

# HEALTHY WORKPLACE NUTRITION GUIDELINES

Healthy eating and food safety are fundamental aspects of a healthy lifestyle. A workplace environment that supports healthy eating can significantly contribute to the health and wellbeing of all employees. Good nutrition helps to maintain energy levels and concentration, helps to maintain a healthy body weight, and assists in the prevention and management of chronic disease.

Your organisation might find it helpful to use these nutrition guidelines in any situation where food is provided. They will help you identify food categories and then decide in what proportion you should offer healthier and less-healthy foods. You can use these guidelines in canteens or cafés, for fundraising, catering, vending machines or any event where food is available.

The guidelines categorise foods using a 'traffic light system'. Using the system can help you decide the appropriate amount or ratios of certain foods that should be offered or provided in work-related situations. The traffic light system is further explained below.

## Green foods and drinks— everyday foods

Green products are considered 'everyday foods'. They are the best choices and should be encouraged.

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 foods and drinks —select carefully

Amber products should be selected 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 and some ready-to-serve meals.



## Red foods and drinks—occasional foods

Red products should be limited.

RED foods and drinks are energy-dense and lack nutritional value. They are defined by the Australian Dietary Guidelines 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.

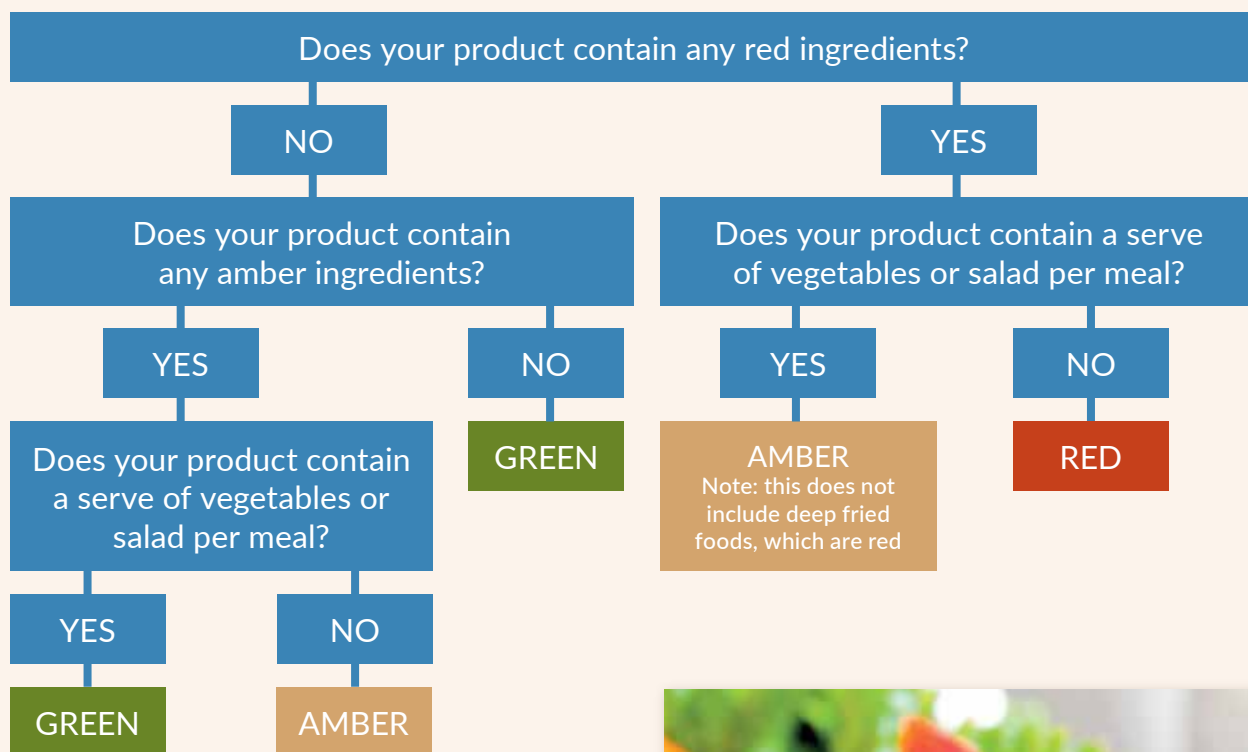
These nutrition guidelines are divided into the following four sections:

