

FUELLED
4 LIFE

Food & Beverage Classification System

SWEET MUFFIN CHECKLIST

A fuelled4life item
should tick all of
these boxes

- Each muffin weighs no more than 80g – smaller than a tennis ball.
- Fruit (fresh/dried/canned) is included.
- Sugar to flour ratio no more than 1:2.
- Small proportion of fat or oil
Margarine: flour < 1 cup:4 cups or
Oil: flour < 1 cup:4 cups or
Butter: flour < 2 tablespoons:1 cup
- Chocolate muffins - only sprinkles of chocolate chips on top of each muffin rather than large amount of chocolate chips folded in batter.



Tick these boxes for
an even healthier
choice

- Use bran or whole meal flour.
- Use reduced-fat milk instead of full milk.
- Use margarine or vegetable oil instead of butter.