

 Swan Hill District Health Connected Care. Best Experience	<h2 style="text-align: center;">Food and Nutrition Protocol</h2>
Scope	All Departments
Responsible Dept	Dietetics
Initial Authorisation	Dietetics Manager
Final Authorisation	Food and Nutrition Committee

Purpose/Statement

1. PURPOSE:

Swan Hill District Health (SHDH) recognises the importance of good nutrition and its contribution to the health and wellbeing of patients, consumers, staff and the broader community. This protocol aims to ensure that the nutritional needs of patients/clients/residents and staff are met and a workplace environment is created that supports healthy food choices and eating behaviours.

It is well established that nutrition plays an important role in achieving and maintaining optimal health and wellbeing and as a component of complete and effective health care. Many medical conditions such as overweight and obesity, diabetes, heart and blood vessel disease, and certain cancers can be risk modified and/or treated through dietary management. As a Health Service providing Primary Care services, we play an important role in modelling, educating, informing and supporting our community to make their own choices. SHDH aims to act as a role model for the community of Swan Hill and its surrounds that utilise its facilities. Our service is proactive in providing a health promotion and illness prevention focus, which supports the development and implementation of our own Food and Nutrition Policy & Protocol.

2. BACKGROUND:

Poor eating habits are related to many diet-related conditions, some of which include heart and blood vessel disease, hypertension, stroke, diabetes and some forms of cancer. Time taken off work for the treatment of and recovery from various diet-related diseases contributes significantly to employer costs.

Healthy eating and physical activity are well known contributors to optimal health. Consequently, the promotion of healthy food choices and exercise may improve the health and wellbeing of employees in a workplace and this can influence productivity and staff morale and reduce absenteeism. For the employee, benefits include improved health and feeling of wellbeing, increased self-esteem and job satisfaction.

3. AIMS

The aim of the Food and Nutrition Protocol is to influence the long-term nutritional choices of our patients, consumers, staff and the broader community. An outcome of improving food choices will be to improve the general health of our community and reduce the preventable burden of lifestyle disease.

As a service committed to the health and nutrition of our staff and community, we will aim to:

- Increase awareness of the benefits and importance of learning about and eating a wide variety of nutritious foods.
- Support and encourage our staff and community members to develop the skills, knowledge and attitudes needed to make healthy food choices.
- Provide opportunities for staff and visitors to make healthy food choices and ensure that healthy choices are easy choices to make.
- Encourage individual responsibility for good health by developing an understanding of how good eating habits achieve optimal nutritional health, reduce risk of disease and improve general health and wellbeing of SHDH staff.

Guideline/Outcome

IMPLEMENTATION

The SHDH Food and Nutrition Protocol shall be implemented across all Divisions. Consultation and collaboration between key departments, such as Food Services, Dietetics and Health Promotion shall occur to ensure that the aims of the Policy & Protocol are achieved, in particular, the aim of achieving optimal nutritional health of all SHDH staff. The Food and Nutrition Protocol shall be implemented, developed and disseminated within the organisation through:

1. Staff professional development and nutrition education

- Dietetics Department staff shall provide accurate and up-to-date nutrition information to SHDH staff and community members as requested on topics related to nutrition and health.
- Staff of Swan Hill District Health and their immediate families, are able to seek individual advice from a SHDH Dietitian at no cost.
- Members of the broader community can seek individual advice from a SHDH Dietitian, fees may be incurred.
- Presentations and programs by SHDH staff should complement nutrition education in the community. Dietitians may be utilized as a resource by other staff when planning programs that may have some relevance to food and nutrition.
- Nutrition/diet-related Health Weeks and messaging (e.g. eat.move.smile. campaign) shall be supported and promoted to staff of SHDH and the wider community.

2. Provision, availability and promotion of healthy food and beverage choices at SHDH

- Food and drink available for purchase at SHDH shall be consistent with the SHDH Food and Nutrition Policy and the Victorian Government, Department of Health 2021, [Healthy Choices: Policy directive for Victorian public health services](#). Foods and drinks are classified as follows:
 - **GREEN** – Best choice
 - Good sources of important nutrients
 - Lower in saturated fat, added sugar and/or salt
 - Lower in energy (kilojoules)
 - Higher in fibre
 - **AMBER** – choose carefully
 - Can contain moderate amount of saturated fat, added sugar and/or salt
 - Can contribute to excess energy (kilojoule) intake
 - **RED** – Limit
 - High in energy (kilojoules)
 - Low in important nutrients such as fibre
 - High in saturated fat, added sugar and/or added salt

