

# 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 MENU

- ✓ 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

SELECT CAREFULLY

- Fruit bun
- Scrolls
- 99% fruit juice (300ml or less)
- Artificially sweetened drinks
- Small fruit muffin
- Muesli bars
- Date/nut balls
- Pikelets

LIMIT OR REMOVE

- ✗ Deep fried foods ie. hot chips
- ✗ Sugary drinks
- ✗ 99% fruit juice (greater than 300ml)
- ✗ Pizza with salami
- ✗ Sports drinks
- ✗ Croissant
- ✗ Cup cakes
- ✗ Chocolate
- ✗ Lollies
- ✗ Ice cream