



Government of **Western Australia**
Department of **Health**

Healthy Options WA

Making healthy choices easier

How to Classify Food and Drinks Guide

July 2021

Acknowledgements

The Healthy Options WA How to Classify Food and Drinks Guide was produced in September 2020 by the Chronic Disease Prevention Directorate © WA Department of Health.

Copyright to this material is vested in the State of Western Australia unless otherwise indicated. Apart from any fair dealing for the purposes of private study, research, criticism or review, as permitted under the provisions of the *Copyright Act 1968*, no part may be reproduced or re-used for any purposes whatsoever without written permission of the State of Western Australia.

Ensure you have the latest version from the Healthy Options WA website

healthyoptions.health.wa.gov.au

Glossary

Healthy Options WA Glossary

These definitions are for the use of the [MP 0142/20 Healthy Options WA Food and Nutrition Policy](#) (the Policy). They are drawn from a variety of sources including Food Standards Australia and New Zealand, the Australian Dietary Guidelines, the National Health and Medical Research Council and the World Health Organisation.

Term	Definition
Added salt (sodium)	Salt that is added to foods and/or drinks by manufacturers during processing or manufacturing (listed in the ingredients list), or during food preparation. Common names for salt include but are not limited to: mineral salt, Himalayan salt, rock salt, sea salt, kosher salt, table salt, sodium chloride.
Added sugar	Sugar that is added to foods and/or drinks by manufacturers during processing or manufacturing (listed in the ingredients list), or during food preparation. Includes forms of dextrose, fructose, sucrose, lactose, sugar syrups and fruit syrups that are added during manufacturing of foods. Common names for sugar include but are not limited to: glucose, honey, golden syrup, maple syrup, malt, maltose, brown sugar, caster sugar, raw sugar.
Confectionery	Refers to items that often have sugar and/or saturated fat as the main ingredient with little or no nutritional value. Examples include chocolate, coconut, boiled sweets, sugar coated items, chewable lollies, yoghurt coated items and mints. For more examples, refer to the confectionery section.
Discretionary foods and drinks	Refers to foods and drinks that are not necessary to provide the nutrients the body needs, but may add variety to the diet. The Australian Dietary Guidelines defines discretionary foods as being high in saturated fats, sugars, salt and/or alcohol, and their consumption should be limited.
High fibre	There is no universal scale for high fibre products, however good sources of fibre products contain at least 4g or more of fibre per serve.
Intense sweetener	Products used to replace the sweetness normally provided by sugars without contributing significantly to the available energy of foods and drinks. These sweeteners are commonly used in 'diet' or 'low joule' products. Includes but is not limited to 'Non-nutritive', 'Artificial', 'Intense' or 'Natural' sweetener. Common sweeteners include: Acesulphame K, Advantame, Alitame, Aspartame, Aspartame-acesulphame salt, Cyclamate, Monk fruit extract, Neotame, Saccharin, Stevia, Sucralose and Thaumatin.
NIP (Nutrition Information Panel)	The NIP refers to the table or panel found on the package of a product. The NIP is always presented in a standard format, showing the average amount of nutrition per serve of the food or drink, and also per 100g. There are few foods that do not require a NIP; herbs and spices, tea, coffee, unpackaged foods and foods made on-site.
Processed meat	Defined by the World Health Organisation as meat that has been transformed through salting, curing, smoking, or other processes to enhance flavour or improve preservation. Examples of processed meat include frankfurters, ham, some sausages and burger patties, corned beef, beef jerky, salami, bacon, prosciutto, fritz, as well as canned meat and meat based preparations and sauces.

Glossary

Term	Definition
Mixed meal/drink	A meal or drink made from multiple ingredients that can be hot or cold.
Reduced fat	These products must have at least 25% less fat than the comparative reference food.
Salt reduced	These products must have at least 25% less salt than the comparative reference food.
Sugar free	These products do not contain sugar; however, they may contain intense sweetener instead of sugar. Drinks that contain intense sweetener are classified as Amber according to the Policy.
Serve size	The serve size listed on the NIP is determined by the food manufacturer, this may vary between products. The Healthy Options Nutrient Criteria is based on the amount of nutrients per 100g or 100mL of food/drink.
No added sugar	Sugar has not been added to a product, however the product may still be high in sugar content, or may contain added intense sweetener.
Natural flavouring	There is no formal definition of the term 'natural', and it is not regulated on food labels. This means food manufacturers can interpret the term 'natural' in different ways. The Policy refers to 'natural' flavouring in flavoured waters only . This infers that water is considered 'naturally flavoured' if it does not contain any added sugar or intense sweetener, but may be flavoured with fruit or citrus flavours.
Wholegrain	Wholegrain food is any food which uses 100% of the grain, including outer layers, bran and germ in manufacturing. Examples of wholegrain foods include some varieties of bread/wraps/rolls (including brown and multigrain), crisp breads (including multigrain), brown rice, noodles and some breakfast cereals.
Wholemeal	The term wholemeal applies to foods in which the wholegrains are refined into smaller particles. Examples of wholemeal food include some varieties of breads and cereals, rolled oats and pasta.

Contents

[Healthy Options WA Glossary](#)

Section 1: Background and instructions:

[About this document](#)

[Quick reference guide to classifying food and drinks](#)

[Cooking and allowances](#)

[How to classify food and drinks flowchart](#)

[The Nutrition Information Panel](#)

Section 2: Commonly supplied food and drinks:

[Fruit](#)

[Vegetables and legumes](#)

[Grains](#)

[Breads and cereals](#)

[Meat, poultry, fish, eggs, nuts and plant-based alternatives](#)

[Dairy and alternatives](#)

[Oils, spreads, dips and condiments](#)

[Sauces, dressings, herbs and spices](#)

[Drinks–cold](#)

[Drinks–hot](#)

[Ready-to-eat foods \(commercial\)](#)

[Snacks–savoury](#)

[Snacks–sweet](#)

Section 3: Mixed meals and the ingredients method:

[Ingredients method](#)

[Mixed meals–cold](#)

[Mixed meals–hot](#)

[Mixed drinks](#)

[Appendix 1: How to read a Nutrition Information Panel](#)

Section 1: Background and instructions

[About this document](#)

[Quick reference guide to classifying food and drinks](#)

[Cooking and allowances](#)

[How to classify food and drinks flowchart](#)

[The Nutrition Information Panel](#)

About this document

The How to Classify Food and Drinks Guide (the Guide) is a mandatory resource that specifies how to classify food and drinks as Green, Amber or Red, in accordance with the traffic light system that supports the [MP 0142/20 Healthy Options WA Food and Nutrition Policy](#) (the Policy).

The Policy is applicable to all WA health system entities as defined in the Policy.

The Policy is relevant to:

- all retail outlets and vending machines that sell food and/or drinks of any kind on WA health system entity premises;
- all business catering funded by a WA health system entity;
- all fundraising initiatives occurring on WA health system entity premises.

The Guide includes:

- Section 1: Background information about the traffic light system, cooking methods and allowances and instructions on how to classify a food or drink.
- Section 2: Categories representing packaged and unpackaged commonly supplied food and drink and their traffic light classification, and Healthy Options Nutrient Criteria where relevant.

Examples of food and drink items have been provided, and are shaded in yellow. Examples are provided for most options, however this is not an exhaustive (full) list, there may be products that are not on this list that are still suitable.

Maximum serve sizes have been provided for a small number of food and drink items. These are written in bold in the traffic light classification column for each item.

- Section 3: Categories representing mixed meals/drinks made from ingredients and how to use the ingredients method to classify them according to the traffic light system.
- Appendix 1: Instructions on how to read a Nutrition Information Panel and interpret the ingredients list and product claims.

For further information:

healthyoptions.health.wa.gov.au

HealthyOptions@health.wa.gov.au

Quick reference guide to classifying food and drinks

1. Find your food or drink item in the commonly supplied food and drink categories (section 2):

[Fruit](#)

[Vegetables and legumes](#)

[Grains](#)

[Breads and cereals](#)

[Meat, poultry, fish, eggs, nuts and plant-based alternatives](#)

[Dairy and alternatives](#)

[Oils, spreads, dips and condiments](#)

[Sauces, dressings, herbs and spices](#)

[Drinks—cold](#)

[Drinks—hot](#)

[Ready-to-eat foods \(commercial\)](#)

[Snacks—savoury](#)

[Snacks—sweet](#)

2. Select the traffic light colour in the classification column

You may need to take some extra steps:

- a) If the product has a Healthy Options Nutrient Criteria, you will need to read the NIP to classify the product; OR
- b) Use the ingredients method if you are classifying a meal/recipe made from more than one ingredient (a mixed meal or drink).

Classification	Description
<p style="text-align: center;">Green Best option</p>	<p>These foods and drinks are part of a healthy diet, are the healthiest options, and should be eaten every day. They are excellent sources of key nutrients and are needed for optimum health and wellbeing. They include one or more of the five food groups defined by the Australian Dietary Guidelines and the Australian Guide to Healthy Eating. Food and drinks classified as Green are generally lower in energy (kilojoules) saturated fat, added sugar and/or added salt, and higher in fibre.</p>
<p style="text-align: center;">Amber Select carefully</p>	<p>These foods and drinks should be chosen carefully and eaten in moderation. They provide some nutritional value but may contain moderate amounts of saturated fat, added sugar, and/or salt, and can contribute to excess energy (kilojoule) intake. They are usually more processed than Green items.</p>
<p style="text-align: center;">Red Limit</p>	<p>These foods and drinks are typically high in energy (kilojoules), saturated fat, added sugar, and/or added salt. They should be eaten only sometimes and in small amounts. According to the Australian Dietary Guidelines and the Australian Guide to Healthy Eating, they are not an essential part of a healthy dietary pattern or a part of the five food groups.</p>

3. Ensure your cooking or preparation methods don't change the traffic light colour of the item

- a) Check the cooking and/or preparation method you are using, make sure you use Green cooking methods for a meal to be Green or Amber.
- b) Check the allowances for ingredients you might use to prepare or cook the item such as cooking oils, spreads, condiments and serving sauces, as these might change the traffic light colour.

Cooking/preparation methods

The way that a food, meal or drink is cooked or prepared might change its traffic light colour. Cooking methods should always be Green for meals to keep their Green or Amber classification.

Classification	Cooking method
<p style="text-align: center;">Green</p>	<p>Methods requiring oil (use with the specified oil allowance)</p> <ul style="list-style-type: none"> • Air fry • Bake • Grill • Roast • Sandwich press • Stir frying • Pan fry (cooking food in a hot pan with the food lightly coated with oil within the oil allowance) <p>Methods requiring no added oil:</p> <ul style="list-style-type: none"> • Toasting • Blanch • Boil • Non stick dry fry pan • Microwave • Poach • Steam
<p style="text-align: center;">Red</p>	<p>Method:</p> <ul style="list-style-type: none"> • Deep frying • Shallow frying (cooking food in oil with a depth that reaches half the thickness of the food, with the food touching the bottom of the pan). <p>Adding:</p> <ul style="list-style-type: none"> • Saturated fat (e.g. butter, cream, coconut oil etc)

Allowances for Amber and Red ingredients

The following **Amber** and **Red** ingredients can be added to **Green** recipes in food preparation and cooking, without changing the traffic light colour.

