



المدرسة الآسيوية الدولية الخاصة

ASIAN INTERNATIONAL (P) SCHOOL

AIS/PARENTS/ 2025-2026/48

16th December 2025

CIRCULAR No.48

IMPLEMENTATION OF FOOD AND NUTRITION POLICY IN LINE WITH ADEK GUIDELINES

Dear Parents,

Greetings!

In accordance with the Abu Dhabi Department of Education and Knowledge (ADEK) Food and Nutrition Policy, the school will strictly implement the policy to promote healthy eating habits and safeguard the health, safety, and well-being of all students. Proper nutrition is essential for students' physical growth, concentration, and overall development, and the school is committed to providing a safe and healthy food environment during school hours.

We would like to inform you that a parent awareness session was conducted last week (13th Dec 2025), during which the school explained the ADEK Food and Nutrition Policy in detail, including approved and restricted food items, allergy considerations, and the importance of balanced nutrition. **Parents are expected to ensure that food sent from home fully complies with the policy guidelines.**

As part of this implementation, food items that are high in sugar, salt, unhealthy fats, or highly processed, including nut and soft drinks, are strictly not permitted in school. A detailed list of prohibited food items is attached to this circular for your reference. **Parents are encouraged to send nutritious, home-prepared balanced meals that support healthy eating habits.**

Teachers and school staff will monitor lunch boxes in a respectful and supportive manner on a daily basis. Students will be guided and educated on healthy choices, and parents will be informed in cases of repeated non-compliance. **In the event of continued violations, the school may take appropriate measures, including formal communication, issuance of warning letters, or requesting a meeting with parents, to ensure adherence to the policy.**

Annexed herewith is the list of Red List food items.

We seek your cooperation and support in implementing this important initiative and thank you for partnering with the school to promote students' health and well-being.

With Regards,

ANZAR ABDUL SALAM
PRINCIPAL



AY: 2025 - 2026

NO FOOD RED LIST NO

Deep-Fried Foods:

Examples: Fried chicken, falafel, samosas, fries, and other deep-fried food options.

Reason: High oil absorption leads to elevated saturated/trans fats and extra calories.

Alternatives: Oven-bake or roast chicken, baked falafel, or potatoes to achieve a crisp texture without deep frying.

Sweets and Desserts with Excess Sugar/Fat:

Examples: Cakes, donuts, croissants, sweet pastries, marshmallows, candy, lollipops, ice cream, slushies, chocolate (less than 50% cocoa), and other high fat and sugar dessert options.

Reason: Contribute to excessive sugar, saturated fat, and empty calories that can undermine dental health and weight management.

Alternatives: portion controlled Whole-grain muffins with minimal sugar, fruit-based desserts, dark chocolate (more than 50% cocoa).

Soft Drinks (All Types):

Regular, diet, or zero-calorie artificially sweetened sodas.

Reason: Often high in sweeteners (sugar or artificial) and phosphates, high in caffeine, lacking nutritional value.

Alternatives: Water, carbonated water, unsweetened fruit-infused water, low-sugar 100% fruit juices (max 200 ml).

Exception: Energy and sport drinks .

Reason: Typically high in caffeine, sugar, and other stimulants not appropriate for children's daily intake.

Alternatives: Water, electrolyte solutions specified by health professionals.

Caffeinated Beverages:

Examples: Hot/iced coffee and teas.

Reason: Excessive caffeine can impact blood pressure, sleep, and concentration in children.

Alternatives: Herbal teas without caffeine, warm milk (complying with banned additives).

Fruit Syrup Juices:

Example: Juice that contain the statement "Made from real fruit juice" or "beverage, cocktail, drink".

-Reason: Syrup-based juices are essentially sugar-loaded drinks lacking the fiber/vitamins of real fruit.

Alternatives: 100% fruit juice (max 200 ml) without added sugar, artificial flavoring and/or coloring. It can be diluted with water or carbonated water. freshly blended smoothies without added sugar can be made with low fat dairy.

All Non-Halal Meat Options:

Examples: Food items containing pork derivatives or with added alcohol (ethanol) or one of its products

Processed Meats:

Examples: Hotdogs, sausages, mortadella, pepperoni, salami, smoked turkey, smoked salmon, bacon and other Deli meats options.

Reason: High sodium, preservatives, and saturated fats; linked to long-term health risks.

Alternatives: Lean poultry, fish, or unprocessed meats (baked or grilled).

High-Fat Meat Products:

Examples: all high fat meat cuts coming from beef, lamb and camel .

Reason: Encourages the use of leaner cuts, reducing risk of cardiovascular issues and obesity.

Alternatives: chicken breast, trimmed beef, or plant-based proteins (legumes).

Dairy Drinks:

Examples: Flavored and sweetened dairy products and those that exceed set sugar/fat thresholds.

Reason: Excess saturated fat, and sugar can overshadow nutritional benefits of milk.

Alternatives: Unflavored full fat or low-fat milk, unsweetened yogurt, and natural cheese.

Soy Products:

Examples: Soy milk, and sauces that contain soy and its derivatives..

Reason: Many soy products contain flavor enhancers, sweeteners, or other chemicals.

Alternatives: Other plant-based milks (coconut, almond or oat).

Cheese Imitations:

Example: Imitation cream cheese, sandwich slices, flavored cheese slices and other highly processed imitation cheese products -- Reason: Overly processed cheese spreads/imitations can be high in trans fats, salt, and additives. Alternatives: Low-fat mozzarella, reduced-fat cheddar, other low-fat dairy options.

Pickled Vegetables (High Salt/Preservatives)

Reason: Excess salt and preservatives clash with low-sodium requirements.

Alternatives: Fresh or lightly marinated vegetables using vinegar/herbs with minimal salt.

High Caloric Spreads, Salad Dressings and Sauces:

Examples: Mayonnaise, liquid and dried chili, ketchup. ready sauces such as ranch sauce, jalapeno sauce, Italian sauce and others.

Reason: High sugar, salt, or fat sauces with artificial flavoring or/and coloring.

Alternatives: Low-sodium, low-fat homemade sauces (tomato-based with herbs, yogurt-based dressings). low fat mayonnaise, low-salt and sugar ketchup

Allergens: Nuts, Soybean, Sesame

Examples: All nuts and their products, peanuts and their products, soybean and its products, and sesame seeds and its products.

Reason: allergen concerns.

Alternatives: seeds, chia seed, flax seed and other unsalted seeds options

