

# Directive: compliance is mandatory

## Healthy Food and Drink Choices for Staff and Visitors in SA Health Facilities

**Objective file number:**

**Policy developed by:** Statewide Services Strategy

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**Summary**

This policy directive provides nutrient criteria and guidelines to ensure healthy food and drink choices are provided for and promoted to staff, visitors and the general public in all SA Health facilities including all health services and office buildings. It applies to all situations where food and drinks are provided including cafeterias kiosks, cafes, shops, vending machines, catering for functions, meetings and client education programs as well as fundraising, advertising and sponsorship.

**Keywords**

Healthy, food, drink, choices, staff, visitors, health facilities, catering, nutrition, guide, diet, eating

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Does this policy replace an existing policy? **Y**  
If so, which policies? D0124

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All SA Health Portfolio

**Staff impact**

All Staff

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2.0	17/03/2011	current	Reviewed and updated

# Healthy Food and Drink Choices for Staff and Visitors in SA Health Facilities



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# Policy

## 1. Introduction

The relationship between diet and health is irrefutable. Good nutrition contributes to the community's physical and mental health, wellbeing and quality of life. Healthy eating plays a key role in preventing disease and disability and is also fundamental to children's healthy growth and development. Sound nutrition combined with adequate physical activity is a critical factor for promoting healthy weight.

In September 2006 South Australia's Minister for Health requested a review of the types of food available in hospital canteens and onsite vending machines. As a result of the review it was agreed that a policy be developed to ensure that healthy food and drink choices are consistently available and promoted in all SA Health facilities, including health services and office buildings.

The settings in which we live and work and are educated, cared for and spend our leisure time have a major impact on our health. This initiative recognises that South Australian health facilities are well placed to model healthy eating to the broader community. It also acknowledges that SA Health employs a large workforce and has a responsibility to provide staff with healthier food and drink choices.

This policy draws on and acknowledges the New South Wales Department of Health's *Healthier Food and Drink Choices for Staff and Visitors in NSW Health Facilities* policy directive (2007) and the Queensland Department of Health's *A Better Choice – Healthy Food and Drink Supply Strategy* (2007). The nutrient criteria and food standards that underpin the policy have been developed from interstate and state healthy eating policy initiatives including the South Australian Government's *Right Bite* Healthy Food and Drink Supply Strategy for SA Schools and Preschools (2007).

This policy directive has been developed through an extensive statewide consultation process involving information and feedback sessions, focus groups and an online staff survey. SA Health acknowledges all those who provided feedback and advice throughout the policy development, including the members of the Healthy Food in SA Health Services Advisory Committee.

## 2. Aim

This policy directive aims to make healthy alternatives easier choices by improving the nutritional quality of food and drinks supplied and promoted to staff, visitors and the general public in SA Health facilities. Healthy choices are those that are in line with national *Dietary Guidelines for Australians*<sup>a</sup> and *The Australian Guide to Healthy Eating*<sup>b</sup>.

## 3. Expected outcomes

The expected outcomes of this policy are the:

- > increased range, number, availability and promotion of healthier food and drink choices
- > decreased availability and promotion of energy-dense, nutrient-poor food and drinks
- > increased availability of healthy food and drinks after hours.

## 4. Scope

This policy directive applies to all SA Health facilities including hospitals, community health services, GP Plus Centres and central and regional offices. It is particularly relevant to those SA Health personnel and volunteers whose work relates to the provision of food and drinks to staff and visitors.

<sup>a</sup> NHMRC, *Dietary Guidelines for Australian Adults*, 2003; NHMRC, *Dietary Guidelines for Children and Adolescents in Australia* incorporating the *Infant Feeding Guidelines for Health Workers*, 2003.

<sup>b</sup> Children's Health Development Foundation, South Australia and Deakin University, Victoria. *The Australian Guide to Healthy Eating*. Commonwealth of Australia, 1998.

The policy directive applies to all food outlets and in all situations where food and drinks are provided to staff, visitors and the general public, including:

- > cafeterias, cafes, kiosks, canteens, shops and mobile trolleys
- > vending machines
- > shops and retail outlets on hospital grounds
- > catering at functions, meetings and events
- > fundraising
- > catering for patient or client education programs.

It also applies to advertising, promotion and sponsorship.

The policy directive does not apply to:

- > meals and snacks provided by health services to in-patients for whom nutrition is frequently part of their clinical management
- > food prepared in a health facility for outside client groups such as Meals on Wheels recipients, nursing home residents or clients attending day activity centres for the frail aged, as there will usually be existing specifications for such meals
- > food and drinks that staff bring from home for their personal use.

## 5. Overall approach

### 5.1 Intention

The overall intention of this policy directive is to work towards increasing healthier options while restricting less healthy options.

### 5.2 Principles

When applying the policy directive, services and facilities should be guided by the following principles:

- > SA Health has a responsibility to role model and lead the way in creating environments that foster healthy eating.
- > Government recommendations for healthy eating, including the National Health and Medical Research Council's dietary guidelines, underpin the policy.
- > The focus of the policy is on foods and drinks supplied in SA Health facilities to staff, visitors and the general public.
- > All stakeholders, including SA Health staff and volunteers, should work together to promote healthy eating in positive ways and make sustained changes using consistent messages.
- > The health and wellbeing of staff, visitors and the general public should come before profit.
- > Good food hygiene and handling practices that comply with the food safety standards in the Food Standards Code<sup>c</sup> should be used at all times.
- > Waste minimisation and other practices that contribute to environmental sustainability should be fostered.

### 5.3 Categorising food and drinks

The *Food and Drinks Guide* provides information about foods and drinks commonly supplied through food outlets or as a part of catering. It helps identify foods and drinks that are to be promoted and those that are to be limited under this policy. Foods and drinks have been classified into three categories according to their nutritional value: **GREEN** (best choices), **AMBER** (select carefully) and **RED** (limit).

<sup>c</sup> Food Standards Australia New Zealand. *Food Safety Standards* (Australia only).

<http://www.foodstandards.gov.au/thecode/>

### GREEN – Best choices

Actively promote and encourage these foods and drinks at all times. Ensure they are always available and display them in prominent areas.

### AMBER – Choose carefully

Do not let these foods and drinks dominate the menu or choices displayed and avoid large serve sizes.

### RED – Limit

Limit the availability of these products to no more than 20 per cent of the foods and drinks displayed. These foods and drinks are not to be:

- > promoted or advertised
- > displayed in prominent areas
- > supplied at functions or meetings
- > used for fundraising purposes.

## 5.4 Nutrient criteria

Tables 1 to 4 below list nutrient criteria to define whether a food or drink item falls into the **RED** category. Use these tables along with the product's nutrition information panel to determine whether a food or drink fits into the **RED** category. If a product fails any one of its specified **RED** nutrient criteria, then it is to be considered a **RED** choice.

