

Chartwells at Clayfield College

Ellen Gleeson

Chartwells Dietitian



agenda.

- Healthy options
- Chartwells menu rotation
- Balanced diet (sports)
- Student feedback, encourage students to provide feedback
- Students wanting pasta and deep-fried meals every service
- Students not eating vegetables
- Questions

Chartwells.

smart
food.

Chartwells is the largest caterer in the education sector in Australia.



OUR SMART FOOD PROGRAM CHAMPIONS

Nutrition
For healthy teenagers

Variety
For choice and taste preference

Presentation
For an enjoyable dining experience

menu structure.

New menu each term

- Term 1: Summer menu
- Term 2: Autumn menu
- Term 3: Winter menu
- Term 4: Spring menu

4 week cycle

- Cycle repeats

Variety

- No main meals repeat within cycle

Seasonal



menu design.

1. National Executive chef drafts the menu
2. Reviewed by Chartwells team to minimise potential errors
3. Reviewed by dietitian to ensure menu meet nutrition requirements for young adults
4. On-site Chartwells manager makes site specific changes
5. College edits if required



6. Legumes/beans are incorporated into the menu at least twice a week .	✓	✓	✓	✓
7. A variety of meats and alternatives including lean meat and poultry, fish, seafood, eggs or tofu, legumes, beans, lentils, legumes, seeds, or nuts are offered each week.	✓	✓	✓	✓
8. Mince is limited to 2 serves per week.	✓	✓	✓	✓
9. The menu includes at least 3 ½ serves of milk and milk products daily .	✓	✓	✓	✓
10. Dairy products are readily available, <u>e.g.</u> milk, cheese, yoghurts etc. Milk alternatives such as soy milk are calcium fortified. A variety of full cream, reduced and low fat are provided.	✓	✓	✓	✓
11. High fat pastry items, including items made with short crust, flaky and puff pastry, such as pies and sausage rolls, are limited to twice a week or less and cannot be served twice on the same day.	✓	✓	✓	✓
12. Processed meat is limited to a maximum of twice per week at breakfast and twice per week at lunch or dinner e.g. sausages, bacon (unless contractually specified). This does not include ham which may be included as part of a salad or sandwich bar. Mince also limited to twice per week.	✓	✓	✓	✓
13. Discretionary or highly processed foods such as pre-packaged hash browns, crisps, extruded snack products, and other pre-packaged foods are limited to once a week or less .	✓	✓	✓	✓
14. Water is the preferred beverage at all meals.	✓	✓	✓	✓



student engagement and feedback.

- Comment Book
- Chartwells staff
 - Nathan
 - Teegan
- Ms Mills



develop healthy eating habits.

