk & milk products (except cheese) are additional food items	Hummus is now a spread in 'additional food items', and no longer a protein food
Muffins are under the grain foods and starchy veg. category	Cheese remains a protein food	Processed meat is in a sub-category of its own

What counts as a starchy vegetable?



Main changes to food classifications

Foods	2022	2023+
White rice, pasta & noodles	amber	green
Blue top milk	amber	green
Savoury baked items <i>with vegetables/wholemeal & no added salt</i>	amber	green
Cream, sour cream & coconut cream <i>(up to 1 Tbsp)</i>	red	amber
Low fat/salt/sugar table sauces	green	amber
Pastry (except filo)	amber	red
Wholemeal croissants	amber	red
Processed meats <i>with an HSR of 0.5, 1, and 1.5</i>	amber	red

Other key changes

- Grain foods and/or starchy vegetables must be included in each meal and have a minimum weight requirement
- Lower minimum weights for salad vegetables and higher weights for vegetables that are cooked
- Lower minimum weights for plant-based protein foods
- 'Amber' processed meats limited to twice a week
- Sodium criteria removed for 'green' bread products and fibre requirement has decreased from 5g to 3g per 100g
- Soy sauce limited to ½ tsp (2.5 ml) per lunch
- Kilojoule limit removed from packaged foods and replaced with a 40g portion size limit