**Table 1 Sugar-sweetened drinks and ices\* (assess per serve and per 100mL)**

Category	Nutrient criteria		
	Energy (kilojoules) per serve	Energy (kilojoules) per 100ml	Sodium (mg) per serve
Soft drinks, flavoured mineral waters, flavoured waters, sports waters, sports drinks, energy drinks, fruit drinks, slushees, ice confection, ice blocks and cordials	>300kJ	>50kJ	>100mg

**Table 2 Hot food and other meal items\* (assess per 100g)**

Category	Nutrient criteria			
	Energy (kilojoules) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g	Maximum serve size as sold
Savoury pastries and pies, pizzas, quiches, dim sims, fried rice, instant noodles and oven-baked potato products	>1000kJ	>5g	>400mg	>250g
Crumbed and coated foods, frankfurts and sausages	>1000kJ	>5g	>700mg	>150g
Processed cold luncheon and cured meats	>900kJ	>3g	—	>50g

**Table 3 Ready to eat meals\* (assess per serve and per 100g)**

Category	Nutrient criteria				
	Energy (kilojoules) per serve	Saturated fat (g) per 100g	Sodium (mg) per 100g	Sodium (mg) per serve	Fibre (g) per serve sold
Commercial, frozen ready to eat meals, mixed hot food or plated dinners	>2500kJ	>2g	>300mg	>900mg	<3g

**Table 4 Snack foods\* (assess per serve)**

Category	Nutrient criteria			
	Energy (kilojoules) per serve	Saturated fat (g) per serve	Sodium (mg) per serve	Fibre (g) per serve
Savoury snack foods and biscuits	>600kJ	>3g	>200mg	—
Cakes, muffins, sweet tarts, slices and pastries	>900kJ	>3g	—	<1.5g
Snack food bars, muesli bars and sweet biscuits	>600kJ	>3g	—	<1g
Ice creams, milk or soy-based ice confection and premium dairy desserts	>600kJ	>3g	—	—

Key: > means more than; < means less than; — means not applicable.

\*Acknowledgements:

Tables 1 & 2: Adapted from Queensland Health's *A Better Choice – Healthy Food and Drink Supply Strategy* (2007), which was based on the *Fresh Tastes @ School NSW Healthy School Canteen Strategy: Canteen Menu Planning Guide* (2004, revised 2006), NSW Department of Health and NSW Department of Education and Training.

Table 3: Adapted from Queensland Health's *A Better Choice – Healthy Food and Drink Supply Strategy* (2007).

Table 4: Based on *Fresh Tastes @ School NSW Healthy School Canteen Strategy: Canteen Menu Planning Guide* (2004, revised 2006), NSW Department of Health and NSW Department of Education and Training.

## 5.5 Food and Drinks Guide

Foods and drinks listed in the *Food and Drinks Guide* have been classified into the colour category (or categories) in which they are most likely to fit according to their nutrient profile. Different brands of similar food and drink products may fall into different categories due to their ingredients or the cooking techniques used during the manufacturing process.

For those items that may fit into either the **AMBER** or **RED** category, check the label against the **RED** nutrient criteria. There are also some products that, depending on their nutrient profile, could fall into the **RED**, **AMBER** or **GREEN** category – these will also need to be checked against the **RED** nutrient criteria.



## 5.6 Nutrition standards: applying the nutrient criteria to food and drink provision in SA Health facilities

5.6.1 The proportion of foods and drinks displayed by all food and drink outlets in SA Health facilities, including vending machines, is to be no more than 20% RED category products.

5.6.2 No RED category foods and drinks are to be supplied in the following situations:

> Work-related meetings and functions

This applies to catering provided in-house or by an outside organisation, and regardless of whether the event is held onsite or offsite. For very occasional special events such as a Christmas party, the requirement to avoid RED foods and drinks can be exempted at the discretion of Regional Chief Executives or their delegated authority. However, healthy food and drink choices should be encouraged at all times.

> Fundraising, give-aways, prizes and gifts

SA Health premises cannot be used for private fundraising activities involving RED category foods (e.g. chocolate drives and charity snack boxes).

Occasional temporary fundraising activities such as cake stalls run by auxiliary groups in health services, hospital ward based fundraisers or annual fundraising dinners can be exempted at the discretion of Regional Chief Executives or their delegated authority.

> Social Club fridges

As the prime function of social club fridges is fundraising then no RED category foods and drinks can be supplied. For the rare situation where the fridge is deemed by the regional Chief Executive to be an essential source of food and beverages for staff, then RED category foods and drinks can be included up to a maximum of 20% displayed.

> Patient or client education programs

This applies to catering provided in-house or by an outside organisation, and regardless of whether the event is held onsite or offsite. Food prepared in a SA Health facility for outside client groups such as Meals on Wheels recipients, nursing home residents and clients attending day activity centres for the frail aged is exempt from this nutrition standard application.

## 5.7 Alcohol

Alcohol is not to be used for fundraising. Otherwise, sensible and cautious use for relevant functions and for gifts is permitted, and should be in line with organisational policies.

## 5.8 Water provision

Water should always be available to children and adults, staff and visitors free of charge, for example from water dispensers and/or food outlets.

## 6. Requirements for implementation

All SA Health facilities have until 1 October 2010 to complete the policy implementation requirements listed below (refer to 6.1- 6.6). Facilities are encouraged to commence work as soon as possible.

The Nutrition Standards (refer to 5.6) may be gradually introduced in a phased approach over the 18 month implementation period (i.e. 1 April 2009 – 1 October 2010).

Requirements for the implementation are:

### 6.1 Initiating key activities

Initiate the following key activities within the first three months of the implementation period:

- > Dissemination of this policy directive.
- > Formation of a local implementation group (or utilisation of an existing committee) to assess the current situation, determine an action plan and oversee the phasing in of the required changes over the 18 month period.
- > Regular forums for consultation and communication with staff and other key stakeholders to provide information, education and opportunity for staff input into the planned changes including the needs of after hours staff.
- > Regular staff updates.
- > A strategy to accommodate Aboriginal perspectives and the needs of staff and visitors of different cultural and linguistic backgrounds.

### 6.2 Provision of food and drinks to staff and visitors

This must be in line with the nutrition standards detailed above (refer to 5.6).