For examples of 'green', 'amber' and 'red' foods, please refer to Appendix 1 Food and drink examples by nutritional classification
- **Food: For all retail outlets including the cafeteria and vending machines:**
 - at least 50 per cent of food available and displayed is **GREEN**
 - no more than 20 per cent of food available and displayed is **RED**
 - **GREEN** choices are in prominent places (e.g. at eye level)
 - **RED** foods are not promoted or advertised and are placed in the least prominent places (e.g. at the bottom of the machine)
- **Drinks: For all retail outlets including the cafeteria and vending machines:**
 - no sugary **RED** drinks are available or promoted/advertised
 - at least 50 per cent of drinks available and displayed are **GREEN**
 - no more than 20 per cent of drinks available and displayed are artificially sweetened (**AMBER**)
 - Reduced fat milk is available at no cost for tea and coffee to staff
 - **GREEN** choices are in prominent places (e.g. at eye level)

3. Provision of healthy choices when catering for functions/meetings/events

- Foods provided at SHDH functions or presentations conducted by SHDH staff shall be consistent with the Australian Dietary Guidelines (2013), Australian Guide to Healthy Eating, the SHDH Food and Nutrition Policy and above mentioned Department of Health policy/guidelines. See links below.

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- *Catering at functions/meetings/events:* provide at least 50 per cent **GREEN** food options and no **RED** food and supply no sugary (or **RED** category) drinks for workplace catering, functions, and events.
- *Catering for special occasions:* Whilst **RED** food and drink options should be avoided wherever possible, small amounts of **RED** foods or drinks, such as alcohol, may be provided via catering for occasional and defined events

4. **Advertising & promotion**

- **GREEN** food and beverage choices will be made available and promoted at community activities planned by SHDH and promoted and provided to staff.
- Fundraising and promoting **RED** food and drinks is discouraged.
- **AMBER** choices may be promoted but not at the expense of **GREEN** choices
- SHDH will not engage in sponsorship, marketing or advertising to children and youth of unhealthy food and drinks

Key Aligned Documents

- [Food & Nutrition Policy](#)
- [Organisation Health Promotion Plan 2017-2021](#)
- [Staff Health & Welfare Policy](#)
- [Alcohol Policy](#)
- [Food Production Department- Food Safety Protocol](#)

Key Legislation, Acts & Standards

[Australian Commission on Safety and Quality in Health Care. National Safety and Quality Health Service Standards. 2nd ed. Sydney: ACSQHC; 2021.](#)

- Partnering with Consumers

[Aged Care Quality and Safety Commission 2018. Aged Care Quality Standards \(Quality Standards\).](#)

- Standard 2 – Ongoing assessment and planning with consumers

References

- [Australian Dietary Guidelines for Australian Adults NHMRC 2013](#)
- Victorian Government, Department of Health and Human Services (DHHS), 2021, [Healthy Choices: Policy directive for Victorian public health services](#)

Author / Contributors

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Foods and drinks in the GREEN category

Below is a summary of foods and drinks in the GREEN category. For more GREEN choices refer to the *Common foods and drinks classification guide* (Section 5).

Grain (cereal) foods

- Breads, rolls, bagels, English muffins
- Some plain corn/rice cakes and crispbreads
- Plain grains including rice, pasta, noodles, barley, buckwheat, semolina, polenta, burghul, cracked wheat, couscous, quinoa
- Breakfast cereals that meet the GREEN criteria in Table 1 (page 20)
- Filo pastry

Fruit

- Fresh and frozen fruit, including avocado
- Fruit purée or canned fruit in natural juice or water with no added sugar
- Stewed fruit with no added sugar

Vegetables

- Fresh and frozen vegetables
- Canned vegetables

Legumes/beans

- Beans (such as kidney, soy, mung), lentils, chickpeas, split peas, baked beans

Milk, yoghurt, cheese and alternatives

- Reduced-fat plain milk
- Cheese that is naturally lower in fat (including cottage and ricotta) and reduced-fat forms of other cheeses (such as reduced-fat cheddar)
- Reduced-fat plain or flavoured yoghurt and custard
- Calcium-fortified dairy alternatives (including soy/rice/almond drink, soy yoghurt)
- Reduced-fat flavoured milk and calcium-fortified alternatives that are equal to or less than 900 kJ per serve as sold

Lean meat/poultry, fish, eggs and alternatives

- Lean meat (such as beef, pork, lamb, veal, chicken, turkey) with visible fat and skin removed
- Fresh and frozen fish
- Canned fish in spring water
- Eggs
- Tofu and bean curd

