



Northern
Territory
Government

Healthy **choices**
made easy



Healthy foods and drinks



Healthy choices made easy

This guide has been designed to assist with the implementation of the 'Healthy food and drink options for staff, volunteers and visitors in Northern Territory Health facilities' Policy.

It is adapted from

Healthy Food and Drink Choices for Staff and Visitors in SA Health Facilities: Food and Drinks Guide. SA Department of Health (2009)



Contents

Introduction	4
Nutrition and marketing requirements	5
How to categorise food	6
In practice	6
Foods and drinks guide	7
Breakfast foods	7
Dairy foods and dairy alternatives	7
Sandwiches	8
Sushi / Rice paper rolls	8
Fruit	9
Vegetables	9
Meat, fish, poultry	10
Crumbed/coated foods, frankfurts and sausages	10
Commercial potato products	11
Mixed hot food dishes, ready to eat meals and plated dinners	12
Savoury pastries and pies	14
Soups	14
Snacks, food bars, muesli bars and sweet biscuits	15
Cakes, muffins, sweet tarts, slices and pastries	15
Scones or pikelets	16
Ice creams, milk-based ice confection and dairy desserts	16
Ice confection	17
Confectionery	17
Drinks	17
Drinks (cont.)	19
Savoury snack foods and biscuits	19
Savoury snack foods and biscuits	19
RED criteria tables	20
Table 1: Sugar-sweetened drinks and ices	21
Table 2: Hot food and other meal items	21
Table 3: Ready to eat meals	22
Table 4: Snack foods	22
Examples	23
Example 1: assessing crumbed chicken fillet patty	23
Example 2: assessing chocolate-coated ice-crea	24
Example 3: assessing the contents of a cold drinks fridge	25
Example 4: assessing the contents of a vending machine	27
Frequently asked questions (FAQs)	29



Introduction

The *Foods and drinks Guide* enables a quick, 'at a glance' categorisation of foods and drinks generally supplied by food outlets.

It should be used as the first step in assessing and identifying which foods and drinks can be supplied and promoted, and which must be limited, to comply with the 'Healthy food and drink options for staff, volunteers and visitors in NT Health facilities' policy.

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

GREEN or best choice items

GREEN foods and drinks provide a variety of nutrients and are generally low in saturated fat and/or added sugar and/or salt. Examples include: breads, cereals, rice, pasta, noodles; vegetables; fruit; reduced-fat milk, yoghurt and cheese; lean meats, fish, poultry, eggs, nuts and legumes. Water is also an important part of the **GREEN** category and should always be available free of charge (e.g. tap water, bubblers).

AMBER or items to choose carefully

AMBER foods and drinks are mainly processed foods that contain considerable amounts of sugar, salt and/or saturated fat. They may still contain valuable nutrients. Examples include muesli bars, processed meat, full fat yogurt and cheeses, and some ready to serve meals.

RED or items to limit

RED foods and drinks are energy-dense and lack nutritional value. They are defined by the Australian Dietary Guidelines⁵ as foods that should be consumed 'only sometimes and in small amounts' foods. Examples include: soft drinks; high fat, high sodium (salt) snacks, such as crisps; lollies and chocolates; deep fried foods, most cakes and pastries.



Nutrition and marketing requirements

The following nutrition and marketing requirements are mandated by the 'Healthy food and drink options in Northern Territory Health facilities' Policy.

Nutrition

- **GREEN** and **AMBER** foods and drinks should make up at least 80 per cent of all foods and drinks provided or available for sale, at all times. Aiming for 50 per cent of **GREEN** items is strongly encouraged.
- **RED** foods and drinks should be limited to a maximum of 20 per cent of all foods and drinks provided or available for sale, at all times.
- **RED** foods and drinks are not allowed when catering.*
- **RED** foods and drinks are not allowed in fundraising activities, rewards, incentives, gifts, prizes and give-aways (e.g. incentives for participation in immunisation programs or surveys).** Note that significant occasional fundraising events (such as the Biggest Morning Tea, or the Drover's ball in Alice Springs) can be exempt from this requirement, at the discretion of Senior Executives.

*See the Catering guide for meetings, functions, events and health education activities.

