## What are healthier Foods and drinks?

This traffic light system classifies food and drinks as green, amber or red, based on their nutritional value, which supports the Australian Dietary Guidelines.

FILL THE MENV

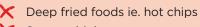








- 🗸 Fruit
  - 🗸 Fruit cups/fruit salad
- ✓ Vegetables
- 🗸 Water
- ✓ Salad ie. chicken salad
- Cheese and tomato toasties
- Vegie skewers
- Corn on the cob
- ✓ Sushi, rice paper rolls
- Cheese and crackers
- ✓ Yoghurt cups
- Flavoured milk (300ml or less)
- Popcorn
- 🗸 Soup
- 🗸 Vegie pasta salad
- Fruit bun
- Scrolls
- 99% fruit juice (300ml or less)
- Artificially sweetened drinks
- Small fruit muffin
- Muesli bars
- Date/nut balls
- Pikelets



- X Sugary drinks
- < 99% fruit juice
- (greater than 300ml)
- Pizza with salami
- Sports drinksCroissant
- Cup cakes
- Chocolate
- × Lollies
- X Ice cream









healthway