1. Section 1: contains a flowchart demonstrating how foods prepared on site can be classified, for example, sandwiches, salads, soups and other hot meals.
2. Section 2: contains an in-depth description of the basic foods that belong to each category (i.e. green, amber or red).
3. Section 3: contains tables outlining how to decide into which category some of the more complex foods may fit, for example, a main meal, baked goods, packaged foods, condiments and cooking ingredients.
4. Section 4: contains information on what comprises a 'serve' of fruit and vegetables, which can be an important factor in classifying foods as green, amber or red.

Information in these guidelines has been adapted from the Australian Dietary Guidelines<sup>1</sup>, and from guidelines published by the National Heart Foundation.<sup>2</sup>

## Section 1: Flowchart for classifying foods prepared on site

This flowchart applies to all savoury foods prepared on site, for example, hot meals, sandwiches and salads.



## Section 2: Which foods belong in each category?

### Foods and drinks guide

| Foods  | Green            | Amber | Red | Comments and suggestions  |
|--|------------------|-------|-----|---|
| <b>Breakfast foods</b>   |                  |       |     |   |
| <b>Breakfast cereals</b>   | ✓<br>Whole-grain | ✓     |     | <p>Offer wholegrain cereals, whole-wheat flakes and puffed cereals, porridge, muesli (untoasted) and whole-wheat breakfast biscuits.</p> <p><b>GREEN</b> when high in fibre (&gt;5 g per 100 g,) low in added sugar (&lt;20 g per 100g for cereals without dried fruit; &lt;25 g per 100 g for cereal with dried fruit) and low in saturated fat (&lt; 2g sat fat per 100 g).</p> <p>Cereals that don't meet these criteria are <b>AMBER</b>.</p> <p>Serve with reduced-fat milk.</p> |
| <b>Un-iced fruit, nut and/or vegetable based breads, or buns</b> | ✓                | ✓     | ✓   | <p>Offer small to medium serve (40-60g). Offer wholegrain varieties if available.</p> <p>For <b>GREEN</b> 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><b>AMBER</b> when using poly-or mono-unsaturated margarine. Use sparingly and offer spreads separately where possible.</p> <p><b>RED</b> when served with butter, cream or jam.</p>                                       |
| <b>Baked beans</b>   | ✓                |       |     | <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>   |

|  |                  |               |   |   |
|--|------------------|---------------|---|---|
| <b>Dairy foods and dairy alternatives</b>  |                  |               |   |   |
| <b>Cheese; plain, unflavoured milk, yoghurt, Flavoured milk and milk alternatives</b>            | ✓<br>Reduced Fat | ✓<br>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> <p>See Drinks section page 10.</p> |
| <b>Dairy desserts: milk-based puddings, rice pudding, creamed ricotta, fromage frais custard</b> |                  | ✓             | ✓ | <p>Provide reduced-fat options for a better choice. Permitted to contain artificial sweeteners.</p> <p>Dairy desserts should be checked against Table 4: Snack foods page 13.</p>                           |
| <b>Dairy snacks with confectionery</b>   |                  |               | ✓ | <p>Any dairy snacks containing confectionery fit into the <b>RED</b> category.</p>  |

| Foods  | Green | Amber | Red | Comments and suggestions   |
|--|-------|-------|-----|--|
| <b>Sandwiches</b><br>Offer a variety of breads, preferably wholegrain.<br>Always add salad, use spreads sparingly and do not add salt.<br>Toasted sandwiches or jaffles are a tasty hot alternative to sandwiches. |       |       |     |  |
| Sandwiches   | ✓     | ✓     |     | For <b>GREEN</b> 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.<br><br>Sandwiches made with reconstituted ham, Devon, Strasburg, chicken roll or loaf, salami or bacon are <b>AMBER</b> , due to their high sodium (salt)/ saturated fat content. |

