

Policy

Healthy Food and Drink Choices

Policy Statement

Healthy food and drink choices must be provided and promoted to staff, volunteers and visitors at:

- ACT Health facilities
- ACT Health activities including meetings, functions, events, education sessions and fundraising activities.

Nutrition Standards have been developed by ACT Health to specify the types of food and drinks to be provided and promoted in the following food and drink supply situations:

- food outlets including cafeterias, cafes, shops
- vending machines
- catering, fundraising, rewards, incentives, gifts, prizes and give-aways
- advertising, promotion and placement
- alcohol
- water provision
- sponsorships.

The Director-General ACT Health or delegate is able to authorise an exemption for occasional social events or fundraising benefits.

The Nutrition Standards use a traffic light system to categorise food and drinks according to their nutritional content:

- **GREEN** (best choices) - contribute a wide range of nutrients and generally low in saturated fat, sugar and salt
- **AMBER** (select carefully) - contribute some valuable nutrients but contribute considerable amounts of saturated fat, added sugar and/or added salt. Also may provide excess kilojoules
- **RED** (limit) - low in nutritional value and may be high in saturated fat, added sugar and/or salt. May also provide excess kilojoules.

Comprehensive information about the traffic light system is provided at **Attachment A**, including foods and drinks in the **GREEN**, **AMBER** and **RED** categories, nutrition criteria for distinguishing amber foods and drinks from red foods and drinks, and information about making healthier choices for some categories of foods.

The traffic light system and the Nutrition Standards are based on the *Australian Dietary Guidelines* and the *National Healthy School Canteen Guidelines: Guidelines for healthy foods and drinks supplied in school canteens (2010)*, with amendments made to account for the

<i>Doc Number</i>	<i>Issued</i>	<i>Review Date</i>	<i>Area Responsible</i>	<i>Page</i>
DGD14-007	Dec 2013	Dec 2016	HIB	1 of 13

target group of adults and children (staff and visitors to health facilities) and ACT Health's requirements for food provision.

The Nutrition Standards provide guidance relevant to the appropriate use of ACT Health public monies for the purchase and supply of food and drinks and guidance about staff action in relation to provision of food and drinks at ACT Health facilities and events.

The Nutrition Standards and staff responsibilities for implementing each Nutrition Standard are set out in **Table 1** below.

Nutrition Standard	Staff Responsibilities for implementation of the Nutrition Standard
1. Food outlets and vending machines	
<p>The majority of foods and drinks sold should be GREEN. GREEN and AMBER foods and drinks should form at least 80 per cent of products available.</p>	<p>Staff must incorporate the Nutrition Standard for food outlets and vending machines into all tenders, contracts, leases and management arrangements that relate to the supply of food and drinks via food outlets and vending machines.</p> <p>Where there are existing contracts, leases and management arrangements, staff should encourage food outlets and vending machines to lead by example and transition to the relevant Nutrition Standard.</p>
2. Catering, fundraising, rewards, incentives, gifts, prizes and give-aways	
<p>The majority of foods and drinks should be GREEN. AMBER foods and drinks may be provided in small quantities only. RED category foods and drinks must not be supplied.</p>	<p>This Standard is the responsibility of all staff who organise these activities, for example through ordering healthy catering and arranging healthy or non-food fundraising items.</p>
3. Advertising, promotion and placement	
<p>Only GREEN foods and drinks should be advertised or promoted. RED or AMBER category foods and drinks should not be advertised, promoted or placed in prominent areas such as on equipment, at point of sale, beside cash registers, at reception desks, on counters in waiting areas or at entrances and exits.</p> <p>Furthermore, RED or AMBER category foods and drinks should not be positioned at eye level within cabinets, fridges, shelves, or as part of free-standing displays. The ACT Health logo should not be used alongside RED or AMBER category foods and drinks.</p>	<p>This Standard is the responsibility of all staff involved in these activities, including staff responsible for negotiating and/or managing contracts and arrangements with food outlets or vending machine suppliers.</p>

