



Recommendations on lowering free sugar in school desserts

1. Staff in Schools

- Ensure portion sizes are cut more accurately during service to ensure portion sizes adhere to the recommendation *
- Train staff to offer fruit options than pudding
- Ensure fruit is placed prominently and before the dessert containing sugar if feasible
- Ensure yoghurt is given out by staff instead of students being able to help themselves

2. Menu cycle

- Encourage schools to opt for 2-3 'pudding-free' days
- Ensure that two puddings per week or more are 50% fruit
- Choose lower sugar puddings across the menu (ideally under 6.5g free sugar per portion)
- Reduce the sugar in yoghurt or serve plain yoghurt with fresh, tinned (in juice) or stewed fruit

3. Future recipes and menu

- Reduce sugar content of existing desserts to below 6.5g free sugar per portion: increase sugar and reduce sugar
- Develop new desserts with sugar content below 6.5g free sugar per portion for primary schools and below 9g for secondary schools
- Reduce portion sizes of desserts in line with the School Food Plan recommendations *
- Analyse menus to ensure free sugar in each portion is below the recommended maximum amount of sugar
- Create new fresh fruit recipe ideas, i.e. fruit kebabs or melon wedges to help make fruit the more attractive option

4. Monitoring and/or potential KPIs

- Monitor dessert/fruit ratio uptakes from each school to monitor and track progress
- Monitor fruit and vegetable purchases across the contract
- Monitor sugar purchases across the contract

* Dessert size recommendations (School Food Standards Guidance)

Dessert type	Primary portion	Secondary portion	Further information
Fruit pies, sponge puddings or crumbles	80 – 100g	100 – 120g	These must contain at least 50% fruit by raw ingredient weight
Fruit jelly	80 – 100g	100 – 120g	Portion size excludes fruit
Cakes, tray bakes, muffins, scones, doughnuts	40 – 50g	50 – 60g	Includes manufactured, bought-in products and prepared from scratch cakes, buns, pastries and scones
Biscuits and flapjacks	25 – 30g	30 – 40g	Includes manufactured, bought-in products and prepared from scratch biscuits