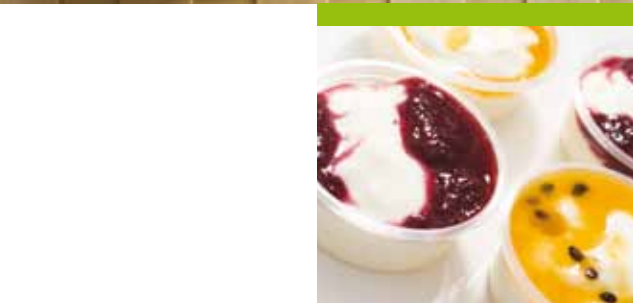


Healthy choices: food and drink guidelines for Victorian public hospitals



Healthy choices: food and drink guidelines for Victorian public hospitals

April 2010

Acknowledgements

The guidelines are drawn from and acknowledge the Queensland Department of Health's *A Better Choice: Healthy Food and Drink Supply Strategy for Queensland Health Facilities (A Better Choice)* (2007) and the Victorian 'Go for your life' *Healthy Canteen Kit* (2006) which are based on the NSW Department of Health and NSW Department of Education and Training's *Fresh Tastes @ School NSW Healthy School Canteen Strategy* (2004).

Accessibility

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Ministerial foreword

As public facilities with a high profile in the community, hospitals can play a positive role to promote healthy and active lifestyles. To support this role, the government is introducing guidelines for public hospitals to increase healthy food and drink choices available for purchase by staff, visitors and the general public.

Good nutrition is a vital component of healthy lifestyles, and contributes to the overall health and wellbeing of the community. Along with physical activity, healthy eating plays a key role in preventing disease, is fundamental to better health for everyone as well as being important for the development of children.

The Victorian Government has implemented a range of measures to promote the importance of physical activity and healthy eating in the prevention of chronic diseases. The 'Go for your life' initiative is a cooperative framework across government to coordinate a range of interventions to increase the consumption of nutritious food, increase levels of physical activity and encourage the development of healthier environments.

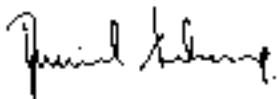
Healthy choices: food and drink guidelines for Victorian public hospitals will help hospitals work towards increasing the provision and promotion of healthier food and drink options in their canteens, retail outlets and in vending machines.

Food and drink has been classified into three categories according to nutritional value, using the green, amber and red traffic light system. The guiding principle is to improve the availability and promotion of healthy food choices and limit the supply and promotion of less-healthy options to no more than 20 per cent of the items offered for purchase.

Health services were provided with draft guidelines for consultation in December last year. At this time, we asked for information about existing initiatives in hospitals to support healthy food and drink choices and potential difficulties in adopting the new guidelines.

The responses we received provided evidence that a range of hospitals are already implementing initiatives to promote healthy eating in their canteens and cafes, and that there is significant support for the introduction of the food and drink guidelines. The feedback from health services and other stakeholders helped to inform the final guidelines, and the *Healthy choices tool kit* – an on-line resource that provides useful tips and advice for hospitals to increase the supply and promotion of healthy choices.

Everyone who buys food and drink from retail outlets in our hospitals should have access to a range of healthy choices. I am confident these guidelines will be an effective framework for hospitals to provide a variety of food and drink options to support healthy lifestyle choices.



HON DANIEL ANDREWS MP
Minister for Health



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Introduction

Healthy choices: food and drink guidelines for Victorian public hospitals provides a voluntary framework for improving the availability and promotion of healthier food and drink options for purchase on hospital premises.

Recommendations regarding the supply, display, advertising and placement of food and drinks are outlined within relevant sections of this document along with information including:

- healthier food and drink choices
- criteria to identify food and drinks that should be limited
- promotion of healthier choices.

Scope

The guidelines apply to supply outlets where food and drink is available for purchase by staff, visitors and the general public, including:

- cafeterias, cafes, coffee shops, kiosks and canteens
- other shops and retail outlets on hospital grounds that sell food and drinks
- mobile kiosks selling food and drinks to visitors and staff
- vending machines.

The guidelines do not apply to inpatient, client or aged-care resident meals. Hospital inpatient menu items are guided by the Department of Health Nutrition Standards for Menu Items in Victorian Hospitals and Residential Aged Care Facilities. The guidelines also do not apply to fundraising activities, catering at meetings and functions or foods and drink staff bring from home (for example, birthday cake).

Aims and objectives

The aim of the guidelines is to increase the availability of healthier food and drinks for purchase in Victorian public hospitals by creating an environment which actively promotes and provides a greater choice of nutritious food and drinks. Whilst the guidelines promote healthy eating as a key factor in helping to address the risk factors for chronic illness, they are not intended for the treatment of specific diseases or medical conditions requiring dietary intervention.

The objectives of the guidelines are to:

- improve the availability of healthy choices
- identify and promote healthy choices
- identify and reduce the availability of less healthy choices
- ensure healthy choices are available at all times.

The overall intent of the guidelines is to work towards increasing the display of healthier food and drink options at retail outlets and in vending machines whilst restricting the display of less healthy options. No food or drink is completely banned. The guiding principle is to limit the supply and promotion of less healthy options to no more than 20 per cent of items offered for purchase.

Implementation

The guidelines provide hospitals with information to increase the supply and promotion of healthy choices at food and drink retail outlets and vending machines. The guidelines are voluntary.

To enable the impact of the guidelines to be monitored, a baseline survey will be undertaken to gather information; including the current range of food and drink choices available for staff and visitors, the range of food and drink supply outlets and information regarding the management and contractual arrangements.

Healthy choices tool kit

The *Healthy choices tool kit* is a user-friendly resource to assist hospitals to plan, promote, implement and review implementation of the Healthy choices guidelines.

The tool kit includes practical tips and advice including:

- help with assessing the current situation
- help to plan changes and develop healthy alternatives
- advice on maintaining the momentum and reviewing progress
- recipes and practical food ideas.

Case studies highlighting successful implementation of similar healthy choice initiatives in Victorian hospitals are also included.

The tool kit is available as a PDF along with other resources including frequently asked questions and facts sheets at www.health.vic.gov.au/healthychoices

Healthy choices: food and drink guidelines

The guidelines are based on the National Health and Medical Research Council's *Australian Dietary Guidelines* and the *Australian Guide to Healthy Eating*.

The *Commonly supplied food and drinks guide* on page 24 helps identify foods and drinks which should be promoted and those which should be limited under the guidelines.

GREEN, AMBER and **RED**

Food and drink has been classified into three categories according to nutritional value:

GREEN – Best choices

Actively promote and encourage these foods and drinks at all times. Ensure **GREEN** foods and drinks are displayed in prominent areas and are always available. Aim for at least 50 per cent of items offered.

AMBER – Choose carefully

Do not let these foods and drinks dominate the menu or choices displayed and avoid large serve sizes.

RED – Limit

The promotion and advertising of **RED** foods and drinks should be restricted. The availability of these products should be limited to no more than 20 per cent of the foods and drinks displayed.

Refer to the section 'Applying the guidelines' for an example that outlines how to make these changes.

Applying the guidelines to vending machines

Vending machines should stock no more than 20 per cent food and drinks from the **RED** category.

Foods and drinks from the **GREEN** category should be:

- always available
- placed on prominent shelves or at eye level
- actively advertised and promoted.

AMBER foods and drinks should be supplied in small quantities and not actively promoted.



Best choice – the GREEN category

Actively promote and encourage these foods and drinks as the best choices. **GREEN** food and drinks should be prominently displayed, available at all times and included as the major part of the daily menu. Food and drinks from the **GREEN** category are the best choices because in general they:

- are excellent sources of important nutrients for good health and wellbeing
- are lower in saturated fat and/or added sugar and/or salt
- are lower in energy density and help avoid an excess energy intake (kilojoules)
- help ensure optimal nutrient intake.

Food and drinks in this category are based on the five food groups as outlined in the *Australian Guide to Healthy Eating* (1998)¹ and the *Australian Dietary Guidelines* (2003).^{2,3} Included are breads, cereals, rice, pasta and 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.

Providing a range of healthy food choices is important for variety. Eating a wide variety of nutritious foods from each of these five food groups is essential for obtaining sufficient quantities of all required nutrients for optimal health.^{1,2}

Within this category, even healthier choices can be made. For example, wholegrain breads and cereal products provide more nutritional value than refined varieties because they incorporate all of the natural grain and are higher in fibre.

The table on the following page provides a broad description and examples of the types of food and drinks that fit into the **GREEN** category. For more information on choices within the **GREEN** category refer to the *Commonly supplied food and drinks guide* on page 24.

Guidelines for green category

Actively promote and encourage GREEN food and drinks at all times

Promote food and drinks in the **GREEN** category at all occasions where food and drinks are supplied. **GREEN** food and drinks can be marketed as tasty, inexpensive choices.

- Supply a greater variety of **GREEN** food and drinks
- Take the opportunity to include **GREEN** choices across all menus, product lines and/or stock
- Add more salad to burgers and use lean meat patties
- Stock water and low or reduced-fat milk in vending machines
- Use a range of wholegrain and wholemeal breads for sandwiches
- Stock small packets of unsalted, unroasted mixed nuts or dried fruit.

¹ Commonwealth Department of Health and Family Services 1998, *The Australian Guide to Healthy Eating*, Commonwealth of Australia, Canberra.

² National Health and Medical Research Council 2003, *Food for Health – Dietary Guidelines for Australian Adults*, Commonwealth of Australia, Canberra.

³ National Health and Medical Research Council 2003, *Food for Health – Dietary Guidelines for Children and Adolescents in Australia*, Commonwealth of Australia, Canberra.

Ensure GREEN food and drinks are displayed in prominent areas

Display food and drinks in the **GREEN** category in prominent areas and locations throughout areas that supply foods and drinks including:

- placing **GREEN** food and drinks at eye-level on shelves, benches or cabinets
- displaying **GREEN** food and drinks at the front of cabinets or bain maries
- placing **GREEN** food and drinks in high traffic areas.

Ensure GREEN food and drinks are always available

Ensure sufficient stock of **GREEN** food and drinks are available for purchase at all times. Track popular items to help forecast quantities that need to be prepared and replenished. Try to add new product lines that require little preparation or do not require refrigeration as a simple way to boost the proportion of choices that are from the **GREEN** category.

→ Hospitals should, over time, increase the availability of **GREEN** choices to **at least 50 per cent** of food and drinks displayed at outlets.