| Sushi / Rice paper rolls |   |  |  |   |
|--------------------------|---|--|--|---|
| Sushi                    | ✓ |  |  | 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. |
| Rice paper rolls         |   |  |  |   |

| Fruit               |   |            |  |   |
|---------------------|---|------------|--|---|
| Fresh, frozen dried | ✓ | ✓<br>Dried |  | Any fresh fruit in season – whole, sliced or fruit salad. Dried fruit are <b>AMBER</b> because of their higher sugar concentration.                                 |
| Canned or in tubs   | ✓ | ✓          |  | Canned fruit in natural juice, or water with artificial sweetener (no added sugar) are <b>GREEN</b> . Those in syrup or concentrated fruit juice are <b>AMBER</b> . |

| Vegetables  |   |   |   |  |
|---|---|---|---|--|
| Fresh   | ✓ |   |   | Fresh and frozen vegetables are an excellent choice. If using canned vegetables, choose sodium (salt) reduced versions where possible.   |
| Frozen  |   |   |   |  |
| Canned  |   |   |   |  |
| Baked potatoes, with a filling  | ✓ | ✓ |   | For a <b>GREEN</b> 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 <b>AMBER</b> .<br><br>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 <b>RED</b> 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 <b>GREEN</b> category.<br><br>Use lean, un-coated and un-crumbed meats; poultry (no skin); tinned fish or reduced fat cheese.<br><br>Choose low-fat or no oil dressings.<br><br>Where possible, serve dressings separately.                                 |

| Foods   | Green             | Amber             | Red | Comments and suggestions   |
|---|-------------------|-------------------|-----|--|
| <b>Meat, fish, poultry</b>  |                   |                   |     |  |
| Lean meats (e.g. roast beef)<br>Lean chicken meat without skin<br>Turkey<br>Egg<br>Fish | ✓                 |                   |     | 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 8), for a <b>GREEN</b> meal.<br><br>Always offer lean options (i.e. fat trimmed or skinless).<br><br>Use reduced-fat cooking techniques (oven-baked, grilled, steamed, or cooked using non-stick cookware). |
| Meat or fish patties<br>Meatballs<br>Savoury mince                                      | ✓                 | ✓                 | ✓   | <b>GREEN:</b> 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.<br><br>Check labels of commercial/processed versions of meat patties/balls against Table 2: Hot food and other meal items page 12.                               |
| Tinned fish (e.g. tuna, salmon, sardines)   | ✓<br>Spring water | ✓<br>Brine or oil |     |  |
| Deep-fried meats, poultry and alternatives  |                   |                   | ✓   | All deep-fried foods are in the <b>RED</b> category. If deep frying, use mono- or poly-unsaturated oils such as canola, olive, peanut, sesame, sunflower, soya bean, cottonseed or flaxseed.   |

|  |   |   |   |  |
|--|---|---|---|--|
| <b>Crumbed/coated foods, frankfurts and sausages</b> |   |   |   |  |
| Chicken nuggets/ strips<br>Fish fingers              |   | ✓ | ✓ | Check the label against Table 2: Hot food and other meal items page 12 as some products may be high in saturated fat and sodium (salt).<br><br><b>AMBER</b> when oven baked or shallow-fried with small amounts of poly- or mono-unsaturated oil.<br><br><b>RED</b> when deep-fried.   |
| Vegetable/ lentil patties<br>Falafels                |   | ✓ | ✓ | Serve with salads and wholemeal/wholegrain bread.<br><br><b>AMBER</b> when oven baked or shallow-fried with small amounts of poly- or mono-unsaturated oil.<br><br><b>RED</b> if deep fried. If deep frying, use mono- or poly-unsaturated oils such as canola, olive, peanut, sesame, sunflower, soya bean, cottonseed or flaxseed. |
| Battered saveloys and sausages                       |   |   | ✓ | Battered, deep-fried saveloys and sausages are very high in saturated fat and sodium (salt).   |
| Frankfurts   |   | ✓ | ✓ | Low fat and reduced-sodium (salt) varieties are <b>GREEN</b> . 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 12.<br><br>Boil or grill and serve on a wholegrain roll/bread to boost the nutritional value.                           |
| Sausages   | ✓ | ✓ | ✓ | Boil or grill and serve on a wholegrain roll/bread to boost the nutritional value.   |

