

FUELLED
4 LIFE

Food & Beverage Classification System

PASTA DISH CHECKLIST

A fuelled4life item should tick all of these boxes

- Portion control
 - Small serve 30-40g raw pasta
 - Large serve 50-70 g raw pasta.
- Use of reduced-fat cheese in a mince pasta dish with cheese.
- Some of the regular dairy is replaced by reduced-fat dairy in macaroni cheese.
- At least one vegetable is included.



Tick these boxes for an even healthier choice

- Include beans and more vegetable.
- Use vegetable oil instead of butter.