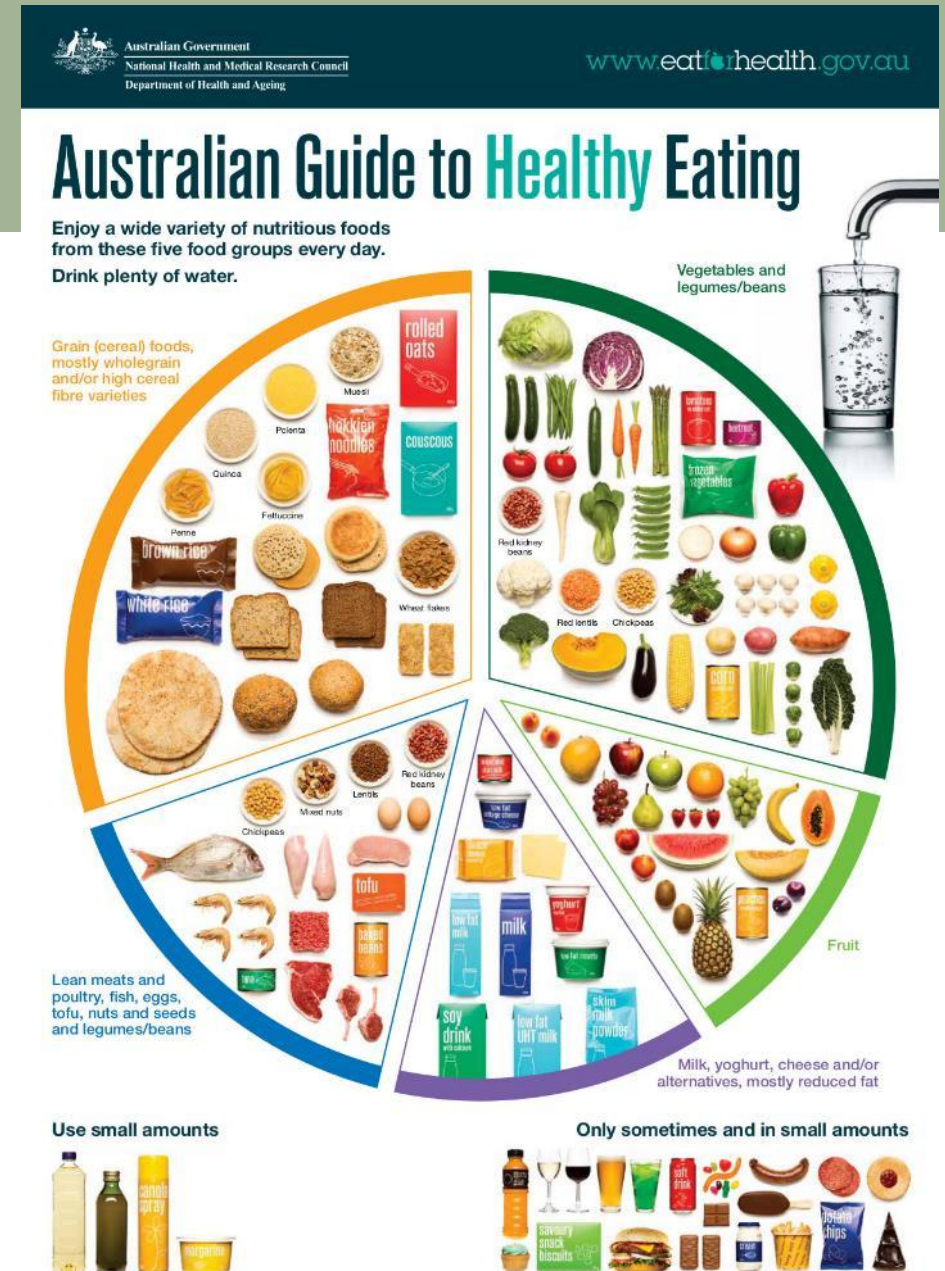
- No good vs bad foods
- Regularly available foods
- Exposure to new foods
- Independence of food choices
- Diet should mature during school years
- Variety
- Benefits of sharing mealtime with friends



australian recommendations.

SERVES PER DAY

Age	12-13yo female	14-18yo female	12-13yo male	14-18yo male
Vegetables & Legumes	5	5	5 ½	5 ½
Fruit	2	2	2	2
Grains and cereals	5	7	6	7
Meat & alternatives	2 ½	2 ½	2 ½	2 ½
Milk & Dairy	3 ½	3 ½	3 ½	3 ½



sometimes foods.



Only sometimes and in small amounts



balanced plate.

- 1/3 carbohydrate-rich
 - 1/3 protein-rich
 - 1/3 colourful plants
-
- Use the food groups to plan fuel and recovery
 - Grains and cereals = carbohydrates
 - Meat = protein
 - Dairy = protein
 - Fruit = carbohydrate + immunity
 - Vegetables = immunity
 - Sometimes foods = ??

Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.
Drink plenty of water.