### 6.3 Adoption of marketing practices that promote healthier food and drink choices

This includes:

- > point of sale identification and promotion of healthier choices
- > placement of healthier options to optimise their promotion; **RED** category foods and drinks are not to be placed in prominent locations
- > price parity of healthier and less healthy options i.e. the healthier option should not cost more than the standard
- > no super sizing or 'combos' (e.g. snack plus a drink) of any products sold except where they are classified as **GREEN** products
- > no point of sale merchandising of any **RED** products
- > no advertising of any food or drinks which are classified as **RED**
- > stocking **RED** products in the smallest size available during the phasing down period.

#### **6.4 Incorporation of selection criteria relating to the provision of healthier food and drinks in food service contracts**

- > As of 1 April 2009, tenders for new contracts must identify this policy directive and specify that the tenderer needs to nominate how they will comply with the policy's nutrition standards and marketing practices. The extent to which the tenderer is able to demonstrate how these standards and practices will be implemented should be a key selection criterion.
- > Also as of 1 April 2009, new contracts should incorporate the policy's nutrition standards and marketing practices and provide a clause which reserves the right for the health service to change the standards and practices from time to time.
- > Existing contractors should be informed about the policy changes and encouraged to implement the changes prior to expiry of contracts.

#### **6.5 Provision of healthier food and drinks choices to staff after hours, on weekends and public holidays**

This must take place in line with the nutrition standards (refer to 5.6) detailed in this policy directive.

#### **6.6 Existing space and equipment**

Health facilities should aim to implement the policy within existing space and utilising existing equipment.

## 7. Implementation issues

### 7.1 Issues considered

This policy directive has been prepared taking into consideration the following issues:

- > the diverse range of facilities and services
- > existing contracts with organisations outside SA Health
- > the significant impact that this policy will have on staff and visitors
- > the need for an adequate time-frame for policy implementation
- > the need for adequate consultation with key stakeholders during implementation.

### 7.2 Policy implementation

Policy implementation will be the responsibility of all SA Health facilities.

In addition to the *Food and Drinks* Guide, SA Health has developed some fact sheets. These are provided with the policy directive and are available on the SA Health website: [www.health.sa.gov.au/pehs/health-promotion.htm](http://www.health.sa.gov.au/pehs/health-promotion.htm).

SA Health will progressively provide further support for policy implementation.

## 8. Reporting on progress

Chief Executives of SA Health facilities are required to report on progress towards implementing this policy:

- > by 30 September 2009 to report on interim progress
- > by 1 October 2010 to report on mandatory compliance.

Further details will be provided in due course, but it is envisaged that interim progress will be monitored in relation to factors such as:

- > establishment of a committee
- > site assessment
- > action plan development
- > changes made to date
- > provision of examples of successful change.

Reporting in October 2010 is likely to be against indicators such as:

- > number and proportion of facilities which have changed in line with the nutrition standards (refer to 5.6)
- > number and proportion of facilities applying the marketing standards (refer to 6.3)
- > level of acceptance of the menu changes by staff and visitors
- > proportion of vending machine and other contracts with incorporation of the relevant nutrition and marketing standards (refer to 5.6 and 6.3).

Regional health services or individual facilities may wish to establish baseline data to monitor progress. This could be done through mapping of existing outlets for food and drinks, including vending machines, and an audit of products supplied by these outlets.

# Food and Drinks Guide

This Food and Drinks Guide provides information about foods and drinks commonly supplied through food outlets or as a part of catering and is designed to be used in conjunction with the **RED** nutrient criteria and nutrition standards (see details in the policy). It should be used as the first step in assessing and identifying which foods and drinks can be promoted and which are to be limited under the policy.

Foods and drinks have been classified into three categories according to their nutritional value:

**GREEN** (best choices)

**AMBER** (select carefully)

**RED** (limit).

Foods and drinks listed have been classified into the colour category (or categories) they are **most likely** to fit in.

Different brands of similar food and drink products may fall into different categories due to their ingredients or the cooking techniques used during the manufacturing process.

It is only necessary to check the **RED** nutrient criteria if there is a **RED** dot next to the food or drink item.

The comments column also offers suggestions and tips for greening up a product.

## For more information


In addition to the Food and Drinks Guide, SA Health has developed some fact sheets which along with the Policy Directive are available for download from:

[www.health.sa.gov.au/pehs/health-promotion.htm](http://www.health.sa.gov.au/pehs/health-promotion.htm)

or by telephoning (08) 8226 6329.

# Food and Drinks Guide

Foods	Likely colour			Comments & serving suggestions
	Green	Amber	Red	
<p><b>Breads and alternatives</b></p> <ul style="list-style-type: none"> <li>&gt; offer a variety of different breads, including:               <ul style="list-style-type: none"> <li>&gt; multigrain</li> <li>&gt; wholemeal</li> <li>&gt; high-fibre white</li> <li>&gt; rye</li> <li>&gt; lavash and other flat breads</li> <li>&gt; bagels</li> <li>&gt; plain foccacias</li> <li>&gt; baguettes</li> </ul> </li>   <li>&gt; sandwich fillings</li>               <li>&gt; plain, un-iced fruit, nut and/or vegetable based breads, buns or loaves (i.e. raisin, date, banana bread)</li> </ul>	<p>●</p> <p>●</p> <p>●</p>	<p>●</p>	<p>●</p>	<p>Breads can be used in a variety of different ways for snacks and/or main meal choices. Provide a variety of breads to add interest to the menu.</p> <p>Toasted breads or jaffles served with fillings are a tasty alternative to sandwiches. They are often popular winter foods. Bread cases can be filled with similar fillings to baked potatoes. Ensure you can see the bread through the spread.</p> <p>Provide extra raw salad and vegetables in fillings where possible. Provide a variety of fillings including both meat and vegetarian options. Where roast vegetables are used, ensure they are drained of oil and served with lots of salad greens.</p> <p>Use lean cuts of meat (roast beef, roast chicken with no skin, lean turkey or chicken breast), eggs, tinned fish (in spring water) or reduced-fat cheeses in combination with a variety of raw salads and vegetables – these are <b>GREEN</b> choices.</p> <p>Avoid high fat luncheon meats such as salami, Strasburg or mortadella – check against <b>RED</b> nutrient criteria. For further details check the filling ingredients against relevant foods listed in this guide.</p> <p>Offer small to medium serve (40-60g) per person. Offer wholegrain varieties (if possible), fat-reduced options and/or those containing nuts for more fibre.</p>