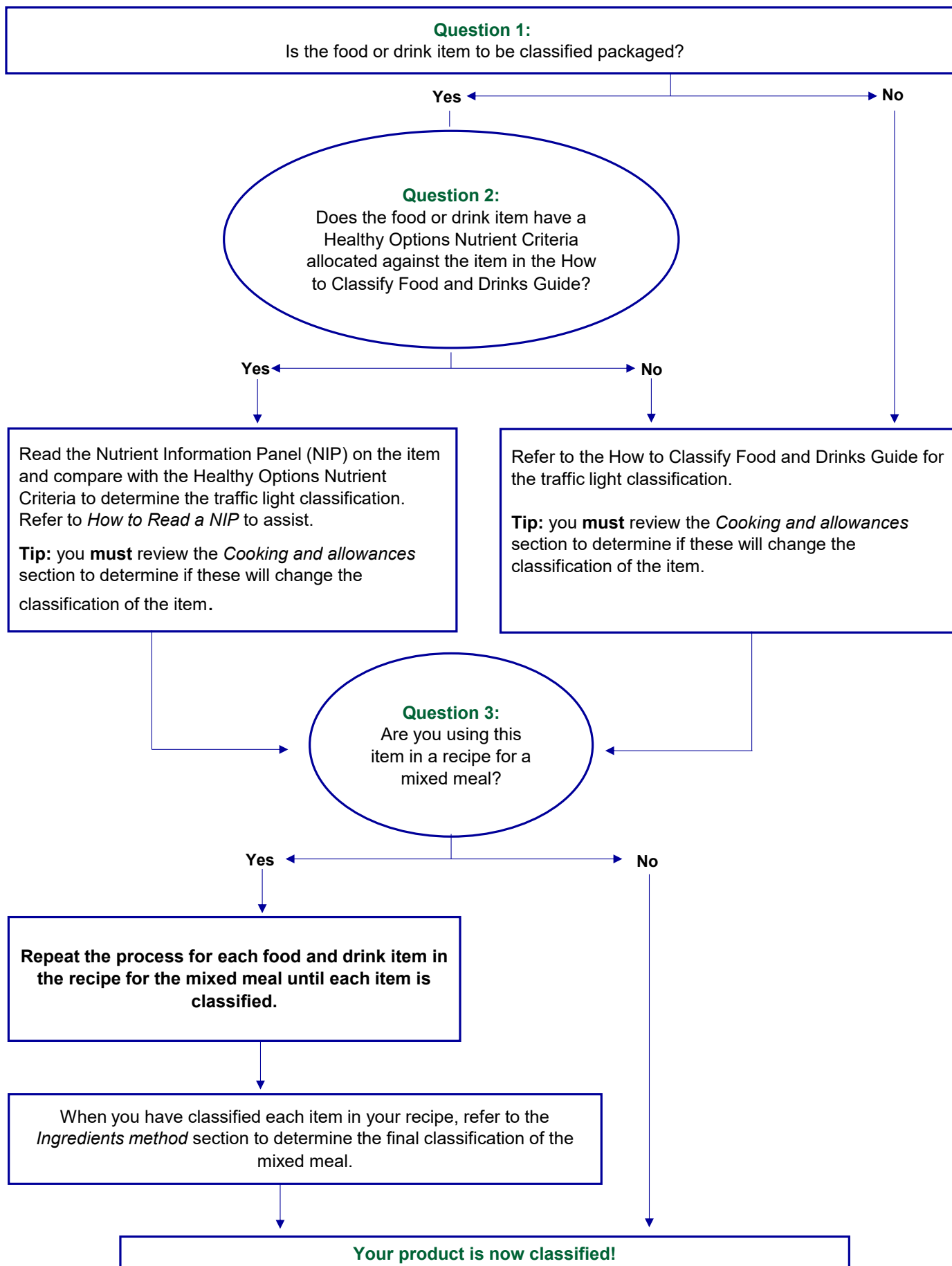
Item	Maximum allowance	Example uses
<p>Oils–unsaturated fat</p> <ul style="list-style-type: none"> • Olive • Sunflower • Safflower • Sesame • Grapeseed • Canola • Walnut, peanut, almond • Rice bran 	<ul style="list-style-type: none"> • Use a small amount of oil (enough to lightly coat food when cooking) • Used as a salad dressing ingredient 	<ul style="list-style-type: none"> • Salads • Roasting vegetables • Roasting meat • Stir fry • Curries • Casseroles • Pasta • Soups
<p>Spreads–unsaturated fat</p> <ul style="list-style-type: none"> • Olive oil spread • Canola spread • Sunflower, flaxseed or soybean oil spread 	<ul style="list-style-type: none"> • Use a thin spread on sandwiches/wraps/rolls • If serving with toast, muffins, or scones, serve on the side in a portion control pack of no more than 10g 	<ul style="list-style-type: none"> • Sandwiches/wraps/rolls • Toast • Muffins (savoury) • Scones (savoury)
<p>Butter</p>	<ul style="list-style-type: none"> • Use a thin spread on sandwiches • For toast, muffins or scones (or other), serve on the side in a portion control pack of no more than 10g • No allowance for cooking with butter. 	<ul style="list-style-type: none"> • Scones (savoury) • Muffins (savoury) • Toast • Sandwiches/wraps/rolls

Cooking and allowances

Item	Maximum allowance	Example uses
<p>Naturally sweet spreads and syrups (with no added sugar)</p> <ul style="list-style-type: none"> • 100% Fruit Jam • 100% Honey • 100% Maple syrup, agave and rice malt syrup 	<ul style="list-style-type: none"> • Use a thin spread on sandwiches/wraps/rolls • If serving with toast, muffins, or scones, serve on the side in a portion control pack of no more than 15g on the side. • Use in mixed drinks to add sweetness • Use in mixed meals to add sweetness 	<ul style="list-style-type: none"> • Salad dressing • Stir fry • Smoothies • Side condiment (toast, muffins, scones)
<p>Condiments</p> <ul style="list-style-type: none"> • Mayonnaise • Aioli 	<ul style="list-style-type: none"> • Use a thin spread on sandwiches/wraps/rolls. • Used in sushi • If serving on the side, serve in a portion control pack of no more than 15g • Combined with egg/tuna/chicken as a sandwich filling • No allowance for using mayonnaise/aioli as a salad dressing ingredient. 	<ul style="list-style-type: none"> • Sandwiches/wraps/rolls • Sushi • Side condiment
<p>Soy sauce</p>	<ul style="list-style-type: none"> • Use reduced salt varieties, when available. • If serving sauces on the side (sushi or dumplings), serve in portion controlled packs of no more than 15g 	<ul style="list-style-type: none"> • Side condiment (sushi, dumplings) • Mixed hot meals (stir-fry)

How to classify flowchart

How do I classify food and drinks?



The Nutrition Information Panel

The Nutrition Information Panel

A Nutrition Information Panel (NIP) displays information in two different ways; per serve and per 100g. The Healthy Options Nutrient Criteria is based on the amount of nutrients in a product per 100g

The below is an example of how to read a NIP. For further detailed information regarding individual nutrients, refer to **Appendix 1**.

Nutrition Information		
Servings per package - 1		
Serving size - 30g		
	Per serve	Per 100g
Energy	645kJ	2180kJ
Protein	2.1g	7.1g
Fat		
Total	10.4g	34.8g
Saturated	1.1g	3.5g
Carbohydrates	13.2	44g
Sugars	0.5g	1.7g
Sodium	179mg	596mg
Ingredients: Salt, Flavour, Vegetable oil, Sugar, Vegetable Powder, Sweeteners (Stevia).		

This tells you the amount of **Energy (kJ) per serve or per 100g**

This tells you the amount of **Saturated fat per serve or per 100g**

This tells you the amount of **Sugar per serve or per 100g**

This tells you the amount of **nutrients in 100g of this food.**

This tells you the amount of **nutrients in a single serve of this food.**

This tells you the amount of **Total Fat per serve or per 100g**

This tells you how much **Salt (Sodium) per serve or per 100g**

This tells you the **Ingredients** that are added to this food or drink item.

This item has added **Salt, Sugar, and Sweetener.**

Note, refer to the glossary alternate names for Salt and Sugar and Sweetener

Section 2: Commonly supplied food and drinks

[Fruit](#)

[Vegetables and legumes](#)

[Grains](#)

[Breads and cereals](#)

[Meat, poultry, fish, eggs, nuts and plant-based alternatives](#)

[Dairy and alternatives](#)

[Oils, spreads, dips and condiments](#)

[Sauces, dressings, herbs and spices](#)

[Drinks—cold](#)

[Drinks—hot](#)

[Ready-to-eat foods \(commercial\)](#)

[Snacks—savoury](#)

[Snacks—sweet](#)

Fruit

Fruit

When preparing all food and drink items refer to *section 1–cooking and allowances*.

Item	Classification		Examples
All fruit	Green	Any fresh or frozen fruit with no added sugar.	<ul style="list-style-type: none"> • Fresh • Frozen
Dried fruit For fruit chip products, refer to <i>Savoury snacks</i> . For mixed fruit and nut packs, refer to ' <i>Nuts and seeds</i> ', in <i>Meat, fish, poultry, eggs, nuts and alternatives</i> .	Green	Products with no added sugar; AND Maximum serve size 40g	<ul style="list-style-type: none"> • Dried fruit • Snack packs without confectionery • Fruit leathers, bars and straps
	Amber	Products with no added sugar; AND Served in sizes greater than 40g	
	Red	Products with added sugar.	<ul style="list-style-type: none"> • Crystallised or glazed • Chocolate, sugar or yoghurt coating • Snack packs containing chocolate or other confectionery
Canned, stewed or pureed fruit	Green	Products canned in natural juice with no added sugar; AND fruit prepared using Green cooking methods .	<ul style="list-style-type: none"> • Canned fruit such as peach, apricot, and apple • Pureed fruit such as apple, pear, and peach • Stewed fruit in water with no added sugar
	Red	Products canned in syrup or containing added sugar; OR using Red cooking methods .	<ul style="list-style-type: none"> • Fruit jelly cups
Fruit and vegetable juice		For fruit juice products, refer to Drinks–cold	

Vegetables and legumes

When preparing all food and drink items refer to *section 1–cooking and allowances*.

