

Study tool - Nutrition standards/guidelines/quality of provided and sold foods

PROJECT TITLE: Measuring the Healthiness of Ghanaian Children's Food Environments to Prevent Obesity and Non-Communicable Diseases

PART 1 – ASSESSMENT OF NUTRITIONAL QUALITY OF PROVIDED FOODS

Desk Review - To be completed in office by trained personnel

Part 1A: Assessment of Nutritional Quality of Provided Foods Relative to Nutrition Standards or Guidelines Applied in School Food Programme/Policy

Instructions

Obtain a copy of the food standards/guidelines applied to **provided foods** in the school food programme, if available and write these in Column 2. Obtain a 1-week school food menu, and check that the foods **provided** meet the standards/guidelines.

Place a tick (✓) in the “yes (Y)” column if the food served corresponds with the written standard. Place a tick (✓) in the “no (N)” column if the written standard is not met. Place a tick (✓) in the “not applicable (N/A)” column if the standard does not apply to the school.

1. Food-based standards/guidelines for PROVIDED FOODS

Food group	Standard guideline	Standard Met?			Proportion of Provided Foods complying with nutrition standards
		Y	N	N/A	
GRAIN (CEREAL) PRODUCTS Whole grain bread (seeded), whole brown bread, butter whole grain breakfast cereal (e.g. muesli cereals, Weetabix), maize (boiled, roasted), sorghum, local brown rice, white rice, pasta, millet, boiled corn meal, wheat porridge, sorghum porridge, millet porridge, banku, kenkey	Write here what the standard/guideline says about grain products e.g., any food provided in the school must be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient				e.g. 3 out of 5 menu meals met the nutrition standard for grain products
MEAT AND ALTERNATIVES Meat e.g. beef, goat, lamb, pork, bush meat, cat meat, wele (cow skin and cow feet) Poultry e.g. chicken, guinea fowl, turkey, duck. Fish e.g. tuna, tilapia, salmon, cassava fish, red fish, shellfish (Snail, clams (adodi), crab, oysters) Eggs, tofu, nuts and seeds and legumes/beans	Write here what the standard/guideline says about meat and alternatives				

Milk and alternatives e.g. milk, plain yoghurt, flavoured yoghurt, cheese, waagashi cheese, burkina drink, sweetened condensed milk, powdered milk, evaporated milk, Soya milk, coconut milk, cream, sour cream, whipped cream	Write here what the standard/guideline says about milk and alternatives				
Fruits e.g. orange, tangerine, watermelon, mango, pawpaw, pineapple, banana, plum, peach, apricot, nectarine, flat peach, apple, pear, strawberries, cherries	Write here what the standard/guideline says about fruits e.g. each provided school meal should include one serving of fruit				
Vegetables e.g. green leaves, spinach, lettuce, cabbage, tomatoes, peppers, carrots, cucumber, eggplant, green beans, onions and garlic, mushrooms,	Write here what the standard/guideline says about vegetables e.g. each provided school meal should include one serving of vegetables				
Condiments and spices e.g. Ketch-up, mayonnaise, salad dressing, bouillon cubes; maggi, royco, onga	Write here what the standard/guideline says about condiments and spices e.g. ban on use of bouillon cubes in the preparation of school meals				
Foods and beverages high in calories, sugar, fat, or salt e.g. cakes, chocolates, candies, muffins, French fries, potato chips, alcohol, fruit flavoured drinks, soft drinks	Write here what the standard/guideline says about foods and beverages high in calories, sugar, fat, or salt e.g. ban on provision of soft drinks or all foods in this category				

2. Nutrient-based standards/guidelines for PROVIDED FOODS

Nutrient	Standard guideline	Standard Met?			Proportion of food items/meals complying with nutrition standard
		Y	N	N/A	
Energy	Write here what the standard/guideline says about Energy e.g., each provided school meal should provide no more than 700 kcal of energy;				e.g. 3 out of 7 menu meals met the energy requirement
Carbohydrate					
Total fibre					
Protein					
Total fat					
Saturated fat					
Trans fats	Write here what the standard/guideline says about trans fats e.g., any food provided in the school should have 0 trans fat				
Total sugars					
Added sugars					
Sodium					
Potassium					
Calcium					
Phosphorus					
Magnesium					

Iron				
Zinc				
Thiamine (Vitamin B1)				
Riboflavin (Vitamin B2)				
Niacin (Vitamin B3)				
Pantothenic acid (Vitamin B5)				
Folate (Vitamin B9)				
Vitamin C				
Caffeine				

Part 1B: Assessment of Nutritional Quality of Provided Foods Relative to Voluntary Nutrition Standards/Guidelines

Instructions

Obtain a 1-week school food menu and list all provided foods in column 1.

Place a tick (✓) in the appropriate cell to indicate which of the categories of each of the three food classification systems (Core/Non-Core; NOVA Food Classification; DFC Food Classification) the **provided** food item belongs to.