Nutrition Standard	Staff Responsibilities for implementation of the Nutrition Standard
4. Alcohol	
<p>The ACT Public Sector Management Standards 2006 stipulate that: “An officer must not, without the prior approval of the Director General —</p> <p>(a) consume alcohol while on duty; or</p> <p>(b) consume alcohol while on government premises during working hours; or</p> <p>(c) carry alcohol in a government vehicle.”</p> <p>In addition, alcohol is not to be provided or used by ACT Health for catering, fundraising, rewards, incentives, gifts, prizes or give-aways.</p>	This Standard is the responsibility of all staff.
5. Water provision	
Tap water should always be available to staff, volunteers and visitors free of charge, for example from water dispensers and/or food outlets.	This Standard is the responsibility of staff who develop specifications for and/or manage infrastructure development, or who negotiate and/or manage contracts/arrangements with food outlets.
6. Sponsorships	
ACT Health sponsorships should be associated with GREEN foods and drinks only. The ACT Health logo should not be used alongside RED or AMBER foods and drinks or alongside logos or advertisements for RED or AMBER foods and drinks.	This Standard is the responsibility of all staff who negotiate and manage sponsorship arrangements.

Table 1: The Nutrition Standards and staff responsibilities for implementing each Nutrition Standard.

Purpose

Obesity and poor diet are major causes of chronic disease and disability amongst the ACT population. The aim of the policy is to contribute to improving health and reducing rates of diet-related disease in the ACT community by:

- creating environments at ACT Health facilities and activities that provide and promote a greater choice of nutritious food and drinks
- making healthy choices the easy choices
- increasing the opportunities for staff, volunteers and visitors to make healthy food and drink choices
- increasing staff awareness and knowledge regarding healthy eating.

ACT Health has a responsibility to provide leadership in the provision of healthy food and drink choices and to be a role model for the community. Provision of healthy food and drink choices will have a positive impact on the diets and health of ACT Health staff and visitors and may potentially have flow on effects to families and other social networks.

Scope

The *Healthy Food and Drink Choices* policy will apply to all situations where food and drinks are sold or provided to ACT Health staff, volunteers and visitors (adults and children).

Locations

- ACT Health facilities, including hospitals, health centres, health services and ACT Health offices.
- Community locations where ACT Health business is undertaken by ACT Health staff (e.g. education, health promotion, health services).

Food and drink supply situations

- Food outlets where food and/or drinks are available for purchase, that are:
 - owned or operated by ACT Health
 - contracted, leased, licensed by ACT Health to a provider, and/or
 - operated under any other management arrangement with ACT Health.These include:
 - staff cafeterias
 - cafes and kiosks
 - shops and retail outlets (including mobile services) that sell food and drinks within ACT Health facilities.
- Vending machines operated under contract to ACT Health
- Catering provided or purchased by ACT Health, including at ACT Health facilities and external venues, events, functions, educational sessions and fundraising activities
- Fundraising, including:
 - fundraising by staff and volunteers for external charities at ACT Health facilities or activities,
 - fundraising in ACT Health facilities by organisations and charities, and
 - fundraising by the Canberra Hospital Foundation.
- Rewards, incentives, gifts, prizes and give-aways, eg incentives for participation in surveys, rewards for immunisation or staff performance
- ACT Health sponsorship of events and/or organisations (eg conferences, meetings, functions, education sessions and training courses)
- Advertising, promotion and placement of food and drinks.

Out of scope

- Food and drinks paid for by individuals and brought from outside ACT Health for personal use
- Food and drinks provided by the Canberra Hospital Food Service (including ward trolley) to inpatients (including day patients) during their treatment stay
 - Menu standards set out the requirements for food and drink provided to patients
 - These standards ensure that the specific clinical nutrition requirements of patient groups are met and aid recovery from illness, injury and surgery
- Calvary Healthcare facilities
- National Capital Hospital facilities

- Non-government organisations (NGOs) leasing health facilities
- Non-government organisations (NGOs) funded by ACT Health, however such organisations will be encouraged to lead by example
- Food and drinks purchased by staff using travel expense funds.

Roles & Responsibilities

Overall responsibility for implementation of this policy rests with the Director-General ACT Health. Responsibility for day-to-day planning and management of implementation of this policy is delegated to Executive Directors, Directors and Senior Managers across ACT Health, who must ensure that:

- the Policy is brought to the attention of personnel who have a role in policy implementation
- staff comply with relevant Nutrition Standards
- staff and visitors are informed about local implementation of the policy and the supports available to assist with implementing the policy.

Staff responsibilities for implementing each Nutrition Standard are set out in **Table 1** above.