| Foods                             | Green | Amber | Red | Comments and suggestions   |
|-----------------------------------|-------|-------|-----|--|
| <b>Commercial potato products</b> |       |       |     |  |
| Wedges                            |       | ✓     | ✓   | Oven-baked potato products usually are <b>AMBER</b> .  |
| Chips/fries                       |       |       |     | Check the label against the Table 2: Hot food and other meal items page 12.  |
| Hash browns                       |       |       |     | If deep-fried they are in the <b>RED</b> category. If deep frying, use mono- or poly-unsaturated oils such as canola, olive, peanut, sesame, sunflower, soya bean, cottonseed or flaxseed. |
| Scallop cakes                     |       |       |     |  |
| Gems                              |       |       |     | For baked potato see page 4.   |

|   |   |   |   |   |
|---|---|---|---|---|
| <b>Mixed hot food dishes, ready to eat meals and plated dinners</b> |   |   |   |   |
| Casseroles  | ✓ | ✓ | ✓ | For dishes prepared on site to fit into the <b>GREEN</b> category :   |
| Stews   |   |   |   | <ul style="list-style-type: none"> <li>include high amounts of vegetables and/or legumes</li> <li>use lean meats, fish or seafood</li> <li>use clear or vegetable based sauces or gravy. If using packet sauces use reduced-sodium (salt) varieties.</li> <li>cook with a small amount of poly- or mono-unsaturated oil such as canola, sunflower, soybean, olive or peanut.</li> <li>use evaporated milk or natural yoghurt in place of cream, and reduced-fat coconut milk</li> <li>serve with plain rice and vegetables</li> </ul> |
| Curries   |   |   |   | Avoid cream, butter, ghee, coconut cream, as these can be high in saturated fat and would place the dish in the <b>RED</b> category.  |
|   |   |   |   | If a commercial product, check the label against Table 3: Ready to eat meals page 12.   |
| Risotto   | ✓ | ✓ | ✓ | For dishes prepared on site to fit into the <b>GREEN</b> category:  |
| Fried or savoury rice   |   |   |   | <ul style="list-style-type: none"> <li>add vegetables or serve with a side salad</li> <li>use lean meats, fish or seafood</li> <li>use salt-reduced, low fat sauces</li> </ul>  |
| Stir-fry  |   |   |   | cook with a small amount of poly- or mono-unsaturated oil such as canola, sunflower, soybean, olive or peanut.  |
| Noodle-based  |   |   |   | Dishes with battered or crumbed deep-fried meats, fish or seafood are <b>RED</b> .  |
| Asian meals   |   |   |   | If a commercial product, check the label against Table 2: Hot food and other meal items page 12.  |

| Foods   | Green | Amber | Red | Comments and suggestions  |
|---|-------|-------|-----|---|
| <b>Mixed hot food dishes, ready to eat meals and plated dinners (Continued)</b> |       |       |     |   |
| Pasta, spaghetti bolognaise, lasagne and pasta-bakes                            | ✓     | ✓     | ✓   | <p>For dishes prepared on site to fit into the <b>GREEN</b> category:</p> <ul style="list-style-type: none"> <li>■ use tomato or vegetable-based sauces</li> <li>■ use evaporated milk or ricotta instead of cream-based sauces</li> <li>■ add grated/diced vegetables to sauces</li> <li>■ serve with a side salad or steamed vegetables.</li> <li>■ use lean trimmed meats or mince</li> <li>■ cook with a small amount of poly- or mono-unsaturated oil such as canola, sunflower, soybean, olive or peanut.</li> <li>■ use reduced-fat cheese</li> </ul> <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 12.</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 <b>GREEN</b> 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 12.</p>  |