** See the Healthy fundraising guide.

Marketing

- **GREEN** foods and drinks should be actively promoted at all times and displayed in prominent areas.
- **GREEN** food and drink choices should be sold at competitive prices, where practicable.
- **AMBER** foods should be provided in the smallest serve size available.
- **AMBER** foods and drinks should not be promoted. This applies to:
 - advertising on cabinets, fridges, vending machines or menu boards
 - meal or point-of-sale promotions (i.e. 2 for 1)
 - any promotional materials that feature **AMBER** foods or drinks.
- **RED** foods and drinks should not be promoted. This applies to:
 - any advertising on cabinets, fridges, vending machines or menu boards
 - meal or point-of-sale promotions (i.e. 2 for 1)
 - any promotional materials that feature **RED** foods or drinks
- **RED** foods and drinks should not be displayed in excessive quantities or in prominent areas:
 - beside cash registers, at eye level
 - at reception desks or counters in waiting areas
 - at the entrance or exit of an outlet.
- There should be no supersizing or 'combos' (e.g. snack and drink) of any items sold, unless they are classified as **GREEN**.



How to categorise food

In this guide, foods and drinks have been placed in the category (ies) they are most likely to fit in (e.g. low fat milk is **GREEN**).

In some instances, the same food or drink may be classified as **GREEN**, **AMBER** or **RED**, depending on ingredients, cooking method (e.g. steamed or fried), or how it is sold (e.g. in brine or oil).

In this case, the 'comments and suggestions' column clarifies when the food is in one category or another (e.g. tinned tuna in brine is **GREEN**; tinned tuna in oil is **AMBER**).

For food or drink items that potentially fit into either the **AMBER** or the **RED** categories, you will be asked to assess the nutrients (from the nutrient information panel) against a set of criteria, to decide where the item fits. For instance, for hot foods, you will need to look up Table 2: Hot food and other meal items on page 21.

The set of criteria is presented in the '**RED** criteria table' section on page 20. Practical examples are also available on page 23.

For more information on criteria tables and how to use them, see the **RED** Criteria tables section on page 20. For any further clarification on food categories, call the Nutrition and Physical Activity Strategy Unit on 8985 8025.

In practice

In a kiosk situation, it is recommended to group items under **meals** (includes salads, sandwiches, hot and cold dishes); **snacks and desserts** (includes fruit) or **drinks** (hot or cold) . Each of these 3 groupings should have a minimum of 80% or **GREEN** and **AMBER** items and no more than 20% of red items; aiming for 50% **GREEN** items is strongly encouraged.



Foods and drinks guide

Foods	GREEN	AMBER	RED	Comments and suggestions
Breakfast foods				
Breakfast cereals	● Whole-grain	●		<p>Offer wholegrain cereals, whole-wheat flakes and puffed cereals, porridge, muesli (untoasted) and whole-wheat breakfast biscuits.</p> <p>GREEN when high in fibre (>5 g per 100 g,) low in added sugar (<20 g per 100g for cereals without dried fruit; <25 g per 100 g for cereal with dried fruit) and low in saturated fat (< 2g sat fat per 100 g).</p> <p>Cereals that don't meet these criteria are AMBER.</p> <p>Serve with reduced-fat milk.</p>
Un-iced fruit, nut and/or vegetable based breads, or buns	●	●	●	<p>Offer small to medium serve (40-60g). Offer wholegrain varieties if available.</p> <p>For GREEN options, offer fruit purees as a sauce or whipped ricotta cheese with honey and vanilla, or reduced-fat vanilla yoghurt in place of cream.</p> <p>AMBER when using poly-or mono-unsaturated margarine. Use sparingly and offer spreads separately where possible.</p> <p>RED when served with butter, cream or jam.</p>
Baked beans	●			<p>Baked beans are a good option for a breakfast menu. Serve with toast or in a jaffle. Use sodium (salt) reduced varieties where possible.</p>
Dairy foods and dairy alternatives				
Cheese; plain, unflavoured milk, yoghurt	REDUCED FAT ●	FULL-FAT ●		<p>For most people 2 years and over, low or reduced-fat alternatives are recommended.</p> <p>If soy-based alternatives are required use calcium fortified varieties.</p>



Foods	GREEN	AMBER	RED	Comments and suggestions
Dairy foods and dairy alternatives (cont.)				
Flavoured milk and milk alternatives				See Drinks section page 17.
Dairy desserts: milk-based puddings, rice pudding, creamed ricotta, fromage frais custard		●	●	Provide reduced-fat options for a better choice. Permitted to contain artificial sweeteners. Dairy desserts should be checked against Table 4: Snack foods page 22.
Dairy snacks with confectionery			●	Any dairy snacks containing confectionery fit into the RED category.
Sandwiches				
<p>Offer a variety of breads, preferably wholegrain.</p> <p>Always add salad, use spreads sparingly and do not add salt.</p> <p>Toasted sandwiches or jaffles are a tasty hot alternative to sandwiches.</p>				
Sandwiches	●	●		For GREEN sandwiches, use: pastrami; roast beef; corned beef, silverside, diced chicken meat, tuna (in brine), eggs, cheese, lean ham, vegemite, peanut butter. These fillings are all low in saturated fats. Sandwiches made with reconstituted ham, Devon, Strasburg, chicken roll or loaf, salami or bacon are AMBER , due to their high sodium (salt)/ saturated fat content.
Sushi / Rice paper rolls				
Sushi Rice paper rolls	●			Provide options that contain lean, un-coated and un-crumbed meats or seafood and use a variety of vegetable fillings. Condiments such as soya sauce etc should be offered separately.



