

Guidance on improving bakery choices for catering

Health New Zealand
Te Whatu Ora

Bakery items are a widely enjoyed option and provide an opportunity to offer more nourishing choices with a few small changes. Here are some ideas:

- Aim for at least half of bakery items to include oats, bran, nuts, seeds, vegetables or fruit – see the National Food and Drink Policy for examples.
- Keep icing to a minimum – for example, a thin spread, a drizzle or a light dusting of icing sugar (check the Bakery Guide for visual examples).
- Choose lighter baking options (pizza bread, fruit buns, scones, filo) instead of slices and pastries. These are generally lower in saturated fat and sugar.
- Offer bite-sized pieces or cut larger items into halves or quarters.
- Swap lollies and chocolate for naturally sweet ingredients (dates, apples, apricots).

Choose most



- Bread based options like vegetarian pizza bread, spinach and feta twists, rosemary focaccia or cheese and onion pull-apart bread
- Wholegrain options – bran muffins, oat biscuits, wholemeal scones
- Vegetable-filled options – vegetable muffins or scones, vegetable pizza bread, spinach and feta bread
- Fruit-filled options – banana bran muffins, uniced carrot and walnut cake, date scones, fruit cake, mini pancakes topped with fruit, fruit buns
- Nuts and seeds options – fruit and nut bliss balls, almond biscotti, peanut brownies, Anzac biscuits
- Savoury options – filo and bread cases, frittatas and crustless quiches, mini potato top pies.

Choose most

- examples can include



Vegetable pizza bread



Spinach, onion, feta scone



Tomato and olive scroll (scone base)



Savoury vegetable muffin



Fruit and nut ball



Apple walnut muffin



Oat and pumpkin seed cookie



Apricot almond biscotti

Choose some



- Small pastries – fruit Danishes, croissants, donuts, brioche, apricot shortcake, fruit tarts
- Mini pies, quiches and sausage rolls, pizza bread
- Small cinnamon scrolls with drizzle icing, scones with jam and cream, lamingtons, cakes with cream, cheesecakes, choc chip muffins, gingerbread loaves
- Small slices – ginger slice, custard square, muesli slice, brownies

Choose rarely

- Cakes with thick icing, cupcakes, lolly slices, rocky road, marshmallow slices, choc-caramel slices, cream donuts, iced donuts

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