| <b>Savoury pastries and pies</b>   |   |   |   |   |
|--|---|---|---|---|
| Meat pies<br>Sausage rolls<br>Party pies<br>Chicken and vegetable pies<br>Vegetable pasties<br>Topped pies (eg. potato, cheese and bacon pies)<br>Cheese and spinach triangles<br>Samosas and other pastry finger food<br>Quiche | ✓ | ✓ | ✓ | <p>For <b>GREEN</b> 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 12 as the saturated fat content may put them into the <b>RED</b> category</p> |
| Savoury croissants   |   |   | ✓ | <p>Croissants are high in saturated fat and kilojoules and fall into the <b>RED</b> category.</p>   |
| Spring rolls<br>Chiko rolls<br>Dim sims  |   | ✓ | ✓ | <p>Check these products against the Table 2: Hot food and other meal items page 12. Avoid deep frying – all deep-fried foods are <b>RED</b> choices.</p> <p>Oven-bake these foods or steam dim sims to keep the fat and kilojoules down. Choose vegetable-based versions.</p>   |

| Foods                                    | Green | Amber | Red | Comments and suggestions   |
|--|-------|-------|-----|--|
| <b>Soups</b>                             |       |       |     |  |
| Prepared on-site<br>Canned<br>Commercial | ✓     | ✓     |     | For a <b>GREEN</b> 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 <b>AMBER</b> .<br><br>Offer vegetable and legume based options.<br><br>Use natural yoghurt instead of cream. |
| 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 12.  |

|   |               |             |   |   |
|---|---------------|-------------|---|---|
| <b>Snacks, food bars, muesli bars and sweet biscuits</b>  |               |             |   |   |
| Cereal-based bars<br>Fruit-filled bars<br>Breakfast bars<br>Dried fruit/nut/seed bars<br>Sweet biscuits (plain, coated, iced or filled) |               | ✓           | ✓ | Check label against Table 4: Snack foods page 13. Include wholemeal options if possible and use those that contain fruit, vegetables or nuts.<br><br>Provide small to medium serve (2 small biscuits or 30–40g per person) of plain sweet biscuits. |
| Nuts  | ✓<br>Unsalted | ✓<br>Salted |   |   |

|   |  |   |   |   |
|---|--|---|---|---|
| <b>Cakes, muffins, sweet tarts, slices and pastries</b> |  |   |   |   |
| Muffins, slices, scrolls, cakes                         |  | ✓ | ✓ | Check label against Table 4: Snack foods page 13.<br><br>Provide fruit- or vegetable based muffins, include wholemeal, wholegrain and reduced-fat options.<br><br>Provide mini muffins or 60g medium muffins instead of large ones which commonly weigh up to 200g.<br><br>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.<br><br>Provide smaller serve sizes (50–60g). |
| Danishes, sweet pastries, tarts, donuts and croissants  |  |   | ✓ | These items are high fat, energy dense options and are considered <b>RED</b> choices.   |

|  |   |   |   |   |
|--|---|---|---|---|
| <b>Scones or pikelets</b>                                      |   |   |   |   |
| Plain or fruit/vegetable                                       | ✓ |   |   | Include wholemeal options if possible.<br><br>Use small to medium serve sizes (40–60g) per person.  |
| With spreads and toppings (e.g. jam, cream, butter, margarine) | ✓ | ✓ | ✓ | For <b>GREEN</b> options, offer fruit purees as a sauce or whipped ricotta cheese with honey and vanilla, or reduced-fat vanilla yoghurt in place of cream.<br><br><b>AMBER</b> use poly-or mono-unsaturated margarine. Use sparingly and offer spreads separately where possible.<br><br><b>RED</b> : when served with butter, cream or jam. |



| Foods   | Green | Amber | Red | Comments and suggestions  |
|---|-------|-------|-----|---|
| <b>Ice creams, milk-based ice confection and dairy desserts</b> |       |       |     |   |
| Chocolate coated ice creams                                     |       |       | ✓   | Always check label against Table 4: Snack foods page 13.                |
| Milk-based ice confections                                      |       |       |     | Products containing any confectionery fit into the <b>RED</b> category. |
| Uncoated reduced/low fat ice creams                             |       | ✓     | ✓   | Check label against Table 4: Snack foods page 13.                       |
| Milk or soy-based ice confections                               |       |       |     |   |
| Frozen yoghurt  |       |       |     |   |
| Mousses   |       |       |     |   |
| Flavoured custards and dairy puddings                           |       |       |     |   |
| Cheesecake  |       |       |     |   |
| Panna cotta   |       |       |     |   |
| Tiramisu  |       |       |     |   |