Use small amounts



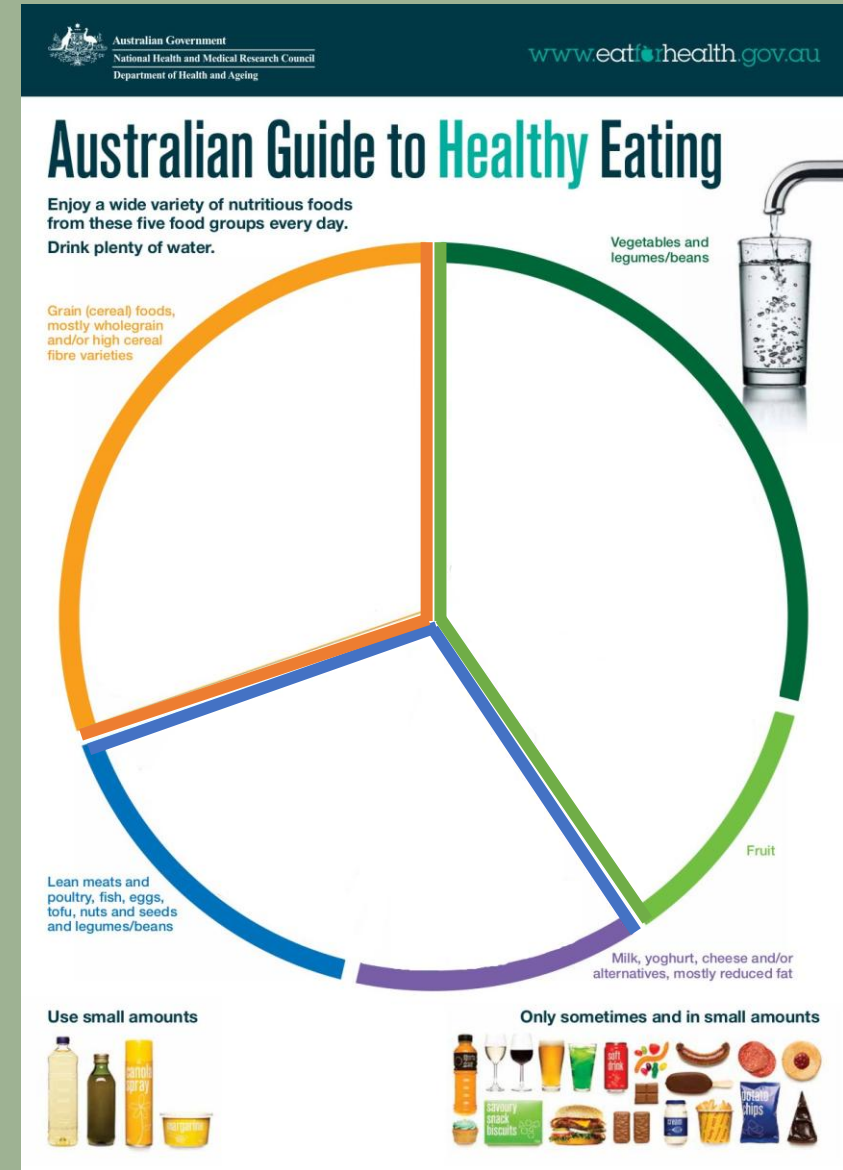
Only sometimes and in small amounts



balanced plate.

Dinner

- Yakitori beef kebabs
- Fried rice
- Wok tossed spring greens with soy sauce
- Roasted squash
- Blistered tomato salad