Foods	GREEN	AMBER	RED	Comments and suggestions
Fruit				
Fresh, frozen dried	●	● Dried		Any fresh fruit in season — whole, sliced or fruit salad. Dried fruit are AMBER because of their higher sugar concentration.
Canned or in tubs	●	●		Canned fruit in natural juice, or water with artificial sweetener (no added sugar) are GREEN . Those in syrup or concentrated fruit juice are AMBER .
Vegetables				
Fresh Frozen Canned	●			Fresh and frozen vegetables are an excellent choice. If using canned vegetables, choose sodium (salt) reduced versions where possible.
Baked potatoes, with a filling	●	●		For a GREEN meal, use fillings such as: creamed corn, savoury lean mince, bolognese sauce or baked beans and topped with reduced-fat cheese. Those with full fat cheese and/or sour cream are AMBER . Use natural yoghurt as a topping instead of sour cream.
Roast vegetables	●			Lightly coat with a poly- or mono-unsaturated oil spray and oven-bake on trays.
Deep-fried vegetables			●	All deep-fried foods are in the RED category. If deep frying, use mono- or polyunsaturated oils such as canola, olive, peanut, sesame, sunflower, soya bean, cottonseed or flaxseed.
Salads, such as garden, mixed, pasta, potato, rice or noodle, tabouleh, coleslaw or egg	●			Most salads fit in the GREEN category. Use lean, un-coated and un-crumbed meats; poultry (no skin); tinned fish or reduced fat cheese. Choose low-fat or no oil dressings. Where possible, serve dressings separately.



Foods	GREEN	AMBER	RED	Comments and suggestions
Meat, fish, poultry				
Lean meats (e.g. roast beef) Lean chicken meat without skin Turkey Egg Fish	●			<p>These foods are a good source of protein and can be used for hot rolls, sandwiches, salad plates and pizza topping. Serve in combination with vegetables (see page 9), for a GREEN meal.</p> <p>Always offer lean options (i.e. fat trimmed or skinless).</p> <p>Use reduced-fat cooking techniques (oven-baked, grilled, steamed, or cooked using non-stick cookware).</p>
Meat or fish patties Meatballs Savoury mince	●	●	●	<p>GREEN: use lean/trim/premium mince for patties, meat balls and savoury mince dishes. Cook with no or minimal oil. Grill or oven-bake patties and meat balls. Serve with plenty of salad or vegetables.</p> <p>Check labels of commercial/processed versions of meat patties/balls against Table 2: Hot food and other meal items page 21.</p>
Tinned fish (e.g. tuna, salmon, sardines)	● spring water	● brine or oil		
Deep-fried meats, poultry and alternatives			●	<p>All deep-fried foods are in the RED category. If deep frying, use mono- or poly-unsaturated oils such as canola, olive, peanut, sesame, sunflower, soya bean, cottonseed or flaxseed.</p>
Crumbed/coated foods, frankfurts and sausages				
Chicken nuggets/strips Fish fingers		●	●	<p>Check the label against Table 2: Hot food and other meal items page 21 as some products may be high in saturated fat and sodium (salt).</p> <p>AMBER when oven baked or shallow-fried with small amounts of poly- or mono-unsaturated oil.</p> <p>RED when deep-fried.</p>



Foods	GREEN	AMBER	RED	Comments and suggestions
Crumbed/coated foods, frankfurts and sausages (cont.)				
Vegetable/ lentil patties Falafels		●	●	<p>Serve with salads and wholemeal/wholegrain bread.</p> <p>AMBER when oven baked or shallow-fried with small amounts of poly- or mono-unsaturated oil.</p> <p>RED if deep fried. If deep frying, use mono- or poly-unsaturated oils such as canola, olive, peanut, sesame, sunflower, soya bean, cottonseed or flaxseed.</p>
Battered saveloys and sausages			●	Battered, deep-fried saveloys and sausages are very high in saturated fat and sodium (salt).
Frankfurts Sausages	●	●	●	<p>Low fat and reduced-sodium (salt) varieties are GREEN. Most frankfurts and sausages are high in sodium (salt) and saturated fat. Check the label against Table 2: Hot food and other meal items page 21.</p> <p>Boil or grill and serve on a wholegrain roll/bread to boost the nutritional value.</p>
Commercial potato products				
Wedges Chips/fries Hash browns Scallop cakes Gems		●	●	<p>Oven-baked potato products usually are AMBER.</p> <p>Check the label against the Table 2: Hot food and other meal items page 21.</p> <p>If deep-fried they are in the RED category. If deep frying, use mono- or poly-unsaturated oils such as canola, olive, peanut, sesame, sunflower, soya bean, cottonseed or flaxseed.</p> <p>For baked potato see p 9.</p>



