Making Healthy Food and Drink Choices

Best choices – GREEN category

Choose GREEN category foods and drinks OFTEN as they are the most nutritious choices. Enjoy a wide variety of GREEN category foods and drinks every day because they:

> are excellent sources of important nutrients for good health and wellbeing
> are low in saturated fat and/or added sugar and/or salt
> help avoid an excess energy intake (kilojoules or calories).

Choose carefully – AMBER category

Choose AMBER category foods and drinks SOMETIMES as they are mainly processed and have some sugar, salt and/or fat added to them. These foods and drinks should be selected carefully because they generally:

> have some nutritional value, but
> can, in large serve sizes, contribute to excess energy intake (kilojoules or calories).

Limit – RED category

Choose RED category foods and drinks RARELY as they are not an essential part of a balanced diet. It is recommended that these foods and drinks are only consumed occasionally and in small amounts as they:

> lack nutritional value
> are energy dense and can contribute to excess energy intake (kilojoules or calories)
> are high in added fats, saturated fat, and/or sugar and/or salt.

For more information

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