|                                      |  |   |   |   |
|--------------------------------------|--|---|---|---|
| <b>Ice confection</b>                |  |   |   |   |
| Ice blocks                           |  | ✓ | ✓ | Suggested maximum serve size of 375ml.            |
| Sorbet                               |  |   |   | Check label against Table 4: Snack foods page 13. |
| Gelato                               |  |   |   |   |
| Ice crushes                          |  |   |   |   |
| Fruit- or water-based ice confection |  |   |   |   |

|   |  |  |   |   |
|---|--|--|---|---|
| <b>Confectionery</b>  |  |  |   |   |
| Lollies — e.g. boiled, jellies, juice jellies, liquorice, jelly beans |  |  | ✓ | All types of confectionery fit into the <b>RED</b> category.  |
| Chocolates, carob or yoghurt compound products                        |  |  |   | Note: sugar-free medicated cough lozenges, sugar free chewing gum and sugar free mints are exempt from the <b>RED</b> category. |

| Foods  | Green            | Amber         | Red | Comments and suggestions  |
|--|------------------|---------------|-----|---|
| Drinks   |                  |               |     |   |
| Water (unflavoured)<br>still or sparkling  | ✓                |               |     | If possible, provide free, chilled, water.<br>Bottled water should be offered at a competitive price.   |
| Water (flavoured)<br>- mineral<br>-sports<br>waters  |                  | ✓             | ✓   | Check label against Table 1 page 12.  |
| Juices ( at least 99% juice)<br>-fresh<br>-frozen<br>-canned/ packaged                     | ✓                |               |     |   |
| 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 12.  |
| Soft drinks<br>Cordials<br>Commercial iced teas  |                  |               | ✓   | Most fit into the <b>RED</b> category.<br>Check label against Table 1 page 12   |
| Flavoured milks –<br>- commercially prepared   | ✓<br>Reduced Fat | ✓<br>Full Fat |     |   |
| Milk drinks made onsite<br>-milkshakes<br>-iced coffee<br>-smoothies<br>-ice<br>-chocolate | ✓<br>Reduced Fat | ✓<br>Full Fat | ✓   | Milk drinks made onsite with added whipped cream, melted chocolate or caramel, syrup, or confectionery will fit in the <b>RED</b> 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.<br><br>In adult settings, artificially sweetened drinks fit under <b>AMBER</b><br><br>In paediatric facilities or areas frequented by children they are <b>RED</b> (as they are high in acidity which can contribute to tooth erosion).                                    |
| 'Energy' (high caffeine drinks)  |                  |               | ✓   | Most fit into the <b>RED</b> category. They have minimal nutritional value and can be high in caffeine. Check label against Table 1 page 12.<br><br>Suggested maximum service size of 375 ml.<br><br>Paediatric facilities or areas that are frequented by children should place 'Energy' drinks into the <b>RED</b> category.  |
| Hot beverages<br>- coffee<br>- tea<br>- chocolate  | ✓<br>Reduced Fat | ✓<br>Full Fat | ✓   | Offer decaffeinated varieties as well.<br><br>Use low or reduced-fat milk or milk alternatives for a better choice ( <b>GREEN</b> ).<br><br>Offer sugar alternatives as well as sugar when serving hot beverages.<br><br>Additions of whipped cream, melted chocolate or caramel, syrup, or confectionery as these will provide excess energy (kilojoules) and put them in the <b>RED</b> category. |

| Foods   | Green | Amber | Red | Comments and suggestions  |
|---|-------|-------|-----|---|
| <b>Savoury snack foods and biscuits</b>                       |       |       |     |   |
| Plain popcorn   | ✓     |       |     | Air popped, no added fat and salt popcorn is <b>GREEN</b> .<br>Pre packaged microwaved popcorn is <b>AMBER</b> .                    |
| Flavoured popcorn<br>Biscuits<br>Other savoury snack products |       | ✓     | ✓   | Check label against Table 4: Snack foods page 13.   |
| Crisps and chips  |       |       | ✓   | Crisps and chips are high in energy (kilojoules) and/or saturated fat and/or sodium (salt).<br>They are in the <b>RED</b> 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 12
- for hot food and other meal items, refer to Table 2: Hot food and other meal items page 12
- for ready to eat meals, refer to Table 3: Ready to eat meals page 12
- for snacks, refer to Table 4: Snack foods page 13.