Foods	GREEN	AMBER	RED	Comments and suggestions
Mixed hot food dishes, ready to eat meals and plated dinners				
Casseroles Stews Curries	●	●	●	<p>For dishes prepared on site to fit into the GREEN category :</p> <ul style="list-style-type: none"> • include high amounts of vegetables and/or legumes • use lean meats, fish or seafood • use clear or vegetable based sauces or gravy. If using packet sauces use reduced-sodium (salt) varieties. • cook with a small amount of poly- or mono-unsaturated oil such as canola, sunflower, soybean, olive or peanut. • use evaporated milk or natural yoghurt in place of cream, and reduced-fat coconut milk • serve with plain rice and vegetables <p>Avoid cream, butter, ghee, coconut cream, as these can be high in saturated fat and would place the dish in the RED category.</p> <p>If a commercial product, check the label against Table 3: Ready to eat meals page 22.</p>
Risotto Fried or savoury rice Stir-fry Noodle-based Asian meals	●	●	●	<p>For dishes prepared on site to fit into the GREEN category:</p> <ul style="list-style-type: none"> • add vegetables or serve with a side salad • use lean meats, fish or seafood • use salt-reduced, low fat sauces • cook with a small amount of poly- or mono-unsaturated oil such as canola, sunflower, soybean, olive or peanut. <p>Dishes with battered or crumbed deep-fried meats, fish or seafood are RED.</p> <p>If a commercial product, check the label against Table 2: Hot food and other meal items page 21.</p>



Foods	GREEN	AMBER	RED	Comments and suggestions
Pasta, spaghetti bolognaise, lasagne and pasta-bakes	●	●	●	<p>For dishes prepared on site to fit into the GREEN category:</p> <ul style="list-style-type: none"> • use tomato or vegetable-based sauces • use evaporated milk or ricotta instead of cream-based sauces • add grated/diced vegetables to sauces • serve with a side salad or steamed vegetables. • use lean trimmed meats or mince • cook with a small amount of poly- or mono-unsaturated oil such as canola, sunflower, soybean, olive or peanut. • use reduced-fat cheese <p>Avoid cream-based sauces, fatty meats and excessive amounts of cheese in pasta bakes and lasagne.</p> <p>If a commercial product, check the label against Table 2: Hot food and other meal items page 21.</p>
Pizzas	●	●	●	<p>If prepared on site, try bread based pizzas as these have less fat and energy (kilojoules). Muffin and pita bread make a good base.</p> <p>For a GREEN choice, top with plenty of vegetables, use reduced-fat cheese and lean meats.</p> <p>For commercial pizzas, check label against Table 2: Hot food and other meal items page 21.</p>



Foods	GREEN	AMBER	RED	Comments and suggestions
Savoury pastries and pies				
Meat pies Sausage rolls Party pies Chicken and vegetable pies Vegetable pasties Topped pies (eg. potato, cheese and bacon pies) Cheese and spinach triangles Samosas and other pastry finger food Quiche	●	●	●	<p>For GREEN options, make pastry-free quiche such as fritattas or slices and use reduced fat cheese, no cream and vegetable fillings.</p> <p>For all other pastries and pies, check food labels against the Table 2: Hot food and other meal items page 21 as the saturated fat content may put them into the RED category</p>
Savoury croissants			●	Croissants are high in saturated fat and kilojoules and fall into the RED category.
Spring rolls Chiko rolls Dim sims		●	●	<p>Check these products against the Table 2: Hot food and other meal items page 21. Avoid deep frying – all deep-fried foods are RED choices.</p> <p>Oven-bake these foods or steam dim sims to keep the fat and kilojoules down. Choose vegetable-based versions.</p>
Soups				
Prepared on-site Canned Commercial	●	●		<p>For a GREEN choice, provide soups that are low in sodium (salt) (< 300g per 100ml) and saturated fat (<2 g sat fat per 100 ml) and have a vegetable or clear stock base instead of creamy options. Soups that do not meet these criteria are AMBER.</p> <p>Offer vegetable and legume based options.</p> <p>Use natural yoghurt instead of cream.</p>