The Healthy Food and Drink Choices section of the ACT Health intranet site provides:

- a range of factsheets and information to assist staff to implement the Policy
- contact details for the staff catering Helpline provided during the transition period.

Staff involved in implementing the Policy must ensure they are familiar with the supporting materials and use them to guide implementation of the Nutrition Standards. Queries that are not addressed by the written resources can be raised through contact details on the Healthy Food and Drink Choices section of the ACT Health intranet .

Evaluation

Outcome Measures

Key outcome measures for evaluation are:

- Increased range and availability of healthy food and drink choices
- Healthy choices promoted and displayed more prominently
- Increased staff awareness, knowledge and support regarding healthy eating in the workplace and ACT Health facilities.

Method

Evaluation of the policy implementation will be undertaken at the conclusion of the 12 month transition period and again 12 months later. Information to be used for evaluation and the review of the policy will be collected as follows:

- Baseline and post-implementation surveys of staff awareness, attitudes and food/drink behaviours
- Audits of food and drinks in vending machines and food outlets, classified using the traffic light system and including a photographic record of placement of items, to be conducted at baseline, around the end of the 12 month transition period and post-implementation

- Focus groups with staff and interviews with food outlet managers around the end of the 12 month transition period
- Case studies mapping the changes in food outlets.

Evaluation and monitoring of compliance with the Policy will be the responsibility of the Health Improvement Branch, Population Health Division. Evaluation results will be presented to the Chief Health Officer and to Executive Council.

Related Legislation, Policies and Standards

Policies

ACT Government Health Directorate *Food and Nutrition Strategic Framework 2012-2018*.

CMTD ACT *Public Sector Whole of Government Workplace Health and Wellbeing Policy 2013*.

Standards

National Safety and Quality Health Service Standard No. 1.

References

National Health and Medical Research Council (2013) *Australian Dietary Guidelines*.
Canberra: National Health and Medical Research Council.

Attachments

Attachment A The Traffic Light System

Disclaimer: *This document has been developed by ACT Health, <Population Health Division/Health Improvement Branch> specifically for its own use. Use of this document and any reliance on the information contained therein by any third party is at his or her own risk and Health Directorate assumes no responsibility whatsoever.*

THE TRAFFIC LIGHT SYSTEM

Foods and drinks are categorised according to their nutritional content using a traffic light system that is consistent with the *Australian Dietary Guidelines*. The traffic light system enables identification of healthy choices that should form the majority of foods and drinks provided and promoted, and unhealthy choices that should be limited. The categories are:

<p>GREEN Best choices</p>	<p>GREEN foods and drinks are the best choices. They should always be available, displayed in prominent areas and actively promoted and encouraged. GREEN foods and drinks form the basis for a healthy diet.</p> <p>They are the foods from the five healthy food groups depicted in the Australian Guide to Healthy Eating - (1) cereals and breads; (2) vegetables and legumes; (3) fruit; (4) milks, yoghurt, cheese and alternatives; (5) meat, fish, poultry, eggs, tofu, nuts, seeds and legumes/beans.</p> <p>These foods offer a wide range of nutrients and are generally low in saturated fat, sugar and salt. Choosing water and/or reduced fat milk are GREEN drink choices.</p>
<p>AMBER Select Carefully</p>	<p>AMBER foods and drinks should be selected carefully. They contribute some valuable nutrients, but contain more saturated fat, sugar and/or salt than GREEN foods. They may contribute to excess intake of energy (kilojoules) if consumed in large quantities. They should not dominate the menu choices displayed or promoted. Large serving sizes should be avoided.</p> <p>Specific quantitative nutrient criteria are used to define AMBER foods and drinks and to distinguish them from RED foods and drinks. The criteria take into consideration the saturated fat, sodium (salt), fibre and kilojoule (energy) profile of the food, and apply either per serve or per 100 grams depending on the category of food.</p>
<p>RED Limit</p>	<p>RED foods and drinks do not contribute positively to the diet and should be limited. They are not recommended by <i>Australian Dietary Guidelines</i>. The <i>Australian Guide to Healthy Eating</i> suggests eating these foods only sometimes and in small amounts.</p> <p>RED foods and drinks are low in nutritional value and may be high in saturated fat, added sugar and/or salt. They may also provide excess energy (kilojoules/calories).</p>

