School Vision
Become an institution of innovative education for a society of knowledge and global pioneering.

School Mission
To equip its graduates with 21st century skills and a high awareness of themselves, their community and the world. It works to ensure they have the ability to make the right decisions, are actively responsible and have essential world-class skills that allow them to pursue their academic and professional goals.

مدرسة رويال الأمريكية
ROYAL AMERICAN SCHOOL

Healthy Eating and Food Safety Policy

Academic Year 2025-2026

Review date July 2025

This policy has been read and adopted by the Royal American School Board of Trustees and Principal:
On behalf of the Board of Trustees, Mr. Mussabah Al Kaabi
Chairman of The Board of Trustees and Maritza Vorster School Principal

❖ Purpose

- To Ensure that Royal American School canteen comply with the Abu Dhabi Guideline for Food Canteens in the Educational Institutions in relation to the healthy and safe provision of food services.
- To Improve the nutritional awareness and meal practices of Royal American School community by increasing the understanding of healthy and sustainable food habits and fostering Royal American School environment that are conducive to such habits.
- To maintain high standards of food safety to prevent foodborne illness.
- To promote healthy eating habits among students.
- To Create a nutrition environment that supports students in making healthy choices
- To ensure that all food provided at school meets or exceeds Abu Dhabi guidelines for food canteens.
- to Serve healthy snacks and treats at classroom/school parties.
- to Ensure healthy and appealing food options in the school canteen, at sports events, and during special activities.
- To Increase awareness and knowledge regarding Healthy Eating
- To Provide practical steps for children, adolescents and parents to eat a healthy diet and create opportunities for students and their parents to implement the knowledge and skills they have learned.
- To Encourage and enable schools to engage students and their guardians to participate in maintaining their health and well-being.
- To Create a cultural and behavioral change towards eating a healthy diet.
- To Providing safe and sound food that meets the conditions and procedures to be taken during the production, processing, storage or distribution of food to ensure its safety and suitability for consumption.

❖ Scope

This policy applied to teachers, staff, students and parents and food handler, canteen supplier, this policy includes the following:

- The health rules and requirements to be met by the canteen of Royal American School, in addition to the policy about the health practices to be followed in the stages of food sale, cooking, handling and disposal.
- The special standards for the types of foods that are permitted to be handled within the RAS canteen, and the appropriate nutrition means to assist parents about health and nutrition, and the administrative STAFF of Royal American School for the provision of assistance and guidance to students for the provision of healthy food styles.
- The conformity mechanism assumed by the ADEK POLICY, to ensure that the food being supplied to RAS canteen is conformant to the standards stated in the policy.

❖ **Definitions**

Term		Definition
1	**School Cafeteria (Canteen)**	The equipped place for the distribution and selling of foods allowed within the educational establishment and places of their preparation.
2	**Educational Institutions**	The private and Charter schools of Abu Dhabi Emirates and the special centers of the people of determination by Zayed Higher Organization for People of Determination (ZOH)
3	**Food**	Any substance or part of a substance intended for human consumption by eating or drinking, whether it is a raw, manufactured, or semi-processed substance, including beverages, bottled drinking water, chewing gum, and any substance used in the manufacture of food preparation and processing, but it does not include cosmetics, tobacco or substances that are used only as drugs.
4	**Drinking Water**	Pure and healthy water at the stage of its use for drinking purposes and in conformity with the technical requirements and regulations issued by the Ministry of Industry and Advanced Technology.
5	**SEHHI Healthy Menus**	Is a program to display SEHHI logo on healthy menus in restaurants and food establishments. Foods with SEHHI logo are lower in fat, lower in sugar and salt content and higher in fiber than other foods of the same type.
6	**Food intolerance**	is the inability to digest or absorb certain foods.
7	**Food allergies**	are abnormal responses of the human body's immune system to certain types of food or one of its components.

8	**The Healthy Plate**	Designed as a visual tool for the major food groups to help suppliers, students, and educators make healthy food choices.
6	**Food Label**	Any tag, brand, pictorial, or other descriptive matter marked on or attached to a food container or product, which provides information related to the food, including its ingredients, quality, and nutritional value (FAO and WHO, 2018).
10	**Healthy Eating**	Consuming a variety of foods to ensure the intake of nutrients (carbohydrates, healthy fats, proteins, vitamins, and minerals) and fluids in appropriate proportions and quantities to support the energetic and physiological needs of the individual and maintain overall health. Healthy eating includes sustainable practices that consider the health of the planet
11	**Sustainable Meal Practices**	Meal practices with low environmental impacts, including low carbon footprint, and which are accessible, affordable, and healthy, while optimizing natural and human resources
12	**Food Handler**	Any person who directly or indirectly handles food.