Foods	GREEN	AMBER	RED	Comments and suggestions
Soups (cont.)				
Instant hot noodle cups		●	●	Choose reduced-fat and reduced-salt versions for a better choice. Check label against Table 2: Hot food and other meal items page 21.
Snacks, food bars, muesli bars and sweet biscuits				
Cereal-based bars Fruit-filled bars Breakfast bars Dried fruit/nut/seed bars Sweet biscuits (plain, coated, iced or filled)		●	●	Check label against Table 4: Snack foods page 22. Include wholemeal options if possible and use those that contain fruit, vegetables or nuts. Provide small to medium serve (2 small biscuits or 30–40g per person) of plain sweet biscuits.
Nuts	● unsalted	● salted		
Cakes, muffins, sweet tarts, slices and pastries				
Muffins, slices, scrolls, cakes		●	●	Check label against Table 4: Snack foods page 22. Provide fruit- or vegetable based muffins, include wholemeal, wholegrain and reduced-fat options. Provide mini muffins or 60g medium muffins instead of large ones which commonly weigh up to 200g. Provide plain, un-coated, un-filled cakes, scrolls or slices that contain fruit, vegetables or nuts. Include wholemeal, wholegrain and reduced-fat options if possible. Provide smaller serve sizes (50–60g).
Danishes, sweet pastries, tarts, donuts and croissants			●	These items are high fat, energy dense options and are considered RED choices.



Foods	GREEN	AMBER	RED	Comments and suggestions
Scones or pikelets				
Plain or fruit/vegetable	●			Include wholemeal options if possible. Use small to medium serve sizes (40–60g) per person.
With spreads and toppings (e.g. jam, cream, butter, margarine)	●	●	●	For GREEN options, offer fruit purees as a sauce or whipped ricotta cheese with honey and vanilla, or reduced-fat vanilla yoghurt in place of cream. AMBER use poly-or mono-unsaturated margarine. Use sparingly and offer spreads separately where possible. RED : when served with butter, cream or jam.
Ice creams, milk-based ice confection and dairy desserts				
Chocolate coated ice creams Milk-based ice confections			●	Always check label against Table 4: Snack foods page 22. Products containing any confectionery fit into the RED category.
Uncoated reduced/low fat ice creams Milk or soy-based ice confections Frozen yoghurt Mousses Flavoured custards and dairy puddings Cheesecake Panna cotta Tiramisu		●	●	Check label against Table 4: Snack foods page 22.



Foods	GREEN	AMBER	RED	Comments and suggestions
Ice confection				
Ice blocks Sorbet Gelato Ice crushes Fruit- or water-based ice confection		●	●	Suggested maximum serve size of 375ml. Check label against Table 4: Snack foods page 22.
Confectionery				
Lollies — e.g. boiled, jellies, juice jellies, liquorice, jelly beans Chocolates, carob or yoghurt compound products			●	All types of confectionery fit into the RED category. Note: sugar-free medicated cough lozenges, sugar free chewing gum and sugar free mints are exempt from the RED category.
Drinks				
Water (unflavoured) still or sparkling	●			If possible, provide free, chilled, water. Bottled water should be offered at a competitive price.
Water (flavoured) - mineral -sports waters		●	●	Check label against Table 1 page 21.
Juices (at least 99% juice) -fresh -frozen -canned/ packaged	●			



Foods	GREEN	AMBER	RED	Comments and suggestions
Drinks (cont.)				
Fruit drinks and juices (less than 99%)		●	●	All fruit drinks and juices that contain less than 99% per cent fruit juice need to be assessed against Table 1 page 21.
Soft drinks Cordials Commercial iced teas			●	Most fit into the RED category. Check label against Table 1 page 21.
Flavoured milks – commercially prepared	REDUCED FAT ●	FULL FAT ●		
Milk drinks made onsite -milkshakes -iced coffee -smoothies -ice -chocolate	REDUCED FAT ●	FULL-FAT ●	●	Milk drinks made onsite with added whipped cream, melted chocolate or caramel, syrup, or confectionery will fit in the RED category.
Artificially sweetened 'diet', 'low-joule', 'no sugar' or 'low sugar' drinks		●	●	Artificial sweeteners can be useful in providing flavour and reducing the amount of added sugar and kilojoules consumed. In adult settings, artificially sweetened drinks fit under AMBER In paediatric facilities or areas frequented by children they are RED (as they are high in acidity which can contribute to tooth erosion).
'Energy' (high caffeine drinks)			●	Most fit into the RED category. They have minimal nutritional value and can be high in caffeine. Check label against Table 1 page 21. Suggested maximum service size of 375 ml. Paediatric facilities or areas that are frequented by children should place 'Energy' drinks into the RED category.