Foods	Likely colour			Comments & serving suggestions
	Green	Amber	Red	
<p><b>Breads and Alternatives contd.</b></p> <ul style="list-style-type: none"> <li>&gt; un-iced fruit, nut and/or vegetable based breads, buns or loaves with jam and cream and/or butter</li> <li>&gt; plain rice and corn cakes, crispbreads, lavash or water crackers</li> <li>&gt; flavoured rice and corn cakes</li> <li>&gt; savoury breads, twists, pull-aparts, and garlic bread</li> </ul>	●	●  ●	●	<p>Avoid these spreads as they have minimal nutritional value and increase the amount of energy (kilojoules) provided.</p> <p>Offer these spreads separately where possible and use sparingly.</p> <p>For a better choice provide poly or monounsaturated margarine, reduced-fat cream cheese, whipped ricotta or vanilla yoghurt instead of cream or butter.</p> <p>Ask for wholegrain options if possible. Rice cakes, crispbreads and crackers can be served with interesting fruit, vegetable or cheese toppings such as:</p> <ul style="list-style-type: none"> <li>&gt; ricotta or cottage cheese with sliced strawberries or peaches</li> <li>&gt; tomato, basil and cheese</li> <li>&gt; cherry tomato, onion and avocado</li> <li>&gt; low-fat or reduced-fat dips such as salsas, tzatziki, hommus, vegetable-based varieties including beetroot or eggplant.</li> </ul> <p>Flavoured varieties may be high in salt and are <b>AMBER</b> choices.</p> <p>These can be high in energy (kilojoules). Offer small to medium serve (40-60g) per person. Provide wholegrain options (if possible) and use reduced-fat cheeses, lean meats instead of salami or bacon and lots of vegetable toppings for an <b>AMBER</b> choice.</p>
				

## Food and Drinks Guide

Foods	Likely colour			Comments & serving suggestions
	Green	Amber	Red	
<b>Rice and noodles</b> > plain > fried rice > hot noodle cups > hot noodle cups with fried noodles and/or creamy sauces > sushi > rice paper rolls	● ● ● ● ● ●	● ● ● ● ●	● ● ● ●	<p>Plain, unflavoured rice and noodles that contain no added fat or oil are in the <b>GREEN</b> category.</p> <p>Rice and noodle based dishes can be high in salt and saturated fat. Offer reduced-fat and reduced-salt versions for a better choice.</p> <p>Check the label against <b>RED</b> nutrient criteria.</p> <p>Avoid products with fried noodles and those that are based on cream or coconut-milk sauces (e.g. laksa, curry). All deep-fried foods are <b>RED</b> choices.</p> <p>Sushi and rice paper rolls can add variety to the menu.</p> <p>Provide options that contain lean, uncoated and uncrumbed meats or seafood and use a variety of vegetable fillings.</p> <p>Sushi condiments are often high in salt, e.g. soy sauce. Use in small quantities or choose low salt varieties.</p>
<b>Breakfast cereals</b> > wholegrain > refined	● ●	● ●	● ●	<p>Offer wholegrain cereals, whole-wheat flake and puffed cereals, porridge and whole-wheat breakfast biscuits. These fit into the <b>GREEN</b> category. Serve with reduced fat milk.</p> <p>Refined, processed cereals including those that are flavoured and/or sweetened with added sugars are likely to be <b>AMBER</b>.</p>



Foods	Likely colour			Comments & serving suggestions
	Green	Amber	Red	
Fruit				
> fresh	●			Any fresh fruit in season – whole, sliced, cubed, wedges, or quarters.  Fruit salad with a mixture of interesting fruit served cold is a refreshing, healthy dessert alternative. Serve with a dollop of reduced-fat yoghurt, fromage frais or custard to add interest and variety.  Recommend fruit canned in natural juice, puree (no added sugar) or water with artificial sweetener ( <b>GREEN</b> ) over those in syrup or containing added sugar ( <b>AMBER</b> ).
> frozen	●			
> dried	●			
> canned	●	●		




# Food and Drinks Guide

Foods	Likely colour			Comments & serving suggestions
	Green	Amber	Red	
<b>Vegetables</b>				
> fresh	●			<p>Baked potatoes can be cooked in their skins, split and filled with choices of sandwich fillings. They can also be filled with creamed corn, tabouleh, savoury lean mince or baked beans topped with reduced-fat cheese.</p> <p>Use salt-reduced canned vegetables where possible.</p>
> frozen	●			
> canned	●			
> cooked	●			
> baked potatoes	●			
> corn on the cob	●			
> roasted vegetables	●	●		<p>Use a mixture of vegetables such as pumpkin, sweet potato, parsnips, red onion or corn for variety. Oven bake on trays lined with baking paper or lightly coat with a poly or mono-unsaturated oil spray (<b>GREEN</b>).</p>
> deep-fried vegetables			●	<p>All deep fried foods are in the <b>RED</b> category.</p>
> salads such as garden, mixed, pasta, potato, rice or noodle, tabouleh, coleslaw or egg	●	●		<p>Salads can be served as a salad plate, box or tub. It is preferable to leave salads undressed and/or serve dressings separately where possible. For the salad to fit in the <b>GREEN</b> category, select the dressing carefully– use no dressing or low or no-oil dressings.</p> <p>Offer salads that contain lean, un-coated and uncrumbed meats, poultry (no skin), tinned fish or reduced fat cheese (<b>GREEN</b>).</p> <p>Salads containing croutons, bacon or coated meats that have been deep-fried should be chosen carefully (<b>AMBER</b>).</p>

Foods	Likely colour			Comments & serving suggestions
	Green	Amber	Red	
<b>Legumes</b>				
> baked beans	●			Baked beans can be used in sandwiches and jaffles as a meat alternative. Use salt reduced varieties where possible.
> lentil patties	●	●		Lentil patties and falafels can be grilled and used in rolls and sandwiches or served with salads. If shallow-frying use small amounts of poly or mono-unsaturated oil.
> falafels	●	●		
> deep-fried products			●	Commerically made may be higher in salt or fat. <b>AVOID DEEP FRYING</b> – all deep fried foods are in the <b>RED</b> category.



# Food and Drinks Guide

Foods	Likely colour			Comments & serving suggestions
	Green	Amber	Red	
<p><b>Dairy foods and dairy alternatives</b></p> <ul style="list-style-type: none"> <li>&gt; plain unflavoured milk</li> <li>&gt; yoghurt</li> <li>&gt; cheese</li> <li>&gt; custard</li> </ul>	<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> </ul>	<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> </ul>	<ul style="list-style-type: none"> <li>●</li> <li>●</li> </ul>	<p>Low-fat, reduced-fat and/or skim milk are not suitable for infants and children less than two years of age as a complete milk food. Cows' milk is not suitable as the main drink for infants and children less than 12 months of age, but small amounts used in food is acceptable.</p> <p>For most people, two years and over, it is recommended that low or reduced-fat alternatives are provided where possible. The reduced-fat versions should be encouraged and are <b>GREEN</b> choices.</p> <p>Use reduced-fat or low-fat varieties of plain milks in addition to full-fat varieties with hot beverages.</p> <p>If soy-based alternatives are offered then use calcium fortified varieties.</p> <p>Provide low or reduced-fat cheese options such as cottage, ricotta, fetta, or reduced-fat tasty cheese (<b>GREEN</b> choices). Full-fat cheeses are <b>AMBER</b> choices.</p> <p>Avoid large portions of hard and soft cheese such as Brie or Camembert as these are high in saturated fat.</p>
<ul style="list-style-type: none"> <li>&gt; dairy desserts</li> <li>&gt; dairy snacks with confectionery</li> </ul>		<ul style="list-style-type: none"> <li>●</li> </ul>	<ul style="list-style-type: none"> <li>●</li> <li>●</li> </ul>	<p>Watch portion sizes and provide reduced-fat options for a better choice. Check commercially made desserts against the <b>RED</b> category nutrient criteria.</p> <p>Any dairy snacks containing confectionery fit into the <b>RED</b> category.</p>
				