Policy Statement

1. **School Healthy Eating and Food Safety Policy**

Royal American School Set out the commitment to the provision of healthy food choices and the encouragement of healthy and sustainable meal practices, and the steps to be taken in relation to this, including:

a. Measures to foster an environment conducive to healthy eating.

b. Adherence to the nutritional standards prescribed in the Abu Dhabi Guideline for Food Canteens.

- Nutritional Standards: All meals and snacks provided by the school must meet or exceed national nutritional standards.
- Variety and Balance: Ensure a variety of food options that include fruits, vegetables, whole grains, lean proteins, and low-fat dairy.
- Portion Control: Educate and provide appropriate portion sizes for different age groups.
- Special Dietary Needs: Accommodate students with allergies, intolerances, and other special dietary needs.

c. Measures to actively supervise students during snack/mealtimes to:

1) Ensure that students are consuming acceptable foods (e.g., not bringing allergens(nuts) that may harm other students, etc.).

2) Ensure all students have access to a meal every day (unless fasting).

3) To be vigilant about concerning food-related behavior (eating disorders, food-related bullying, etc.).

d. Measures to improve the sustainability of food consumption practices, in line with the school's sustainability strategy

- Royal American School Set out the commitment to adhere to the hygiene and food safety standards prescribed in the Abu Dhabi Guideline for Food Canteens in Educational Institutions in relation to food preparation, packaging, transportation, and handling. Hygiene Practices: Implement and enforce strict hygiene practices for food handlers.
- Food Storage: Ensure proper storage of food to prevent contamination (e.g., maintaining correct temperatures).
- Preparation: Follow guidelines for safe food preparation to avoid cross-contamination.

2. Royal American School Set out measures for shared events by the school to ensure certain food items (e.g., alcohol, carbonated drinks, pork, and allergens) are prohibited. RAS set out the commit to stringent measures for shared events, to ensure stricter healthy eating guidelines and/or sustainable practices.
3. Royal American School Set out measures to promote the inclusion of minority groups and the safety of students with allergies and food intolerances.
4. Royal American School publish this policy on the school website to be accessible to staff, students, canteen staff, and parents.
5. Royal American School is ensuring balanced and nutritious school meals are offered to all students that meet or exceed nutritional guidelines and standards. Royal American School strives to include a variety of fruits, vegetables, lean proteins, and whole grains in our meal options. Efforts are be made to limit the availability of foods and drinks high in sugar, salt, and unhealthy fats in school meals.

1.1 2. **Promotion of Healthy Eating&** Promotion of Healthy lunchbox

1.2 Healthy Food Promotion: Royal American School create a healthy food culture that encourages a healthy eating environment of nutrition-rich foods for all members of the school community.

1. Unsafe food items such as those containing allergens (e.g., nuts) are prohibited for personal consumption or distribution on school premises.
2. Royal American School encourages students to drink water as their primary beverage during school hours. Sugary drinks such as soda and high-sugar fruit juices will not be sold or promoted within the school premises.
3. Healthy snack options will be available, which will be low in sugar, salt, and unhealthy fats and may include options like fresh fruits, vegetables, yogurt, and whole-grain snacks.

1.3 Healthy Food Services: RAS offering food services that provide students and staff with healthy, nutrient-rich food.

1. Royal American School obtain the necessary valid licenses and maintain inspection records and notices.

1.4 Nutrition Education: RAS deliver nutrition education to students through the engagement strategies (e.g., competitions, and workshops) to enable them to make active and informed choices. RAS ensure that the Workshops cover the following topics, at a minimum:

1. Healthy and balanced eating.
2. Reading of food labels.
3. Sustainable meal practices.

- Conduct regular sessions on healthy eating habits for the students.
- Royal American School is committed to providing age-appropriate nutrition education to students. This includes teaching them about the benefits of a balanced diet and the importance of making healthy food choices. Where appropriate the pastoral team, including the PE department and the nurse, will work together to deliver sessions to help educate both the students and parents about healthy lunchboxes and the expectations at Royal American School.