Foods	GREEN	AMBER	RED	Comments and suggestions
Drinks (cont.)				
Hot beverages - coffee - tea - chocolate	REDUCED FAT ●	FULL-FAT ●	●	Offer decaffeinated varieties as well. Use low or reduced-fat milk or milk alternatives for a better choice (GREEN). Offer sugar alternatives as well as sugar when serving hot beverages. Additions of whipped cream, melted chocolate or caramel, syrup, or confectionery as these will provide excess energy (kilojoules) and put them in the RED category.
Savoury snack foods and biscuits				
Plain popcorn	●			Air popped, no added fat and salt popcorn is GREEN. Pre packaged microwaved popcorn is AMBER.
Savoury snack foods and biscuits				
Flavoured popcorn Biscuits Other savoury snack products		●	●	Check label against Table 4: Snack foods page 22.
Crisps and chips			●	Crisps and chips are high in energy (kilojoules) and/or saturated fat and/or sodium (salt). They are in the RED category.



RED criteria tables

In the *Food and drinks Guide* some foods or drinks may be classified under all three categories: **GREEN**, **AMBER** and **RED**, depending on their ingredients, cooking methods or how they are sold. The comments and suggestions column in the guide usually help decide which category the item fits into.

Food or drink items that potentially fit into either the **AMBER** or the **RED** categories must be checked against the **RED** criteria.

These criteria apply to the number of kilojoules (energy), the serve size, the amount of fibre, sodium (salt) and saturated fat. They are different for different foods and drinks and the following tables have been developed:

- for drinks refer to Table 1: Sugar-sweetened drinks and ices page 21
- for hot food and other meal items, refer to Table 2: Hot food and other meal items page 21
- for ready to eat meals, refer to Table 3: Ready to eat meals page 22
- for snacks, refer to Table 4: Snack foods page 22.

To check an item against the **RED** criteria, compare its nutrition information panel against the relevant criteria table.

If the item fails any of the following criteria, it is classified as **RED** :

- exceeds the serve size
- exceeds the amount of energy
- exceeds the amount of saturated fat,
- exceeds the amount of sodium
- does not meet minimum levels of fibre (if applicable).

Note: all types of confectionery fit into the **RED** category and their supply should be limited. Confectionery contains little nutritional value.

Practical examples on how to use the tables are provided page 23.



Table 1: Sugar-sweetened drinks and ices

Items	Criteria		
	Energy (kJ) per serve	Energy (kJ) per 100 ml	Sodium (mg) per serve
Sugar-sweetened drinks and ices	> 300kJ = RED	> 50kJ = RED	> 100mg = RED

Key: ">" means more than

Table 2: Hot food and other meal items

Items	Criteria			
	Energy (kJ) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g	Maximum serve size as sold
Savoury pastries (e.g. pies, sausage rolls, quiches, croissants), pizzas, dim sims, spring rolls, instant hot noodle cups, oven baked potato products	>1000kJ = RED	>5g = RED	>400mg = RED	>250g = RED
Crumbed and coated foods, frankfurts, and sausages	>1000kJ = RED	>5g = RED	>700mg = RED	>150g = RED
Processed cold luncheon and cured meats	>900kJ = RED	>3g = RED	-	>50g = RED

Key: ">" means more than; "-" means not applicable



Table 3: Ready to eat meals

Items	Criteria				
	Energy (kilojoules) per serve	Saturated fat (g) per 100g	Sodium (mg) per 100g	Sodium (mg) per serve	Fibre per serve sold
Commercial, frozen or freshly prepared ready to eat meals, mixed hot food dishes or plated dinners	>2500kJ= RED	>2g= RED	>300mg= RED	>900mg= RED	<3g= RED

Key: ">" means more than; "<" means less than;

Table 4: Snack foods

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

Key: ">" means more than; "-" means not applicable.



Examples

The following examples illustrate how to assess different products against the relevant criteria tables.

Example 1: assessing crumbed chicken fillet patty

Nutrition information panel – Crumbed chicken fillet patty		
Serving per pack: 60 Serving size: 120g		
	Quantity per serving	Quantity per 100g
ENERGY	1176kJ	980kJ
PROTEIN	17.4g	14.5g
FAT		
- Total	15.8g	13.2g
- Saturated	4.1g	3.4g
CARBOHYDRATE		
- Sugars	18.3g	15.3g
	0.2g	0.2g
SODIUM	734mg	612mg

Step 1: identify what group this food is likely to be in

- This food comes under ‘Crumbed/coated foods, frankfurters and sausages’ page 10 and could be **AMBER** or **RED**.
- Use Table 2 (“Hot food and other meal items”) page 21 to assess the item, particularly the “Crumbed and coated food” row (reproduced below).