Item	Classification		Examples
<p>All vegetables</p> <p>Excluding commercial hot potato and other vegetable products (refer below).</p>	Green	<p>All vegetables are Green. When preparing or cooking, use Green cooking methods and refer to allowances.</p>	<ul style="list-style-type: none"> • Fresh • Frozen • Canned • Marinated (oil drained) • Dried vegetables (excluding crisps) <p>Offer 'no added salt' or 'reduced salt' varieties when available.</p>
	Amber	<p>Preparing and cooking vegetables can make them Amber. Refer to cooking methods and allowances.</p>	
	Red	<p>Preparing and cooking vegetables can make them Red. Refer to cooking methods and allowances.</p>	

Vegetables and legumes

Item	Classification				Examples	
			Healthy Options Nutrient Criteria			
			Energy (kJ)	Saturated fat (g)	Salt (mg)	
Commercial hot potato and other vegetable products	Amber	Products that meet the Amber nutrient criteria. Refer to cooking methods and allowances.	Less than 1000kJ per 100g	Less than 5g per 100g	Less than 400mg per 100g	<ul style="list-style-type: none"> • Hot potato chips • Sweet potato/vegetable chips • Potato wedges • Instant mashed potato • Fries • Hash brown • Gems • Rostis • Potato cakes
	Red	Products that meet the Red nutrient criteria. Refer to cooking methods and allowances.	More than 1000kJ per 100g	More than 5g per 100g	More than 400mg per 100g	
Legumes For soybean (tofu) products, refer to <i>Meat, fish, poultry, eggs, nuts and alternatives</i> .	Green	All legumes are Green. When preparing or cooking, use Green cooking methods and refer to allowances.				<ul style="list-style-type: none"> • Baked beans • Canned chickpeas, beans (kidney, cannelloni) and lentils • Dried legumes and split peas • Edamame beans <p>Offer 'no added salt' or 'reduced salt' varieties when available.</p>
	Amber	Preparing and cooking legumes can make them Amber. Refer to cooking methods and allowances.				
	Red	Preparing and cooking legumes can make them Red. Refer to cooking methods and allowances.				

Vegetables and legumes

Item	Classification			Examples
			Healthy Options Nutrient Criteria	
			Salt (mg)	
<p>Pickled and fermented vegetable products</p> <p>For vegetable chutney, relish and pickles, refer to <i>Oils, spreads, dips and condiments</i>.</p> <p>Pickled ginger served with sushi is Green.</p>	Green	All pickled and fermented vegetable products that meet the Green nutrient criteria.	Less than 400mg per 100g	<ul style="list-style-type: none"> Olives Capers Kimchi Pickled onion, cucumber, gherkins, jalapenos, ginger
	Amber	All pickled and fermented vegetable products that meet the Amber nutrient criteria.	More than 400mg per 100g	
Vegetable juice		For all vegetable juice products, refer to Drinks–cold		

Grains

Grains

When preparing all food and drink items refer to *section 1–cooking and allowances*.

Item	Classification		Examples
<p>Grains and rice</p> <p>Including flavoured and unflavoured varieties.</p> <p>For pre-packaged flavoured grain meals, refer to <i>Ready-to-eat foods</i>.</p>	Green	All grains and rice are Green. When preparing or cooking, use Green cooking methods and refer to allowances .	<ul style="list-style-type: none"> • Rice (brown, white, wild, aborio, sushi rice) • Rice paper • Cous cous • Quinoa • Bulgur (wheat) • Barley • Freekeh • Polenta • Buckwheat • Semolina
	Amber	Preparing and cooking grains and rice can make them Amber. Refer to cooking methods and allowances .	
	Red	Preparing and cooking grains and rice can make them Red. Refer to cooking methods and allowances .	
<p>Pasta (dried and fresh)</p> <p>For instant pasta meals, refer to <i>Ready-to-eat foods</i>.</p> <p>For filled pasta (ravioli and tortellini) and gnocchi refer below.</p>	Green	All pasta is Green. When preparing or cooking, use Green cooking methods and refer to allowances .	<ul style="list-style-type: none"> • Wheat • Pulse (made from legumes) • Gluten free • White and wholemeal • Spelt • Egg pasta
	Amber	Preparing and cooking pasta can make it Amber. Refer to cooking methods and allowances .	
	Red	Preparing and cooking pasta can make it Red. Refer to cooking methods and allowances .	

Grains

Item	Classification				Examples
Pastry For commercial savoury pastry foods (e.g. pies, pasties and sausage rolls), refer to <i>Ready-to-eat foods</i> .	Amber	Filo pastry products, made with Green or Amber items as ingredients, and using unsaturated fat spreads or oils between pastry sheets. Refer to cooking methods and allowances.			
	Red	All other types of pastry and Filo pastry products made with Red items as ingredients; or using saturated fat spreads or oils between pastry sheets. Refer to cooking methods and allowances.			
Noodles For instant noodle meals (including noodle cups), refer to <i>Ready-to-eat foods</i> .	Green	All noodles are Green. When preparing or cooking, use Green cooking methods and refer to allowances.			
	Amber	Preparing and cooking noodles can make them Amber. Refer to cooking methods and allowances.			
	Red	Preparing and cooking noodles can make them Red. Refer to cooking methods and allowances.			
		Healthy Options Nutrient Criteria			
			Energy (kJ)	Saturated fat (g)	Salt (mg)
Commercial filled pastas For commercial filled dumplings, refer to <i>Ready-to-eat foods</i> .	Green	Products that meet the Green nutrient criteria. Refer to cooking methods and allowances.	Less than 750kJ per 100g	Less than 3g per 100g	Less than 400mg per 100g
	Amber	Products that meet the Amber nutrient criteria. Refer to cooking methods and allowances.	750kJ to 1000kJ per 100g	3g to 5g per 100g	Less than 400mg per 100g
	Red	Products that meet the Red nutrient criteria. Refer to cooking methods and allowances.	More than 1000kJ per 100g	More than 5g per 100g	More than 400mg per 100g

Breads and cereals

When preparing all food and drink items refer to *section 1–cooking and allowances*.

Item	Classification		Examples
<p>Breads, wraps and rolls</p> <p>For bagels, brioche and croissants, refer to <i>Savoury and sweet breads</i>.</p>	Green	<p>All breads, wraps and rolls (without confectionery) are Green. When preparing with spreads or cooking, use Green cooking methods and refer to allowances.</p>	<ul style="list-style-type: none"> • Gluten free • Oat • Rice • Products containing nuts and/or seeds • Rye • Spelt • Quinoa • Wheat • Plain breadcrumbs • Plain pizza base <p>Offer varieties labelled wholemeal, wholegrain and highfibre when available.</p>
<p>For sandwiches/wraps/rolls, refer to <i>Mixed meals – cold</i>.</p>	Amber	<p>Preparing and cooking bread products can make them Amber. Refer to cooking methods and allowances.</p>	
<p>For pizzas made fresh, refer to <i>Mixed meals – hot</i>.</p>	Red	<p>All bread products containing icing or confectionery are Red.</p> <p>Preparing and cooking bread products can make them Red. Refer to cooking methods and allowances.</p>	

Breads and cereals

Item	Classification		Examples
<p>Bread with added dried fruit</p> <p>For hot cross buns without dried fruit, refer to <i>Savoury and sweet breads</i> below.</p>	Green	<p>All bread products with added dried fruit are Green when they are less than the maximum serve size of 40g</p> <p>When preparing with spreads or cooking, use Green cooking methods and refer to allowances.</p>	<ul style="list-style-type: none"> • Hot cross bun • Fruit bread/toast <p>Offer wholemeal, wholegrain and high fibre varieties when available.</p>
	Amber	<p>All bread products with added dried fruit are Amber when they are greater than the maximum serve size of 40g</p> <p>Preparing and cooking bread products can make them Amber. Refer to cooking methods and allowances.</p>	
	Red	<p>All bread products containing icing or confectionery are Red.</p> <p>Preparing and cooking bread products can make them Red. Refer to cooking methods and allowances.</p>	
<p>Savoury and sweet breads</p> <p>For banana bread, sweet muffins and scones, refer to <i>Sweet snacks</i> .</p> <p>For savoury muffins and scones, refer to <i>Savoury snacks</i> .</p>	Amber	<p>Preparing and cooking bread products can make them Amber. Refer to cooking methods and allowances.</p>	<ul style="list-style-type: none"> • Bagels • Flavoured focaccia • Scrolls • Croutons • Pancakes • Pikelets • Hot cross bun without dried fruit
	Red	<p>Products with icing, confectionery or Red foods (e.g. ham, or bacon) are Red.</p> <p>Preparing and cooking bread products can make them Red. Refer to cooking methods and allowances.</p>	<ul style="list-style-type: none"> • Buttered garlic bread • Roti • Brioche • Croissant • Iced breads (buns)

Breads and cereals

Item	Classification				Examples
			Healthy Options Nutrient Criteria		
			Saturated fat (g)	Sugar (g)	
Breakfast cereal with no added dried fruit If serving with milk or yoghurt, refer to <i>Mixed meals</i> .	Green	Products that meet the Green nutrient criteria.	Less than 2g per 100g	Less than 15g per 100g	<ul style="list-style-type: none"> • Bran flakes and cereals • Fruit free muesli • Porridge oats • Puffed cereals • Wholegrain, whole wheat flakes • Whole wheat biscuits Offer wholegrain unrefined cereals when available.
	Red	Products that meet the Red nutrient criteria; AND any products containing confectionery ingredients or flavourings (e.g. chocolate flavoured cereal).	More than 2g per 100g	More than 15g per 100g	
			Saturated fat (g)	Sugar (g)	
Breakfast cereal with added dried fruit If serving with milk or yoghurt, refer to <i>Mixed meals</i> .	Green	Products that meet the Green nutrient criteria.	Less than 2g per 100g	Less than 20g per 100g	<ul style="list-style-type: none"> • Bran flakes and cereals • Muesli with dried fruit • Porridge oats • Puffed cereals • Wholegrain, whole wheat flakes • Whole wheat biscuits Offer wholegrain unrefined cereals when available.
	Red	Products that meet the Red nutrient criteria; AND any products containing confectionery ingredients or flavourings (e.g. chocolate flavoured cereal).	More than 2g per 100g	More than 20g per 100g	

Meat, fish, poultry, eggs, nuts and plant-based alternatives

When preparing all food and drink items refer to *section 1–cooking and allowances*.