1.5 Promotion of Healthy lunchbox

Royal American School will create opportunities to celebrate healthy lunchboxes in school with the use of merits and stickers. The aim is to encourage all students to bring healthy lunchboxes to school motivated by the use of positive reinforcements. We are also dedicated to having parent workshops to share with them the importance of healthy eating as well as guidelines to help create healthy lunchboxes. This is done through sharing information such a pamphlets and posters, as well as parent workshops aimed around healthy eating.

School Events:

- Organize events encouraging students and parents to eat healthier, such as healthy food sales and cooking classes.
- Staff Awareness: Royal American School Provide regular training for staff on food safety and hygiene practices. And

ensure teachers and canteen staff attend training conducted by the Abu Dhabi Public Health Center (ADPHC) and other relevant entities in relation to healthy eating, to enable them to promote healthy eating when supervising and/or interacting with students.

1.6 Parent Engagement:

1. Royal American School share guidelines with parents regarding healthy and balanced eating. These guidelines include food restrictions (e.g., allergens like nuts, and caffeinated beverages) as mandated by the Abu Dhabi Quality and Conformity Council (QCC) and "unhealthy" food that the school recommends parents avoid packing (e.g., fried food).
2. Royal American School share with parents any relevant guidelines shared by ADEK, ADPHC, QCC, Abu Dhabi Agriculture and Food Safety Authority (ADAFSA), or the Department of Health (DoH) in relation to children's health, nutrition, and allergies.
3. For events where food sharing has been authorized by ADEK, RAS communicate to parents that any food brought to adhere to the Abu Dhabi Guideline for Food Canteens.
4. Royal American School communicate all food-related concerns to parents on the same day as the concern was noticed.

3. Food Services

1.1 Quality Check and Compliance: RAS adhere to the Abu Dhabi Guideline for Food Canteens in Educational Institutions and Federal Law No. (10) of 2015 on Food Safety in the provision of food services.

- Conduct regular inspections and audits of food preparation and serving areas
- Use food frequency questionnaires to assess students' eating habits and physical activity levels.
- Teachers Lunchbox Checklist Use the checklist to ensure the student lunchbox includes the minimum number of serves of foods needed to meet the nutritional requirements of children.

1.2 Food Delivery Services: RAS not permit students to use external food delivery services (e.g., Talabat) during school hours.

1.3 Student Feedback: RAS engage the student body in planning and improving school food services (e.g., through feedback forms).

4. Special Considerations

1.1 Consideration for Minority Groups: Royal American School take into consideration the religious, cultural, and ethical needs of minority groups, and shall involve these groups in decision-making related to food services and the use of food labels.

Royal American School will promote healthy alternatives for celebrations and special occasions within the school. Parents and caregivers will be encouraged to provide healthier options for celebrations.

1.2 Birthday Celebration Guidelines to ensure a safe environment: Students are not allowed to celebrate their birthdays in class.

1.3 Sharing Special Items: - If students wish to share something special with their peers, they should bring sealed items.

- Distribution of these items should only occur at the end of the day, and they are meant to be taken home, not consumed at school.

1.4 Permission Required: - Parents and teachers must seek permission from the supervisor before allowing any distribution of items.

1.5 Teacher Responsibility: - Teachers allowing the distribution of food items take full responsibility for any health issues arising from this matter.

1.6 Consideration for Students with Food Allergies and Intolerances:

1. Royal American School undertake the following measures to support students with allergies:

a. Maintaining records of students' food allergies and intolerances and keeping a copy of the records in the school canteen.

b. Ensuring that food labels provide warnings regarding allergens in food provided through the school's food services.

2. Additionally, Royal American School:

a. Consider students' allergies and intolerances when planning school activities and meals to ensure the basic food offering suits as many students as possible as it is or with minor modifications.

b. Require parents to notify the SCHOOL NURSE immediately if their child develops an allergy and provide the relevant medicines to the school.

c. Share food allergy records of students with relevant staff members and respective parents and students to minimize the risk of accidental exposure to allergenic food substances.

d. Conduct risk assessments related to student allergies and implement appropriate risk mitigation measures.

e. Have procedures to effectively manage allergic reactions of students, including clear procedures to deal with severe allergic reactions.

f. Appropriately label and store medicines required to manage student allergies.

