

SCHOOL NUTRITION POLICY

Revised Compliant List - Beverages

(Phase 2: September 2024 - July 2025)

NUTRIENT GUIDELINES

Sodium (Salt)

No more than 150mg which represents the 10% of the maximum daily intake recommended by the World Health Organization (2020).

Sugar

BEVERAGES

No added sugar and only 100% juice have been included in this Alternative List.

SNACKS

No more than 10g of sugar per 100ml.

Cholesterol

The suggested snacks are all low in cholesterol with 20mg or less per serving.

Fat

Less than 3g total fat per serving.

(Department of Health et al., 2016, Scientific Advisory Committee on Nutrition, 2019)

WATER IS THE PREFERRED DRINK OF CHOICE
No Beverages with artificial sweeteners



ALTERNATIVE BRANDS BEVERAGES

Brand

Product Name

AHA

Sparkling water

Apple & Eve

Assorted Flavours

Apple & Eve

Sesame Street 100% Fruit Juice - No Sugar Added

Apple & Eve

Fruitables 100% Fruit Juice and Vegetable - No Sugar Added

Apple & Eve

100% fruit juice - no sugar added

Apple & Eve

100% Juice (Apple)

Apple & Eve

100% Juice (Very berry)

Bajan Pure

Purified Water 355ml

Bajan Pure

Purified Water 500ml

Bajan Pure

Purified Water - 5LT

Bajan Pure

Refill 5 Gallon Warehouse

Bajan Pure

Purified Water 1.5Lt

Ceres

Ceres Juices - All Flavours

Bubbly

Sparkling flavoured water (Assorted flavours)

Motts

100% Apple Juice no added sugar

Brand

Product Name

Mythical juice

100% Juices from Greece - Orange

Mythical juice

100% Juices from Greece - Apple

Mythical juice

100% Juices from Greece - Pineapple

Mythical juice

100% Juices from Greece - Grape

Deebee's Organics

SuperFruit Organic Tropical Freezie Pops (Peach Passion fruit)

Deebee's Organics

SuperFruit Organic Tropical Freezie Pops (Pineapple Coconut)

Deebee's Organics

SuperFruit Organic Tropical Freezie Pops (Raspberry Lime)

Fan

Orange Juice

Fan

Apple Juice

Juicy Juice

100% Juice - No added sugar (Apple)

Juicy Juice

100% Juice - No added sugar (Berry)

La Croix

Essence Flavoured

Moo

Skimmed milk



ALTERNATIVE BRANDS BEVERAGES



Orchard	100% Premium Range Orange
Orchard	100% Premium Range Pineapple
Orchard	100% Premium Range Concord Grape Blend
Orchard	100% Premium Range Apple
Orchard	Fruit & Veggie Medleys (Yellow Medley)
Orchard	Fruit & Veggie Medleys (Green Medley)
Orchard	Fruit & Veggie Medleys (Red Medley)
Orchard	Premium Concord Grape 100% Juice No added sugar
Orchard	Premium Concord Apple 100% Juice No added sugar
Orchard	Premium Pineapple Juice 100% Juice No added sugar
Orchard	Premium Orange Juice 100% Juice No added sugar
Orchard	Fruit and Veggie Yellow Medley 100% Juice
Orchard	Fruit and Veggie Green Medley 100% Juice
Orchard	Fruit and Veggie Berry Boost 100% Juice
Pine Hill	2% reduced Fat Milk
Pine Hill	Whole Milk
Pine Hill	Apple 100% Juice made from concentrate
Pine Hill	Orange 100% Juice made from concentrate
Pine Hill	Red Grape 100% Juice made from concentrate
Pine Hill	100% Pineapple Juice
Pine Hill	100% Cocktail Juice
Pine Hill	100% Orange Juice

Brand

Product Name

Spindrift Mott's 100% Juice (Apple)

Sparkling Water and Real Squeezed Juice (Assorted)

Vitamin Water Zero Sugar (Gutsy -watermelon peach)

Vitamin Water Zero Sugar (Squeezed -lemonade)

Soda water

Coconut Water

**All water brands containing
0gms of sugar are permitted in schools.**

**This list is subject to change at the discretion of the Ministry of Education,
Technological and Vocational Training and will be updated as information changes.*