Items	Table 2: Hot food and other meal items / criteria			
	Energy (kJ) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g	Maximum serve size as sold
Crumbed and coated foods, frankfurts, and sausages	>1000kJ = RED	>5g = RED	>700mg = RED	>150g = RED

Key: “>” means more than; “<” means less than “≤” means equal or less than; “-” means not applicable

Step 2: look up the nutrition information panel of the item and compare it with the criteria in the table.

- At 980kJ/100g the patty is under the 1000kJ criteria = not **RED**
- At 3.4g/100g the saturated fat is under the 5g/100g = not **RED**
- At 612mg/100g, the sodium is also under the 700mg/100g = not **RED**
- The serving size is 120 grams= not **RED**

As none of the criteria qualify for **RED**, this crumbed chicken fillet patty is in the **AMBER** category and should be supplied carefully, i.e. not supplied in large quantities or promoted



Example 2: assessing chocolate-coated ice-cream

Nutrition Information Panel		
Servings per package: 1		
Serving size: 55g		
	Quantity per serving	Quantity per 100g
ENERGY	700kJ	1273kJ
PROTEIN	1.2g	2.2g
FAT		
-Total	10.5g	19.1g
-Saturated	8.7g	15.8g
CARBOHYDRATE	17.2g	31.3g
-Sugars	15.7g	28.5g
SODIUM	36mg	65mg

Step 1: identify what group this food might be in on the Foods and drinks guide.

This food is found page in the group *Ice-creams, milk- or soy- based ice confection and premium dairy desserts* page 16 and is likely to be **AMBER** or **RED**. It should therefore be assessed against the criteria in Table 4 on page 22, in the ice-cream row (reproduced below).

Items	Table 4: Criteria			
	Energy (kilojoules) per serve	Saturated fat (g) per serve	Sodium (mg) per serve	Fibre (g) per serve
Ice-creams, milk- or soy-based ice confection and premium dairy desserts	>600kJ = RED	>3g = RED	-	-

Key: ">" means more than; "<" means less than; "≤" means equal or less than; "≥" means equal or greater than; "-" means not applicable.

Step 2: assess each of the nutrients on the nutrition information panel against the criteria in Table 4 – use per serving.

- The quantity per serving of this ice cream is 700kJ, which is over the set criteria of 600kJ per serve. This automatically places the item in the **RED** category.

Remember: if any one nutrient of the item is assessed as **RED**, the whole item is classified as **RED**, even if the other nutrients are classified as **AMBER**.



Example 3: assessing the contents of a cold drinks fridge

Step 1: Assess the current situation

- Refer to the drinks sections in the guide (page 17) to see whether drinks fit in the **GREEN**, **AMBER** or **RED** category.
- Do a 'map' of the fridge (as below)

Figure 1 Cold drinks available before implementation of guidelines

Shelf	Door 1	Door 2	Door 3	Door 4	Door 5
Top	Sugar sweetened soft drinks	Artificially sweetened soft drink	Water	Full fat milks	Sugar sweetened sports drinks
Middle	Sugar sweetened soft drinks	Artificially sweetened soft drink	Water	Sugar sweetened sports drinks	Sugar sweetened sports drinks
Middle	Sugar sweetened Soft drinks	Artificially sweetened soft drink	Water	Sugar sweetened sports drinks	Sugar sweetened sports drinks
Bottom	Sugar sweetened soft drinks	Artificially sweetened soft drink	Water and reduced fat milks	Full-fat milks	Iced Tea

Step 2: Calculate the proportions of **GREEN**, **AMBER** and **RED** drinks

- Count the number of shelves in each of the **GREEN**, **AMBER** and **RED** category. In this case, there are 4 **GREEN**, 6 **AMBER** and 10 **RED** shelves.
- Total number of shelves is 20.
- This means that 50% of the drinks displayed are in the **RED** category (10 out of 20 shelves). Repeat for the other categories as in
- Figure 2.

Figure 2: Proportion of food and drinks displayed before implementation of guidelines



Step 3: Make changes towards a healthier drinks fridge

Reduce **RED** options to no more than 20 per cent of drinks displayed—in this case a maximum of 4 full shelves. **RED** options should also be placed on lower shelves to allow the promotion of better drink choices.

Increase **GREEN** and **AMBER** choices to represent 80 per cent of drinks displayed, this is a total of 16 shelves. Place **GREEN** items at prominent eye-level shelves where possible, as per



Healthy **choices** made easy



Figure 3 next.