Foods and drinks in GREEN, AMBER and RED categories¹

GREEN – Best choices	
GREEN foods and drinks support healthy eating consistent with the Australian Dietary Guidelines. They contain less saturated fat, added sugar and/or added salt and help to avoid consumption of excess energy (kilojoules) than AMBER or RED foods. Actively promote and encourage consumption of GREEN foods and drinks at all times. Ensure they are always available and displayed in prominent areas.	
Food type	Examples
Drinks	Water (Plain, tap, spring, mineral or sparkling with nothing added). Low or reduced fat milk and soy drinks, plain and flavoured. May contain artificial sweeteners. Recommended serve size 375ml or less. Plain tea and coffee with or without reduced fat milk.
Bread and alternatives	Bagels, burritos, crumpets, English muffins, focaccia, gluten free, lavash, Lebanese, multigrain, pita, rye, tortillas, Turkish, wholegrain, wholemeal, white high fibre, white. Raisin and fruit bread, un-iced fruit buns, glazed hot cross fruit buns. Plain and savoury scones, pikelets and pancakes. Plain (unflavoured) rice and corn cakes, low fat crispbreads, wholegrain crackers.
Breakfast cereals	Whole grains, whole wheat flakes, wholegrain puffed cereals, porridge, whole wheat biscuits - low in added sugar, higher in fibre and without added confectionery*.
Rice, grains, pasta	Plain rice, noodles, pasta, burghul, cracked wheat, polenta, couscous. Plain air-popped popcorn with nothing added. Quinoa, barley, rice paper.
Yoghurt, custard and cheese (including soy alternatives)	Low or reduced fat cheese without added confectionery*. Low or reduced fat plain or fruit yoghurt and custard without added confectionery*. May contain artificial sweeteners.
Fruit	Fresh in season is the best choice. Frozen, pureed or canned in natural juice.
Vegetables (including legumes)	Fresh in season is the best choice. Frozen or canned without added flavourings. Chickpeas, kidney beans, lentils, baked beans, lentil patties and falafels (grilled or baked).
Lean meat, fish, poultry and alternatives	Unprocessed lean beef, chicken, lamb, pork, turkey, fish. Canned tuna, salmon, sardines in spring water. Eggs, nuts (un-salted, un-roasted, dry roasted), 100% nut/seed spreads with no added sugar.
Soups	Low salt or reduced in salt and/or fat, and have a vegetable or clear stock base (ie not creamy options).

* Confectionery includes; boiled lollies, carob, chocolate (including choc chips and chocolate-coating), chocolate spreads eg Nutella[®], cough lollies, 100s and 1000s, juice jellies, icing, liquorice, soft lollies, yoghurt or carob-coating.

¹ Based on: *National Healthy School Canteens: Guidelines for healthy foods and drinks supplied in school canteens*; and *Healthy Food and Drink Choices for Staff and Visitors in SA Health Facilities*.

AMBER – Select carefully

NB: Nutrient criteria (see Tables 1, 2 and 3) should be used to determine whether the foods and drinks below are categorised as AMBER or RED.

AMBER foods and drinks have some nutritional value but contain considerable amounts of saturated fat, added sugar and/or added salt. They can contribute to excess energy (kilojoules) intake. Do not let these foods and drinks dominate the menu or displays and avoid large serve sizes.