Item	Classification		Examples
<p>Red meat</p> <p>Not including crumbed or coated products.</p> <p>Not including processed meat.</p>	Green	<p>Unprocessed red meat that is lean, or trimmed of visible fat prior to cooking is Green. When preparing or cooking, use Green cooking methods and refer to the allowances.</p>	<p>Meat trimmed of visible fat prior to cooking:</p> <ul style="list-style-type: none"> • Beef (e.g. mince or fillet) • Pork (e.g. mince or fillet) • Veal • Lamb • Rabbit • Kangaroo
	Amber	<p>Unprocessed red meat with visible fat (not trimmed) is Amber.</p> <p>Preparing and cooking red meat can make it Amber. Refer to cooking methods and allowances.</p>	<p>Meat with visible fat, marbling or sinew left on when cooking:</p> <ul style="list-style-type: none"> • Beef (e.g. wagyu) • Pork (e.g. chops) • Lamb (e.g. mince or chops) • Goat
	Red	<p>Unprocessed red meats with a high amount of visible fat is Red.</p> <p>Preparing or cooking red meat can make it Red. Refer to cooking methods and allowances.</p>	<p>High fat red meats:</p> <ul style="list-style-type: none"> • Pork belly
<p>Processed red meat</p>	Red	<p>All processed meats are Red.</p>	<ul style="list-style-type: none"> • Ham • Bacon • Salami • Chorizo • Pastrami • Polony • Corned beef • Beef jerky

Meat, fish, poultry, eggs, nuts, alt

Item	Classification				Examples	
		Healthy Options Nutrient Criteria				
			Energy (kJ)	Saturated fat (g)	Salt (mg)	
Commercial crumbed or coated red meat	Amber	Products that meet the Amber nutrient criteria. Refer to cooking methods and allowances.	Less than 1000kJ per 100g	Less than 5g per 100g	Less than 450mg per 100g	<ul style="list-style-type: none"> • Beef • Pork • Veal • Lamb • Goat • Rabbit • Kangaroo
	Red	Products that meet the Red nutrient criteria Refer to cooking methods and allowances.	More than 1000kJ per 100g	More than 5g per 100g	More than 450mg per 100g	
			Energy (kJ)	Saturated fat (g)	Salt (mg)	
Commercial burger patties, sausages, rissoles, meatballs and fish cakes	Green	Products that meet the Green nutrient criteria. Refer to cooking methods and allowances.	Less than 1000kJ per 100g	Less than 3.5g per 100g	Less than 400mg per 100g	<p>This criteria applies to premade meat, poultry or fish products that are packaged. If these items are prepared on site from a recipe, they are considered a mixed meal; use the Ingredients method to classify.</p>
	Amber	Products that meet the Amber nutrient criteria. Refer to cooking methods and allowances.	Less than 1000kJ per 100g	3.5g to 5g per 100g	Less than 450mg per 100g	
	Red	Products that meet the Red nutrient criteria Refer to cooking methods and allowances.	More than 1000kJ per 100g	More than 5g per 100g	More than 450mg per 100g	
Frankfurters Including crumbed varieties.	Red	These products are highly processed and generally contain high amounts of saturated fat and salt.			Including those made from meat or poultry.	

Meat, fish, poultry, eggs, nuts, alt

Item	Classification			Examples		
<p>Poultry</p> <p>Not including crumbed or coated products.</p> <p>For marinades, sauces or coatings refer to <i>Sauces, dressings, herbs and spices</i>.</p>	Green	Unprocessed poultry that is lean or trimmed of visible fat and skin prior to cooking. When preparing or cooking, use Green cooking methods and refer to the allowances.		<ul style="list-style-type: none"> • Chicken/turkey/duck (e.g. skinless with fat removed, or mince) • Chicken (skin or fat on) • Turkey (skin or fat on) • Duck (skin on or fat on) 		
		Amber	Unprocessed poultry with visible fat or skin not removed prior to cooking. Preparing and cooking poultry can make it Amber. Refer to cooking methods and allowances.			
	Red	Preparing or cooking poultry can make it Red. Refer to cooking methods and allowances.				
<p>Processed poultry meat</p>	Amber	All processed deli style (pressed) and canned poultry products are Amber.		<ul style="list-style-type: none"> • Deli style pressed chicken and/or turkey • Canned chicken/turkey 		
		Healthy Options Nutrient Criteria				
		Energy (kJ)	Saturated fat (g)	Salt (mg)		
<p>Crumbed or coated poultry</p> <p>Including fresh or frozen products.</p>	Amber	Products that meet the Amber nutrient criteria. Refer to cooking methods and allowances.	Less than 1000kJ per 100g	Less than 5g per 100g	Less than 450mg per 100g	<ul style="list-style-type: none"> • Chicken • Turkey • Duck
		Red	Products that meet the Red nutrient criteria. Refer to cooking methods and allowances.	More than 1000kJ per 100g	More than 5g per 100g	

Meat, fish, poultry, eggs, nuts, alt

Item	Classification				Examples	
<p>Fish and seafood</p> <p>Including fresh or frozen products.</p> <p>Not including crumbed or coated varieties.</p>	<p>Green</p> <p>Amber</p> <p>Red</p>	<p>All fresh or frozen fish and seafood (including raw sashimi). When preparing or cooking, use Green cooking methods and refer to the allowances.</p>	<p>• All fish and seafood varieties</p>			
		<p>Preparing and cooking fresh or frozen fish or seafood can make it Amber. Refer to cooking methods and allowances.</p>				
		<p>Preparing and cooking fresh or frozen fish or seafood can make it Red. Refer to cooking methods and allowances.</p>				
		<p>Healthy Options Nutrient Criteria</p>				
		<p>Energy (kJ)</p>	<p>Saturated fat (g)</p>	<p>Salt (mg)</p>	<p>• Fish fingers</p> <p>• Crumbed/battered fish</p> <p>• Crumbed/battered prawns</p> <p>• Crumbed/battered calamari, squid and all other seafood.</p>	
<p>Crumbed or coated fish and seafood</p>	<p>Amber</p>	<p>Products that meet the Amber nutrient criteria.</p> <p>Refer to cooking methods and allowances.</p>	<p>Less than 1000kJ per 100g</p>	<p>Less than 5g per 100g</p>		<p>Less than 450mg per 100g</p>
	<p>Red</p>	<p>Products that meet the Red nutrient criteria.</p> <p>Refer to cooking methods and allowances.</p>	<p>More than 1000kJ per 100g</p>	<p>More than 5g per 100g</p>		<p>More than 450mg per 100g</p>
<p>Tinned tuna and salmon</p>	<p>Green</p>	<p>All plain and flavoured tinned tuna and salmon products</p>				
<p>Smoked salmon (or other fish)</p>	<p>Amber</p>	<p>All smoked salmon (or other fish) is Amber because it is high in salt (sodium).</p>				

Meat, fish, poultry, eggs, nuts, alt

Item	Classification				Examples	
Eggs	Green	All eggs are Green. When preparing or cooking, use Green cooking methods and refer to allowances.				
	Amber	Preparing and cooking eggs can make them Amber. Refer to cooking methods and allowances.				
	Red	Preparing and cooking eggs can make them Red. Refer to cooking methods and allowances.				
Vegetable and legume patties, falafels, tofu, and tempeh	Green	All vegetable and legume patties, falafels, tofu and tempeh products are Green. When preparing or cooking, use Green cooking methods and refer to the allowances.			<ul style="list-style-type: none"> • Vegetable and legume burger patties • Falafel • Tofu • Tempeh 	
	Amber	Preparing and cooking these products can make them Amber. Refer to cooking methods and allowances.				
	Red	Preparing and cooking these products can make them Red. Refer to cooking methods and allowances.				
		Healthy Options Nutrient Criteria				
		Energy (kJ)	Saturated fat (g)	Salt (mg)		
Processed plant-based meat alternatives	Green	Products that meet the Green nutrient criteria. Refer to cooking methods and allowances.	Less than 1000kJ per 100g	Less than 3.5g per 100g	Less than 450mg per 100g	<ul style="list-style-type: none"> • Soy meat substitute products (e.g. burgers, sausages, mince and/or nuggets) • Mycoprotein products • Textured soy protein products
	Amber	Products that meet the Amber nutrient criteria. Refer to cooking methods and allowances.	Less than 1000kJ per 100g	3.5g to 5g per 100g	Less than 450mg per 100g	
	Red	Products that meet the Red nutrient criteria Refer to cooking methods and allowances.	More than 1000kJ per 100g	More than 5g per 100g	More than 450mg per 100g	

Meat, fish, poultry, eggs, nuts, alt

Item	Classification		Examples
<p>Nuts and seeds (including snack packs)</p> <p>For nut and/or seed paste/butter, refer to <i>Oils, spreads, dips and condiments</i>.</p>	Green	All unflavoured products with no added sugar or salt.	<ul style="list-style-type: none"> • Raw • Dry roasted
	Amber	All products with added salt are Amber.	<ul style="list-style-type: none"> • Salted • Smoked
	Red	Any products containing sugar, confectionery or added saturated fat.	<ul style="list-style-type: none"> • Yoghurt coated • Chocolate coated • Sugar coated/glazed • Containing added saturated fat (e.g. coconut/palm/vegetable oil).
Coconut	Red	All plain coconut including fresh, dried, roasted or toasted.	<ul style="list-style-type: none"> • Desiccated coconut • Coconut shavings • Shredded coconut
Dried fruit and nut packets and trail mixes	Green	<p>Any products containing no added sugar or salt.</p> <p>Maximum single serve size 40g</p>	
	Amber	<p>Any products containing no added sugar or salt.</p> <p>Serve size greater than 40g</p>	
	Red	Any products with added sugar or salt and/or products containing confectionery including yoghurt coating, chocolate coating or added chocolate/confectionery.	

Dairy and alternatives

When preparing all food and drink items refer to *section 1–cooking and allowances*.

Item	Classification		Examples	
<p>Plain milk Dairy and dairy-free (e.g. almond, soy, rice, coconut, oat).</p> <p>For canned coconut milk, refer to <i>Canned milk and coconut cream</i>.</p>	Green	<p>All dairy based plain milk products.</p> <p>Dairy-free milks with calcium as an added ingredient.</p>	<ul style="list-style-type: none"> • Dairy-based milk • Dairy-free milks e.g. almond, soy, rice, coconut, oat etc. • Buttermilk • Evaporated milk • Lactose-free • Long life milk • Powdered milk 	
		Amber	<p>Dairy-free milks that do not have calcium as an added ingredient.</p>	<ul style="list-style-type: none"> • Dairy-free milks e.g. almond, soy, rice, coconut, oat etc.
	Red	<p>Condensed milk is Red as it contains a high amount of added sugar.</p>	<ul style="list-style-type: none"> • Condensed milk 	
			Healthy Options Nutrient Criteria	
			Saturated fat (g)	
<p>Coconut milk and coconut cream</p> <p>Excluding drinking varieties of coconut milk.</p>	Amber	<p>All products that meet the Amber nutrient criteria.</p>	<p>Less than 5g per 100g</p>	<ul style="list-style-type: none"> • Coconut milk in cans/small cartons (excludes drinking varieties) • Powder
	Red	<p>All products that meet the Red nutrient criteria.</p>	<p>More than 5g per 100g</p>	

Dairy and alternatives

Item	Classification		Examples
Yoghurt Dairy and dairy-free	Green	All dairy based plain and flavoured yoghurt products. Dairy-free yoghurts with calcium as an added ingredient.	<ul style="list-style-type: none"> • Dairy-based • Dairy-free (almond, soy, coconut) • Flavoured • Plain
	Amber	Dairy-free yoghurts that do not have calcium as an added ingredient (e.g. almond, soy, coconut).	
	Red	All yoghurt products containing confectionery (e.g. chocolate chips, biscuits, crumble).	
Cream and sour cream Including reduced fat varieties	Red	All reduced fat and full fat cream and sour cream products; AND any products with confectionery or added sugar.	<ul style="list-style-type: none"> • Cream • Sour cream

Dairy and alternatives

Item	Classification			Examples
				Healthy Options Nutrient Criteria
				Salt (mg)
<p>Cheese</p> <p>Dairy based and dairy-free.</p> <p>Recommend choosing calcium fortified options of dairy-free cheese when available.</p>	<p>Green</p>	<p>Products that meet the Green nutrient criteria (refer to examples).</p>	<p>Less than 700mg per 100g</p>	<ul style="list-style-type: none"> • Cheddar • Hard cheese e.g. Pecorino, Parmesan, Romano • Haloumi • Fresh cheese e.g. Ricotta, Cottage, Feta, Goat's curd, Cream cheese, Mascarpone, • Gourmet cheese e.g. Brie, Camembert, Blue, Washed rind. • Bocconcini • Mozzarella • Swiss • Flavoured cheese • Cheese with added dried fruit/nuts • All dairy-free cheese <p>Offer 'reduced salt' and/or 'reduced fat' alternatives when available.</p>
		<p>Amber</p>	<p>Products that meet the Amber nutrient criteria (refer to examples).</p>	
	<p>Red</p>	<p>Products containing confectionery or added sugar are Red.</p>		

Oil, spreads, dips and condiments

When preparing all food and drink items refer to *section 1–cooking and allowances*.

