

# HEALTHY KIDS MENU



A PARTNERSHIP BETWEEN INDUSTRY  
AND THE GOVERNMENT OF SOUTH AUSTRALIA

## HEALTHY KIDS MENU CODE OF PRACTICE

**A Healthy Kids Menu must have all of these features:**

### 1. Healthy drinks are offered to children

- Water is available at no cost and is easily accessible.
- Healthy drinks that may be listed on a kids menu are:
  - › water (still or sparkling, no added sugar)
  - › 250ml (max. serving) 100% fruit and/or vegetable juice
  - › 375ml (max. serving) of reduced fat milk – plain or sweetened
  - › combinations of the above options, such as a mix of sparkling water plus up to 250mL 100% fruit juice or a 250mL fruit and milk smoothie.

### 2. At least half of the meals on the kids menu are healthy

- Healthy meals:
  - › include at least half a cup of vegetables or one cup of salad; and
  - › are prepared using small quantities of healthy fats and oils; and
  - › do not include any shallow or deep fried foods, high-fat processed meats or savoury pastries.

### 3. If desserts are offered on the kids menu, at least one option is healthy

- Healthy desserts are based around fruit (fresh, dried, tinned, grilled, baked or poached) and/or reduced fat dairy (yoghurt, frozen yoghurt, custard, ricotta).
- Healthy desserts prepared in-house can include:
  - › additions such as nuts, seeds, coconut, cocoa powder, egg, vanilla and spices
  - › up to two teaspoons (10g) of added sugar per serve.

### 4. If kids meal combinations are available

- All meal combinations offer healthy drinks, if a drink is included.
- At least half of kids meal combinations offer healthy meals and a healthy dessert, if dessert is included.

For more information, or to find your local venue visit  
[www.healthykidsmenu.com.au](http://www.healthykidsmenu.com.au)

#healthykidsmenu



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