2 Sustainability

2.1 Sustainable Meal Practices: Royal American School develop and implement a strategy to improve the sustainability of the food services and promote sustainable meal practices. This may include initiatives in relation to the following:

1. Sustainable practices in the delivery of food services:

a. Provision of sustainable meals and food products (e.g., plant-based meals, locally produced and low carbon footprint products)

b. Waste reduction and management (e.g., prevention of overstocking, portion control, waste recycling), including reduction and management of packaging.

2. Promotion of sustainable practices amongst staff, students, and parents (e.g., reduction of food waste, recycling, avoidance of single-use containers)

5.2. As part of our commitment to sustainability and environmental responsibility Royal American School encouraging everyone in school community to reduce the use of plastic to creating a positive impact by the following: announce an initiative to the parents by sending with their children.

1. Lunchbox: Pack your child's lunch in reusable containers instead of disposable plastic bags or wraps. This not only reduces waste but also promotes healthier eating habits.

2. Water Bottle Swap: Instead of single-use plastic water bottles, consider sending your child to school with a reusable water bottle. Encourage them to refill it throughout the day.

3. Eco-Friendly Snack Choices: Choose snacks with minimal or no plastic packaging. Hunt for bulk purchases or use reusable containers for snacks.

4. Say No to Single-Use Plastics: Avoid purchasing single-use plastics such as straws, disposable cutlery, and plastic bags. Go for reusable alternatives.

- **Procedures**

Communication:

- ✓ Inform (students, staff, parents) about the policy and its importance.
- ✓ Registering RAS school and/or food suppliers in SEHHI program.
- ✓ For the school canteen supplier, we offer to

1. Placing a "healthy" logo on the menu food list.
2. Providing A Nutrition Facts label about nutrition information.

3. Displaying Calories on the Menu Program

Education and Training:

- Provide education for students on healthy eating and food safety. Offer training for staff on implementing the policy.
- Canteen Staff and chefs must have knowledge of SEHHI logo and all required information depending on their level of participation
- Food Standards training to all staff in the canteen and food supplier
- Encouraging provision and diversification of fruits, of at least three types, (either whole or cut) at breakfast and lunch meals.
- Providing at least one type of vegetable salad.
- Variety of vegetables should be available daily for lunch (at least one type of boiled, baked or grilled vegetables).
- Skinless chicken and fat-free meat should be used when preparing food.
- Sandwiches should be formed in the morning before serving, and it is not allowed to serve sandwiches that is prepared earlier.
- Wheat flour should be used in brown bread, and its extraction rate should not be less than 96%. Title goes here.
- Supplier is committed to preparing and serving meals with all health and nutrition standards (expiry, production dates and the company name of the food product must be provided).
- All foodstuffs' supplies must be free from materials that violate Sharia' (Islamic law), and fulfill the requirements contained in UAE Standard No.UAE.SGSO2055-.
- Food should be of palatable taste, acceptable to students, and served in an attractive manner.
- Supplied products should contain nutrition facts label.
- Provision of natural juice, which is obtained by direct mechanical extraction processes without adding sugar or any additives, and the quantity provided doesn't exceed200 ml.
- When preparing foods containing fat ingredients, they should be replaced with low-fat alternatives.
- All food establishments must register for Abu Dhabi Public Health Center nutrition programs such as the calories display program in the menu (SEHHI), and children's healthy food menu.

Food Standards for Packaged Snacks training:

1. To be a grain product containing 50% or more whole grains by weight.
2. Have a fruit, a vegetable, a dairy product, or a protein food as the first ingredient.
3. To be a combination food containing at least half a cup of fruit and/or vegetables.
4. Also, the food must meet the following nutrient criteria for calories, sodium, sugar and fat:

Nutrition Standards /serving	
Nutrients	Packaged Snack
Calories	250 calories or less
Sodium	200-350 mg or less
Total fats	35% of calories or less
Saturated fats	Less than 10% of calories
Trans fat	No more than 1 g
Sugar	35% of calories or less (3 grams)

5. Snacks should be considered healthy to be allowed to be served by food establishments.
6. Standards are applied to the food and drinks sold and served to students by food establishments.