Item	Classification		Examples
Oil–unsaturated fat	Amber	All unsaturated oils are Amber but they have an allowance (refer to allowances).	<ul style="list-style-type: none"> • Sunflower • Safflower • Soybean • Cottonseed • Sesame • Grapeseed • Walnut • Olive • Canola • Peanut • Rice bran
Spreads–unsaturated fat	Amber	All unsaturated spreads are Amber but they have an allowance (refer to allowances).	<ul style="list-style-type: none"> • Spreads–unsaturated fat • Olive oil spread • Canola spread • Sunflower, flaxseed or soybean oil spread
Oils–saturated sat	Red	<p>These oils contain high amounts of saturated fat.</p> <p>There is no allowance for saturated fat oils.</p>	<ul style="list-style-type: none"> • Hydrogenated vegetable oil • Palm oil • Coconut oil

Oils, spreads, dips, condiments

Item	Classification		Examples
Spreads–saturated fat	Red	Any spreads made with saturated fats are Red. However an allowance has been allocated to butter (refer to allowances).	<ul style="list-style-type: none"> • Butter • Coconut butter • Dairy blend margarine • Copha • Duck fat • Ghee • Lard • Tallow
Naturally sweet spreads	Amber	All naturally sweet spreads containing no added sugar (may contain intense sweetener) are Amber, but they have an allowance (refer to allowances).	<ul style="list-style-type: none"> • 100% fruit jam • Diet jam • Honey • 100% Maple syrup • Sugar free maple syrup • Agave syrup • Rice malt syrup
	Red	Products with added sugar are Red, they do not have an allowance.	<ul style="list-style-type: none"> • Maple flavoured syrup • Jam with added sugar
Other sweet spreads and syrups	Red	<p>All other sweet spreads and syrups are Red.</p> <p>There is no allowance for these spreads and syrups.</p>	<ul style="list-style-type: none"> • Fruit preserves and conserves made with added sugar such as Jams and marmalade • Chocolate spread • confectionery spreads (e.g. caramel) • Flavoured syrups (e.g. vanilla, hazelnut, caramel, strawberry etc.)

Oils, spreads, dips, condiments

Item	Classification			Examples	
			Healthy Options Nutrient Criteria		
			Saturated fat (g)	Salt (mg)	
Savoury spreads	Green	All products that meet the Green nutrient criteria.	Less than 2g per 100g	Less than 750mg per 100g	<ul style="list-style-type: none"> • Yeast and vegetable extract • Fish, chicken and meat pates and pastes • Nut and seed paste and/or butter Offer 'reduced salt' varieties when available.
	Amber	All products that meet the Amber nutrient criteria.	2g to 5g per 100g	More than 750mg per 100g	
	Red	All products that meet the Red nutrient criteria.	More than 5g per 100g	More than 750mg per 100g	
			Saturated fat (g)	Salt (mg)	
Dips	Green	All products that meet the Green nutrient criteria.	Less than 2g per 100g	Less than 750mg per 100g	Dips made from or containing: <ul style="list-style-type: none"> • Legumes (for Hummus refer below) • Vegetables (e.g. salsa) • Avocado • Yoghurt • Cheese
	Amber	All products that meet the Amber nutrient criteria.	2g to 5g per 100g	More than 750mg per 100g	
	Red	All products that meet the Red nutrient criteria.	More than 5g per 100g	More than 750mg per 100g	

Oils, spreads, dips, condiments

Item	Classification		Examples
Hummus and pesto	Green	These products are Green.	
Mayonnaise and aioli Including, tartar sauce.	Amber	These products are Amber but they have an allowance (refer to allowances).	Offer 'reduced salt' and/or 'reduced fat' varieties when available
Mustards	Green	These products can be high in salt and/or sugar. They are used in small amounts therefore they are Green.	
Relish, pickles, salsa and chutneys	Green	These products can be high in salt and/or sugar. They are used in small amounts therefore they are Green.	<ul style="list-style-type: none"> • Tomato relish • Mustard pickles • Cranberry sauce • Mango chutney

Sauces, dressing, herbs and spices

When preparing all food and drink items refer to *section 1–cooking and allowances*.

Item	Classification			Examples	
			Healthy Options Nutrient Criteria		
			Sugar (g)	Salt (mg)	
Cooking and condiment sauces Including cooking sauces and side sauces. Choose reduced salt and reduced fat varieties when available. For soy sauce, refer below.	Green	Products that meet the Green nutrient criteria.	Less than 15g per 100g	Less than 680mg per 100g	Cooking sauces: • Fish • Oyster • Hoisin • Black bean • Worcestershire • Teriyaki Condiments: • Tomato • BBQ • Sweet chilli
	Amber	Products that meet the Amber nutrient criteria.	Less than 15g per 100g	More than 680mg per 100g	
	Red	Products that meet the Red nutrient criteria.	More than 15g per 100g	More than 680mg per 100g	
Soy sauce Including 'reduced salt' varieties.	Red	Soy sauce is Red but it has an allowance (refer to allowances).			

Sauces, dressing, herbs, spices

Item	Classification				Examples		
					Healthy Options Nutrient Criteria		
					Saturated fat (g)	Salt (mg)	
Marinades, pastes and stocks	<div style="background-color: #00b050; color: white; text-align: center; padding: 5px;">Green</div>	Products that meet the Green nutrient criteria.	Less than 2g per 100g	Less than 360mg per 100g	Marinades: <ul style="list-style-type: none"> • Wet marinades • Dry spice rubs • Seasonings Pastes: <ul style="list-style-type: none"> • Curry paste • Tomato paste Stock: <ul style="list-style-type: none"> • Beef • Chicken • Fish • Vegetable Offer 'reduced salt' and 'reduced fat' varieties when available.		
		<div style="background-color: #ff9900; color: white; text-align: center; padding: 5px;">Amber</div>	Products that meet the Amber nutrient criteria.	More than 2g per 100g		Less than 360mg per 100g	
			<div style="background-color: #ff0000; color: white; text-align: center; padding: 5px;">Red</div>	Products that meet the Red nutrient criteria.		More than 2g per 100g	More than 360mg per 100g
					Healthy Options Nutrient Criteria		
					Sugar (g)	Saturated fat (g)	Salt (mg)
Pasta, simmer and noodle or stir fry and curry sauces Includes both shelf stable and chilled varieties.	<div style="background-color: #00b050; color: white; text-align: center; padding: 5px;">Green</div>	Products that meet the Green nutrient criteria.	Less than 15g per 100g	Less than 2g per 100g	Less than 360mg per 100g	<ul style="list-style-type: none"> • Pre-made Bolognese, carbonara and Napoli pasta sauce • Pre-made butter chicken, honey mustard and Thai curry simmer sauce • Pre-made honey soy, black bean and sweet and sour stir fry sauce Offer 'reduced salt' and 'reduce fat' varieties when available.	
		<div style="background-color: #ff9900; color: white; text-align: center; padding: 5px;">Amber</div>	Products that meet the Amber nutrient criteria.	Less than 15g per 100g	More than 2g per 100g		More than 360mg per 100g
			<div style="background-color: #ff0000; color: white; text-align: center; padding: 5px;">Red</div>	Products that meet the Red nutrient criteria.	More than 15g per 100g		More than 2g per 100g

Sauces, dressing, herbs, spices

Item	Classification			Examples	
			Saturated fat (g)	Salt (mg)	
Gravy and finishing sauces Including powder and liquid varieties.	<div style="background-color: #f4a460; padding: 5px; text-align: center;">Amber</div>	Products that meet the Amber nutrient criteria.	Less than 3g per 100g	Less than 450mg per 100g	<ul style="list-style-type: none"> • Mushroom • Pepper • Onion • Béarnaise • Bechamel • Hollandaise Offer 'reduced salt' and 'reduced fat' varieties when available.
		<div style="background-color: #ff4500; padding: 5px; text-align: center;">Red</div>	Products that meet the Red nutrient criteria.	More than 3g per 100g	
			Saturated fat (g)	Salt (mg)	
Salad dressing	<div style="background-color: #00b050; padding: 5px; text-align: center;">Green</div> <div style="background-color: #f4a460; padding: 5px; text-align: center;">Amber</div> <div style="background-color: #ff4500; padding: 5px; text-align: center;">Red</div>	Products that meet the Green nutrient criteria.	Less than 3g per 100g	Less than 750mg per 100g	<ul style="list-style-type: none"> • Blue cheese • Cream base • Yoghurt base • Vinaigrette • Oil
		Products that meet the Amber nutrient criteria.	3g to 5g per 100g	More than 750mg per 100g	
		Products that meet the Red nutrient criteria.	More than 5g per 100g	More than 750mg per 100g	

Sauces, dressing, herbs, spices

Item	Classification		Examples
Herbs	Green	Fresh and dried herbs.	
	Amber	Pre-made herb pastes that contain added salt.	
Garlic, ginger and citrus	Green	Fresh and minced varieties.	<ul style="list-style-type: none"> • Garlic • Ginger • Citrus
Peppercorn and other spices	Green	All varieties.	
Salt	Red	Salt is a Red ingredient and is not recommended, however if a small amount is added to a recipe it will not change the classification of the meal.	
Sugar	Red	Sugar is a Red ingredient. If it is added to a recipe, it will change the classification of the meal to Red.	