<u>Provided Food Item</u>	<u>Core/Non-Core</u>			<u>NOVA Classification</u>				<u>DFC Food Classification</u>				
	Core	Non-Core	Miscellaneous	Unprocessed or minimally processed foods	Processed culinary ingredients	Processed Foods	Ultra-processed food and drink products	Nutrient and energy density		Food type		
								EDNP ¹	EDNR ²	Fried Foods	Sweet foods	Sweetened beverages
<u>1.</u>												
<u>2.</u>												
<u>3.</u>												
<u>4.</u>												
<u>TOTAL:</u>												

¹ ENDP: **Energy Dense** (>225kcal/100g) **Nutrient Poor** (<10% for nutrient rich index score)

² EDNR: **Energy Dense** (>225 kcal/100g) **Nutrient Rich** (≥10% for nutrient rich index score)

PART 2: ASSESSMENT OF NUTRITIONAL QUALITY OF SOLD FOODS

Desk Review - To be completed in office by trained personnel

Part 2A: Assessment of Nutritional Quality of Sold Foods Relative to Nutrition Standards or Guidelines Applied in School Food Programme/Policy

Instructions

Obtain a copy of the food standards/guidelines applied to **sold foods** in the school food programme, if available and write these in Column 1. Obtain photographs of foods sold in each food outlet within the school canteen and check that the foods **sold** meet the standards/guidelines. Fill this tool separately for each food outlet where foods are sold to pupils.

Place a tick (✓) in the “yes (Y)” column if the food sold corresponds with the written standard. Place a tick (✓) in the “no (N)” column if the written standard is not met. Place a tick (✓) in the “not applicable (N/A)” column if the standard does not apply to the school.

1. Food-based standards/guidelines for SOLD FOODS

Food group	Standard guideline	Standard Met?			Proportion of SOLD FOODS complying with nutrition standards
		Y	N	N/A	
GRAIN (CEREAL) PRODUCTS Whole grain bread (seeded), whole brown bread, butter whole grain breakfast cereal (e.g. muesli cereals, Weetabix), maize (boiled, roasted), sorghum, local brown rice, white rice, pasta, millet, boiled corn meal, wheat porridge, sorghum porridge, millet porridge, banku, kenkey	Write here what the standard/guideline says about grain products e.g., any food <u>sold</u> within the school canteen, if a grain product must contain 50% or more whole grains by weight or have whole grains as the first ingredient				
MEAT AND ALTERNATIVES Meat e.g. beef, goat, lamb, pork, bush meat, cat meat, wele (cow skin and cow feet) Poultry e.g. chicken, guinea fowl, turkey, duck. Fish e.g. tuna, tilapia, salmon, cassava fish, red fish, shellfish (Snail, clams (adodi), crab, oysters) Eggs, tofu, nuts and seeds and legumes/beans					
Milk and alternatives e.g. milk, plain yoghurt, flavoured yoghurt, cheese, waagashi cheese, burkina drink, sweetened condensed					

milk, powdered milk, evaporated milk, Soya milk, coconut milk, cream, sour cream, whipped cream					
Fruits e.g. orange, tangerine, watermelon, mango, pawpaw, pineapple, banana, plum, peach, apricot, nectarine, flat peach, apple, pear, strawberries, cherries					
Vegetables e.g. green leaves, spinach, lettuce, cabbage, tomatoes, peppers, carrots, cucumber, eggplant, green beans, onions and garlic, mushrooms,					
Condiments and spices e.g. Ketch-up, mayonnaise, salad dressing, bouillon cubes; maggi, royco, onga					
Foods and beverages high in calories, sugar, fat, or salt e.g. cakes, chocolates, candies, muffins, French fries, potato chips, alcohol, fruit flavoured drinks, soft drinks	Write here what the standard/guideline says about foods and beverages high in calories, sugar, fat, or salt e.g. ban on sale of soft drinks or all foods in this category				

2. Nutrient-based standards/guidelines for SOLD FOODS

Nutrient	Standard guideline	Standard Met?			Proportion of SOLD FOODS complying with nutrition standard
		Y	N	N/A	
Energy	Write here what the standard/guideline says about energy e.g., each sold meal should provide no more than 700 kcal of energy;				e.g. 1 out of 2 sold meals met the energy requirement
Carbohydrate					
Total fibre					
Protein					
Total fat					
Saturated fat					
Trans fats	Write here what the standard/guideline says about trans fats e.g., any food sold in the school should have 0 trans fat				
Total sugars					
Added sugars					
Sodium					
Potassium					
Calcium					
Phosphorus					
Magnesium					
Iron					
Zinc					
Thiamine (Vitamin B1)					

Riboflavin (Vitamin B2)				
Niacin (Vitamin B3)				
Pantothenic acid (Vitamin B5)				
Folate (Vitamin B9)				
Vitamin C				
Caffeine				

Part 2B: Assessment of Nutritional Quality of Sold Foods Relative to Voluntary Nutrition Standards/Guidelines

Instructions

Obtain a picture of the food items sold within each sold food outlet and list all sold foods in column 1.

Place a tick (✓) in the appropriate cell to indicate which of the categories of each of the three food classification systems (Core/Non-Core; NOVA Food Classification; DFC Food Classification) the **sold** food item belongs to.

<u>Sold Food Item</u>	<u>Core/Non-Core</u>			<u>NOVA Classification</u>				<u>DFC Food Classification</u>				
	Core	Non-Core	Miscellaneous	Unprocessed or minimally processed foods	Processed culinary ingredients	Processed Foods	Ultra-processed food and drink products	Nutrient and energy density		Food type		
								ENDP ³	EDNR ⁴	Fried Foods	Sweet foods	Sweetened beverages
<u>1.</u>												
<u>2.</u>												
<u>3.</u>												
<u>4.</u>												
<u>TOTAL:</u>												

³ ENDP: **Energy Dense** (>225kcal/100g) **Nutrient Poor** (<10% for nutrient rich index score)

⁴ EDNR: **Energy Dense** (>225 kcal/100g) **Nutrient Rich** (≥10% for nutrient rich index score)