Food type	Examples
Drinks	Full fat milk and soy drinks, plain and flavoured. May contain artificial sweeteners. Recommended serve size 375ml or less. Fruit/vegetable juice that is at least 99% juice with no added sugar - recommended serve size 250mL or less. Artificially sweetened drinks (recommended serve size 600 ml or less as sold or provided).
Breakfast cereals	Cereals that are higher in added sugar and lower in fibre.
Yoghurt, custard and cheese (including soy alternatives)	Full fat cheese without added confectionery*. Full fat plain or fruit yoghurt and custard without added confectionery*. May contain artificial sweeteners.
Dried fruit, fruit leathers	All types. Fruit leathers must be 100% fruit. Keep the serve size small.
Fruit ice blocks, fruit jelly desserts, ice crushes and slushies	At least 99% fruit juice and no added sugar. <ul style="list-style-type: none"> • Fruit ice blocks - serve size 125ml or less. • Ice slushies and fruit jellies - serve size 200ml or less.
Commercial oven baked potato products	Wedges, chips, hash browns, scallops, gems. Grill or bake only. Cooked in polyunsaturated oil or monounsaturated oil only.
Meat products and alternatives	Burgers, patties, strips, balls, nuggets, sausages, frankfurts, saveloys (crumbed and not crumbed), stews, casseroles and curries. Lean processed luncheon meats, devon, chicken loaf, free flow chicken, cured meats (eg: ham, bacon). Chicken drumsticks and wings. Canned tuna/sardine/salmon in brine or oil. Plain nuts salted; crumbed vegetable patties; falafels or lentil patties shallow fried in mono- or poly-unsaturated oil.
Savoury hot food items	Commercial, frozen ready to eat meals, mixed hot food or plated dinners. Condensed and instant soup. Savoury pastries, filled breads, pasta dishes, pizzas, oven baked potato products, dim sims, spring rolls, rice and noodle dishes. Pies, quiche, sausage rolls, pasties, etc.
Sweet and savoury snack foods	Baked snack biscuits, breakfast bars, rice/corn crackers and cakes, crispbreads, fruit filled bars, flavoured popcorn, muesli bars, nut and seed bars, sweet or savoury biscuits.
Un-iced cakes, muffins and sweet pastries	Some un-iced cakes and muffins that are small in serve size or have been modified to reduce the amount of saturated fat and or sugar or with added fibre. Fruit scones, fruit pikelets.
Icecreams, milk based ices and dairy desserts	Low or reduced fat icecreams (not chocolate coated), milk based ices, custards and dairy desserts. Milk must be listed as the first ingredient.
Fats and oils	Choose polyunsaturated and monounsaturated oils and spreads and use sparingly.
Spreads, dips, relishes	Commercial nut and seed spreads with added sugar, fish/chicken/meat paste, yeast spreads, dips, salsa, relishes. Use sparingly.
Sauces	Tomato sauce, tomato paste, mustard, sweet chilli, BBQ, soy, satay. Choose low or reduced salt products and use sparingly.
Dressed mixed salads	Eg chicken Caesar salad, potato salad with full fat mayonnaise dressing

* Confectionery includes; boiled lollies, carob, chocolate (including choc chips and chocolate-coating), chocolate spreads eg Nutella®, cough lollies, 100s and 1000s, juice jellies, icing, liquorice, soft lollies, yoghurt or carob-coating.

RED – Limit

Foods and drinks categorised as RED do not support healthy eating consistent with the Australian Dietary Guidelines. They are not recommended as they are of poor nutritional value and are generally high in saturated fat, added sugar and/or added salt and kilojoules.

Food type	Examples
Sugar sweetened drinks	Soft drinks, commercial iced tea, cordial, fruit drinks, sports waters, sports drinks, flavoured mineral water, energy drinks, and sweetened waters. Any product containing guarana.
Fruit/vegetable juice	Less than 99% juice and/or with added sugar and/or greater than 250mL serve size.
Fruit ice blocks, jelly desserts, ice crushes and slushies	Less than 99% fruit juice and/or added sugar. Fruit ice blocks - serve size greater than 125ml. Ice slushies and fruit jellies - serve size greater than 200ml.
Cakes and slices	Iced cakes and slices, doughnuts, Danishes, sweet pastries, croissants- sweet and savoury, buns/cakes filled with cream, jam or chocolate.
Confectionery	All types: sold separately or added to products including; boiled lollies, carob, chocolate (including choc chips and chocolate-coating), chocolate spreads ie Nutella®, cough lollies, 100s and 1000s, juice jellies, icing, liquorice, soft lollies, yoghurt/ carob-coated.
Deep-fried food	All types.
Fats	Cream, coconut cream, coconut milk, butter, lard, tallow, copha, ghee, dairy blend spreads.
Icecreams	Full fat icecream, including chocolate coated with or without confectionary.
Toppings, syrup, jam, honey	Small amounts, use sparingly.

Different brands of similar foods and drink products may fall into different categories due to different ingredients or cooking techniques used during the manufacturing process. For foods that may fit into either the **AMBER** or **RED** category, the food label should be checked against the **AMBER** nutrient criteria provided below to determine the correct category.