Foods	Likely colour			Comments & serving suggestions
	Green	Amber	Red	
Flavoured milk and milk alternatives – see Drinks section				
Meat, fish, poultry and alternatives				These foods are a good source of protein and can be used for hot rolls, sandwiches, salad plates and pizza toppings.
> lean meats (e.g. roast beef)	●			Offer leaner options (i.e. fat trimmed or skinless) that use reduced-fat cooking techniques (oven-baked, grilled, steamed or use non-stick cookware). Avoid adding salt and use reduced sodium ingredients.
> lean chicken meat with no skin (e.g. breast or drumsticks)	●			
> turkey	●			
> egg	●			
> fish (e.g. tuna, salmon or sardines in spring water)	●			
> fish (e.g. tuna, salmon or sardines in brine or oil)		●		
> plain nuts (unsalted)	●			
> plain nuts (salted)		●		
> meat patties (not crumbed)	●	●		
> fish patties (not crumbed)	●	●		
> char-grilled chicken fillet	●	●		
> meat balls	●	●		
> savoury mince	●	●		
> deep-fried meats, poultry and alternatives			●	

# Food and Drinks Guide

Foods	Likely colour			Comments & serving suggestions
	Green	Amber	Red	
<p><b>Processed meats</b></p> <ul style="list-style-type: none"> <li>&gt; ham</li> <li>&gt; corned beef</li> <li>&gt; pastrami</li> <li>&gt; diced processed chicken meat</li> <li>&gt; bacon</li> <li>&gt; chicken roll or loaf</li> <li>&gt; fritz</li> </ul>		<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> </ul>	<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> </ul>	<p>These foods are usually high in saturated fat and/or salt putting them in the <b>AMBER</b> or <b>RED</b> category. Check the label against <b>RED</b> nutrient criteria.</p> <p>They are not as nutritious as lean cuts of meat such as roast beef.</p> <p>If using these foods, try reduced-fat versions in small amounts (maximum 50g) and serve with a bread-based product and plenty of salad.</p>
<p><b>Crumbed chicken, fish, meat, vegetable products and sausages</b></p> <ul style="list-style-type: none"> <li>&gt; chicken nuggets</li> <li>&gt; chicken fillet wedges or strips</li> <li>&gt; chicken patty</li> <li>&gt; fish fingers</li> <li>&gt; fish patties</li> <li>&gt; vegetable patties</li> <li>&gt; battered savaloy</li> <li>&gt; frankfurters and sausages (beef, pork, lamb and chicken varieties)</li> </ul>		<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> </ul>	<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> </ul>	<p>It's important to check the label against <b>RED</b> nutrient criteria as some products are high in saturated fat and sodium.</p> <p>Again, if using these products, serve in small amounts and avoid deep-frying – all deep-fried items are <b>RED</b> choices.</p> <p>Deep-fried sausages and battered savaloy are very high in saturated fat and sodium, placing them into the <b>RED</b> category.</p> <p>Most frankfurters and sausages are high in sodium. Check the label against <b>RED</b> nutrient criteria.</p> <p>Use reduced-fat and sodium varieties and serve on a wholemeal bun to boost the nutritional value.</p>

Foods	Likely colour			Comments & serving suggestions
	Green	Amber	Red	
<b>Commercial oven baked potato products</b> <ul style="list-style-type: none"> <li>&gt; wedges</li> <li>&gt; chips</li> <li>&gt; hash browns</li> <li>&gt; scallops</li> <li>&gt; gems</li> </ul>		<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> </ul>	<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> </ul>	<p>Oven-baked potato products usually fit into the <b>AMBER</b> category. Check the label against the <b>RED</b> nutrient criteria and serve in small amounts.</p> <p>All deep fried foods are in the <b>RED</b> category.</p>
<b>Mixed hot food and/or plated dinners</b> <ul style="list-style-type: none"> <li>&gt; commercial</li> <li>&gt; frozen</li> <li>&gt; prepared onsite</li>           <li>&gt; casseroles, stews, curries</li> </ul>	<ul style="list-style-type: none"> <li></li> <li></li> <li>●</li> <li></li> <li>●</li> </ul>	<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> </ul>	<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> </ul>	<p>Supply low or reduced-fat options that contain high amounts of vegetables, avoid large portions and serve with plenty of salad or vegetables. If purchased from a commercial supplier check the label against the <b>RED</b> criteria.</p> <p>Use lean meats trimmed of outer fat with minimal marbling. Marinate meat and poultry to keep tender, add flavour and minimise the amount of oil used in cooking. Cook with a small amount of poly or mono-unsaturated oils such as canola, sunflower, soybean, olive or peanut.</p> <p>Avoid cream, butter, ghee, coconut cream or milk, cheese or white-based sauces as these can be high in saturated fat and most are likely to fit the <b>RED</b> category.</p> <p>If prepared onsite use reduced-fat evaporated milk or natural yoghurt in place of cream.</p> <p>Casseroles or curries made with a variety of vegetables and lean meats, fish or seafood with a clear or vegetable-based sauce or gravy. Offer steamed rice and a side salad or steamed vegetables. If using packet sauces use reduced-salt varieties where possible.</p>