Drinks–cold

Drinks–cold

Item	Classification		Examples
Cold milk drinks made on site		Refer to Mixed drinks	<ul style="list-style-type: none"> • Iced coffee • Iced chocolate • Iced mocha • Frappe
Commercial flavoured milks Dairy and dairy-free (soy, nut, oat, rice, coconut).	Green	Products must not contain any added cream, ice-cream or confectionery. Dairy-free milks that have calcium as an added ingredient. Maximum serve size 300mL	<ul style="list-style-type: none"> • Commercial flavoured milks (e.g. chocolate, strawberry, banana) • Commercial iced coffee flavoured milks • Breakfast milk drinks
	Amber	Products must not contain any added cream, ice-cream or confectionery. Dairy-free milks that do not have calcium as an added ingredient. Serve sizes of between 300mL – 500mL	
	Red	All products that contain any added cream, ice-cream or confectionery. Serve size greater than 500mL	

Drinks–cold

Item	Classification		Examples
<p>Commercial iced coffee, without milk</p> <p>For commercial iced coffee milks, refer to <i>Flavoured milk drinks</i>.</p>	Green	Products containing no added sugar or added intense sweetener.	<ul style="list-style-type: none"> • Cold brew • Iced black coffee products
	Amber	Products containing added intense sweeteners.	
	Red	Products containing added sugar.	
<p>Energy drinks</p> <p>Including 'diet', 'low joule' and 'sugar free' varieties.</p>	Red	All energy drinks including those with added sugar and intense sweeteners are Red.	
<p>Fermented drinks</p>	Red	All fermented drinks including those with added sugar and/or containing added intense sweeteners in any stage of the fermentation process are Red.	<ul style="list-style-type: none"> • Kombucha
<p>Iced tea</p>	Amber	<p>Drinks with no added sugar BUT containing added intense sweetener are Amber (e.g. 'diet', 'low joule', 'no sugar', 'sugar free' or 'low sugar' drinks).</p> <p>Maximum serve size 600mL, products greater than this size are Red.</p>	<ul style="list-style-type: none"> • Iced tea
	Red	<p>All products with added sugar are Red.</p> <p>Any products in serve sizes greater than 600mL are Red.</p>	

Drinks–cold

Item	Classification		Examples
<p>Juice, 96–100%</p> <p>Including fruit and/or vegetable juice.</p> <p>Including freshly made juice.</p>	<p>Green</p> <p>Amber</p> <p>Red</p>	<p>All 96–100% vegetable juices with no added sugar are Green (no maximum serve size).</p>	
		<p>96–100% fruit, or mixed fruit and vegetable juices with no added sugar are Amber if they are within the maximum serve size of 300mL</p> <p>All products containing added intense sweetener are Amber.</p> <p>Maximum serve size of all products is 300mL</p>	
		<p>96–100% fruit, or mixed fruit and vegetable juices with no added sugar are Red if they exceed the maximum serve size of greater than 300mL</p> <p>All drinks with added sugar are Red.</p> <p>Serve size greater than 300mL</p>	
<p>Juice, less than 96%</p> <p>Including fruit and/or vegetable juice.</p>	<p>Amber</p> <p>Red</p>	<p>Products with less than 96% vegetable juice with no added sugar are Amber</p>	
		<p>All products with less than 96% fruit or mixed fruit and vegetable juice are Red.</p>	

Drinks–cold

Item	Classification		Examples
Smoothies, milkshakes and iced drinks prepared on site		Refer to Mixed drinks	
Meal replacement drinks		Not included in the scope of the Policy. These products should not be classified.	
Sugar sweetened and intensely sweetened drinks	Amber	Drinks with no added sugar BUT containing added intense sweetener are Amber. Maximum serve size 600mL, products greater than this size are Red.	<ul style="list-style-type: none"> • Carbonated soft drinks (e.g. cola, lemonade) • Iced slushies e.g. frozen cola • Sports drinks • Ginger beer • 'Diet' or 'low joule' drinks • 'Sugar-free' or 'no sugar' drinks <p>See also, Iced tea</p>
	Red	All products with added sugar are Red. Serve sizes greater than 600mL are Red.	

Drinks–cold

Item	Classification		Examples
<p>Water, flavoured</p> <p>Including coconut water.</p>	Green	<p>Products with natural flavouring (e.g. fruit).</p> <p>Products with no added sugar or intense sweetener.</p>	<ul style="list-style-type: none"> • Water with added cordial • Fruit flavours (e.g. lemon, lime, berry) • Coconut water • Carbonated varieties
	Amber	<p>Products with no added sugar, BUT with added intense sweetener are Amber.</p> <p>Maximum serve size 600mL, any products greater than this serve size are Red.</p>	
	Red	<p>All products with added sugar are Red.</p> <p>All Amber products with serve sizes greater than 600mL are Red.</p>	
<p>Water, unflavoured</p>	Green	<p>All varieties without added flavour.</p>	<ul style="list-style-type: none"> • Tap • Bottled • Carbonated

Drinks–hot

Drinks–hot

Item	Classification		Examples
<p>Coffee</p> <p>Including caffeinated and decaffeinated varieties.</p>	<p>Green</p>	<p>Black coffee without milk</p> <p>Coffee made with milk that is classified as Green. Maximum serve size is less than 400mL.</p>	<ul style="list-style-type: none"> • Barista brewed (e.g. flat white, cappuccino, latte) • Instant powder • Coffee pods • Coffee bags
		<p>Amber</p>	
	<p>Red</p>	<p>Coffee made with milk that is classified as Red, or prepared with added cream or flavouring syrups/toppings; and sweetened coffee sachets (with added sugar or intense sweetener).</p>	
<p>Hot flavoured milk drinks made on site</p> <p>Including drinks flavoured with powders containing added sugar.</p>	<p>Green</p>	<p>Hot drinks made with milk that is classified as Green; AND made with no added cream, ice cream or confectionery (e.g. chocolate flavoured syrups or toppings).</p> <p>Maximum serve size is 300mL, products greater than this will be Amber or Red.</p>	<ul style="list-style-type: none"> • Hot chocolate • Chai latte/chai tea • Mocha • Malt drinks
	<p>Amber</p>	<p>Hot drinks made with milk that is classified as Amber; AND made with no added cream, ice cream or confectionery (e.g. chocolate flavoured syrups or toppings).</p> <p>Serve sizes of 300mL to 500mL, products greater than this will be Red.</p>	
	<p>Red</p>	<p>Hot drinks made with added cream, whipped cream, ice cream or confectionery (e.g. chocolate flavoured syrups or toppings).</p> <p>Serve sizes greater than 500mL</p>	

Drinks–hot

Item	Classification		Examples
Tea Including caffeinated, decaffeinated and herbal varieties.	Green	All tea made with milk that is classified as Green	<ul style="list-style-type: none"> • Loose leaf teas • Tea bags
	Amber	Tea made with milk that is classified as Amber.	
	Red	Tea made with milk that is classified as Red, or prepared with added cream.	

Ready-to-eat foods (commercial)

Ready-to-eat foods (commercial)

When preparing all food and drink items refer to *section 1-cooking and allowances*.

Item	Classification				Examples	
				Healthy Options Nutrient Criteria		
			Energy (kJ)	Saturated fat (g)	Salt (mg)	
Commercial ready-to-eat hot meals	Green	Products that meet the Green nutrient criteria.	Less than 750kJ per 100g	Less than 3.5g per 100g	400mg per 100g or less	<ul style="list-style-type: none"> • Pasta, noodle, rice and grain meals • Pre-made stir fry and curries • Meat, fish, poultry and seafood meals • Pre-made frittata (without pastry)
	Amber	Products that meet the Amber nutrient criteria.	Less than 1000kJ per 100g	3.5 to 5g per 100g	More than 400mg per 100g	
	Red	Products that meet the Red nutrient criteria.	More than 1000kJ per 100g	More than 5g per 100g	More than 400mg per 100g	
			Energy (kJ)	Saturated fat (g)	Salt (mg)	
Commercial ready-to-eat salads	Green	Products that meet the Green nutrient criteria.	Less than 750kJ per 100g	Less than 3.5g per 100g	400mg per 100g or less	<ul style="list-style-type: none"> • Pasta, rice, quinoa, cous cous, noodles • Potato salads or coleslaw • Legumes • Cheese • Tuna and beans • Tuna and grains.
	Amber	Products that meet the Amber nutrient criteria.	750g to 1000kJ per 100g	3.5g to 5g per 100g	More than 400mg per 100g	
	Red	Products that meet the Red nutrient criteria.	More than 1000kJ per 100g	More than 5g per 100g	More than 400mg per 100g	

Ready-to-eat foods (commercial)

Item	Classification				Examples	
			Saturated fat (g)	Salt (mg)		
Commercial ready-to-eat soups	Green	Products that meet the Green nutrient criteria.	Less than 2g per 100g	Less than 300mg per 100g	<ul style="list-style-type: none"> • Canned • Packaged • Instant powder 	
	Amber	Products that meet the Amber nutrient criteria.	2g to 5g per 100g	300mg to 400mg per 100g		
	Red	Products that meet the Red nutrient criteria.	More than 5g per 100g	More than 400mg per 100g		
Energy (kg) Saturated fat (g) Salt (mg)						
Commercial pizza Including calzones, pizza pockets, slices and whole.	Green	Products that meet the Green nutrient criteria.	Less than 750kJ per 100g	Less than 3.5g per 100g	400mg per 100g or less	<ul style="list-style-type: none"> • Pre-made fresh and frozen • Single serve varieties
	Amber	Products that meet the Amber nutrient criteria.	Less than 1000kJ per 100g	3.5 to 5g per 100g	More than 400mg per 100g	
	Red	Products that meet the Red nutrient criteria.	More than 1000kJ per 100g	More than 5g per 100g	More than 400mg per 100g	

Ready-to-eat foods (commercial)

Item	Classification				Examples		
			Energy (kJ)	Saturated fat (g)	Salt (mg)		
<p>Commercial savoury pastry foods</p> <p>For savoury pastry foods made from fresh, refer to <i>Grains</i></p>	<p>Amber</p>	<p>Products that meet the Amber nutrient criteria.</p> <p>Refer to cooking methods and allowances</p>	<p>Less than 1000kJ per 100g</p>	<p>Less than 5g per 100g</p>	<p>More than 400mg per 100g</p>	<p>Including, but not limited to:</p> <ul style="list-style-type: none"> • Quiche • Savoury tart • Pies • Pasties • Sausage rolls • Pastry triangles e.g. cheese and spinach • Samosas • Curry puffs • Spring rolls • Chiko rolls • Dim sims 	
		<p>Red</p>	<p>Products that meet the Red nutrient criteria.</p> <p>Refer to cooking methods and allowances.</p>	<p>More than 1000kJ per 100g</p>	<p>More than 5g per 100g</p>		<p>More than 400mg per 100g</p>
			Healthy Options Nutrient Criteria				
			Energy (kJ)	Saturated fat (g)	Salt (mg)		
<p>Commercial dumplings</p>	<p>Green</p>	<p>Products that meet the Green nutrient criteria.</p> <p>Refer to cooking methods and allowances.</p>	<p>Less than 750kJ per 100g</p>	<p>Less than 3g per 100g</p>	<p>Less than 400mg per 100g</p>	<ul style="list-style-type: none"> • Ravioli • Tortellini • Gnocchi (all varieties) • Dumplings/wonton/gyoza 	
		<p>Amber</p>	<p>Products that meet the Amber nutrient criteria.</p> <p>Refer to cooking methods and allowances.</p>	<p>750kJ to 1000kJ per 100g</p>	<p>3g to 5g per 100g</p>		<p>Less than 400mg per 100g</p>
		<p>Red</p>	<p>Products that meet the Red nutrient criteria.</p> <p>Refer to cooking methods and allowances.</p>	<p>More than 1000kJ per 100g</p>	<p>More than 5g per 100g</p>		<p>More than 400mg per 100g</p>

Ready-to-eat foods (commercial)

Item	Classification		Examples	
Sushi and rice paper rolls	<p>Green</p>	<p>Products containing Green items as ingredients (e.g. vegetables, lean meats or seafood with no crumbing).</p> <p>Fried tofu is considered a Green ingredient for ready-to-eat meals such as sushi and rice paper rolls.</p> <p>Dipping sauce served with rice paper rolls is Green.</p>	<ul style="list-style-type: none"> • Sushi • Nori • Rice paper rolls 	
		<p>Amber</p>		<p>Products containing Amber ingredients (e.g. crumbed or coated meats or seafood).</p>
		<p>Red</p>		<p>Products containing Red ingredients (e.g. deep fried katsu chicken).</p>

Snacks–savoury

When preparing all food and drink items refer to *section 1–cooking and allowances*.