The GREEN category	
Food type	Examples
Breads	Multigrain, wholemeal, rye, hi-fibre, white breads or rolls. Examples include burritos, English muffins, focaccias, lavash, Lebanese bread, pita, raisin or fruit breads, tortillas and Turkish breads. Some plain corn and rice cakes or crispbreads. Choose varieties that are high in fibre and reduced/low sodium (salt).
Cereal foods	Plain rice, pasta, plain unflavoured noodles, polenta, couscous and buckwheat.
Breakfast cereals	Wholegrain breakfast cereals that are high in fibre, reduced/low sodium (salt) and low in sugar. Examples include wheat biscuits, cereal flakes with a variety of grains, bran, untoasted muesli and rolled oats or porridge.
Fruit	All fresh, frozen and dried fruits, fruit canned in natural juice or water with artificial sweetener and fruit puree with no added sugar.
Vegetables	All fresh, frozen, sodium (salt)-reduced canned and dried plain vegetables.
Legumes	All forms of dried and prepared beans and peas. Examples include baked beans, red kidney beans, soy beans, mung beans, lentils, chickpeas, split peas, bean curd and tofu.
Dairy products	Reduced- or low-fat milk, reduced- or low-fat plain and flavoured yoghurt, low-fat cheese and reduced or low-fat custard. Permitted to contain artificial sweeteners.
Dairy alternatives	Reduced- or low-fat soy varieties including soy milk, reduced- or low-fat plain or flavoured yoghurt, reduced- or low-fat cheese and custard. Permitted to contain artificial sweeteners.
Lean meat, fish, poultry, eggs and alternatives	Lean chicken, turkey, beef, pork, lamb and veal with visible fat and skin removed. All fresh and plain frozen fish. Tuna, salmon, sardines canned in spring water with no added salt. Eggs.
Nuts and seeds	All plain*, unsalted, un-roasted nuts and seeds. All nut and seed pastes with no added sugar, salt, or fat.
Drinks	Water. Reduced- or low-fat plain and flavoured (maximum serve size 300ml) milk and soy milk. Permitted to contain artificial sweeteners.

*Plain = unflavoured and unseasoned





Choose carefully – the AMBER category

AMBER foods are mainly processed foods that have some sugar, salt and/or fat added to them. They should be supplied in smaller quantities than **GREEN** foods and should not be actively promoted. These foods and drinks should be selected carefully because in general they have some nutritional value, however:

- can, in large serve sizes, contribute to excess energy (kilojoules)
- can have moderate amounts of saturated fat and/or added sugar and/or salt.

Choosing **AMBER** food and drinks carefully means:

- reducing the number of **AMBER** food and drinks supplied
- providing healthier choices from this category
- providing smaller serve sizes.

Guidelines for amber category

Actively promote and encourage GREEN food and drinks at all times

Do not vigorously promote **AMBER** food and drinks at the expense of food and drinks from the **GREEN** category.

The guidelines aim to make healthier choices easier, so active promotion and advertising should be for **GREEN** food and drinks.

Don't let AMBER food and drinks dominate

Food and drinks in the **AMBER** category can offer convenience. However these products should not dominate the choices available at the expense of **GREEN** options. A menu that consists of mostly **AMBER** options will provide food choices containing excess kilojoules, at the expense of nutrient-rich food and drink choices that both adults and children need for optimal health and vitality.

Avoid large serve sizes

There is a general trend towards serving or packaging foods and drinks in larger serve sizes, for example some meat pies are 25 per cent larger today than they were several years ago. Eating foods and drinks in larger serve sizes makes it easier to consume excess energy (kilojoules). Provide moderate serve sizes instead.

Refer to the *Commonly supplied food and drinks guide* on page 24 for details on suggested serve sizes for commonly sold food and drinks. If you are packaging **AMBER** food or drinks, consider the size of the serve offered.

Provide better choices within the AMBER category

There are better choices within the **AMBER** category that contain reduced levels of saturated fat, salt, or sugar and/or are a source of fibre when compared to the regular products. Use the *Commonly supplied food and drinks guide* and read the nutrition information panels to help select the healthier options.

Types of food and drinks that fit into the AMBER category

The following table provides a broad description of the types of food and drinks that are likely to fit into the **AMBER** category. For more information refer to the *Commonly supplied food and drinks guide* on page 24.

Some food and drink products may fit into either the **AMBER** or **RED** category, for example commercial products such as savoury pastries, crumbed or coated meats or oven-baked potato products. In this case, the nutrient content of the product will need to be assessed against the *Nutrient criteria to identify RED foods and drinks* to determine whether it is an **AMBER** or a **RED** choice.

Using product information from the nutrition information panel, assess such items against the nutrient criteria tables on pages 15–18. If a product contains less than or equal amounts of the nutrients specified by the criteria it will be classified as an **AMBER** choice. If a product has higher amounts than any nutrient criterion it is considered a **RED** choice.

For further details on the *Nutrient criteria to identify RED foods and drinks* refer to page 15.

The AMBER category	
Food type	Examples
Dairy foods and alternatives	Full-fat milk, full-fat yoghurt (plain and flavoured), full-fat custard and full-fat cheese including full-fat soy varieties. Permitted to contain artificial sweeteners.
Dairy-based snacks	Milk-based puddings, fromage frais (plain and flavoured), rice pudding and creamed rice. Permitted to contain artificial sweeteners. <i>Check the label against the Nutrient criteria to identify RED food and drinks.</i> Dairy-based snacks that contain confectionery (i.e. chocolate-chips, lollies or marshmallows) are RED choices.
Flavoured milk and soy-based drinks	Frequent consumption of both full-fat and reduced-fat flavoured milks in large sizes may contribute to excessive energy (kilojoules) and sugar intake. <i>Maximum serve size 300ml as sold.</i> Examples include full-fat flavoured milk and soy-based drinks such as iced coffee, hot chocolate, chocolate milk, breakfast drinks, smoothies and milkshakes. Permitted to contain artificial sweeteners.
Fruit juice	Frequent consumption of fruit juice in large sizes may contribute to excess energy (kilojoules) and sugar intake. Given their lower fibre content, fruit juices should not be used as a substitute for fresh fruit. <i>Recommend serve size 250ml as sold with maximum serve size 300ml as sold.</i> Stock 99-100 per cent fresh or frozen fruit juices.
Artificially sweetened drinks	Diet, low-joule, sugar-free or no-sugar drinks. Examples include diet soft drinks, low-joule cordials, no-sugar flavoured mineral waters and iced teas. Exception: Paediatric facilities or areas frequented by children should place artificially sweetened drinks in the RED category.
Breakfast cereals	Refined and processed breakfast cereals with added sugars, sodium (salt) and/or saturated fats. Examples include some toasted mueslis, flavoured and/or sugar-sweetened corn, rice and wheat based cereals.
Processed meats	Use in small amounts only, as larger serve sizes can provide excess saturated fat and/or sodium (salt). <i>Check the label against nutrient criteria.</i> Some examples include ham, luncheon meats, Devon, Strasburg, chicken loaf, salami, pastrami, corned beef, bacon and diced processed chicken meat.

Fats and oils	Use mono- or poly-unsaturated margarine, oil sprays and vegetable oils such as canola, olive, peanut, sesame, sunflower, soya bean, cottonseed, or flaxseed. Use in small amounts in cooking and make sure you can see the bread through the spread.
Spreads	Choose reduced sodium (salt) varieties where available. Examples include peanut butter and other nut spreads, fish, chicken and meat paste, yeast and vegetable extracts. Use sparingly.
Sauces, condiments and dressings	Choose reduced-fat and reduced-sodium (salt) varieties where available. Examples include tomato sauce, sweet chilli sauce, mayonnaise, chutney, mustard, salad dressings and gravy. Use in small amounts.
Savoury hot foods	<i>Check the label against nutrient criteria</i> to ensure products fit into the AMBER and not the RED category. Some examples may include reduced-fat and/or reduced-salt oven-baked savoury pastries, steamed dim sims, pizza, oven-baked potato products, crumbed chicken, fish or vegetable products, grilled or steamed sausages, grilled meat patties, skinless chicken drumsticks and ready-to-eat meals and mixed hot food dishes/plated dinners.
Savoury snack foods and biscuits	<i>Check the label against nutrient criteria.</i> Some AMBER products include reduced-fat, reduced-sodium (salt) flavoured crackers and biscuits and flavoured popcorn.
Snack food bars	<i>Check the label against nutrient criteria.</i> AMBER examples include some breakfast bars, cereal bars, muesli bars, fruit –filled bars and nut/seed/dried fruit bars.
Cakes, muffins, sweet tarts, pastries, pies, biscuits and slices	Some un-iced, unfilled cakes, muffins, slices and biscuits that are a small to medium serve size or have been modified to reduce the levels of fat and/or sugar and include fibre may fit into the AMBER category. <i>Check the label against nutrient criteria.</i> Examples include reduced-fat fruit cake, small reduced-fat fruit- or vegetable-based muffins, and wholemeal biscuits with dried fruit and/or nuts.
Ice-creams, milk- based ice-confection and dairy desserts	Some uncoated milk-based ice-creams, frozen yoghurts and mousses that are not of a large size may fit in the AMBER category. <i>Check the label against nutrient criteria.</i>
Ice-blocks and fruit-based ice confection	Some ice-blocks, sorbet, water- or fruit-based ice confection, and ice crushes, for example, Slurpees and Slushies may fit into the AMBER category. <i>Check the label against nutrient criteria</i> and watch serve sizes.



Limit – the RED category

Most foods and drinks that make up the **RED** category are based on those ‘extra’ foods as defined by the *Australian Guide to Healthy Eating*. Refer to the *Nutrient criteria to identify RED foods and drinks* on pages 15–18 to help determine whether a food or drink fits into the **RED** category.

Examples of **RED** food and drinks include soft drinks; high fat, high sodium (salt) snacks such as crisps; and lollies and chocolates. Food and drinks from this category are not an essential part of a balanced diet and it is recommended that these foods and drinks are only consumed occasionally and in small amounts because they generally:

- are nutrient-poor and lack nutritional value
- are energy-dense and can contribute to excess energy (kilojoules)
- are high in added fats, saturated fat, and/or added sugar and/or salt.

The table below provides a broad description of the types of food and drinks that need to be assessed to check whether they fit into the **RED** category.