## Food and Drinks Guide

Foods	Likely colour			Comments & serving suggestions
	Green	Amber	Red	
<p><b>Mixed hot food and/or plated dinners contd.</b></p> <ul style="list-style-type: none"> <li>&gt; risotto, fried or savoury rice</li> <li>&gt; stir-frys or noodle-based Asian meals</li> <li>&gt; pasta, spaghetti bolognese, lasagne and pasta-bakes</li> </ul>	●	●	●	<p>Provide risottos and rice-based dishes made with a variety of vegetables and/or lean meats and clear sauces. If using a packet sauce, use reduced-salt versions if possible. Serve with a side salad or steamed vegetables.</p> <p>Provide steamed rice or plain noodles with meals that use a variety of vegetables and lean meats, fish or seafood with a clear sauce or gravy. If using packet sauces use reduced-salt varieties where possible.</p> <p>Avoid dishes with fried noodles, battered or crumbed deep-fried meats, fish and seafood (<b>RED</b>).</p> <p>Pastas served with tomato or vegetable-based sauces, lean trimmed meats or reduced-fat mince are better choices (<b>GREEN</b>).</p> <p>Avoid fatty processed meats and excessive amounts of cheese in pasta bakes and lasagne. Use reduced-fat cheese where possible and serve with plenty of salad or vegetables.</p>
<p><b>Pizza</b></p> <ul style="list-style-type: none"> <li>&gt; commercial</li> <li>&gt; frozen</li> <li>&gt; prepared onsite</li> <li>&gt; Muffin and pita bread based pizzas</li> </ul>	●	●	●	<p>Check label against the <b>RED</b> nutrient criteria.</p> <p>Watch serve size and offer thin crust or bread based pizzas as these have less fat. Use options that offer lots of vegetables in the topping or serve with a salad.</p> <p>Provide those that use reduced-fat cheese and leaner meats.</p> <p>Muffin and pita bread pizzas make a good snack. Pizzas can be topped with lean meats or reduced-fat cheese and lots of vegetables or fruit – this is a <b>GREEN</b> choice. Serve as a snack or with a salad for lunch.</p>



Foods	Likely colour			Comments & serving suggestions
	Green	Amber	Red	
<b>Savoury pastries and pies</b> <ul style="list-style-type: none"> <li>&gt; meat pies</li> <li>&gt; sausage rolls</li> <li>&gt; filled pasties or party pies</li> <li>&gt; chicken and potato, cheese and bacon pies</li> <li>&gt; cheese and spinach triangles</li> <li>&gt; quiche</li> <li>&gt; samosas and other gourmet versions</li> <li>&gt; savoury croissants</li> </ul>		<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> </ul>	<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> </ul>	<p>The saturated fat content of many pastries will put them into the <b>RED</b> category. Check the label against the <b>RED</b> nutrient criteria to determine if products fit in <b>AMBER</b> or <b>RED</b> categories.</p> <p>A number of companies make reduced-fat versions.</p> <p>Croissants are very high in saturated fat and kilojoules and fall into the <b>RED</b> category.</p>
<b>Spring rolls, chiko rolls and dim sims</b>		<ul style="list-style-type: none"> <li>●</li> </ul>	<ul style="list-style-type: none"> <li>●</li> </ul>	<p>Check these products against the <b>RED</b> nutrient criteria.</p> <p>Avoid deep-frying – all deep-fried foods are <b>RED</b> choices.</p> <p>Oven-bake these foods or steam dim sims to reduce the fat and kilojoules.</p>
<b>Soups</b> <ul style="list-style-type: none"> <li>&gt; canned</li> <li>&gt; commercially prepared</li> <li>&gt; canteen made</li> </ul>	<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> </ul>	<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> </ul>		<p>Provide soups that are low-salt or reduced in salt and/or fat, and have a vegetable or clear-stock base instead of creamy options for a <b>GREEN</b> choice.</p> <p>Offer a variety of options with lots of vegetables and/or legumes.</p>



# Food and Drinks Guide

Foods	Likely colour			Comments & serving suggestions
	Green	Amber	Red	
<p><b>Spreads</b></p> <ul style="list-style-type: none"> <li>&gt; peanut butter and other nut spreads, fish, chicken and meat paste, yeast and vegetable extract spreads</li> <li>&gt; chocolate spreads, honey and jam</li> </ul>		●	●	<p>Use spreads sparingly. Offer reduced-salt varieties where available. Make sure you can see the bread through the spread.</p> <p>These spreads have minimal nutritional value. Chocolate/sweet spreads and toppings are classified in the <b>RED</b> category if served alone. If served with bread use sparingly.</p>
<p><b>Sauces and condiments</b></p> <ul style="list-style-type: none"> <li>&gt; tomato, sweet chilli, BBQ, soy, chutney</li> <li>&gt; satay or peanut</li> <li>&gt; dips</li> <li>&gt; mayonnaise</li> <li>&gt; mustard</li> <li>&gt; mustard-based mayonnaise</li> <li>&gt; gravy</li> <li>&gt; salad dressings</li> </ul>		●	●	<p>Use sparingly. Use reduced-salt and/or reduced-fat varieties where available. Try relishes, pickles, mustard, chutney, hommus or reduced-fat mayonnaise for a better choice.</p> <p>Look for vegetable-based salsas or relishes such as tomato, bean, or capsicum. Offer vegetable-based or yoghurt-based dips (e.g. beetroot, eggplant, avocado, tzatziki). Avoid oil, cream, and/or cheese-based dips.</p> <p>Use sparingly. If using meat juices ensure all fat is drained from the pan before thickening.</p> <p>If using packet gravy use reduced-salt, reduced-fat versions where possible.</p> <p>Use small amounts of poly or mono-unsaturated oils such as canola, sunflower, olive, and peanut oils or a low-oil, no-oil or a reduced-fat commercial dressing.</p> <p>If prepared, offer clear dressings such as lemon juice, balsamic vinegar or vinegar with herbs and pepper. Do not add salt and avoid cream-based dressings.</p>

Foods	Likely colour			Comments & serving suggestions
	Green	Amber	Red	
<p><b>Fats and oils</b></p> <p>&gt; margarine, lard, tallow, cophera, butter, ghee and dairy blend spreads</p> <p>&gt; oils</p> <p>&gt; cream</p>		●	●	<p>Use poly or mono-unsaturated varieties and use sparingly. Make sure you can see the bread through the spread.</p> <p>Avoid varieties high in saturated fat such as butter, lard, ghee, tallow and cophera – these are <b>RED</b> choices.</p> <p>Use small amounts of poly or mono-unsaturated varieties such as canola, sunflower, olive, soybean or peanut.</p> <p>Avoid palm and coconut oils – these contain high amounts of saturated fat and are <b>RED</b> choices.</p> <p>Avoid using cream and cream-based sauces as these contain high amounts of saturated fat and are <b>RED</b> choices.</p>
<p><b>Savoury snack foods and biscuits</b></p> <p>&gt; popcorn</p> <p>&gt; flavoured popcorn</p> <p>&gt; crisps and chips</p> <p>&gt; biscuits</p>	●	●	●	<p>Air popped, no added fat and salt popcorn is a high fibre, low fat snack food.</p> <p>Read the label for flavoured popcorn – it may be too high in saturated fat and salt. Check against the <b>RED</b> nutrient criteria.</p> <p>Check against the <b>RED</b> nutrient criteria.</p> <p>Crisps and chips are generally too high in energy (kilojoules) and/or saturated fat and/or sodium and so fit into the <b>RED</b> category.</p> <p>Check against the <b>RED</b> nutrient criteria as some products are too high in saturated fat and sodium.</p>