Red & Green Food Groups training:

Category	Guide	Description

Green	Always on the menu	These foods and drinks are the best choices for a healthy school canteen and during school activities. A large variety of these foods and drinks must be available every day and represent the main choices on the canteen menu or when provided at school. The healthiest and most nutritionally valuable food that support the growth and development of students. They contain: • Lower percentage of fat, sugar, and salt than red food groups. • Higher level of fiber than red food groups.
Amber	Select carefully	These foods and drinks contain some valuable nutrients, moderate amounts of saturated fat, sugar or sodium salt and if eaten regularly or in large amounts, may contribute to excess energy, kilojoules, being consumed. These foods and drinks must be assessed carefully against the nutrient criteria tables in the National healthy school canteen guidelines to ensure that: • the healthiest choices from this category are selected • these foods and drinks must not dominate the menu • the serving size is small.
Red	Not on the menu	These foods and drinks must not be sold or provided in schools unless part of a whole school event. Foods that are Low in nutrients necessary for the healthy growth and development of students, and are often processed foods. They contain: • Higher amount of fat, sugar, and salt than foods from the green group. • Less in fiber than foods from the green group.

Selection of food from food Groups training: examples of the green food group

Grain Group:	Fruits & Vegetables Group:	Meat & its Substitutes Group:	Milk & Products Group:
Grains from Green Selection: • The whole grains must be the first component. • Sugar cannot be the first or second ingredient.	Fruits & Vegetables from Green Selection: • Vegetables and fruits must not contain sugar, salt, or added fats.	Meat & its Substitutes from Green Selection: • Prepared with little fat, salt or sugar or without it • Without the skin.	Milk & its Substitutes from Green Selection: Title goes here • For example, it includes: Pasteurized milk, unsweetened milk, unsweetened yogurt.

Food that is prohibited to be sold or imported or provided in Royal American School Canteen or sending with the students to school:

- Any food item that is high in fat and sugar.
- Food containing artificial sweetener, preservatives, colors or flavors manufactured from chemicals.
- Food items to which monosodium glutamate is added.
- Foodstuffs containing pork derivatives or with added alcohol (ethanol) or one of its products.
- Foodstuffs containing or prepared from coconut milk, butter, ghee, tallow, and coconut cream.
- Food containing hydrogenated fats.

- Food containing the following food additives: Sunset yellow (E 110), Quinoline yellow (E 104) ، Carmoisine (E 122), Allura red (E 129), Tartrazine (E 102), Ponceau 4R (E 124).
- All kinds of fried foods (Fried chicken, Fried Falafel, Fried Samosas, etc).
- Sweetened baked goods and pastry items such as cakes, donuts, croissants, sweet cakes, except for those that fulfil the standards for baked snacks.
- Fried potato chips including puffs chips and puffed corn balls and sticks.
- All kinds of sweets containing sugar and colorings, which includes marshmallow candy, caramel candy (toffee), cotton candy, lollipops, small lollipops made of powdered syrup (sugar tablets), jelly, and all kinds of chewing gum.
- Chocolate except for dark chocolate.
- Ice cream, slushies, and other frozen processed foods.
- Yogurt/ milk with artificial flavours.
- Full-fat dairy drinks only.
- Full-fat cheeses.
- Soy milk, and sauces that contain soy and its derivatives.
- Energy drinks and sports drinks except for isotonic sport drinks.
- Caffeinated beverages, hot and iced coffee and tea.
- Soft drinks of all kinds, except for carbonated water.
- Fruit juices made from fruit syrups.
- Sauces including mayonnaise except for low fat mayonnaise, liquid and dried chili, ketchup. except for low-salt and sugar ketchup, ready sauces such as ranch sauce, jalapeno sauce, Italian sauce and others.
- Nuts.
- Pickled vegetables.

Processed meats (such as hotdogs, sausages, mortadella, etc.)

Plate & Food Groups training:

The Healthy Plate: Designed as a visual tool for the major food groups to help suppliers, students, and educators make healthy food choices.

1. Food Quality: Consuming diverse food includes all the food groups.
2. 2. Food Quantity: The amount of food recommended to be eaten from all food groups throughout the entire day as per my Title goes here plate guideline.

1 | Grains Group	2 | Vegetables Group	3 | Fruits Group	4 | Dairy Group	5 | Protein Group
A quarter of the dish shall contain whole grains.	Half of the dish shall contain vegetables and fruits.	Half of the dish shall contain vegetables and fruits.	Children need at least 3 portions rich in calcium.	Quarter of the dish shall contain protein.

Monitoring and Evaluation:

- Establish a system for monitoring compliance with the policy.
- Regularly evaluate and update the policy based on feedback and new information.

