

GREEN

choose plenty

Encourage and promote these food and drinks. They:

- reflect the five food groups in the circle of the Australian Guide to Healthy Eating
- are excellent sources of important nutrients
- are low in saturated fat and/or sugar and/or salt
- help to avoid an intake of excess energy (kilojoules or calories).



AMBER

select carefully

Do not let these food and drinks dominate the choices and avoid large serving sizes. They:

- have some nutritional value
- contain moderate amounts of saturated fat and/or added sugar and/or salt (often added during processing)
- can, in large serve sizes, contribute excess energy (kilojoules or calories).



RED

These foods and drinks are banned from sale in SA school canteens and preschools. Schools and Preschools may provide some RED category products a maximum of twice a term on whole of school or preschool occasions. They:

- lack adequate nutritional value
- are high in saturated fat and/or sugar and /or salt
- can contribute excess energy (kilojoules or calories).

