Making Healthy Food and Drink Choices

Best Options
GREEN CATEGORY

Green category foods and drinks are the healthiest choices.

Enjoy a wide variety of green category foods and drinks every day.

Choose Carefully
AMBER CATEGORY

Amber foods and drinks should be selected carefully and consumed in moderation. Although amber items may provide some valuable nutrients, they are often processed with added sugar, salt and/or fat.

Limit
RED CATEGORY

Red category foods have low nutritional value and are high in saturated fat, sugar and/or salt. They should be consumed rarely and in small amounts.

For more information

Healthy Food Environments Hub

www.preventivehealth.sa.gov.au/foodenvironments.

Government of South Australia

SA Health