

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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