Item	Classification			Healthy Options Nutrient Criteria		Examples
				Saturated fat (g)	Salt (mg)	
Crackers and crispbread	Green	Products that meet the Green nutrient criteria.		Less than 3g per 100g	Less than 120mg per 100g	<ul style="list-style-type: none"> • Flavoured and unflavoured crackers rice cakes and corn thins and other grains • Multigrain crackers and crispbread • Products containing dried fruit, and nuts/seeds. Offer wholemeal, wholegrain and high fibre varieties when available.
	Amber	Products that meet the Amber nutrient criteria.		3 to 5g per 100g	Less than 400mg per 100g	
	Red	Products that meet the Red nutrient criteria.		More than 5g per 100g	More than 400mg per 100g	
Chips and savoury biscuits For hot chips, refer to <i>vegetables and legumes</i> .	Green	Products that meet the Green nutrient criteria.		Less than 3g per 100g	Less than 120mg per 100g	<ul style="list-style-type: none"> • Potato • Fruit and vegetables (e.g. apple and beetroot) chips • Grains (e.g. wheat, corn and rice) • Savoury and flavoured (e.g. cheese, barbeque, salt and vinegar) • Legume chips (e.g. chickpea, lentil, bean) • Seaweed chips • Coconut chips
	Amber	Products that meet the Amber nutrient criteria.		3 to 5g per 100g	Less than 400mg per 100g	
	Red	Products that meet the Red nutrient criteria.		More than 5g per 100g	More than 400mg per 100g	

Snacks–savoury

Item	Classification				Examples	
			Sugar (g)	Saturated fat (g)	Salt (mg)	
Popcorn and legume snacks Including roasted and deep fried snacks. Including sweet flavoured popcorn and legume snacks.	Green	Products that meet the Green nutrient criteria.	Less than 20g per 100g	Less than 3g per 100g	Less than 120mg per 100g	<ul style="list-style-type: none"> • Popcorn • Chickpeas • Fava beans • Broad beans • Peas
	Amber	Products that meet the Amber nutrient criteria.	Less than 20g per 100g	3 to 5g per 100g	Less than 400mg per 100g	
	Red	Products that meet the Red nutrient criteria. Products containing confectionery (e.g. chocolate, coconut or caramel).	More than 20g per 100g	More than 5g per 100g	More than 400mg per 100g	
				Saturated fat (g)	Salt (mg)	
Tuna (and other fish) and crackers	Green	Products that meet the Green nutrient criteria.		Less than 3.5g per 100g	Less than 400mg per 100g	<ul style="list-style-type: none"> • Snack packs • Lunch kits
	Amber	Products that meet the Amber nutrient criteria.		3.5g to 5g per 100g	More than 400mg per 100g	
	Red	Products that meet the Red nutrient criteria.		More than 5g per 100g	More than 400mg per 100g	

Snacks–savoury

Item	Classification			Examples	
			Saturated fat (g)		Salt (mg)
Dip and crackers	Green	Products that meet the Green nutrient criteria.	Less than 3.5g per 100g	Less than 400mg per 100g	<ul style="list-style-type: none"> • Legumes (hummus) • Vegetables (salsa) • Avocado • Yoghurt • Cheese
	Amber	Products that meet the Amber nutrient criteria.	3.5g to 5g per 100g	More than 400mg per 100g	
	Red	Products that meet the Red nutrient criteria.	More than 5g per 100g	More than 400mg per 100g	
Cheese and crackers	Green	All products that contain only cheese and crackers (no additional foods) are Green.			
Excluding cheese dips and soft cheese.					
Savoury muffins and scones	Amber	Products that contain vegetables and/or cheese and/or nuts/seeds AND do not contain any Red ingredients.			<ul style="list-style-type: none"> • Zucchini and corn • Pumpkin, spinach and feta • Plain or savoury scone <p>Offer wholegrain and wholemeal varieties when available</p>
	Red	<p>For items made from a recipe on-site, refer to the <i>Ingredients method</i>.</p> <p>Products containing any Red ingredients (e.g. bacon, chorizo or ham) AND any products served in sizes greater than 60g</p> <p>For products served with toppings or spreads, refer to the allowances.</p>	<p>Maximum serve size 60g</p> <p>For products served with toppings or spreads, refer to the allowances.</p>		

Snacks–sweet

When preparing all food and drink items refer to *section 1–cooking and allowances*.

Item	Classification			Healthy Options Nutrient Criteria		Examples
				Sugar (g)	Saturated fat (g)	
Snack bars, energy and protein bars/products, bliss balls	Green	Products that meet the Green nutrient criteria		Less than 20g per 100g	Less than 3.5g per 100g	<ul style="list-style-type: none"> • Baked bars • Raw products • Bliss balls • Products containing grains, cereals, fruits, nuts, seeds or yoghurt • Chia seed pods/puddings • Muesli bars
	Amber	Products that meet the Amber nutrient criteria.		Less than 20g per 100g	3.5g to 5g per 100g	
	Red	Products that meet the Red nutrient criteria. Products containing confectionery (e.g. yoghurt or chocolate coating).		More than 20g per 100g	More than 5g per 100g	
Sweet biscuits and cookies	Red	Plain, iced, coated, or filled products or those containing confectionery.				

Snacks—sweet

Item	Classification			Examples	
<p>Commercial cakes, sweet pastries and other desserts</p> <p>For items made from a recipe on-site, refer to the <i>Ingredients method</i>.</p>	Red	<p>Plain, iced, coated (including crumble) or filled products or those containing confectionery.</p> <p>All deep fried products.</p>	<ul style="list-style-type: none"> • Cakes • Portioned desserts (e.g. mousse, pannacotta, crème brulee) • Donuts • Puddings • Sweet scrolls • Slices • Sweet pastries • Sweet pies • Tarts 		
			Sugar (g)	Total fat (g)	
<p>Dairy desserts, ice cream and frozen yoghurt</p> <p>Dairy based varieties only.</p>	Amber	<p>Products that meet the Amber nutrient criteria.</p>	<p>Less than 15g per 100g</p>	<p>Less than 2g per 100g</p>	<ul style="list-style-type: none"> • Custard (pre-made and powder) • Creamed rice • Ice cream • Frozen yoghurt
	Red	<p>Products that meet the Red nutrient criteria.</p> <p>All products containing confectionery (e.g. chocolate, caramel).</p>	<p>More than 15g per 100g</p>	<p>More than 2g per 100g</p>	

Snacks–sweet

Item	Classification		Examples
<p>Banana bread, sweet muffins and scones</p> <p>For plain scones, refer to <i>Premade savoury muffins and scones</i>.</p> <p>For items made from a recipe on-site, refer to the <i>Ingredients method</i>.</p>	<p>Amber</p>	<p>Products that contain fruit and/or vegetables AND do not contain confectionery.</p> <p>Maximum serve size 60g</p> <p>For products served with toppings or spreads, refer to the allowances.</p>	<ul style="list-style-type: none"> • Apple and cinnamon • Mixed berry and oat • Banana, blueberry and walnut • Scones containing dried fruit <p>Offer wholegrain, wholemeal varieties when available.</p>
	<p>Red</p>	<p>Products that contain confectionery (including crumble) OR any products served in sizes greater than 60g</p> <p>For products served with toppings or spreads, refer to the allowances.</p>	<ul style="list-style-type: none"> • Fruit and chocolate • Caramel • Chocolate chip
<p>Dairy-free ice cream, gelato, sorbet, ice blocks and frozen yoghurt</p>	<p>Red</p>	<p>These products are Red as they are high in sugar and do not contain the nutritional benefits of dairy equivalents.</p>	<ul style="list-style-type: none"> • Fruit and water based iced confections • Gelato (dairy-free) • Sorbet (dairy-free) • Frozen yoghurt (dairy-free) • Ice-cream (dairy-free)

Snacks—sweet

Item	Classification	Examples
<p>Chocolate, confectionery and other sweet snacks</p> <p>Including sugar free products.</p>	<p style="text-align: center;">Red</p> <ul style="list-style-type: none"> • Butterscotch • Caramel • Carob • Chocolate bars • Chocolate chips, bits and buttons • Chocolate coatings • Chocolate compound • Chocolate (including sugar free chocolate) • Coconut • Crystallised or glazed ginger • Flavouring syrups or toppings (such as coffee, chocolate, caramel, mint, strawberry) • Fudge • Icings • Jelly • Liquorice • Lollies (hard and soft) • Marshmallow • Mints (no dietary/therapeutic benefit) • Nougat • Nut brittle/praline • Sprinkles • Toffee • Yoghurt flavoured coating 	
<p>Medicated cough lollies/lozenges</p>	<p>Not included in the scope of the Policy. These products should not be classified.</p>	
<p>Chewing gum</p>	<p>Not included in the scope of the Policy. These products should not be classified.</p>	

Snacks—sweet

Item	Classification		Examples
<p>Drink powders</p> <p>For drink powders used to flavour hot milk drinks including coffee, refer to <i>Drinks—hot</i>.</p>	Green	<p>Powders containing no added sugar, saturated fat or intense sweetener (e.g. cocoa or cacao powder) are Green.</p>	<ul style="list-style-type: none"> • Cocoa/cacao powders • Malt powders • Intensely sweetened sugar-free powders • Flavoured drinking powders (e.g. chocolate, strawberry, vanilla, caramel, chai).
<p>For flavoured syrups or toppings, refer to <i>Snacks—sweet</i>.</p> <p>For drink powders used to flavour cold milk drinks, refer to <i>Mixed drinks</i>.</p>	Red	<p>All drink powders containing added sugar, saturated fat or intense sweetener that are sold separately (as a standalone item) are Red.</p>	

Section 3: Using the ingredients method to classify a mixed meal

[The Ingredients method](#)

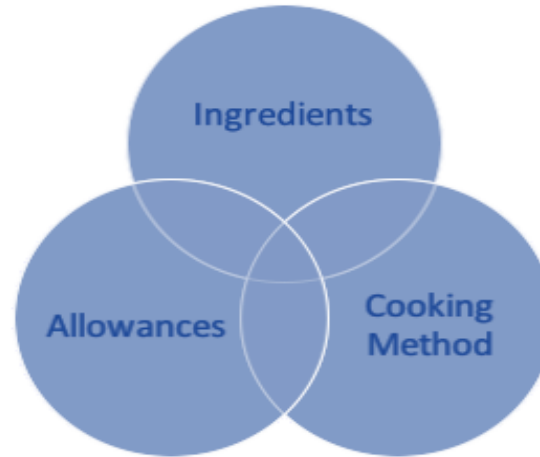
[Mixed meals–cold](#)

[Mixed meals–hot](#)

[Mixed drinks](#)

Classifying a mixed meal

The Ingredients Method



What is it?