Types of food and drinks that fit into the RED category

The RED category	
Food type	Examples
Sugar sweetened drinks	Soft drinks, fruit drinks, energy drinks, sports drinks and flavoured mineral waters.
Confectionery or lollies	All types.
Savoury snacks	Crisps, potato chips and other similar products.
Ice-creams, milk-based ice confection and dairy desserts	Chocolate-coated and premium ice-creams. Some uncoated milk-based ice-creams, frozen yoghurts and mousses may also fit in the RED category. <i>Check the label against nutrient criteria.</i>
Some cakes, muffins, sweet tarts, pies, pastries and slices	Croissants, donuts, cream-filled buns or cakes and sweet pastries. Medium to large serves of many cakes and muffins. <i>Check the label against nutrient criteria.</i>
Snack food bars	Examples may include chocolate-coated muesli/cereal bars, yoghurt coated muesli/cereal bars and some fruit/nut/seed bars. <i>Check the label against nutrient criteria.</i>
Deep-fried foods	All types. If deep frying, use mono- or poly-unsaturated oils such as canola, olive, peanut, sesame, sunflower, soya bean, cottonseed or flaxseed.
Some savoury hot foods	<i>Check the label against nutrient criteria.</i> Examples may include pastries, pies, sausage rolls, quiches, croissants, pizzas, dim sims, spring rolls, instant hot noodle cups; frankfurts and sausages; crumbed and coated foods and ready to eat meals, mixed hot food dishes/plated dinners.

Some products may fit either the **RED** or **AMBER** categories depending on their nutrient content. Compare the nutrition information label of products against the *Nutrient criteria to identify RED foods and drinks* on pages 15–18. The *Commonly supplied food and drinks guide* on page 24 and information regarding label reading on page 19 may also help classify these products.

Guidelines for red category

Limit the display of RED food and drinks

RED food and drinks should not be displayed in excessive quantities or in prominent areas including:

- beside cash registers
- at reception desks or counters in waiting areas
- at the entrance or exit of an outlet
- placed at eye-level, on-top or within cabinets, fridges, shelves or free-standing displays.

→ Hospitals should over time limit the availability of **RED** food and drinks to **no more than 20 per cent** of all options displayed at food and drink supply outlets.

Nutrient criteria to identify **RED** foods and drinks

The following tables list the set of nutrient criteria to define whether a food or drink item fits into the **RED** category. There are three main groupings of food and drink that are assessed:

- Drinks (Table 1)
- Hot food and other meal items (Tables 2–3)
- Snacks (Table 4).

The characteristics of each group have been considered in the development of the criteria. Total fat and added sugar are not included in the criteria. This is because by setting a limit on the total kilojoule content of the product, the energy content as well as the amount of fat or sugar that can be added is restricted.

Within each group there are a number of food and drink categories. For example hot food and other meal items includes criteria to assess pastries and pies, dim sims, pizza, quiches and oven-baked potato products; crumbed and coated foods, frankfurts and sausages; mixed dishes such as pasta, rice and noodle dishes, stir-fries and casseroles; and processed cold luncheon and cured meats.

Nutrient criteria to identify RED drinks

Category	Nutrient criteria		
	Energy (kilojoules) per serve	Energy (kilojoules) per 100ml	Sodium (mg) per serve
Sugar-sweetened drinks and ices⁴	>300kJ	>50kJ	>100mg

Key: “>” means more than, “<” means less than.

Plain unflavoured waters, plain and flavoured milks and milk alternatives do not need to be assessed against the **RED** food and drink criteria.

Artificially-sweetened, ‘diet’, ‘sugar-free’ or ‘low-joule’ drinks

The acids present in soft drinks, including sugar free or artificially sweetened varieties, have been associated with the gradual erosion of enamel from teeth causing sensitivity and loss of the tooth’s natural shape.^{5,6} If these drinks are consumed on a regular basis, the risk of tooth erosion increases considerably, especially if consumed regularly after physical activity, due to less saliva in the mouth.⁵

⁴ ‘Sugar-sweetened’ drinks and ices applies to soft drinks, flavoured mineral waters, flavoured waters, sports waters, sports drinks, energy drinks, fruit drinks (less than 99 per cent fruit juice), ice crushes (Slurpees, Slushies), ice confection, ice blocks and cordials. ‘Sugar-sweetened’ refers to products where a sweetener has been added. A range of ingredients are used by manufacturers to sweeten drinks and ices including sucrose (commonly called sugar), fructose, glucose, fruit juice, and fruit juice concentrate. Drinks and ices sweetened with any of these ingredients must be assessed against the RED food and drink criteria. A product that claims on the label that it contains ‘no added sugar’ may still be sweetened with a fruit juice concentrate.

⁵ School Nutrition Action Committee. ‘Fact sheet – sweetened drink consumption: what are the health impacts?’, Nutrition Australia, Brisbane.

⁶ Dental Practice Education Research Unit. 2006, ‘Erosion – Detecting and managing dental erosion’, The University of Adelaide, [Online] Available at: www.arcpoh.adelaide.edu.au/dperu/special/erosion/ErosionA3.pdf

Excessive, regular consumption of soft drinks including artificially sweetened diet varieties can contribute to dental erosion in children.⁶ In addition to restricting sugar-sweetened drinks and ices, food outlets (including vending machines) within paediatric settings, or in areas frequented by children, should also restrict the supply of artificially sweetened, 'diet', 'sugar-free', 'no sugar' or 'low-joule' drinks; placing these drinks into the **RED** category. Children can learn a preference for sweet food and drinks if they are consistently exposed to them from an early age. This is one of the reasons children are encouraged to drink plain water for thirst and plain unflavoured milk. Artificially sweetened products are not a necessary part of a healthy diet for children.

There is a lack of data regarding dental erosion in the overall adult population in Australia. Some evidence exists in specific groups such as elite athletes. Given the lack of data in the overall adult population, artificially sweetened drinks, (with the exception of milk drinks), are classified in the **AMBER** category in adult settings. This position will be reviewed once relevant data are available. Reduced or low-fat plain, flavoured and artificially-sweetened (maximum serve size 300ml) milk and soy milk are good sources of important nutrients and are classified as **GREEN**.

Caffeine-containing drinks and formulated caffeinated drinks⁷ (‘energy’ drinks)

Caffeine-containing and formulated caffeinated drinks are drinks which may use ingredients that naturally contain caffeine (i.e. guarana, coffee, tea, chocolate) and/or caffeine that has been added as an ingredient during processing. Examples include:

- formulated caffeinated beverages or ‘energy’ drinks
- some sports drinks and soft drinks
- cola and cola-flavoured drinks
- coffee and coffee-flavoured drinks*
- tea, iced-teas and tea-flavoured drinks
- chocolate and chocolate-flavoured drinks.*

*Low/reduced fat chocolate and chocolate flavoured milk drinks and low/reduced fat coffee and coffee flavoured milk drinks also contain caffeine; however these milk beverages are nutrient dense and are hence classified as **GREEN** (maximum serve size 300ml).

Refer to the *Commonly supplied food and drinks guide* on page 24 for details on what category these various caffeine-containing drinks fit.

Currently there are no guidelines or recommendations on overall caffeine intake for children. Until a safe consumption level of caffeine for children is determined, it is suggested that the supply of caffeine-containing drinks to children (0-12 years) by food outlets (including vending machines) is also restricted within paediatric settings, or in areas frequented by children.

Under Standard 2.6.4 Formulated caffeinated beverages of the Food Standards Code, ‘energy’ drinks are not recommended for children, pregnant or lactating women and individuals sensitive to caffeine⁸. Under the guidelines these formulated caffeinated drinks, such as energy drinks, are classified as **RED**.

⁷ Formulated caffeinated beverages (also known as ‘energy drinks’) are defined as non-alcoholic water-based beverages which contain caffeine and may contain carbohydrates, amino acids, vitamin and other substances, including other foods. For the purpose of enhancing mental performance, caffeine is added as pure caffeine or as guarana, a herbal caffeine source, in such drinks.

⁸ Food Standards Australia New Zealand 2007, ‘Standard 2.6.4 Formulated Caffeinated Beverages’, Food Standards Code [Online] Available at www.foodstandards.gov.au/foodstandards/

Nutrient criteria to identify RED foods

Table 2. Hot food and other meal items ⁹ (assess per 100g)				
Category	Nutrient criteria			
	Energy (kilojoules) 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 ¹⁰	>1000kj	>5g	>400mg	>250g
Crumbed and coated foods, frankfurts, and sausages	>1000kj	>5g	>700mg	>150g
Processed cold luncheon and cured meats ¹¹	>900kj	>3g	>750mg	>50g

Key: “>” means more than, “<” means less than.

Table 3. Ready to eat meals (assess per serve and per 100g)					
Category	Nutrient criteria				
	Energy(kilojoules) per serve	Saturated fat (g) per 100g	Sodium (mg) per 100g	Sodium (mg) per serve	Fibre per serve sold (g)
Commercial, frozen or freshly prepared ready to eat meals, mixed hot food dishes or plated dinners	>2500kj	>2g	>300mg	>900mg	<3g

Key: “>” means more than; “<” means less than.

⁹ All deep-fried foods fit into the RED category and their supply should be limited. They are too high in kilojoules and fat. If deep frying, use mono- or poly-unsaturated oils such as canola, olive, peanut, sesame, sunflower, soya bean, cottonseed or flaxseed.

¹⁰ Oven-baked potato products include wedges, chips, gems, hash browns and scallops.

¹¹ Processed cold luncheon and cured meats includes ham, luncheon meats, Devon, Strasburg, chicken loaf, salami, pastrami, corned beef, bacon and diced processed chicken meat.

Nutrient criteria to identify RED snacks

Category	Nutrient criteria			
	Energy (kilojoules) per serve	Saturated fat (g) per serve	Sodium (mg) per serve	Fibre (g) per serve
Savoury snack foods and biscuits	>600kJ	>3g	>200mg	-
Cakes, muffins, sweet tarts, slices and pastries	>900kJ	>3g	-	<1.5g
Snack food bars, muesli bars and sweet biscuits	>600kJ	>3g	-	<1g
Ice-creams, milk- or soy-based ice confection and premium dairy desserts ^{12,13}	>600kJ	>3g	-	-

Key: “>” means more than; “<” means less than; “-” means not applicable.

Note: All types of confectionery fit into the **RED** category and their supply should be limited. Confectionery contains little nutritional value.