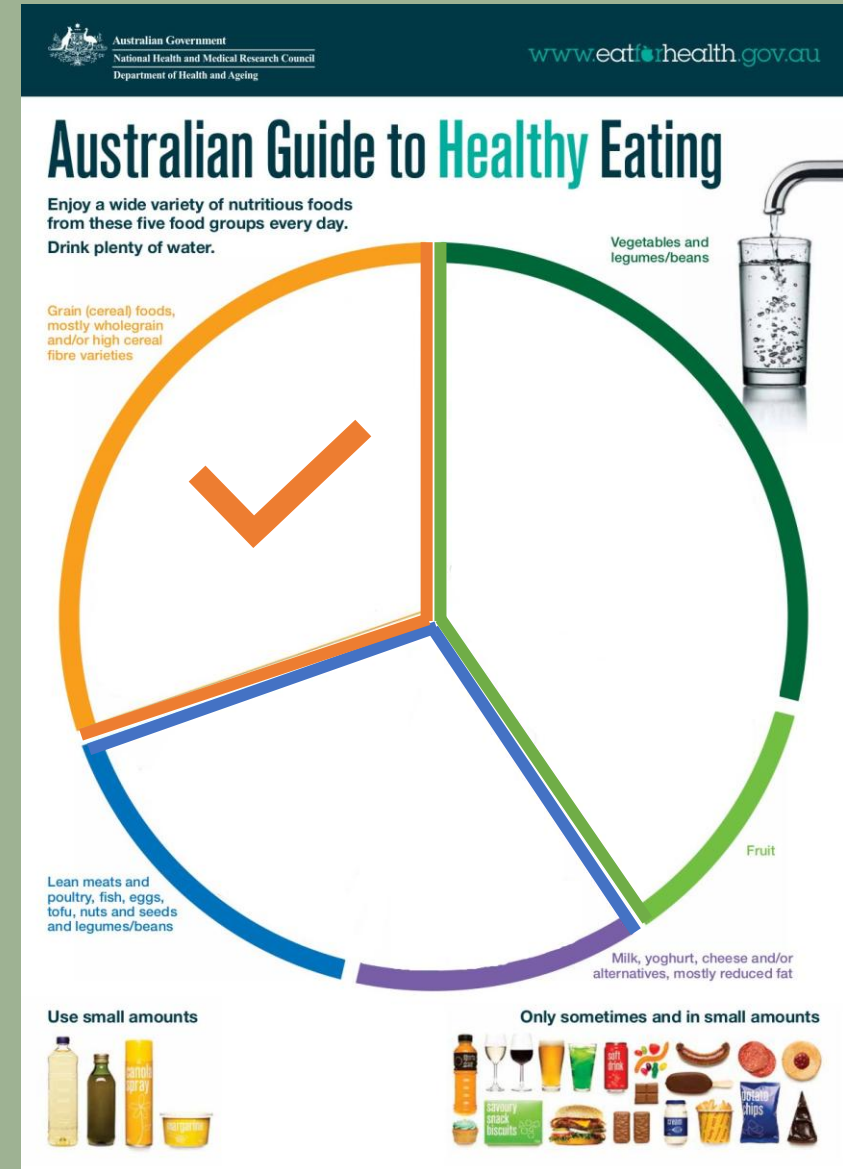


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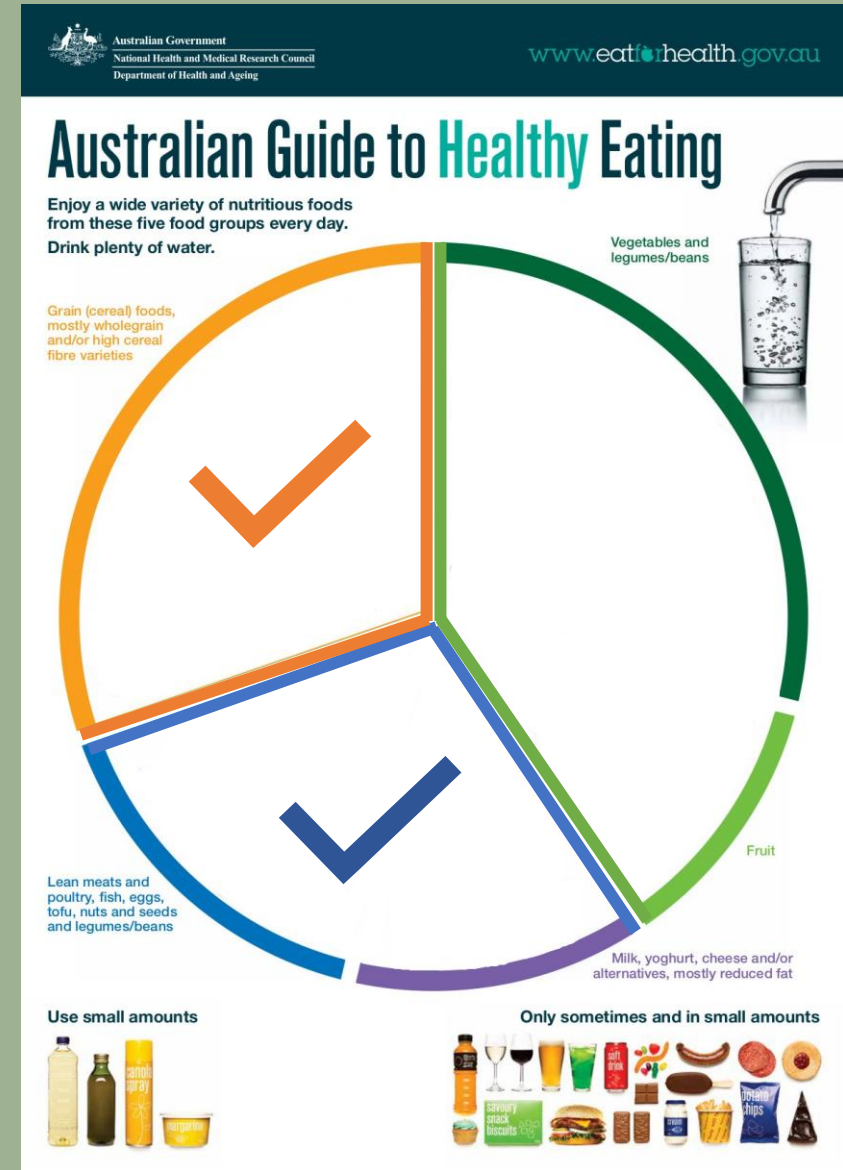