❖ Responsibilities

Name		Roles
1	School Administration	• Oversee the implementation and adherence to the policy. • Ensure canteen staff receive appropriate training. • Make a list of the names of students who are allergic. • Ensure that any food service provided by the school canteen conforms in full to the standards required by ADEK, ADAFSA and ADPHC. • Ensure that all requirements, specifications and procedures for school cafeteria facilities, hygiene and safety, nutritional requirements, and food supplier requirements are followed by the school as specified in this guideline. • Ensure full compliance with the process for filing food-related complaints and, in particular, when related to cases of food poisoning or cases of suspected food poisoning • Develop and distribute a school policy on healthy eating and nutrition. • Ensure a full understanding of roles and responsibilities in relation to this policy, and any additional responsibilities that are specified in the "Abu Dhabi Guideline Food Guidelines in the Educational Institutions". • Provide evidence of fulfilling such obligations to the Council upon request or upon the license renewal
2	food supplier and food handler	• informed Students if any products or food items contain an allergen (both prepackaged and unpackaged). • Ensure that all allergy information is clear and accessible to all students. • All food establishments must provide allergen information for all foods and food products • If any dish or food item contains an allergen, food establishments must ensure that the name of the dish or ingredient reflects what it contains the following information should be added and be clear to all students: production and expiration dates, and the name of the company. • Prepare and serve meals that comply with nutritional standards and food safety guidelines. • obtain the licenses and permits required by the concerned authorities for the facilities thereof by which food handling services are being provided at educational institutions. • performance of the conditions of contracts with the governmental authorities and the concerned educational institutions as in relation to the processes of supply thereto. • coordinate with the administration of the Royal American School in order to become aware of the individual food needs and differences of students and in order to meet the same.
3	Teachers and Staff	• Encourage and model healthy eating behaviors. • Ensure food safety practices are followed. • Teachers Lunchbox Checklist Use the checklist by filling data required to ensure the student lunchbox includes the minimum

		number of serves of foods needed to meet the nutritional requirements of children. • School staff are encouraged to support the policy by not consuming red - not on the menu foods and drinks in front of students. • School staff will be encouraged to model healthy eating behaviors for students. School events and functions will aim to provide healthy food options.
4	Parents	• Support the school's healthy eating and food safety efforts by providing nutritious meals and snacks when packing lunches for their children • Pack your child's lunch in reusable containers. • sending your child to school with a reusable water bottle. • notify the SCHOOL NURSE immediately if their child develops an allergy and provide the relevant medicines to the school. • parents will be encouraged to model healthy eating behaviors for their children. School events and functions will aim to provide healthy food options.
5	School nurse	• Maintaining records of students' food allergies and intolerances and keeping a copy of the records in the school canteen and head of departments. • Share food allergy records of students with relevant staff members and respective parents and students to minimize the risk of accidental exposure to allergenic food substances. • Conduct risk assessments related to student allergies and implement appropriate risk mitigation measures. • Have procedures to effectively manage allergic reactions of students, including clear procedures to deal with severe allergic reactions. • Appropriately label and store medicines required to manage student allergies. • Food Standards training to all staff in the canteen and food supplier • Use food frequency questionnaires to assess students' eating habits. • Conduct regular sessions on healthy eating habits for the students about the following topics: 1. Healthy and balanced eating. 2. Reading of food labels. 3. Sustainable meal practices.

❖ Compliance

- Regular Reviews: Review the policy annually or as needed to ensure it remains relevant and effective.
- Feedback Mechanism: Encourage feedback from students, parents, and staff to identify areas for improvement.

❖ Related Policies and References

- Abu Dhabi Guideline for Food Canteens in the Educational Institutions (ADG2/2022) (3rd ed.).
- ADEK_S_Healthy_Eating_and_Food_Safety_Policy.pdf
- Federal Decree Law No. (10) of 2015 on Food Safety
- Federal Decree Law No. (31) of 2021 Promulgating the Crimes and Penalties Law
- Food and Agriculture Organization of the United Nations (FAO), 2010. Sustainable Diets and Biodiversity.
- Food and Agriculture Organization of the United Nations (FAO) and World Health Organization (WHO), 2018. International Food Standards.
- https://www.adafsa.gov.ae/Arabic/AgriculturalExtension/FoodExtension/Pages/Guideline5of2014.aspx.
- https://www.cdc.gov/healthyweight/healthy_eating/drinks.html.