

# Appendix 3

## Classifying food using major and minor ingredients

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## Classifying food using major and minor ingredients

If a meal or recipe cannot be classified using the food and drink classification tables or FoodChecker, and the nutrient information is not available (e.g. food prepared on site), food should be classified based on the nutritional value of its ingredients. Use the below method to classify the food.

### 1 Identify the major ingredients and minor ingredients

**Major ingredients** make up the majority of an item. All ingredients are considered 'major' except those that are provided in very small amounts (see below).

**Minor ingredients** make up only a small proportion of the item. Some examples of minor ingredients are:

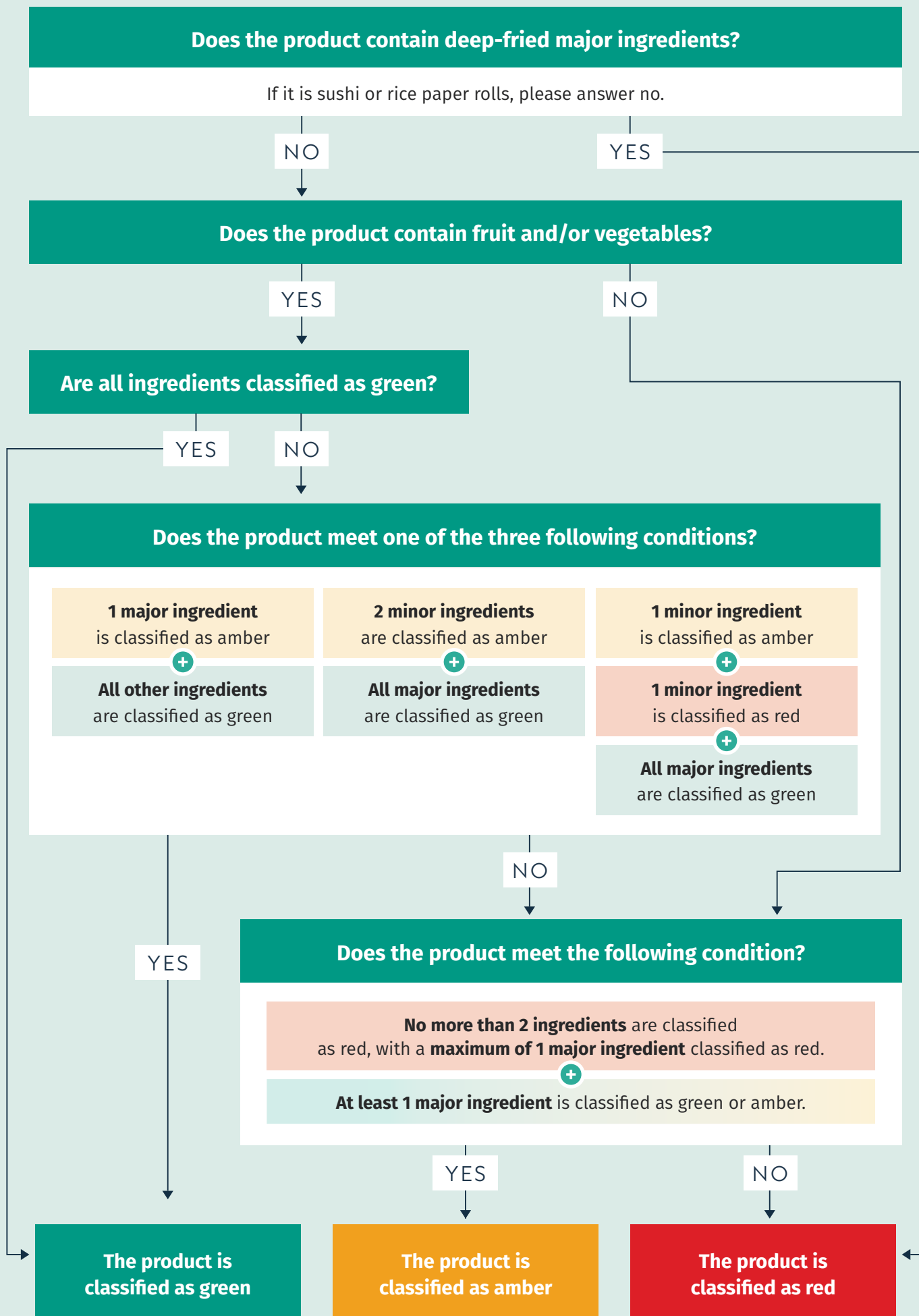
- dressings and mayonnaise
- sauces, relishes, chutneys
- spreads, including butter and dairy blends
- garnishes
- oils and oil spreads
- salt.

### 2 Classify all major and minor ingredients as green, amber or red

Use the food and drink classification tables, FoodChecker, or nutrition information (as outlined on page 6).

**Note:** A thin spread of margarine in sandwiches, or a dash of oil for frying ingredients does not alter the classification of meals or snacks.

### 3 Use the information on the next page to determine whether the overall food is classified as green, amber or red





## Example assessment

### Crumbed chicken-patty burger

This food is not listed in the food and drink classification tables, or on FoodChecker, and the nutrient information is not available. Therefore, it will need to be classified based on the nutritional value of its major and minor ingredients.

#### 1 Identify the major and minor ingredients

List the product's ingredients and identify if they are major or minor (refer to step 1 on page 32).

#### 2 Classify all major and minor ingredients as green, amber or red

Using the food and drink classification tables, FoodChecker or nutrition information (as outlined on page 6), classify the major and minor ingredients in the burger as either green, amber or red.

**In this example, the burger contains:**

- three green major ingredients
- one amber major ingredient
- one red minor ingredient.

#### 3 Assess the food

Assess the food as either green, amber or red based on the criteria outlined on page 33.

Because the burger includes an amber major ingredient and a red minor ingredient, it does not meet the requirements for the green category.

#### MAJOR INGREDIENTS

	Green	Amber	Red
Bread bun	✓		
Crumbed chicken patty (oven-baked)		✓	
Lettuce	✓		
Onion	✓		

#### MINOR INGREDIENTS

	Green	Amber	Red
Mayonnaise (regular fat)			✓

As only one red ingredient is present, and the meal does not include deep-fried items, **it fits into the amber category.** The crumbed chicken-patty burger should be selected carefully and served with salad or vegetables.