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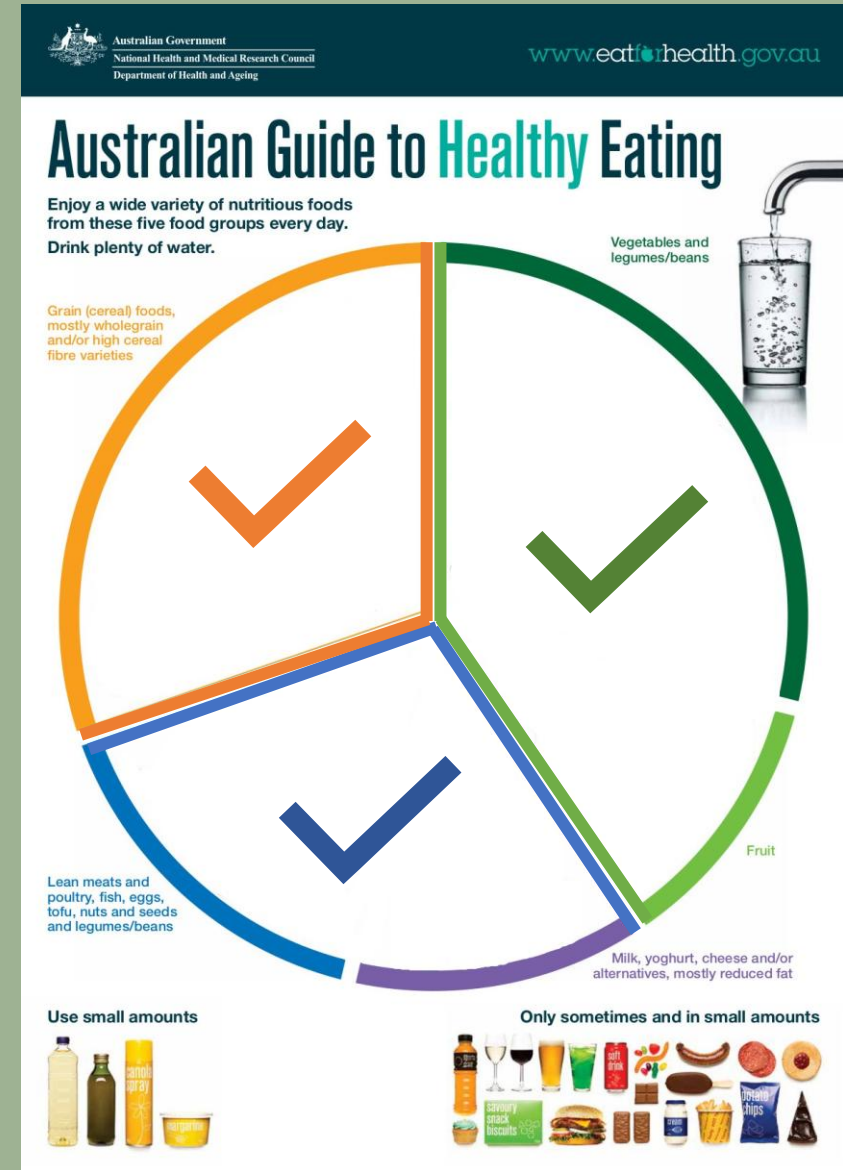


