

# HSC Nutritional Standards: fruit and vegetables

Nutritional Standards in HSC settings: Fruit and Vegetables

## Nutritional Standards

- 2.1 At least five different types of fruit and vegetables must be available every day.
- 2.2 A minimum of two vegetables or salad vegetables must be available at each meal service.
- 2.3 Any tinned vegetables and pulses must meet UK-wide salt targets for industry, [Public Health England. Salt reduction targets for 2014](#).
- 2.4 A portion of fruit must be cheaper than a portion of hot or cold dessert\*.
- 2.5 Pies, casseroles, stews and other composite dishes such as Bolognese sauce or curry must include a portion\* (raw weight) of vegetables or fruit per serving. This portion could be from a number of different fruits or vegetables.
- 2.6 At least 75 per cent of fruit juice, vegetable juice and smoothies on display must be in single-serve packs (pack size 150 to 200 ml).
- 2.7 At least one salad option at each service must be offered without salad dressing.
- 2.8 Sugar and salt must not be added to this food group during cooking or before service.

\*A portion of fruit or vegetables is 80 g and a portion of dried fruit is 30 g.

## What foods are included

- fresh, frozen, tinned, juiced and dried fruit
- fresh, frozen, tinned and juiced vegetables
- unsweetened, 100 per cent fruit and vegetable juices (limited to one 150 ml serving per day, which counts towards the recommended daily five portions of fruit and vegetables)
- beans and pulses are also included as “vegetables” but only count as a maximum of one portion per day