Assessing a product against the criteria

Use the **RED** food and drink criteria tables on the pages above along with the product’s nutrition information panel to determine if a food or drink fits into the **RED** category. If a product has **higher amounts of any of the specified nutrient criteria** it is considered a **RED** choice.

For example, if a crumbed meat patty contains more than 1000kJ energy per 100 grams even though it has less saturated fat, less sodium and is within the allowed portion size (i.e. is less than 150 grams), it is still considered a **RED** choice and should be restricted in supply.

Foods and drinks are assessed per 100 grams and/or per serve as sold. For example snack food bars and sweet biscuits (Table 4) are assessed per serve. The ‘per serve’ measure is provided for ease of use. It applies to those products that are generally pre-packaged as individual serves. Large serving sizes and excess intake of energy have been addressed by limiting the energy content per serve sold.

Hot food and other meal items (Table 2) are assessed per 100 grams due to the wide variation in serve sizes within this category. Sugar-sweetened drinks and snack foods are assessed per serve. Ready to eat meals are assessed both per serve and per 100 grams. There are examples on pages 20–23 which show how to use the nutrition information panel to assess products against the nutrient criteria.

¹² Premium dairy desserts include items such as cheesecake, panna cotta, tiramisu, crème brulee or mousse.

¹³ Dairy snacks that contain confectionery (eg. choc-chips, lollies and marshmallows) are RED choices.

Reading nutrition information panels

Food labels – how to read them

Information on food labels can be confusing. However if used correctly food labels can provide useful information about a product. Manufacturers are required to include nutrition information panels (NIPs) on food labels under the Food Standards Code.¹⁴ NIPs can be used to help work out whether or not products fit into the **RED** or **AMBER** category. Ingredient lists may also help assess products.

What's on a label?

There is a lot of information on food labels. The focus here is on the NIP. The nutrition information is displayed in a standard format as illustrated in the example below.

Reading nutrition information panels

NIPs provide information on the amount of energy (kilojoules), protein, total fat, saturated fat, carbohydrate, sugars and sodium (salt), as well as any other nutrient about which a claim is made (e.g. fibre, iron, calcium). Information is required to be provided per 100g and per serve of the food or drink.

Tip: Always check the serve size of the food product. The serve quoted on some food and drink NIPs may not be the same as the serve size actually sold or commonly consumed and may vary across different brands. When comparing similar products, use the 100g column.

Example nutrition information panel for a muesli bar

Servings per package: 8 Serving size: 31.3g		
	QUANTITY PER SERVING	QUANTITY PER 100g
ENERGY	530kJ (126cal)	1700kJ (405cal)
PROTEIN	1.9g	6.0g
FAT		
- Total	3.7g	11.9g
- Saturated	0.7g	2.2g
CARBOHYDRATE	20.5g	65.5g
- Sugars	7.4g	23.7g
SODIUM	30mg	100mg
FIBRE	1.7g	5.4g
Ingredients: Rolled oats, glucose syrup, sugar, vegetable oil [antioxidants (304, 306)], wheat, rice flour, fruit paste (9%) [dried dates, sultanas, pear juice, invert sugar, humectant (422), wheat fibre, vegetable fat (hydrogenated coconut oil) vegetable gum (pectin), food acid (lactic), flavour], almonds, honey, coconut, oat fibre, maize starch, skim milk powder, emulsifier (soy lecithin), salt, flavour, food acid (malic).		

¹⁴ Food Standards Australia New Zealand. 2006, 'Australia New Zealand Foods Standard Code', Food Standards Australia New Zealand, Canberra.

Nutrition information and serve size

Comparing a food or drink item against the criteria

When making a decision about the suitability of a product, the nutrition information panel (NIP) on the package needs to be compared to the **RED** food and drink nutrient criteria tables on pages 15–18. The examples below illustrate how to assess different products against the criteria tables.

Example A: Crumbed chicken fillet patty

STEP 1

Identify the correct nutrient criteria table for assessment. This food belongs in the group *Hot food and other meal items – crumbed and coated foods* and should be assessed against the **RED** criteria in Table 2 on page 17.

STEP 2

Hot foods and other meal items are assessed per maximum serve size.

- i) Look at the average serve size on the NIP – this is the size which the product is to be sold (i.e. one patty weighs 120 grams).
- average serving size

Nutrition information panel for crumbed chicken fillet patty

Servings per package: 60 Serving size: 120g		
	QUANTITY PER SERVING	QUANTITY PER 100g
ENERGY	1176kJ	980kJ
PROTEIN	17.4g	14.5g
FAT		
- Total	15.8g	13.2g
- Saturated	4.1g	3.4g
CARBOHYDRATE	18.3g	15.3g
- Sugars	0.2g	0.2g
SODIUM	734mg	612mg

- ii) Compare the average serve size to the maximum serve size specified for crumbed and coated foods in the **RED** criteria in Table 2.

The patty initially fits into the **AMBER** category as its serve size is less than 150g

Table 2. Hot food and other meal items (assess per 100g)				
	Energy (kilojoules) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g	Maximum serve size as sold
Crumbed and coated foods, frankfurts, and sausages	>1000kJ	>5g	>700mg	>150g

Key: “>” means more than, “<” means less than.



STEP 3

Hot foods are *also assessed per 100g*. Use the per 100g column on the (NIP).

- per 100g
- i) Look at the per 100g column on the NIP for ALL these nutrients:
 - Energy (kilojoules)
 - Saturated fat
 - Sodium

Nutrition information panel for crumbed chicken fillet patty

Servings per package: 60 Serving size: 120g		
	QUANTITY PER SERVING	QUANTITY PER 100g
ENERGY	1176kJ	● 980kJ
PROTEIN	17.4g	14.5g
FAT		
- Total	15.8g	13.2g
- Saturated	4.1g	● 3.4g
CARBOHYDRATE	18.3g	15.3g
- Sugars	0.2g	0.2g
SODIUM	734mg	● 612mg

- ii) Compare the NIP using the per 100g column with the **RED** criteria in Table 2.

Remember if any **one nutrient** is greater than the criteria in Table 2, the food is classified in the **RED** category.

Kilojoules are less than the criteria at 980kJ/100g (fits into **AMBER** category)

Saturated fat is less than the criteria at 3.4g/100g (fits into **AMBER** category)

Sodium is less than the criteria at 612mg/100g (fits into **AMBER** category)

Table 2. Hot food and other meal items (assess per 100g)				
	Energy (kilojoules) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g	Maximum serve size as sold
Crumbed and coated foods, frankfurts, and sausages	>1000kJ	>5g	>700mg	>150g

Key: “>” means more than, “<” means less than.

This crumbed chicken fillet patty is in the **AMBER** food category and should be selected carefully on the menu. That is, don't offer large quantities or promote this food item and if offered, serve with plenty of salad.

Example B: Chocolate-coated ice-cream

STEP 1

Identify the correct nutrient criteria table for assessment. This food belongs in the group *Ice-creams, milk- or soy- based ice confection and premium dairy desserts* – and should be assessed against the **RED** criteria in Table 4 on page 18.

STEP 2

Ice-creams, milk- or soy- based ice confection and premium dairy desserts are *assessed per serve*.

- per serve

i) Look at the ‘Quantity per serve’ column for ALL these nutrients:

- Energy (kilojoules)
- Saturated fat

Remember: if any one nutrient is greater than the criteria in Table 4, the food is classified in the **RED** category.

Nutrition Information Panel for a chocolate-coated ice cream

Servings per package: 1 Serving size: 55g		
	• QUANTITY PER SERVING	QUANTITY PER 100g
ENERGY	• 700kJ	1273kJ
PROTEIN	1.2g	2.2g
FAT		
- Total	10.5g	19.1g
- Saturated	• 8.7g	15.8g
CARBOHYDRATE		
- Sugars	15.7g	28.5g
SODIUM	36mg	65mg

Kilojoules are over the set criteria at 700kJ per serve (fits into **RED** category)

Saturated fat is over the set criteria at 8.7g fat per serve (fits into **RED** category)

ii) Compare the NIP per serve with the criteria from the **RED** criteria in Table 4.

Table 4. Snack foods (assess per serve)		
	Energy (kilojoules) per serve	Saturated fat (g) per serve
Ice-creams, milk- or soy-based ice confection and premium dairy desserts	>600kJ	>3g

Key: “>” means more than, “<” means less than.


























At this serving size, this ice-cream is in the **RED** category and should be limited for sale.












Commonly supplied food and drinks guide


These tables provide a guide to food and drinks commonly supplied by retail food outlets. Foods and drinks have been classified in the category they are most likely to fit; **GREEN**, **AMBER** or **RED**. Varieties of foods and drinks may differ due to ingredients used or cooking techniques, so certain products may fit into more than one category as shown.





































For those items that may fit either the **AMBER** or **RED** category, check the label against the **RED** nutrient criteria on pages 15–18.







































Foods	Likely category			Comments and serving suggestions
	GREEN	AMBER	RED	
Breads and alternatives				
<ul style="list-style-type: none"> offer a variety of different breads, including: <ul style="list-style-type: none"> multigrain wholemeal high-fibre white rye lavash and other flat breads bagels plain foccacias baguettes 				<p>Breads can be used in a variety of different ways for snacks and/or main meal choices. Provide a variety of breads to add interest to the menu, however promote and mostly include wholegrain, wholemeal and reduced/low sodium (salt) varieties.</p> <p>Toasted breads or jaffles served with fillings are a tasty hot alternative to sandwiches. They are often popular winter foods. Bread cases can be filled with similar fillings to baked potatoes.</p> <p>Provide plenty of salad and vegetables in fillings. Provide a variety of fillings including both meat and vegetarian options. Where roast vegetables are used ensure they are drained of oil and served with plenty of salad greens.</p>
<ul style="list-style-type: none"> sandwich fillings 				<p>Use lean cuts of meat (roast beef, roast chicken with no skin, lean turkey), eggs, tinned fish (in spring water or brine) or low-fat or reduced-fat cheeses in combination with a variety of raw salads and vegetables – these are GREEN choices.</p> <p>Avoid high-fat luncheon meats such as salami, Strasburg, Devon or mortadella – check against the RED nutrient criteria.</p>
<ul style="list-style-type: none"> plain, fruit, nut and/or vegetable based breads, or buns 				<p>Offer small to medium serve (40–60g) per person. Offer wholegrain varieties (if possible), fat-reduced options and/or those containing nuts for more fibre.</p>
<ul style="list-style-type: none"> plain, fruit, nut and/or vegetable based breads or buns with spreads (eg. margarine, butter and/or jam) 				<p>Avoid spreads as they have minimal nutritional value and increase the amount of energy (kilojoules) provided. Offer spreads separately where possible and use sparingly. For a better choice provide poly- or mono-unsaturated margarine, reduced-fat cream cheese, whipped ricotta or vanilla yoghurt instead of cream or butter.</p>
<ul style="list-style-type: none"> plain rice and corn cakes, crispbreads, lavosh or crackers 				<p>Provide wholegrain options. Rice cakes, crispbreads and crackers can be served with interesting fruit, vegetable or cheese toppings such as: ricotta or cottage cheese with sliced strawberries; tomato, basil and cheese; and reduced-fat dips such as salsas, tzatziki or hummus.</p>
<ul style="list-style-type: none"> flavoured rice and corn cakes 				<p>Flavoured varieties may be high in sodium (salt) and are AMBER choices.</p>






