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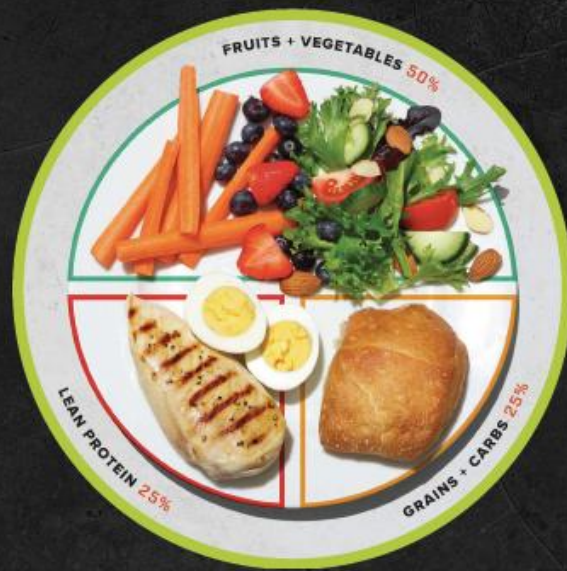
sport.

LIGHT TRAINING / REST DAY

Performance proportions for low activity day

- ✓ $\frac{1}{2}$ colourful plants (vegetables and fruit)
- ✓ $\frac{1}{4}$ protein
- ✓ $\frac{1}{4}$ wholegrain carbohydrates

This plate is packed with fibre for a healthy gut plus vitamins and minerals for a healthy immune system.



MODERATE TRAINING / RECOVERY

Performance proportions for moderate activity day or post training

- ✓ $\frac{1}{3}$ protein
- ✓ $\frac{1}{3}$ wholegrain carbohydrates
- ✓ $\frac{1}{3}$ colourful plants (fruit and vegetables)

This plate is the most commonly used proportions for active people. Macro and micronutrients are well balanced on this plate to support energy, health and repair.



HEAVY TRAINING / FUEL FOR COMPETITION

Performance proportions for high activity day

- ✓ $\frac{1}{2}$ carbohydrates (medium to high G.I.)
- ✓ $\frac{1}{4}$ protein
- ✓ $\frac{1}{4}$ colourful plants (fruit and vegetables)

Similar to the old advice known as 'carb loading'. Bodies benefit from increased carb intake prior to long or intense exercise. This ensures energy stores are primed for performance.



sport.

THE ATHLETE'S PLATE **EASY TRAINING DAY**

Lower intensity workout, tapering, weight loss, or sports requiring less calorie expenditure.

GATORADE
THE SPORTS FUEL COMPANY

GRAINS + CARBS 25%

- Pasta
- Rice
- Potatoes
- Cereals
- Breads
- Legumes

LEAN PROTEIN 25%

- Poultry
- Beef/Game/Lamb
- Fish
- Eggs
- Low-Fat Dairy
- Soy (e.g. Tofu, Tempeh)
- Legumes/Nuts*

FRUITS + VEGETABLES 50%

- Fresh Fruit
- Raw Vegetables
- Cooked Vegetables

FATS

- | | |
|-----------|----------|
| • Avocado | • Seeds |
| • Oils | • Cheese |
| • Nuts | • Butter |



HYDRATION

- Water
- Dairy/Non-Dairy Beverages
- Diluted Juice
- Flavored Beverages (Low/Zero Calorie)
- Coffee/Tea

FLAVORS

- | | |
|---------------|-----------|
| • Salt/Pepper | • Salsa |
| • Herbs | • Mustard |
| • Spices | • Ketchup |
| • Vinegar | |

* Please be advised that legumes and nuts are not complete sources of protein when consumed on their own. In order to obtain the protein benefits of these items, they should be paired with some type of grain.

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sport.

THE ATHLETE'S PLATE

MODERATE TRAINING DAY

Longer duration, moderate intensity practice/training or two practices – one technical focused and one endurance focused.

Baseline — can be adjusted to easy or hard based on the athlete's training.