Nuts and seeds

- Plain, unsalted, unroasted/dry roasted nuts and seeds in serve sizes up to 30 g
- 100 per cent nut/seed paste with no added sugar, salt or fat

Mixed meals

- Some commercial or freshly prepared ready to eat meals, mixed hot-food dishes or plated dinners that are lower in fat, salt and added sugar and use vegetables, legumes and beans, lean meats, wholegrains and reduced-fat cheeses

Sauces, soups, dips and dressings

- Pasta and simmer sauces, soups, dips, mayonnaise and salad dressings that meet the GREEN criteria in Table 1 (page 20)

Drinks

- Plain, unflavoured water (tap, spring, mineral, soda, sparkling)
- Reduced-fat plain milk
- Calcium-fortified milk alternatives (including soy/rice/almond drink)
- Reduced-fat flavoured milk and calcium-fortified flavoured milk alternatives that are equal to or less than 900 kJ per serve as sold
- Tea and coffee without added sugar



Foods and drinks in the AMBER category

Below is a summary of foods and drinks in the AMBER category. For more AMBER choices refer to the *Common foods and drinks classification guide* (Section 5).

Grain (cereal) foods

- Some savoury breads, scrolls, foccacias and twists
- Some breakfast cereals which do not meet the criteria in Table 1 (page 20)

Fruit and vegetables

- Canned fruit or stewed fruit with added sugar (for example in syrup or jelly)
- Dried fruit in serve sizes up to 30 g
- Some fruit leathers, straps and dried fruit bars that are 100 per cent dried fruit with no added sugar
- At least 99 per cent fruit juice with no added sugar⁷ in serve sizes up to 250 ml
- Ice blocks, ice crushes, gelato and sorbet based on pure fruit juice with no added sugar⁷ in serve sizes up to 250 ml
- Vegetables roasted in oil, marinated and pickled vegetables, olives

A serve of fruit juice in the *Australian dietary guidelines* is 125 ml. For practicality, the maximum serve size for AMBER fruit juices is 250 ml.

Milk, yoghurt, cheese and alternatives

- Regular-fat plain milk
- Regular-fat forms of cheese
- Regular-fat plain or flavoured yoghurt and custard
- Reduced-fat flavoured milk and flavoured milk alternatives that are between 900–1,600 kJ per serve as sold
- Regular-fat flavoured milk and flavoured milk alternatives that are equal to or less than 1,600 kJ per serve as sold

Meat and alternatives

- Meat or poultry with visible skin or fat
- Fish canned in brine, oil or flavoured sauce
- Some meat products and lean, processed meats that meet the AMBER nutrient criteria

(Table 2, page 21), for example some uncrumbed/ crumbed burgers patties, balls or strips and some lean, reduced sodium deli meats (roast beef/turkey breast slices, pastrami, chicken breast pieces)

Nuts and seeds

- Salted nuts and seeds
- Nut and seed pastes with added sugar, salt or oil

Unsaturated fats and oils

- Mono- or poly-unsaturated margarines and oils such as canola, olive, peanut, sesame, sunflower, safflower, soybean, flaxseed

Single hot-food items, ready to eat meals and snack foods

Items that meet the AMBER nutrient criteria (pages 21–22). This includes some:

- savoury-topped breads and pizzas with wholemeal flour and reduced-fat cheese
- steamed dim sims and spring rolls
- oven-baked potato products
- ready to eat meals, mixed hot-food dishes and plated dinners
- savoury snack foods, biscuits and crispbreads
- wholemeal muffins or scones with added fruit and vegetables
- uncoated, un-iced sweet biscuits
- ice-creams, milk or soy-based ice confections and dairy desserts made with reduced-fat milk

Drinks

- Regular-fat plain milk
- Reduced-fat flavoured milk and flavoured milk alternatives that are between 900–1,600 kJ per serve as sold
- Regular-fat flavoured milk and flavoured milk alternatives that are equal to or less than 1,600 kJ per serve as sold
- Fruit and vegetable juices with no added sugar⁸ in serve sizes up to 250 ml
- Ice crushes (for example Slurpees™ and slushies) based on at least 99 per cent fruit juice with no added sugar⁸ in serve sizes of up to 250 ml
- Artificially sweetened drinks with no added sugar.⁸ It is recommended to provide these drinks in the smallest serve size available (for example, less than 375 ml cans)
- Artificially sweetened energy drinks with no added sugar in serve sizes up to 250 ml
- Some formulated supplementary drinks (milk/ alternative based) that are not high in protein

⁷ Added sugar includes sucrose (commonly called sugar), fructose, glucose, honey, fruit juice concentrate, fruit sugar syrup, deionised fruit juice and similar ingredients.

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