Foods	Likely category			Comments and serving suggestions
	GREEN	AMBER	RED	
<ul style="list-style-type: none"> savoury breads, twists, pull-aparts, and garlic bread 				These can be high in energy (kilojoules) and sodium (salt). Offer small to medium serve (40-60g). For an AMBER choice, provide wholegrain options (if possible) that use reduced-fat cheeses, and vegetable toppings, rather than high fat meats such as bacon and salami.
Rice and noodles				
<ul style="list-style-type: none"> plain 				Plain, unflavoured rice and noodles that contain no added fat or oil are in the GREEN category.
<ul style="list-style-type: none"> fried rice instant hot noodle cups 				Rice and noodle based dishes can be high in salt and saturated fat. Choose reduced-fat and reduced-salt versions for a better choice. Check against RED nutrient criteria. Avoid fried noodles and cream-based sauces
<ul style="list-style-type: none"> sushi rice paper rolls 				Sushi and rice paper rolls can add variety to the menu. Provide options that contain lean, un-coated and un-crumbed meats or seafood and use a variety of vegetable fillings. Condiments such as mayonnaise and soy sauce can add extra sodium (salt) and saturated fat.
Breakfast Cereals				
<ul style="list-style-type: none"> wholegrain 				Offer wholegrain cereals, whole-wheat flakes and puffed cereals, porridge, and whole-wheat breakfast biscuits. Choose varieties high in fibre, reduced/low sodium (salt) and lower in added sugar. These fit into the GREEN category. Serve with reduced-fat milk.
<ul style="list-style-type: none"> refined 				Refined, processed cereals including those that are flavoured and/ or sweetened with added sugars are likely to be in AMBER .
Fruit				
<ul style="list-style-type: none"> fresh frozen dried 				Any fresh fruit in season – whole, sliced, cubed, wedges, or quarters. Fruit salad with a mixture of interesting fruit served cold is a refreshing, healthy dessert alternative. Serve with a dollop of reduced-fat yoghurt, fromage frais or custard to add interest and variety.
<ul style="list-style-type: none"> canned 				Recommend fruit canned in natural juice, or water with artificial sweetener and puree (no added sugar) (GREEN) over those in syrup (AMBER).
Vegetables				
<ul style="list-style-type: none"> fresh frozen canned cooked corn on the cob baked potatoes roast vegetables 				Fresh and frozen vegetables are an excellent choice. If using canned vegetables, choose sodium (salt) reduced versions where possible. Potatoes can be cooked in their skins, split and filled with sandwich filling choices; creamed corn, tabouleh, savoury lean mince, bolognaise or baked beans and topped with reduced-fat cheese. Use natural yoghurt as a topping instead of sour cream. Use a mixture of vegetables such as pumpkin, sweet potato, eggplant, parsnips, red onion or zucchini for variety. Oven-bake on trays lined with baking paper or lightly coat with a poly- or mono-unsaturated oil spray (GREEN). Vegetables oven-roasted in oil tend to be classified as AMBER . Always select mono- or poly-unsaturated oils.

















Foods	Likely category			Comments and serving suggestions
	GREEN	AMBER	RED	
<ul style="list-style-type: none"> deep-fried vegetables 				All deep-fried foods are in the RED category. This includes hot potato chips, fried wedges, potato cakes, eggplant chips, pumpkin and corn deep fried fritters. If deep frying, use mono- or poly-unsaturated oils such as canola, olive, peanut, sesame, sunflower, soya bean, cottonseed or flaxseed.
<ul style="list-style-type: none"> salads such as garden, mixed, pasta, potato, rice or noodle, tabouleh, coleslaw or egg 				<p>Salads can be served as a salad plate, box or tub. It is preferable to leave salads undressed and/or serve dressings separately where possible. For the salad to fit in the GREEN category, select the dressing carefully – use no dressing or low-fat or no-oil dressings.</p> <p>Offer salads that contain lean, un-coated and un-crumbed meats, poultry (no skin), tinned fish or reduced fat cheese (GREEN). Salads containing croutons, bacon or coated meats that have been deep-fried should be chosen carefully (AMBER) or (RED). If using mayonnaise or creamy style dressings, ensure they are reduced or low-fat to fit in the AMBER category.</p>
Legumes				
<ul style="list-style-type: none"> baked beans 				Baked beans can be used in sandwiches and jaffles as a meat alternative. Canned beans and lentils are a great way to boost the fibre content of meat dishes and bulk them up to reduce cost too. Use sodium (salt) reduced varieties where possible.
<ul style="list-style-type: none"> lentil patties falafels 	 	 		Lentil patties and falafels can be grilled or oven baked (GREEN) and used in rolls and sandwiches or served with salads. If shallow-frying, use small amounts of poly- or mono-unsaturated oil (AMBER).
<ul style="list-style-type: none"> deep-fried products 				Avoid deep frying - all deep fried foods are in the RED category. If deep frying, use mono- or poly-unsaturated oils such as canola, olive, peanut, sesame, sunflower, soya bean, cottonseed or flaxseed.
Dairy foods and dairy alternatives				
<ul style="list-style-type: none"> milk and soy-based alternatives yoghurt cheese custard 	REDUCED FAT	FULL-FAT		<p>For most people two years and over, low or reduced-fat alternatives are recommended. The low or reduced-fat versions should be provided and are GREEN choices. If soy-based alternatives are required use calcium fortified varieties.</p> <p>Offer low or reduced-fat varieties of plain milks with hot beverages. Permitted to contain artificial sweeteners.</p> <p>Provide low or reduced-fat cheese as standard options including cottage, ricotta, fetta or reduced-fat tasty cheese (GREEN choices). Full-fat cheeses are AMBER choices.</p> <p>Avoid large portions of hard and soft cheese such as Brie or Camembert as these are high in saturated fat and/or sodium (salt).</p>
Flavoured milk and soy-based alternatives				
<ul style="list-style-type: none"> including flavoured milks, milkshakes, smoothies 	REDUCED FAT	FULL-FAT		<p>Frequent consumption of flavoured milk and milk alternatives in large sizes (more than 300ml) should be avoided as this may contribute to excess energy (kilojoules). Permitted to contain artificial sweeteners.</p> <p>Recommend maximum serve size sold 300ml.</p>
<ul style="list-style-type: none"> iced coffee, mocha and hot chocolate 				Avoid additions of whipped cream, melted chocolate or caramel, syrup, or confectionery – these will provide excess energy (kilojoules) (RED).




























Foods	Likely category			Comments and serving suggestions
	GREEN	AMBER	RED	
Dairy desserts				
<ul style="list-style-type: none"> milk-based puddings rice pudding creamed rice fromage frais 		   		<p>Watch portion sizes and provide reduced-fat options for a better choice. Permitted to contain artificial sweeteners.</p> <p>Dairy desserts should be checked against the RED nutrient criteria.</p>
<ul style="list-style-type: none"> dairy snacks with confectionery 				<p>Any dairy snacks containing confectionery fit into the RED category.</p>
Meat, fish, poultry and alternatives				
<ul style="list-style-type: none"> lean meats (e.g. roast beef) lean chicken meat with no skin (e.g. breast or drumsticks) turkey egg fish (e.g. tuna, salmon, sardines in spring water) fish (e.g. tuna, salmon, sardines in brine or oil) 	     			<p>These foods are a good source of protein and can be used for hot rolls, sandwiches, salad plates and pizza topping. Offer lean options (i.e. fat trimmed or skinless), in combination with vegetables, that use reduced-fat cooking techniques (oven-baked, grilled, steamed, or using non-stick cookware).</p>
<ul style="list-style-type: none"> plain nuts - unsalted plain nuts - salted 	 			<p>Nuts are great in salads.</p>
<ul style="list-style-type: none"> meat patties (not crumbed) fish patties (not crumbed) meat balls savoury mince 	   	   		<p>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. (GREEN). Serve with plenty of salad or vegetables.</p> <p>Commercial/processed versions of meat patties/balls are likely to be AMBER.</p>
<ul style="list-style-type: none"> deep-fried meats, poultry and alternatives 				<p>Avoid deep frying these options – all deep-fried foods are in the RED category. If deep frying, use mono- or poly-unsaturated oils such as canola, olive, peanut, sesame, sunflower, soya bean, cottonseed or flaxseed.</p>
Processed cold luncheon and cured meats				
<ul style="list-style-type: none"> ham luncheon meats devon strasburg chicken roll or loaf salami pastrami corned beef bacon diced processed chicken meat 	         	         		<p>These foods are usually high in saturated fat and/or sodium (salt) putting them in the AMBER or RED category. Check the label against RED nutrient criteria. They are not as nutritious as lean cuts of meat such as roast beef.</p> <p>If using these foods, try reduced-fat versions in small amounts (maximum 50g) and serve with a grain-based product and plenty of salad.</p>
Crumbed/coated foods, frankfurters and sausages				
<ul style="list-style-type: none"> chicken nuggets chicken strips chicken burger/patty fish fingers fish patties vegetable patties 	     	     		<p>It's important to check the label against RED nutrient criteria as some products are often high in saturated fat and sodium (salt).</p> <p>Again, if using these products, serve in small amounts and avoid deep frying – all deep-fried items are RED choices. Serve on wholemeal breads with plenty of salad items (more than just lettuce). Avoid selling nuggets and strips individually without salad.</p>

