



Processed meats in child care menus and in lunchboxes

Guidelines for use of processed meats on child care centre menus

When calculating the average number of serves of meat and meat substitutes your service provides per day, consider:

- Cabana and sausages do not count as a serve of meat or meat substitute as they are higher in fat and sodium (salt) than lean meats.
- Ham can only be counted as a meat serve (under pork) once over the fortnight. Ham is higher in sodium than lean meats.
- If you want to use ham more often and offer sausages, we suggest limiting ham to no more than 1-2 per week and limit sausages to no more than once a fortnight. Choose reduced fat sausages where possible. Avoid cabana as it is even higher in fat than regular sausages. You still need to make sure you are covering the minimum recommended serves and food frequencies in the meat and meat substitutes group (as required by the Start Right Eat Right Accreditation).
- Bacon and devon do not count as meat and meat substitutes.
- Bacon is much higher in sodium than both ham and sausages and tends to be high in fat. It is best to skip bacon altogether
- Devon is also high in fat and best omitted

Guidelines for use of processed meats in lunchboxes

When using the lunchbox checklists and indicating how many serves of meat and meat substitutes are provided, consider:

- Cabana and sausages do not count as a serve of meat or meat substitute as they are higher in fat and sodium (salt) than lean meats.
- Bacon and devon do not count as meat and meat substitutes.
- Bacon is much higher in sodium than both ham and sausages and tends to be high in fat. It is best to skip bacon altogether
- Devon is also high in fat and best omitted
- It is best to limit ham to no more than 1-2 per week and limit sausages (preferably reduced fat) to no more than once a fortnight. Avoid cabana as it is even higher in fat than regular sausages. If these processed meats are appearing frequently, it is best to discuss reducing these and encourage variety in lunchboxes.

Nutritional comparison between lean meats and processed meats

	Per 100g				
	Fat (g)	Protein (g)	Sodium (mg)	Iron (mg)	Zinc (mg)
Beef, lean, grilled (rump)	6.7	32.7	54	3.9	5.2
Pork, unspecified, lean, grilled	5.2	30.5	62	1.4	3.1
Ham, lean (leg)	3.6	18.8	1580	1.3	2.2
Bacon, middle, lean, grilled	11.3	33.3	2300	1.2	3.6
Bacon, middle, lean and fat, grilled	22.4	29.5	2010	1.1	3.0
Sausage, beef, grilled, hp	18.2	18.3	930	2.4	3.7
Sausage, pork, grilled, hp	21.7	16.8	950	1.6	2.4
Frankfurt, simmered	19.9	14.3	770	2.3	2.4
Cabana	24.7	14.9	850	1.8	2.3
Chicken roll	9.3	14.4	745	0.8	0.5
Devon/Fritz	18.2	12.3	780	2.3	2.1
Meat paste	13.9	12.3	870	2.6	1.9