

The Healthy Choices guidelines categorise foods and drinks into three groups. These are:

The GREEN category – best choices

Foods and drinks in the **GREEN** category are the healthiest choices. They are usually:

- good sources of important nutrients
- lower in saturated fat, added sugar and/or salt
- lower in energy (kilojoules)
- higher in fibre.

GREEN foods and drinks should always be available and they should be promoted as the best choices.

Wherever foods and drinks are offered (e.g. retail outlets, vending machines and catering), at least **50%** of choices should be from the **GREEN** category.

The AMBER category – choose carefully

AMBER foods and drinks should be selected carefully and should only be eaten in moderation. Although **AMBER** items may provide some good nutrients they can:

- lead you to take in too much energy (kilojoules)
- contain saturated fat, added sugar and/or salt.

AMBER foods and drinks may be offered, but should not dominate. They should not be promoted over **GREEN** choices.

The RED category – limit

Foods and drinks in the **RED** category are not essential. If they are consumed too often, or in large amounts, they can lead to weight gain and chronic diseases.

In general **RED** choices are:

- high in energy (kilojoules)
- high in saturated fat, added sugar and/or salt
- low in important nutrients such as fibre.

RED foods and drinks should be consumed rarely and only in small amounts. In retail outlets and vending machines, no more than **20%** of foods and drinks should be from the **RED** category.

RED foods and drinks should not be provided in workplace catering

The table below includes examples of foods and drinks in the **GREEN**, **AMBER** and **RED** categories

GREEN – best choices	AMBER – choose carefully	RED – limit
<ul style="list-style-type: none"> • Bread • High fibre breakfast cereals • Reduced fat milk, cheese and yoghurt • Lean meat • Fish • Eggs • Plain nuts and seeds • Tofu • Fruit (fresh, frozen) • Vegetables • Legumes and beans • Water 	<ul style="list-style-type: none"> • Some savoury breads and crackers • Some wholemeal muffins or scones with added fruit and vegetables • Dried fruit • Fish canned in brine or oil • Salted nuts and seeds • Some oven baked potato products • Regular fat milk, cheese, yoghurt and custard • Some flavoured milk • 99% fruit juice • Artificially sweetened drinks 	<ul style="list-style-type: none"> • Sugary drinks (e.g. soft drinks, sports drinks) • Confectionery • Ice creams and dairy desserts • Biscuits, cakes, slices and sweet pastries • Saturated fats and oils (e.g. butter, cream) • Deep fried foods • Crisps and chips • Pies, sausage rolls • Devon, salami, Strasburg • Sausages, saveloys

For more examples of foods and drinks in each category, or to learn how to classify products, please refer to the *Healthy choices: food and drink classification guide*¹.

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¹ *Healthy choices: food and drink classification guide*, Department of Health, 2014, www.health.vic.gov.au/nutrition