Criteria² for categorising foods and drinks as AMBER or RED

Tables 1 to 3 below provide criteria to define whether a food or drink item falls into the AMBER category. Use these tables in conjunction with the product's nutrition information panel to determine whether a product is categorised as AMBER or RED. If a product fails any one of its specified AMBER criteria, then it is to be considered a RED choice.

If the food item being assessed has *less than or equal* to the numbers specified in the energy, saturated fat or sodium column, AND *more than or equal* to the number specified in the fibre column, it is categorised as AMBER. If the product being assessed is *over* the threshold for energy or saturated fat or sodium, or *under* the threshold for fibre (ie if any criterion is *not* met) – the food is categorised as RED.

Note: There is no separate criterion for added sugar because the contribution of added sugar to energy intake is captured in the *Energy* column. There is however, a separate criterion for saturated fat even though it also contributes to energy intake. This is because saturated fat is associated with an increased risk of developing cardiovascular disease.

Table 1: Hot food and processed meats assessed per 100g				
Category	Nutrient criteria			
	Energy (kJ) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g	Maximum serve size as sold
Savoury pastries and pies, sausage rolls, cheese and spinach triangles, samosas quiches, dim sims, spring rolls, chiko rolls, fried rice and instant noodles.	1000kJ or less	5g or less	400mg or less	250g or less
Pizza - commercial, frozen, prepared onsite, muffin and pita bread based.	1000kJ or less	5g or less	400mg or less	250g or less
Commercial oven baked potato products wedges, chips, hash browns, scallops, gems. Grill or bake only	1000kJ or less	5g or less	400mg or less	250g or less
Meat products and alternatives crumbed and not crumbed (burgers, patties, strips, balls or nuggets), sausages, frankfurts and saveloys, stews, casseroles and curries.	1000kJ or less	5g or less	450mg or less	150g or less
Processed luncheon meats (devon, chicken loaf, free flow chicken products) and cured meats (eg ham, bacon)	1000kJ or less	3g or less	750mg or less	50g or less

² Based on: *National Healthy School Canteens: Guidelines for healthy foods and drinks supplied in school canteens*; and *Healthy Food and Drink Choices for Staff and Visitors in SA Health Facilities*.

Table 2: Snack food items assessed per serve

Category	Nutrient criteria			
	Energy (kilojoules) per serve	Saturated fat (g) per serve	Sodium (mg) per serve	Fibre (g) per serve
Sweet snack food, bars and biscuits	600kJ or less	3g or less	—	1g or more
Savoury snack food, biscuits, crispbreads and crisps ---(Energy must be 1800kJ or less per 100g) ---	600kJ or less	2g or less	200mg	—
Ice creams, milk or soy-based ices and dairy desserts ---(Milk must be listed as first ingredient) ---	600kJ or less	3g or less	—	—
Un-iced cakes, muffins and sweet pastries	900kJ or less	3g or less	—	1.5g or more

NOTE: All types of confectionery are categorised as RED

Table 3: Ready to Eat meals (assess per serve and per 100g)

Category	Nutrient criteria			
	Energy (kilojoules) per serve	Saturated fat (g) per 100g	Sodium (mg) per 100g	Fibre (g) per serve
Commercial, frozen, ready to eat meals, mixed hot food or plated dinners	2500kJ or less	2g or less	300mg or less	3g or more

Making a Healthier Choice

The following table lists some categories of foods with criteria to help you make a healthier choice for that food category. If the food item being assessed has *less than or equal to* the numbers specified in the saturated fat, sodium or sugar column, and *more than or equal to* the number specified in the fibre column, it is a healthier choice.

If the food being assessed is *over* the threshold for saturated fat, sodium or sugar or *under* the threshold for fibre (if any criterion is *not* met), the item is categorised as AMBER.

Table 4: Healthier choices assessed per 100g				
Category	Nutrient criteria			
	Saturated fat (g) per 100g	Sodium (mg) per 100g	Total Sugar (g) per 100g	Fibre (g) per 100g
Breakfast cereals not containing dried fruit	2g or less		20g or less	5g or more
Breakfast cereals containing dried fruit	2g or less		25g or less	5g or more
Pasta sauces and simmer sauces	2g or less	300mg or less	–	–
Soups as prepared ready to eat (condensed, instant)	2g or less	300mg or less	–	–
Dips (legume, dairy, vegetable or salsa)	2g or less	750mg or less	–	–
Mayonnaise and salad dressings	3g or less	750mg or less	–	–