Foods	Likely category			Comments and serving suggestions
	GREEN	AMBER	RED	
<ul style="list-style-type: none"> battered savoyos and sausages 				Battered, deep-fried savoyos and sausages are very high in saturated fat and sodium (salt), placing them into the RED category.
<ul style="list-style-type: none"> frankfurters 				Most frankfurters and sausages are high in sodium (salt) and saturated fat. Check the label against RED nutrient criteria. Use reduced-fat and reduced-sodium (salt) varieties. Grill, steam or bake and serve on a wholemeal bun to boost the nutritional value.
<ul style="list-style-type: none"> sausages (beef, pork, lamb and chicken varieties and sausage mince) 				
Commercial oven baked potato products				
<ul style="list-style-type: none"> wedges 				Oven-baked potato products usually fit into the AMBER category. Check the label against the RED nutrient criteria and serve in small amounts.
<ul style="list-style-type: none"> chips/fries 				
<ul style="list-style-type: none"> hash browns 				All deep-fried foods are in the RED category. If deep frying, use mono- or poly-unsaturated oils such as canola, olive, peanut, sesame, sunflower, soya bean, cottonseed or flaxseed.
<ul style="list-style-type: none"> scallops/cakes 				
<ul style="list-style-type: none"> gems 				
Mixed hot food dishes, ready to eat meals and plated dinners				
<ul style="list-style-type: none"> commercial 				Supply low- or reduced-fat options that contain high amounts of vegetables, avoid large portions and serve with plenty of salad or vegetables. If a commercial product check the label against the RED criteria. Use lean meats trimmed of outer fat with minimal marbling. Marinate meat and poultry to keep tender, add flavour and minimise the amount of oil used in cooking. Cook with a small amount of poly- or mono-unsaturated oil such as canola, sunflower, soybean, olive or peanut.
<ul style="list-style-type: none"> frozen 				
<ul style="list-style-type: none"> prepared on site 				
<ul style="list-style-type: none"> casseroles, stews, curries 				<p>Avoid cream, butter, ghee, coconut cream, milk, cheese or white-based sauces, as these can be high in saturated fat and most are likely to fit the RED category. Use evaporated milk or natural yoghurt in place of cream and reduced-fat coconut milk.</p> <p>Provide casseroles or curries made with plenty of vegetables and legumes. Use lean meats, fish or seafood and clear or vegetable-based sauces or gravy. If using packet sauces use reduced-sodium (salt) varieties if possible.</p> <p>Serve with plain rice and salad/vegetables.</p> <p>If using a commercial product, check the label against the RED criteria.</p>
<ul style="list-style-type: none"> risotto, fried or savoury rice 				<p>Provide risottos and rice-based dishes made with a variety of vegetables and/or lean meats and clear sauces. If using a packet sauce, or soy sauce, use reduced-sodium (salt) varieties if possible. Serve with a side salad or steamed vegetables.</p> <p>Provide steamed rice or plain noodles with meals and a variety of vegetables and lean meats, fish or seafood with a clear sauce or gravy. If using packet sauces, use reduced-sodium (salt) varieties if possible.</p>
<ul style="list-style-type: none"> stir-frys or noodle-based Asian meals 				Avoid dishes with fried noodles and battered or crumbed deep-fried meats, fish or seafood (RED).
<ul style="list-style-type: none"> pasta, spaghetti bolognese, lasagne and pasta-bakes 				<p>Serve pasta with tomato or vegetable-based sauces, and use lean trimmed meats or lean/premium/trim mince (GREEN). Avoid cream-based sauces. Try evaporated milk or ricotta as a healthier alternative.</p> <p>Avoid fatty meats and excessive amounts of cheese in pasta bakes and lasagne. Use reduced-fat cheese. Serve with plenty of salad or vegetables.</p>

Foods	Likely category			Comments and serving suggestions
	GREEN	AMBER	RED	
Pizza				
<ul style="list-style-type: none"> commercial frozen prepared on site 		  	  	<p>Check label against the RED nutrient criteria.</p> <p>Watch serve size and offer wholemeal thin crust bases or bread-based pizzas as these have less fat and energy (kilojoules). Use options that offer lots of vegetable toppings or serve with a salad. Use reduced-fat cheese and leaner meats.</p>
<ul style="list-style-type: none"> muffin and pita bread based pizzas 				<p>Muffin and pita bread pizzas make a good snack. Use wholemeal English muffins or pita bread for extra fibre. For a GREEN choice, top with plenty of vegetables and use reduced-fat cheese.</p>
Savoury pastries and pies				
<ul style="list-style-type: none"> meat pies sausage rolls party pies and pasties chicken and vegetable pies vegetable pasties 		    	    	<p>The saturated fat content of many pastries will put them into the RED category. Check the label against the RED criteria to determine if products fit in AMBER or RED categories.</p> <p>A number of companies make reduced fat versions.</p> <p>Choose vegetable-based varieties and filo pastry options.</p>
<ul style="list-style-type: none"> topped pies (eg. potato, cheese and bacon pies) cheese and spinach triangles samosas and other pastry finger foods quiche 		   	   	<p>Avoid cheese topped pies – these are likely to be high in saturated fat and in the RED category.</p> <p>Check the label against the RED criteria.</p> <p>Choose vegetable-based varieties and filo pastry options.</p> <p>If preparing quiches on site, use reduced fat cheese, no cream and plenty of vegetable fillings. Make pastryless quiche such as fritattas or slices.</p>
<ul style="list-style-type: none"> savoury croissants 				<p>Croissants are very high in saturated fat and kilojoules and fall into the RED category.</p>
Spring rolls, Chiko rolls and dim sims				
				<p>Check these products against the RED nutrient criteria.</p> <p>Avoid deep frying – all deep-fried foods are RED choices.</p> <p>Oven-bake these foods or steam dim sims to keep the fat and kilojoules down. Choose vegetable-based versions.</p>
Soups				
<ul style="list-style-type: none"> canned commercial prepared on-site 	  	  		<p>Provide soups that are reduced sodium (salt) and reduced fat, and have a vegetable or clear stock base instead of creamy options for a GREEN choice. Use reduced sodium (salt) stock. Offer vegetables and legume based options. Natural yoghurt makes a nice topping/garnish instead of cream.</p>
Spreads				
<ul style="list-style-type: none"> peanut butter and other nut spreads; fish, chicken and meat pastes; yeast and vegetable extract spreads 				<p>Nut and seed pastes with no added sugar, salt or fat are GREEN choices. Other nut spreads with added salt/sugar/oil; fish, chicken and meat pastes and yeast extract spreads are AMBER. Offer reduced-sodium (salt) varieties where available. Use spreads sparingly. Make sure you can see the bread through the spread! Combine spreads with nutritious fillings such as vegetables rather than offering alone.</p>
<ul style="list-style-type: none"> jam, honey, chocolate spreads, syrups, toppings and sprinkles 				<p>These spreads are high in refined sugars/saturated fat and/or kilojoules and have minimal nutritional value.</p>

Foods	Likely category		Comments and serving suggestions
	GREEN	AMBER	
Sauces and condiments			
<ul style="list-style-type: none"> tomato, sweet chilli, BBQ, soy, chutney, relish, mustard, salsa 			<p>Use reduced- sodium (salt) and/or reduced-fat varieties where available. Use in small amounts.</p> <p>Try salsa, relishes, pickles, mustard, chutney, yoghurt or reduced-fat mayonnaise for a better choice.</p>
<ul style="list-style-type: none"> mayonnaise, tartare mustard-based mayonnaise salad dressings 	  	  	<p>Always choose reduced or low-fat mayonnaise.</p> <p>Use poly- or mono-unsaturated oils such as canola, sunflower, olive and peanut oils or no-oil or low or reduced-fat commercial dressings.</p> <p>Avoid cream-based dressings – try yoghurt dressings instead.</p> <p>Dressings such as lemon juice, balsamic vinegar or vinegar with herbs and pepper and no salt are a GREEN choice.</p>
<ul style="list-style-type: none"> satay or peanut dips 	 		<p>Offer reduced or low-fat dips such as yoghurt-based dips (i.e. beetroot, tzatziki). Read labels of commercial dips to help choose reduced or low-fat versions.</p> <p>Avoid oil, cream, and/or cheese-based dips such as aioli, sour cream, pesto and tapenades.</p>
<ul style="list-style-type: none"> gravy 			<p>Use sparingly. If using meat juices, drain all fat from the pan and thicken with cornflour instead of roux. If using instant gravy use reduced-sodium (salt), reduced- fat versions if possible.</p>
Fats and oils			
<ul style="list-style-type: none"> lard, tallow, copha, ghee, butter and dairy blend spreads 			<p>Avoid varieties high in saturated fat such as butter, lard, ghee, tallow and copha – these are RED choices.</p> <p>Use small amounts of poly- or mono-unsaturated spreads and use sparingly. Make sure you can see the bread through the spread!</p>
<ul style="list-style-type: none"> mono- and polyunsaturated oils and margarine 			<p>Use small amounts of poly- or mono-unsaturated oils such as canola, sunflower, olive, soybean or peanut. Oil sprays are a good tool to minimise amounts of oil added.</p> <p>Avoid palm and coconut oils – these contain high amounts of saturated fat and are RED choices.</p>
<ul style="list-style-type: none"> cream 			<p>Avoid using cream and cream-based sauces as these contain high amounts of saturated fat and are RED choices. If you do – choose reduced-fat (light) cream or evaporated milk.</p>
Savoury snack foods and biscuits			
<ul style="list-style-type: none"> plain popcorn 			<p>Air popped, no added fat and salt popcorn is a high fibre, low fat GREEN choice.</p>
<ul style="list-style-type: none"> flavoured popcorn 			<p>Read the label for flavoured popcorn – it may be too high in saturated fat and sodium (salt). Check against the RED criteria.</p>
<ul style="list-style-type: none"> crisps and chips 			<p>Crisps and chips are generally too high in energy (kilojoules) and/or saturated fat and/or sodium (salt). They are in the RED category.</p>
<ul style="list-style-type: none"> biscuits and other savoury snack products 			<p>Check against the RED criteria as some products are too high in saturated fat and sodium (salt). Look for those containing fibre.</p>