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.

## Section 3: Tables

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 = <b>RED</b>  | > 50kJ = <b>RED</b>    | > 100mg = <b>RED</b>  |

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 = <b>RED</b> | >5g = <b>RED</b>           | >400mg = <b>RED</b>  | >250g = <b>RED</b>         |
| Crumbed and coated foods, frankfurts, and sausages  | >1000kJ = <b>RED</b> | >5g = <b>RED</b>           | >700mg = <b>RED</b>  | >150g = <b>RED</b>         |
| Processed cold luncheon and cured meats   | >900kJ = <b>RED</b>  | >3g = <b>RED</b>           | –                    | >50g = <b>RED</b>          |

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 = <b>RED</b>          | >2g = <b>RED</b>           | >300mg = <b>RED</b>  | >900mg = <b>RED</b>   | <3g = <b>RED</b>     |

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

Table 4: Snack foods

| Items  | Criteria                         |                               |                          |                         |
|--|----------------------------------|-------------------------------|--------------------------|-------------------------|
|  | Energy (kilojoules)<br>per serve | Saturated fat (g)<br>per 100g | Sodium (mg)<br>per serve | Fibre<br>per serve sold |
| Savoury snack foods and biscuits   | >600kJ = <b>RED</b>              | >3g = <b>RED</b>              | >200mg = <b>RED</b>      | –                       |
| Cakes, muffins, sweet tarts, slices and pastries                         | >900kJ = <b>RED</b>              | >3g = <b>RED</b>              | –                        | <1.5g = <b>RED</b>      |
| Snack food bars, muesli bars and sweet biscuits                          | >600kJ = <b>RED</b>              | >3g = <b>RED</b>              | –                        | <1g = <b>RED</b>        |
| Ice-creams, milk- or soy-based ice confection and premium dairy desserts | >600kJ = <b>RED</b>              | >3g = <b>RED</b>              | –                        | –                       |

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

## Section 4: Serving size

What is a serve of fruit and vegetables?



1 medium piece  
(e.g. apple)

2 small pieces  
(e.g. apricots)

1 cup diced, cooked  
or canned fruit

### Fruit

One serve of fruit is 150 g of fresh fruit or:

- 1 medium-size piece (e.g. apple)
- 2 smaller pieces (e.g. apricots)
- 1 cup diced, cooked or canned fruit (choose varieties with no added sugar)
- $\frac{1}{2}$  cup (125 ml) of 100% fruit juice (choose varieties with no added sugar)
- 1  $\frac{1}{2}$  tablespoons of dried fruit



$\frac{1}{2}$  cup cooked  
vegetables or  
legumes

$\frac{1}{2}$  medium  
potato or  
sweet potato

1 cup raw green  
leafy vegetables

### Vegetables

One serve of vegetables is 75 g or:

- $\frac{1}{2}$  cup cooked vegetables
- $\frac{1}{2}$  medium potato or sweet potato
- 1 cup raw green leafy vegetables
- $\frac{1}{2}$  cup legumes (cooked, dried or canned beans, chickpeas or lentils, choose varieties with no added salt).

## References

1. National Health & Medical Research Council 2013, *Australian Dietary Guidelines*, Commonwealth of Australia.
2. National Heart Foundation 2010, *The right ingredient: Guidelines for healthier recipes*, [www.heartfoundation.org.au/SiteCollectionDocuments/Recipe-Guidelines.pdf](http://www.heartfoundation.org.au/SiteCollectionDocuments/Recipe-Guidelines.pdf)