## Food and Drinks Guide




Foods	Likely colour			Comments & serving suggestions
	Green	Amber	Red	
<p><b>Snack food bars, muesli bars and sweet biscuits</b></p> <ul style="list-style-type: none"> <li>&gt; cereal-based bars</li> <li>&gt; fruit bars</li> <li>&gt; breakfast bars</li> <li>&gt; sweet biscuits                             <ul style="list-style-type: none"> <li>&gt; plain</li> </ul> </li> <li>&gt; premium (coated, iced or filled)</li> </ul>		<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> </ul>	<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> </ul>	<p>Choose carefully. Watch the serve size. Check against the <b>RED</b> criteria. These foods are also sticky and can contribute to tooth decay if eaten regularly.</p> <p>Check label against the <b>RED</b> nutrient criteria. Provide small to medium serve (2-3 small biscuits or 30-40g per person) of plain sweet biscuits. Include wholemeal options if possible and use those that contain fruit, vegetables or nuts (<b>AMBER</b> choices).</p> <p>Avoid premium, fancy biscuits that are coated, iced or filled with chocolate, cream, jam or icing. Generally these contain too much energy (kilojoules) and are <b>RED</b> choices. Check label against the <b>RED</b> nutrient criteria.</p>
<p><b>Cakes, muffins, sweet tarts, slices and pastries</b></p> <ul style="list-style-type: none"> <li>&gt; muffins (all sizes and types including low-fat or reduced-fat options and mini-muffins)</li> <li>&gt; plain assorted slices, scrolls and cakes</li> <li>&gt; premium assorted slices, scrolls and cakes (coated, iced or filled)</li> <li>&gt; Danishes, sweet pastries, tarts, donuts and croissants</li> </ul>		<ul style="list-style-type: none"> <li>●</li> <li>●</li> </ul>	<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> </ul>	<p>Check label against the <b>RED</b> nutrient criteria. Provide fruit or vegetable based muffins, include wholegrain and fat-reduced options if possible. Watch portion sizes - use 2 mini muffins or 60g medium muffin per person.</p> <p>Check label against the <b>RED</b> nutrient criteria. Provide uniced, uncoated, unfilled cakes, scrolls or slices that contain fruit, vegetables or nuts. Include wholegrain and fat-reduced options if possible. Provide small serve (50-60g) per person.</p> <p>Any iced, chocolate-coated and/or cream, jam, or chocolate-filled cakes, scrolls and slices are considered <b>RED</b> choices.</p> <p>These are all high fat, energy dense options and are consider <b>RED</b> choices.</p>

Foods	Likely colour			Comments & serving suggestions
	Green	Amber	Red	
<p>Scones or pikelets</p> <ul style="list-style-type: none"> <li>&gt; plain or fruit</li> <li>&gt; with jam and cream and/or butter</li> </ul>	●	●	●	<p>Provide plain scones and/or pikelets that contain fruit and/or vegetables – include wholegrain options if possible. Use small to medium serve (40-60g) per person.</p> <p>Avoid these spreads as they have minimal nutritional values and increase the amount of energy (kilojoules) provided.</p> <p>Offer spreads separately where possible and use sparingly. To provide a better choice use poly or mono-unsaturated margarine instead of cream or butter.</p> <p>Offer fruit purees as a sauce, whipped ricotta cheese with a little honey and vanilla or reduced-fat vanilla yoghurt in place of cream.</p>
<p>Ice creams, milk-based ice confection and premium dairy desserts</p> <ul style="list-style-type: none"> <li>&gt; chocolate coated</li> <li>&gt; premium</li> <li>&gt; standard uncoated reduced and low fat ice creams and milk or soy-based ice confections</li> <li>&gt; frozen yoghurt</li> <li>&gt; mousse</li> <li>&gt; cheesecake</li> </ul>		● ● ● ● ●	● ● ● ● ● ●	<p>Watch serve size. Check ice creams and dairy desserts against the <b>RED</b> nutrient criteria.</p> <p>Products containing or coated with any confectionery fit into the <b>RED</b> category.</p> <p>Watch serve size. Check dairy desserts against the <b>RED</b> nutrient criteria.</p>
<p>Ice confection</p> <ul style="list-style-type: none"> <li>&gt; ice blocks</li> <li>&gt; sorbet</li> <li>&gt; gelato</li> <li>&gt; slushees</li> <li>&gt; fruit or water-based ice confection</li> </ul>		● ● ● ● ●	● ● ● ● ●	<p>Watch the serve size and check against the <b>RED</b> nutrient criteria.</p>

## Food and Drinks Guide

Foods	Likely colour			Comments & serving suggestions
	Green	Amber	Red	
<b>Confectionery</b> <ul style="list-style-type: none"> <li>&gt; lollies – boiled, jellies, juice jellies, liquorice, jelly beans</li> <li>&gt; chocolates or carob</li> <li>&gt; cough lollies</li> </ul>			<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> </ul>	<p><b>All types of confectionery</b> fit into the <b>RED</b> category. These foods have minimal nutritional value, or are too high in energy (kilojoules), sugar and/or saturated fat.</p> <p>Note: Medicated cough mixture and lozenges, sugar-free chewing gum and sugar-free Lions mints are exempt from the <b>RED</b> Food category.</p>
<b>Drinks</b> <ul style="list-style-type: none"> <li>&gt; <b>Water (plain)</b> <ul style="list-style-type: none"> <li>&gt; tap</li> <li>&gt; sparkling</li> <li>&gt; mineral</li> <li>&gt; soda water</li> </ul> </li> <li>&gt; <b>Water (flavoured)</b> <ul style="list-style-type: none"> <li>&gt; flavoured mineral water</li> <li>&gt; sports waters</li> </ul> </li> </ul>	●	●	●	<p>Always offer chilled water. Water is the best thirst quencher.</p> <p>May fit into the <b>AMBER</b> or <b>RED</b> category. Check against the <b>RED</b> nutrient criteria.</p> <p>Recommended serve size of less than 400ml with a maximum serve size of 600ml as sold or provided.</p>