Foods	Likely category		Comments and serving suggestions
	GREEN	AMBER	
Snack food bars, muesli bars and sweet biscuits			
<ul style="list-style-type: none"> cereal-based bars fruit-filled bars breakfast bars dried fruit/nut/seed bars 			<p>Choose carefully. Watch the serve size. Check against the RED criteria. These foods are also sticky and can contribute to tooth decay if eaten regularly.</p>
<ul style="list-style-type: none"> sweet biscuits <ul style="list-style-type: none"> - plain - premium (coated, iced or filled) 			<p>Check against the RED nutrient criteria. Provide small to medium serve (2 small biscuits or 30–40g per person) of plain sweet biscuits. Include wholemeal options if possible and use those that contain fruit, vegetables or nuts.</p> <p>Avoid premium, fancy biscuits that are coated, iced or filled with chocolate, cream, jam or icing. Generally these contain too much energy (kilojoules) and are RED choices.</p>
Cakes, muffins, sweet tarts, slices and pastries			
<ul style="list-style-type: none"> muffins (including low-fat or reduced-fat options and mini-muffins) 			<p>Check label against the RED nutrient criteria. Provide fruit- or vegetable based muffins, include wholemeal, wholegrain and reduced-fat options. Watch portion sizes. Large muffins commonly weigh up to 200g. It is recommended to provide mini muffins or 60g medium muffins.</p>
<ul style="list-style-type: none"> Plain assorted slices, scrolls and cakes 			<p>Check label against the RED nutrient criteria. 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. Provide smaller serve sizes (50–60g).</p>
<ul style="list-style-type: none"> Premium assorted slices, scrolls and muffins, cakes (coated, iced or filled) 			<p>Iced, chocolate-coated and/or cream-, jam-, or chocolate-filled cakes, scrolls and slices are considered RED choices.</p>
<ul style="list-style-type: none"> Danishes, sweet pastries, tarts, donuts and croissants 			<p>These are high fat, energy dense options and are considered RED choices.</p>
Scones or pikelets			
<ul style="list-style-type: none"> Plain or fruit 			<p>Provide plain scones and/or pikelets that contain fruit and/or vegetables – include wholemeal options if possible. Use small to medium serve sizes (40–60g) per person.</p>
<ul style="list-style-type: none"> With spreads and toppings (eg. jam, cream, butter, margarine) 			<p>Avoid these spreads, particularly cream and butter as they have minimal nutritional value and increase the amount of energy (kilojoules) provided (RED).</p> <p>Use poly- or mono-unsaturated margarine over cream or butter. Use sparingly and offer spreads separately where possible (AMBER).</p> <p>Offer fruit purees as a sauce or whipped ricotta cheese with a little honey and vanilla or reduced-fat vanilla yoghurt (GREEN) in place of cream.</p>
Ice creams, milk-based ice confection and premium dairy desserts			
<ul style="list-style-type: none"> chocolate coated and premium ice creams/ milk-based ice confections 			<p>Watch serve size. Check against the RED criteria.</p>
<ul style="list-style-type: none"> uncoated reduced/low fat ice creams, milk- or soy-based ice confections 			<p>Products containing any confectionery fit into the RED category.</p>

Foods	Likely category			Comments and serving suggestions
	GREEN	AMBER	RED	
<ul style="list-style-type: none"> • frozen yoghurt • mousses, premium flavoured custards and dairy puddings • cheesecake 		  	  	Watch serve size. Check ice-creams, milk-based ice confections and dairy desserts against the RED criteria.
Ice confection				
<ul style="list-style-type: none"> • ice blocks • sorbet • gelato • ice crushes • fruit- or water-based ice confection 		    	    	Watch the serve size and check against the RED nutrient criteria. Choose those that are based on pure fruit juice. Limit serve sizes of ice crushes (i.e. slurpees/slushies). Suggested maximum serve size of 300–375ml.
Confectionery				
<ul style="list-style-type: none"> • lollies – e.g. boiled, jellies, juice jellies, liquorice, jelly beans • chocolates, carob or yoghurt compound products • cough lollies 			  	All types of confectionery fit into the RED category. These foods have minimal nutritional value, or are too high in energy (kilojoules), sugar and/or saturated fat. Note: Medicated cough mixture and lozenges are not included. Sugar-free chewing gum is also not included.
Drinks				
<ul style="list-style-type: none"> • Water (plain) <ul style="list-style-type: none"> - sparkling - mineral - soda water • Water (flavoured) <ul style="list-style-type: none"> - flavoured mineral water - sports waters • Juices (>96% juice) <ul style="list-style-type: none"> - fresh - frozen - canned/packaged • Fruit drinks • Soft drinks • Cordials 		  	   	Always offer chilled water and at a competitive price. Water is the best thirst quencher. May fit into the AMBER or RED category. Check against the RED criteria. Choose clear-coloured varieties. Provide 99–100 per cent fruit juices (not sweetened fruit drinks). Recommended serve size of 250ml as sold or provided with a maximum serve size of 300ml as sold or provided. Frequent consumption of fruit juice in large sizes (more than 300ml) should be avoided as this may contribute to excess energy (kilojoules) and sugar intake. All fruit drinks that contain less than 96 per cent fruit juice will need to be assessed against RED nutrient criteria. Suggested maximum serve size of 300–375 ml. Most fit into the RED category – soft drinks are drinks of minimal nutritional value. Check against the RED nutrient criteria. Suggested maximum service size of 300–375 ml (can or small bottle) . Cordials are drinks of no nutritional value. Check against the RED nutrient criteria. Suggested maximum service size of 300–375 ml.

Foods	Likely category			Comments and serving suggestions
	GREEN	AMBER	RED	
<ul style="list-style-type: none"> Artificially sweetened 'diet', 'low-joule', 'no sugar' or 'low sugar' drinks 				<p>Artificial sweeteners can be useful in providing flavour and reducing the amount of added sugar and kilojoules consumed.</p> <p>There is a lack of scientific literature concerning artificially sweetened beverages and dental erosion in adults. Therefore artificially sweetened drinks fit under AMBER in adult settings.</p> <p>Paediatric facilities or areas frequented by children should place artificially sweetened drinks in the RED category as they are high in acidity which can contribute to tooth erosion if consumed regularly.</p>
<ul style="list-style-type: none"> 'Energy' and sports drinks 				<p>Most fit into the RED category. They are drinks of minimal nutritional value and can also be high in caffeine. Check the label against RED nutrient criteria. Suggested maximum service size of 300–375 ml.</p> <p>Energy drinks are not recommended for children, pregnant or lactating women and individuals sensitive to caffeine.</p> <p>Paediatric facilities or areas that are frequented by children should place energy and sports drinks into the RED category.</p>
<ul style="list-style-type: none"> Tea <ul style="list-style-type: none"> - plain - decaffeinated - herbal 				<p>Plain and herbal teas are good sources of anti-oxidants. Use reduced-fat or low-fat milk or milk alternatives for a better choice (GREEN). Offer decaffeinated varieties (GREEN). Offer sugar alternatives as well as sugar when serving hot beverages.</p>
<ul style="list-style-type: none"> - home-made iced 				<p>If offering iced tea provide varieties made fresh on leaves (GREEN) or artificially sweetened commercial varieties (AMBER).</p>
<ul style="list-style-type: none"> - commercial iced tea 				<p>Sugar-sweetened commercial iced teas may fit into the RED category. Check the label against RED nutrient criteria.</p>
<ul style="list-style-type: none"> Coffee <ul style="list-style-type: none"> - plain - decaffeinated 				<p>Use low or reduced-fat milk or milk alternatives for a better choice (GREEN). Offer decaffeinated varieties. Offer sugar alternatives as well as sugar when serving hot beverages.</p>
<ul style="list-style-type: none"> - iced 				<p>Recommend maximum serve size sold 300ml. Use low or reduced-fat milk as standard choice.</p> <p>Frequent consumption of flavoured milk and milk alternatives in large sizes (more than 300ml) should be avoided as this may contribute to excess energy (kilojoules).</p> <p> Avoid additions of whipped cream, melted chocolate or caramel, syrup, or confectionery (RED) – these will provide excess energy (kilojoules).</p>
<ul style="list-style-type: none"> Chocolate beverages <ul style="list-style-type: none"> - hot chocolate - iced chocolate - mocha 				<p>Recommend maximum serve size 300ml. Use low or reduced-fat milk (GREEN). Permitted to contain artificial sweeteners.</p> <p>Frequent consumption of full-fat and reduced-fat flavoured milk and milk alternatives in large sizes (more than 300ml) should be avoided as this may contribute to excess energy (kilojoules).</p> <p> Avoid additions of whipped cream, ice cream, melted chocolate or caramel, syrup, or confectionery (RED) – these will provide excess energy (kilojoules).</p>

Applying the guidelines

The aim of the guidelines is to gradually increase the healthy food and drink options displayed at retail outlets, while reducing the display of less healthy choices. To help assess the proportion of products displayed it is suggested to group products using the following categories:

- main meals (hot and cold foods)
- snack foods (savoury and sweet)
- drinks (hot and cold).

Refer to the example below, which illustrates how to apply the guidelines to a cold drinks fridge.

STEP 1. Assess the current situation

Using the *Commonly supplied food and drinks guide* and the *Nutrient criteria to identify RED foods and drinks* on page 15, determine whether a drink fits the **GREEN**, **AMBER** or **RED** category on page 24 (see Figure 1).

Shelf	Door 1	Door 2	Door 3	Door 4	Door 5
Top	Soft drink	Artificially sweetened soft drink	Water	250ml & 300ml 100% juice	Sports drinks
Middle	Soft drink	Artificially sweetened soft drink	Water	600ml 100% juice and fruit drinks	Sports drinks
Middle	Soft drink	Artificially sweetened soft drink	Water	600ml flavoured milks	Sports drinks
Bottom	Soft drink	Artificially sweetened soft drink	Water and reduced fat milks	Full-fat milks and flavoured water	Iced tea

Figure 1. Cold drinks available before implementation of guidelines

STEP 2. Assess the proportion of GREEN, AMBER and RED drinks

To assess the overall proportion of drinks from each category, determine the number of shelves in the fridges that contain **GREEN**, **AMBER** or **RED** options. In figure 1 there are four shelves per fridge, with a total of five fridges, therefore there are 20 shelves in total.

Count the number of shelves that contain **GREEN**, **AMBER** and **RED** drinks—in this case, four **GREEN**, six **AMBER** and ten **RED**. Then determine the proportion of drinks from each category that make up the 20 shelves. For example, 10 shelves contain drinks from the **RED** category. Of the 20 shelves, this represents half or 50 per cent of the drinks displayed i.e. $10/20 \times 100 = 50$ per cent; refer to Figure 2.