GATORADE
THE SPORTS FUEL COMPANY

GRAINS + CARBS 35%

- Pasta
- Rice
- Potatoes
- Cereals
- Breads
- Legumes

LEAN PROTEIN 25%

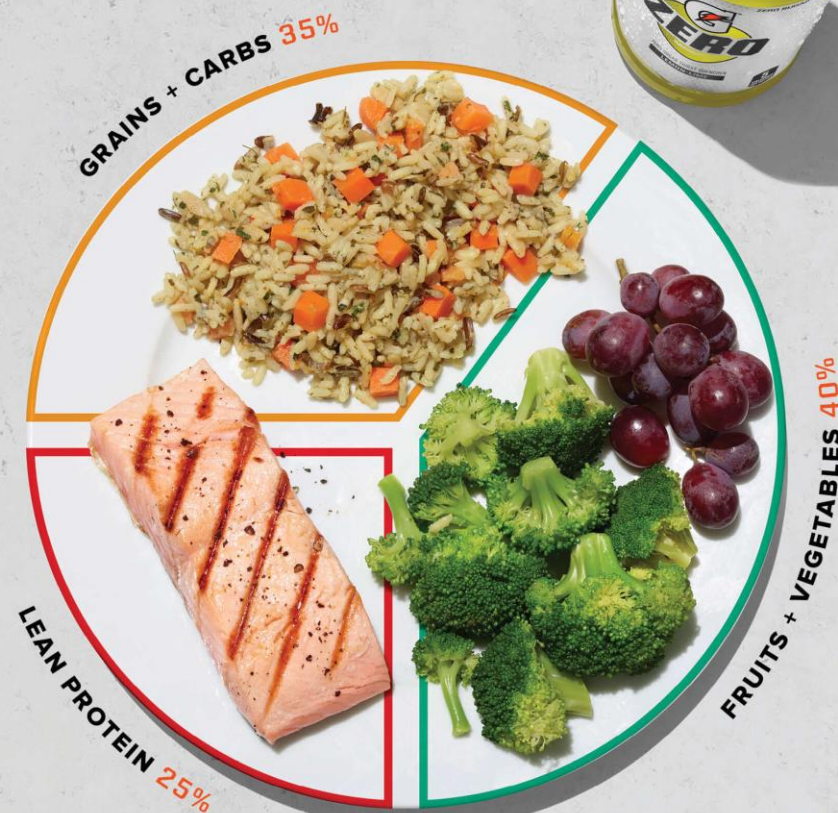
- Poultry
- Beef/Game/Lamb
- Fish
- Eggs
- Low-Fat Dairy
- Soy (e.g. Tofu, Tempeh)
- Legumes/Nuts*

FRUITS + VEGETABLES 40%

- Fresh Fruit
- Canned Fruit
- Dried Fruit
- Raw Vegetables
- Cooked Vegetables

FATS

- | | |
|-----------|----------|
| • Avocado | • Seeds |
| • Oils | • Cheese |
| • Nuts | • Butter |



HYDRATION

- Water
- Dairy/Non-Dairy Beverages
- Diluted Juice
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THE ATHLETE'S PLATE HARD TRAINING DAY

Two-a-day high intensity practice/training or competition day.

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GRAINS + CARBS 50%

- Pasta
- Rice
- Potatoes
- Cereals
- Breads

LEAN PROTEIN 25%

- Poultry
- Beef/Game/Lamb
- Fish
- Eggs
- Low-Fat Dairy
- Soy (e.g. Tofu, Tempeh)
- Legumes/Nuts*

FRUITS + VEGETABLES 25%

- Fresh Fruit
- Canned Fruit
- Dried Fruit
- Raw Vegetables
- Cooked Vegetables

FATS

- | | |
|-----------|----------|
| • Avocado | • Seeds |
| • Oils | • Cheese |
| • Nuts | • Butter |



HYDRATION

- Water
- Dairy/Non-Dairy Beverages
- Diluted Juice
- Flavored Beverages (Low/Zero Calorie)
- Coffee/Tea

FLAVORS

- | | |
|---------------|-----------|
| • Salt/Pepper | • Salsa |
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