Foods	Likely colour			Comments & serving suggestions
	Green	Amber	Red	
<p><b>Drinks contd.</b></p> <p><b>Flavoured milk and milk alternatives</b></p> <ul style="list-style-type: none"> <li>&gt; reduced-fat and full-fat varieties such as milkshakes, smoothies, iced coffee, mocha, or hot chocolate</li> </ul> <ul style="list-style-type: none"> <li>&gt; <b>Juices (&gt;99% juice)</b> <ul style="list-style-type: none"> <li>&gt; fresh</li> <li>&gt; frozen</li> <li>&gt; canned</li> </ul> </li> </ul> <ul style="list-style-type: none"> <li>&gt; <b>Fruit drinks</b></li> </ul> <ul style="list-style-type: none"> <li>&gt; <b>Soft drinks</b></li> </ul> <ul style="list-style-type: none"> <li>&gt; <b>Cordials</b></li> </ul>	 Reduced -fat	 Full-fat		<p>Frequent consumption of full-fat and reduced-fat flavoured milk and calcium fortified milk alternatives in large sizes (more than 375ml) should be avoided as this may contribute to excess energy (kilojoules).</p> <p><b>Recommend maximum serve size sold 375ml.</b></p> <p>Avoid additions of whipped cream, ice cream, melted chocolate or caramel, syrup, or confectionery – these will provide excess energy (kilojoules).</p> <p>Provide 99 – 100% fruit juices (not sweetened fruit drinks).</p> <p><b>Recommended serve size of less than 250ml with a maximum serve size of 375ml as sold or provided.</b></p> <p>Frequent consumption of fruit juice in large sizes (more than 375ml) should be avoided as this may contribute to excess energy (kilojoules) and sugar intake.</p> <p>All fruit drinks that contain less than 99% fruit juice will need to be assessed against <b>RED</b> nutrient criteria.</p> <p><b>Recommended serve size of less than 400ml with a maximum serve size of 600ml as sold or provided.</b></p> <p>Most fit into the <b>RED</b> category – they are drinks of minimal nutritional value. Check against the <b>RED</b> nutrient criteria.</p> <p><b>Recommended serve size of less than 400ml with a maximum serve size of 600ml as sold or provided.</b></p> <p>Cordials are drinks of no nutritional value. Check against the <b>RED</b> nutrient criteria.</p> <p><b>Recommended serve size of less than 400ml with a maximum serve size of 600ml as sold or provided.</b></p>

## Food and Drinks Guide

Foods	Likely colour			Comments & serving suggestions
	Green	Amber	Red	
<p>Drinks contd.</p> <p>&gt; Artificially sweetened 'diet', 'low-joule', 'no sugar' or 'low sugar' drinks</p> <p>&gt; 'Energy' and sports drinks</p>		●	●	<p>Artificial sweeteners can be useful in providing flavour and reducing the amount of added sugar consumed.</p> <p>There is a lack of scientific literature concerning artificially sweetened beverages and dental erosion in adults. Given the current lack of data in the overall adult population, artificially sweetened drinks fit under the <b>AMBER</b> category in adult settings. This position will be reviewed once relevant data is available.</p> <p>It is recommended that paediatric facilities or areas that are frequented by children place artificially sweetened drinks into the <b>RED</b> category, as they are high in acidity which can contribute to tooth erosion if consumed regularly.</p> <p>Most fit into the <b>RED</b> category. They are drinks of minimal nutritional value and can also be high in caffeine. Check the label against <b>RED</b> nutrient criteria.</p> <p><b>Recommended serve size of less than 400ml with a maximum serve size of 600ml as sold or provided.</b></p> <p>Energy drinks are not recommended for children, pregnant or lactating women and individuals sensitive to caffeine.</p> <p>It is recommended that paediatric facilities or areas that are frequented by children place energy and sports drinks into the <b>RED</b> category.</p> <p>Until a safe consumption level of caffeine for children is determined it is recommended that the supply of caffeinated beverages to children is restricted.</p>



Foods	Likely colour			Comments & serving suggestions
	Green	Amber	Red	
<p><b>Drinks contd.</b></p> <p>&gt; <b>Tea</b></p> <ul style="list-style-type: none"> <li>&gt; plain</li> <li>&gt; decaffeinated</li> <li>&gt; herbal</li> </ul> <p>&gt; home-made iced tea</p> <p>&gt; commercial iced tea</p>	●	●	●	<p>Use reduced-fat or low-fat milk alternatives for a better choice (<b>GREEN</b>).</p>
	●	●	●	
		●	●	<p>Ready-to-drink sugar-sweetened commercial iced teas may contain significant amounts of sugar, may have high acid levels and fit into the <b>RED</b> category. Check the label against <b>RED</b> nutrient criteria.</p> <p><b>Recommended serve size of less than 400ml with a maximum serve size of 600ml as sold or provided.</b></p> <p>Offer sugar alternatives as well as sugar when serving hot beverages.</p>
<p>&gt; <b>Coffee</b></p> <ul style="list-style-type: none"> <li>&gt; plain</li> <li>&gt; decaffeinated</li> </ul> <p>&gt; iced</p>	●	●	●	<p>Use reduced-fat or low-fat milk alternatives for a better choice (<b>GREEN</b>).</p>
		●	●	<p><b>Recommend maximum serve size sold 375ml.</b> Frequent consumption of full-fat and reduced-fat flavoured milk and milk alternatives in large sizes (more than 375ml) should be avoided as this may contribute to excess energy (kilojoules).</p> <p>Avoid additions of whipped cream, melted chocolate or caramel, syrup, or confectionery – these will provide excess energy (kilojoules).</p>
<p>&gt; <b>Chocolate beverages</b></p> <ul style="list-style-type: none"> <li>&gt; hot chocolate</li> <li>&gt; iced chocolate</li> <li>&gt; mocha</li> </ul>	●	●	●	<p><b>Recommend maximum serve size sold 375ml.</b> Frequent consumption of full-fat and reduced-fat flavoured milk and milk alternatives in large sizes (more than 375ml) should be avoided as this may contribute to excess energy (kilojoules).</p> <p>For a better choice (<b>GREEN</b>) offer reduced-fat or low-fat milk or milk alternatives and avoid additions of whipped cream, ice cream, melted chocolate or caramel, syrup, or confectionery – these will provide excess energy (kilojoules).</p>

# Food and Drinks Guide

## Acknowledgements:

Adapted from Queensland Health's *A Better Choice - Healthy Food and Drink Supply Strategy: Food and Drink Guide* (2007) which adapted information from the *Fresh Tastes @ School NSW Healthy School Canteen Strategy: Canteen Menu Planning Guide* (2004, revised 2006), NSW Department of Health and NSW Department of Education and Training; *A Guide to Catering, Active-Ate* (2005); *Healthy Catering Guidelines*, National Heart Foundation (2003); and *Catering Guidelines*, Tropical Public Health Unit (2002).

Builds on the Government of SA *Right Bite Healthy Food and Drink Supply Strategy for SA Schools and Preschools* (2007)



For more information

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