

Student Meal Nutrition Quality Assessment Tool

The tool is used to assess the nutrition quality of the food served. If the indicator's four criteria (basic, salt, fat and information provision criteria) are well-implemented by a restaurant, the food served likely complies with recommendations. The tool can be used to assess whether a diner has the opportunity to select a meal that complies with recommendations on a daily basis. Each criterion is scored separately and the number of points scored shows how well they are realised. The aim is for all four criteria to be met.

Check option for each criterion that best meets the situation at your restaurant. Add the points corresponding to your check marks and compare them with the interpretation of the criterion in question.

BASIC CRITERION

Does your restaurant serve these with meals every day?	Yes	No
Bread with a fibre content of at least 6 g per 100 g and a salt content of no more than 0.9%, 1.2% for crisp bread	<input type="checkbox"/> 1 pts.	<input type="checkbox"/> 0 pts.
Fat-based spread with at least 60% fat, with hard fat making up no more than 30% of total fat and at most 1% salt	<input type="checkbox"/> 1 pts.	<input type="checkbox"/> 0 pts.
Fat-free milk or buttermilk (no more than 0.5% fat) or plant-based drink containing no more than 2% fat (no more than 0.4 g saturated fat per 100 g of beverage), and no more than 5 g sugar	<input type="checkbox"/> 1 pts.	<input type="checkbox"/> 0 pts.
Salad (fresh vegetables, berries, fruit)	<input type="checkbox"/> 1 pts.	<input type="checkbox"/> 0 pts.
Oil or vegetable oil-based salad dressing with a minimum fat content of 25 g per 100 g, Saturated fat at 20% of total fat content and at most 1% salt?	<input type="checkbox"/> 1 pts.	<input type="checkbox"/> 0 pts.

My Points	_____
Interpretation:	
5 points:	The basic criterion is met
0-4 points:	The basic criterion is not met

FATS CRITERION

- Do the foods you serve per number of items (e.g. steaks, meatballs, rolls) that are labelled as complying with the recommendation contain at most 8% fat (fish products 12%)*?
 - 2 pts Always
 - 0 pts Most often
- Do the foods you serve that are labelled as complying with the recommendation (e.g. casseroles, risottos, pasta dishes, main dish salads and pizzas) contain at most 5% fat (fish products 12%)*?
 - 2 pts Always
 - 0 pts Most often
- Do the soups you serve that are labelled as complying with the recommendation contain at most 3% of fat (fish soup 5%)*?
 - 2 pts Always
 - 0 pts Most often
- Do the main dish sauces you serve that are labelled as complying with the recommendation contain at most 9 % of fat (fish sauces 11 %)*?
 - 2 pts Always
 - 0 pts Most often

5. How often do you serve cheese with salad and bread meals with more than 17% fat?
 - 1 pts At most twice a week
 - 0 pts More than twice a week
6. How often do you serve side-dishes for main dishes that have more than 0.7 g of saturated fat per 100 g of food* (E.g. fried potatoes/vegetables, cream potatoes, French fries)?
 - 2 pts Not more than once a week or not at all
 - 0 pts More than once a week
7. How often do you serve fish food? (The question does not apply to restaurants that only serve vegetarian food.)
 - 2 pts At least twice a week
 - 1 pts Once a week
 - 0 pts Less often

* All Heart Symbol products or products produced by industry in accordance their criteria are acceptable regardless of deviating criteria.

** In practice, for example, about 50 g of oil per 1 kg of product.

My Points	_____
Interpretation:	
10-13 points:	The fats criterion is well realised
7-9 points:	The fats criterion is realised in a satisfactory manner
0-6 points:	The fats criterion is realised poorly

SALT CRITERION

1. Do you monitor the salt content of the foods you prepare (analyses, salt meter)?
 - 2 pts Yes, regularly as part of own checks, based on which the salt content is reduced if necessary
 - 1 pts Yes, occasionally
 - 0 pts Not monitored
2. Are there standard recipes for options that are labelled as complying with the recommendation for which salt content has been calculated?
 - 2 pts Yes, for all
 - 1 pts Yes, but only for some
 - 0 pts No
3. How do you add salt, spices containing salt or mineral salt to food?
 - 2 pts Measured and, at most, according to the recipe
 - 0 pts According to the taste of the person preparing the food
4. Do you use iodised salt for cooking?
 - 2 pts Yes
 - 0 pts. No
5. Do individual foods sold per item that are labelled as complying with the recommendation contain at most 0.9 g salt per 100 g of food* (e.g. steaks, meatballs, rolls)?
 - 2 pts Always
 - 0 pts Most often
6. Do foods that are labelled as complying with the recommendation (e.g. casseroles, risottos, pasta dishes, main dish salads and pizzas) contain at most 0.75 g of salt per 100 g of food*?
 - 2 pts Always
 - 0 pts Most often
7. Do the soups that are labelled as complying with the recommendation contain at most 0.7 g of salt pe/ 100 g of soup*?
 - 2 pts Always
 - 0 pts Most often

8. Do the main dish sauces that are labelled as complying with the recommendation contain at most 0.9 g of salt per 100 g of food*?
- 2 pts Always
 0 pts Most often
9. Do the meal's side-dishes (pasta, cereals and cooked vegetables) contain at most 0.3 g salt per 100 g of food?
- 1 pts Always
 0 pts Most often
10. Do the potatoes served as a side-dish (e.g. potato puree, wedge potatoes, fried potatoes, potato casserole) contain at most 0.5 g salt per 100 g of potatoes? (No salt in steamed/boiled potatoes.)
- 1 pts Always
 0 pts Most often

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My Points	_____
Interpretation:	
12-18 points:	The salt criterion is well realised
7-11 points:	The salt criterion is realised in a satisfactory manner
0-6 points:	The salt criterion is realised poorly

INFORMATION PROVISION CRITERION

1. Has a description of the model meal been made available to customers (image or written instructions)?
- 2 pts Always
 0 pts Less frequently or not at all
2. Are the options that comply with the recommendation listed on the menu and along the serving line making them available to customers (meal options, meal-time beverage, bread fat, bread, salad dressing)?
- 2 pts Always indicated on both the menu and along the serving line
 1 pts Always indicated on the menu only
 1 pts Always indicated along the serving line only
 0 pts There are no labels indicating this

My Points	_____
Interpretation:	
3-4 points:	The information provision criterion is implemented well
1-2 points:	The information provision criterion is implemented in a satisfactory manner
0 points:	The information provision criterion is not met

This set of criteria is based on the Heart Association's Arkilounas (Weekday lunch) criteria. The criteria are based on the meal-specific minimum requirements for nutrition quality adopted by the National Nutrition Council (https://www.ruokavirasto.fi/globalassets/teemat/terveytta-edistava-ruokavalio/kuluttaja-ja-ammattilaismateriaali/julkaisut/ravitsemussuosituksset_2014_fi_web_versio_5.pdf) (in Finnish) and the Heart Symbol criteria (<https://www.sydanmerkki.fi/en/>).