Figure 3: Suggested changes to implement healthier choices

Shelf	Door 1	Door 2	Door 3	Door 4	Door 5
Top	Water	Water	Water	Fruit juice (at least 99% juice)	Flavoured reduced fat milks
Middle	Water	Water	Water	Fruit juice (at least 99% juice)	Flavoured reduced fat milks
Middle	Artificially sweetened soft drink	Artificially sweetened soft drink	Flavoured water	Flavoured water	Flavoured water
Bottom	Soft drink	Soft drink	Sports drinks	Artificially sweetened iced tea	Iced tea and fruit drinks

Figure 4: Proportion of cold drinks displayed following implementation of guidelines



This drinks fridge now reflects the guidelines, with GREEN and AMBER drinks making up 80 per cent of the options displayed and RED drinks reduced to 20 per cent of the options displayed.



Example 4: assessing the contents of a vending machine

Step 1: Assess the current situation

- Use the guide and/or the criteria tables to categorise items to see whether they fit in the GREEN, AMBER or RED category.
- Do a 'map' of the vending machine (as below)

Figure 5 Vending machine before implementation of guidelines

Row 1	Potato Crisps	
Row 2	Chocolate Bars	
Row 3	Lollies	
Row 4	Muesli Bars	Cereal Bars
Row 5	Sweet biscuits	Cakes

Step 2: Calculate the proportions of GREEN, AMBER and RED items.

- Count the number of rows in each of the GREEN, AMBER and RED category. In this case, there are 4 RED and 1 AMBER rows.
- Total number of rows is 5. This means that 80% of the items displayed are in the RED category (4 out 5 rows) and 20% are AMBER.

Figure 6: Proportion of items displayed before implementation of guidelines



Step 3: Make changes towards a healthier vending machine

- Reduce RED options to no more than 20 per cent of items displayed—in this case a maximum of 1 full row. RED options should also be placed on lower rows to allow the promotion of better choices.
- Increase GREEN to represent 50 per cent of items displayed, this is a total of 2 and a half rows. Place GREEN items at prominent eye-level shelves where possible, as per Figure 7 page 28.



Figure 7: Suggested changes to implement healthier choices

Row 1	Air Popped Popcorn		Tuna and crackers
Row 2	Fruit tubs		Plain nuts
Row 3	Dried fruit and nut mix		Pretzels
Row 4	Muesli bars	Sugar free chewing gum and mints	Beef Jerky
Row 5	Potato crisps	Chocolate Bars	Lollies

Figure 8: Proportion of items displayed following implementation of guidelines

GREEN= 50%	AMBER = 30%	RED = 20%
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This vending machine now reflects the guidelines, with GREEN and AMBER drinks making up 80 per cent of the options displayed and RED drinks reduced to 20 per cent of the options displayed.



Frequently asked questions (FAQs)

What does 'all foods and drinks available' mean?

The policy applies to all food items available to be purchased, whether they are displayed or not. For instance, toasted sandwiches may be available on the menu but cannot be prepared in advance and therefore are not on display.

In kiosks, it is recommended to group items under: meals (includes salads, sandwiches, hot and cold dishes); snacks and desserts (includes fruit) or drinks (hot or cold). In vending machines, 'all foods and drinks available' refers to the number of items customers can choose from.

GREEN and **AMBER** foods and drinks should make up at least 80 per cent of all foods and drinks provided or available for sale. Aim for 50 per cent of **GREEN** items.

RED items must not exceed 20%.

What constitutes 'lean meat'?

This is meat where there is little or no visible fat, e.g. trimmed red meat, chicken breast (no skin), premium mince, Kangaroo meat and sausages or leg ham.

What about condiments? Where do they fit?

Condiments like tomato sauce, mayonnaise and soy sauce can be used, so long as they are portion controlled, i.e. in a small package or limited to 1 tbs per serve. Mayonnaise or oil based dressings should always be the reduced fat variety. Where possible tomato sauce and soy sauce should be salt reduced.

Can we use 2 minute noodles in recipes?

If you use the low fat noodles, and throw away the salted seasoning, then you can use 2 minute noodles. However it may be more cost effective to substitute the 2 minute noodles with other noodles like hokkien, vermicelli, pasta or rice as these are available to purchase in bulk. Noodles should only be served as a part of a dish that contains plenty of vegetables and/or lean meat.

Do ovaltines or cough lollies count as confectionery?

Confectionery includes gum, ovaltines, natural confectionary, carob, apricot balls and yoghurt covered sweets are red and cannot be sold.