Shelf	4 GREEN	6 AMBER	10 RED
Proportion displayed	20%	30%	50%

Figure 2. Proportion of cold drinks displayed before implementation of guidelines

STEP 3. Make the change to a healthier drinks fridge

The objective of the guidelines is to gradually restrict **RED** options to no more than 20 per cent of food and drinks displayed—in the case of the drinks fridge in this example, this is a maximum of four full shelves. **RED** options should also be placed on lower shelves to allow the promotion of better drink choices.

Increase **GREEN** and **AMBER** choices to represent 80 per cent of drinks displayed, this is a total of 16 shelves. It is recommended that **GREEN** items are placed at prominent eye-level shelves where possible. Refer to Figure 3 for details regarding suggested changes.

Shelf	Door 1	Door 2	Door 3	Door 4	Door 5
Top	Water	Water	Water	Plain reduced fat milks	Flavoured reduced fat milks
Middle	Water	Water	Water	Plain reduced fat milks	Flavoured reduced fat milks
Middle	Artificially sweetened soft drink	Artificially sweetened soft drink	Flavoured water	250ml & 300ml 100% juice	250ml & 300ml 100% juice
Bottom	Soft drink	Soft drink	Sports drinks	Artificially sweetened iced tea	Iced tea and fruit drinks

Figure 3. Suggested changes to implement healthier choices

STEP 4. Check the overall proportion of GREEN, AMBER and RED drinks

Once the number of shelves that contain **GREEN** and **AMBER** drinks are increased and number of shelves of **RED** drinks are reduced, re-determine the proportion of drinks from each category that make up the 20 shelves; refer to Figure 4.

Shelf	10 GREEN	6 AMBER	4 RED
Proportion displayed	50%	30%	20%

Figure 4. Proportion of cold drinks displayed following implementation of guidelines

This drinks fridge now reflects the guidelines, with **GREEN** and **AMBER** drinks making up 80 per cent of the options displayed and **RED** drinks reduced to 20 per cent of the options displayed.

Marketing healthier choices

Retail outlets are encouraged to market and promote the healthiest, **GREEN** options to consumers as tasty and appealing choices and to identify products from the **GREEN**, **AMBER** and **RED** food and drink categories, to assist the selection of more nutritious options.

Suggestions for marketing and promotion include:

- **GREEN** food and drink choices are at competitive prices where practicable
- Promote **GREEN** options and place in prominent areas
- Identify **GREEN**, **AMBER** and **RED** options on menus and products, for example, placing a **GREEN**, **AMBER** or **RED** dot on product labels
- Use promotional material and posters in relevant areas to promote healthy choices
- Establish sections or areas for each category within display cabinets or fridges and shelves.

Providing clear, easy-to-understand information will help consumers make an informed choice.



Useful websites

General nutrition and healthy eating:

'Go for your life' www.goforyourlife.vic.gov.au

'Go for your life' is a Victorian Government initiative which aims to promote healthy eating and increase levels of physical activity. This website includes information and resources to promote healthy eating, including recipes that could be adapted for hospital food services.

Public Health Nutrition www.health.vic.gov.au/nutrition

Public Health Nutrition focuses on issues that affect the whole population rather than the specific dietary needs of individuals. The emphasis is on promoting health and disease prevention. This site provides information for health professionals, educators and practitioners in Public Health Nutrition and health promotion.

VicHealth www.vichealth.vic.gov.au

The Victorian Health Promotion Foundation (VicHealth) works in partnership with organisations, communities and individuals to promote health by fostering change in social, economic, cultural and physical environments.

Better Health Channel www.betterhealth.vic.gov.au/bhcv2/bhcsite.nsf/pages/healthy_eating

The Better Health Channel is a Victorian Government website providing online health and medical information, including fact sheets on food and nutrition and recipes.

Healthy Living Branch (Commonwealth Department of Health and Ageing)

www.health.gov.au/internet/main/publishing.nsf/Content/health-publth-strateg-food-index.htm

The Healthy Living Branch is responsible for developing and evaluating national policy, resources and initiatives in the areas of nutrition and healthy eating, health promoting physical activity and healthy weight.

Food Standards Australia and New Zealand www.foodstandards.gov.au

Food Standards Australia New Zealand (FSANZ) is an independent statutory agency established by the *Food Standards Australia New Zealand Act 1991*. This site contains information, fact sheets and publications about food safety, food standards, food labelling and nutrient analysis.

Dietitians Association of Australia www.daa.asn.au

The Smart Eating section of this website provides general advice and information on healthy eating, including recipes, all expertly reviewed by an Accredited Practising Dietitian. This website also features a directory of Accredited Practising Dietitians to contact for expert nutrition advice – for individuals or catering services.

Nutrition Australia www.nutritionaustralia.org

Nutrition Australia is an independent, member organisation that aims to promote the health and well-being of all Australians by encouraging food variety and providing information on key nutrition issues. This website provides nutrition information, fact sheets, recipes, resources and programs on nutrition and healthy eating for schools, teachers, health professionals, the food service industry and the general community.

Recipes and practical food ideas:

Heart Foundation – Health Catering Information and Resources

www.heartfoundation.org.au/sites/healthyeating/Pages/default.aspx

This website provides practical tips for healthy options at breakfast, lunch and dinner functions. Also included are ideas for hot and cold finger food, vegetarian options, BBQs and tasty desserts and healthier recipes for up to 50 people.

Fruit + Veg, Eat It – Fruit and Veg Recipes for 30 www.health.vic.gov.au/nutrition/downloads/fv/recipes30.pdf

Fruit- and vegetable-based recipes that can serve up to 30 people.

Go for 2 & 5 www.gofor2and5.com.au

A Government website promoting fruits and vegetables. Includes recipes.

Melbourne Markets www.marketfresh.com.au – click on the ‘Fruit and Vegetables’ section.

Information on fruit and vegetables including information on locating green grocers, choosing fruits and vegetables in season and recipes.

The Victorian School Canteen Association (VSCA) www.vsca.org.au

A canteen website with practical ideas, recipes and the VSCA Online Buying Guide to help school canteens and other food services choose healthier commercial products.

Healthy Kids School Canteen Association www.healthy-kids.com.au

A canteen website with lots of practical catering ideas, fact sheets, recipes and the ‘Healthy Kids’ School Canteen Buyers’ Guide to help canteens or other food services choose healthier commercial products.

Queensland Association of School Tuckshops (QAST) www.qast.org.au Ph: (07) 3324 1511

Canteen website offering fact sheets, recipes and practical information.

Tasmanian School Canteen Association (TSCA) www.tascanteenassn.org.au Ph: (03) 6223 8023

Canteen website offering fact sheets, recipes and practical information.

Western Australian School Canteen Association (WASCA)

www.waschoolcanteens.org.au Ph: (08) 9264 4999

Canteen website offering fact sheets, recipes and practical information.

Food safety:

Food Safety, Victoria www.health.vic.gov.au/foodsafety Ph: 1300 364 352

Offers resources and information. Food safety programs can be downloaded from www.foodsmart.vic.gov.au Hard copy food safety program templates can be purchased by contacting Information Victoria on 1300 366 356.

Local council environmental health unit Ph: 1300 367 700

Environmental health officers at local councils provide advice about safe food handling in your local area and offer food safety templates.

Food Standards Australia and New Zealand (FSANZ) www.foodstandards.gov.au Ph: (02) 6271 2222

National Training Information Service www.ntis.gov.au

Provides advice on food safety training in your local area. See also: www.tafe.vic.gov.au

Special diets:

The following websites provide information and resources to support some specific medical conditions that have special dietary needs as part of treatment and management.

[Australasian Society of Clinical Immunology and Allergy](#)

www.allergy.org.au

Provides information on allergy and anaphylaxis, including procedures for catering for high-risk groups such as children.

[The Heart Foundation](#)

www.heartfoundation.org.au

Provides information about cardiovascular disease and measures to promote healthy lifestyles.

[Better Health Channel](#)

www.betterhealth.vic.gov.au

The Better Health Channel provides health and medical information to help individuals and their communities improve their health and wellbeing.

[Diabetes Australia Victoria](#)

www.diabetesvic.org.au

[Baker IDI](#)

www.bakeridi.edu.au

Heart and Diabetes Institute

[Coeliac Society of Victoria](#)

www.vic.coeliac.org.au

[Meniere's Australia Information and Resource Centre](#)

www.menieres.org.au

Useful resources

Australian Guide to Healthy Eating

www.healthyactive.gov.au/internet/healthyactive/publishing.nsf/Content/eating

Developed by the Commonwealth Department of Health and Ageing, the *Australian Guide to Healthy Eating* (AGTHE) provides information on the types and amounts of foods that need to be eaten each day to get enough of the nutrients essential for good health and wellbeing.

To obtain copies of the booklet and poster contact the Australian Government Department of Health and Ageing on 1800 020 103 extension 8654 (free call) or email health@nationalmailing.com.au

Australian Dietary Guidelines, National Health and Medical Research Council

www.nhmrc.gov.au/publications/synopses/dietsyn.htm

The *Australian Dietary Guidelines* include the *Dietary Guidelines for Australian Adults* and the *Dietary Guidelines for Children and Adolescents in Australia* (incorporating the *Infant Feeding Guidelines for Health Workers*). They are based on the best available scientific evidence and provide information for health professionals and the general population about healthy food choices.

To obtain free copies of the pamphlets, poster or A4 Information booklet, contact 1800 020 103 extension 8654 (toll free number) or email phd.publications@health.gov.au

'Go for your life' healthy eating resources

Factsheets and promotional items, such as Just Add Fruit and Veg posters to promote healthy eating and provide information to consumers. Visit:

www.goforyourlife.vic.gov.au/hav/articles.nsf/practitioners/merchandise?open or phone 1300 73 98 99 for more information on resources available.

'Go for your life' Healthy Canteen Kit Available for download from: www.education.vic.gov.au/goforyourlife

This kit was launched by the Department of Education and Early Childhood Development to support schools in making healthy food choices in the canteen and other food services and includes the 'Go for your life' School Canteen and Other School Food Services Policy.

Note: the guidelines and the food planner tables in this kit are relevant to Victorian schools, however supporting practical information such as recipes and implementation ideas are useful to foods service providers in a range of settings.

Canteen Cuisine (WA School Canteen Association)

A cookbook containing easy nutritious and delicious recipes for canteens and other catering services.

Visit: www.nutritionaustralia.org to preview and order.