The ingredients method is a method of classifying a meal that is freshly prepared, and contains multiple ingredients. This method will mostly be used by retail outlets, for hot and cold meals prepared on-site such as curries, stir-fries, burgers, sandwiches, wraps, rolls, muffins or salads. The ingredients method is also used when drinks are made from multiple ingredients such as smoothies or milkshakes.

How to use it?

The ingredients method simply refers to classifying all ingredients of the meal/drink separately, in order to classify the final product.

What about the allowances?

The allowances are useful in the ingredients method as they allow some Amber or Red ingredients to be used as part of a Green meal or drink. However they need to be used in the allowed amounts in order for the meal or drink to remain Green or Amber (see examples).

What about cooking methods?

Cooking and preparation methods are important to ensure that your Green or Amber meal stays Green or Amber. If any Red cooking methods are used for Green or Amber meals, the meal will become Red.

The Ingredients method

When will a mixed meal be classified Green ?	Examples
<p>It is only Green when</p> <ol style="list-style-type: none"> 1. All ingredients are Green; AND 2. Any Amber or Red ingredients are used within the allowances; AND 3. Green cooking methods are used. 	<ul style="list-style-type: none"> • Stir fry with Green vegetables and rice, and made with Amber soy sauce within the allowance. • Sandwich with Green fillings, and with a thin spread of mayonnaise within the allowance. • Smoothie made with Green ingredients, and with a small amount of honey within the allowance.
When will a mixed meal be classified Amber ?	
<p>If the recipe or meal has any of the following things:</p> <ol style="list-style-type: none"> 1. It contains any Amber ingredients; OR 2. Certain Amber and Red ingredients are used within the allowances; AND 3. Green cooking methods are used. 	<ul style="list-style-type: none"> • Stir fry with Green vegetables and rice, but made with Amber sauce. • Sandwich with Amber crumbed chicken schnitzel, or with a thick dollop of mayonnaise outside of the allowance. • Smoothie made with Green fruit and milk, but with Amber ice cream added.
When will a mixed meal be classified as Red ?	
<p>If the recipe or meal has any of the following things:</p> <ol style="list-style-type: none"> 1. It contains any Red ingredients; OR 2. Red ingredients are used in amounts that are more than the allowance; OR 3. Red cooking methods are used. 	<ul style="list-style-type: none"> • Stir fry with Green vegetables and rice, but cooked with coconut oil. • Sandwich with mostly Green fillings, but containing bacon. • Smoothie made with Green fruit and milk, but with added coconut cream.

Mixed meals–cold

Mixed cold meals will differ between retail outlets. The following tables provide examples of how to use the steps to prepare a meal that is Green, and when the meal will become Amber or Red.

This table applies to any cold mixed meals that are prepared from fresh and are not commercially prepared, pre-packaged meals.

When preparing all food and drink items refer to *section 1–cooking and allowances*.

Examples of 'Mixed cold meals' include:

- Sandwiches
- Wraps
- Rolls
- Salads
- Rice paper rolls

Item	Classification	
<p>Mixed cold meals</p>	<p>Green</p>	<p>1. Green ingredients must be used:</p> <p>Bread/grains</p> <ul style="list-style-type: none"> • Sliced bread • Bread rolls • Wraps • Cous-cous • Quinoa • Rice • Pasta <p>Vegetables</p> <ul style="list-style-type: none"> • Raw salad vegetables • Cooked vegetables with oil allowance and Green cooking methods <p>Meat and alternatives</p> <ul style="list-style-type: none"> • Lean roast meat • Skinless chicken/turkey (unprocessed) • Tinned tuna or salmon • Tofu • Egg or curried egg • Falafel • Cheese • Unsalted nuts or seeds • Chickpeas, lentils or other types of legumes <p>Condiments/dips/spreads</p> <ul style="list-style-type: none"> • Hummus • Pesto • Mayonnaise (used within the allowance) <p>Salad dressings</p> <ul style="list-style-type: none"> • Dressings that meet the Green nutrient criteria <p>2. Amber and Red items must be used within the allowances.</p> <p>3. Green cooking methods must be used for all ingredients.</p>

Mixed meals–cold

Item	Classification	
<p>Mixed cold meals</p>	<p>Amber</p>	<p>1. If any other ingredient is Amber (besides the "allowed" ones):</p> <p>Vegetables</p> <ul style="list-style-type: none"> • Vegetables cooked in oil that is above the allowance. • Pickled/fermented vegetables (Amber nutrient criteria). <p>Meat and alternatives</p> <ul style="list-style-type: none"> • Deli-style processed chicken or turkey • Crumbed meat, poultry or fish • Commercial burger patty (Amber criteria) • Smoked salmon • Salted nuts or seeds <p>Condiments/dips/spreads</p> <ul style="list-style-type: none"> • Mayonnaise (used above the allowance) <p>Salad dressing</p> <ul style="list-style-type: none"> • Dressings that meet the Amber nutrient criteria <p>2. If Amber items are not used within the allowances</p> <p>3. If Green cooking methods are not used.</p>
<p>Mixed cold meals</p>	<p>Red</p>	<p>1. If any other ingredient is Red (besides the "allowed" ones):</p> <p>Bread/grains</p> <ul style="list-style-type: none"> • Brioche • Croissant <p>Vegetables</p> <ul style="list-style-type: none"> • Vegetables cooked in saturated fat (e.g. coconut oil or butter) <p>Meat and alternatives</p> <ul style="list-style-type: none"> • Ham • Bacon • Salami <p>Condiments/dips/spreads</p> <ul style="list-style-type: none"> • Mayonnaise (used above the allowance) • Butter (used above the allowance) • Sour cream <p>Salad dressings</p> <ul style="list-style-type: none"> • Dressings that meet the Red nutrient criteria <p>2. If Red items are not used within the allowances</p> <p>3. If Red cooking methods are used.</p>

Mixed meals–hot

Mixed meals–hot

Mixed hot meals will differ between retail outlets. The following table provides examples of how to use the steps to prepare a meal that is Green, and when the meal will become Amber or Red. This table applies to any hot meals that are prepared from fresh and are not commercially prepared, pre-packaged meals.

When preparing all food and drink items refer to *section 1–cooking and allowances*.

Examples of various hot meals include:

- Stir fry
- Pasta
- Roast meat
- Pizza
- Rice
- Frittata
- Curry
- Soup
- Burgers
- Noodles
- Toasted Sandwiches

Item	Classification	
<p>Various hot mixed meals</p>	<p>Green</p>	<p>1. Green ingredients must be used:</p> <p>Breads/grains</p> <ul style="list-style-type: none"> • Cous cous • Quinoa • Rice • Pasta • Noodles • Pizza base <p>Vegetables</p> <ul style="list-style-type: none"> • All vegetables raw and cooked using the oil allowances and Green cooking methods. <p>Meat and alternatives</p> <ul style="list-style-type: none"> • Mince meat • Lean fillets beef or pork with fat removed • Burger patty made from lean mince • Skinless chicken/turkey (unprocessed) • Fresh or frozen fish • Tofu • Tinned tuna or salmon • Cheese • Chickpeas, lentils or other types of legumes <p>Sauces/marinades/stocks</p> <ul style="list-style-type: none"> • Amber/Red products used within the allowances • All other products must meet the Green nutrient criteria <p>2. Amber and Red items must be used within the allowances.</p> <p>3. Green cooking methods must be used for all ingredients</p>

Mixed meals–hot

Item	Classification	
<p>Various hot mixed meals</p>	<p>Amber</p>	<p>1. If any other ingredient is Amber (besides the "allowed" ones):</p> <p>Breads/grains</p> <ul style="list-style-type: none"> • Flavoured focaccia • Croutons <p>Vegetables</p> <ul style="list-style-type: none"> • Any vegetables cooked using more than the allowances. <p>Meat and alternatives</p> <ul style="list-style-type: none"> • Chicken schnitzel (Amber nutrient criteria) • Processed chicken and turkey • Crumbed fish or seafood (Amber nutrient criteria) • Chicken with skin on • Meat with visible fat, sinew or marbling. • Baked hot chips (that meet the Amber nutrient criteria) • Coconut milk/powder (that meets the Amber nutrient criteria) <p>Sauces/marinades/stocks/gravy</p> <ul style="list-style-type: none"> • Amber/Red products used within the allowances • All other products must meet the Amber (or Green) nutrient criteria <p>2. If Amber items are not used within the allowances</p> <p>3. If Green cooking methods are not used</p>
<p>Various hot mixed meals</p>	<p>Red</p>	<p>1. If any other ingredient is Red (besides the "allowed" ones):</p> <p>Bread/grains</p> <ul style="list-style-type: none"> • Brioche <p>Vegetables</p> <ul style="list-style-type: none"> • Vegetables cooked in saturated fat (e.g. coconut oil or butter) <p>Meat and alternatives</p> <ul style="list-style-type: none"> • Ham • Bacon • Salami • Chorizo • Sausages or burger patties (that meet the Red nutrient criteria) • Deep fried hot chips • Coconut cream • Sour cream • Cream <p>Sauces/marinades/stocks/gravy</p> <ul style="list-style-type: none"> • Amber/Red products used within the allowances • All other products must meet the Amber (or Green) nutrient criteria <p>2. If Red items are not used within the allowances</p> <p>3. If Red cooking methods are used</p>

Mixed drinks

Mixed drinks

Many drinks are packaged; however, some retail outlets offer drinks made on site such as smoothies, iced coffees and milkshakes. For freshly squeezed juices, refer to the Drinks category. These drinks are classified using the ingredients method, meaning that each ingredient used in the drink is classified individually. Allowances are applied to determine the overall classification.

The following table provides examples of how these drinks can be classified.

When preparing all food and drink items refer to *section 1–cooking and allowances* .

Item	Classification	
<p>Smoothies and milkshakes, iced coffees/chocolate/ mocha or frappe</p> <p>Including milk drinks flavoured with powders containing added sugar.</p>	Green	<p>All of the following must be met for a drink to be Green:</p> <p>1. Green ingredients</p> <p>Examples:</p> <ul style="list-style-type: none"> • Plain milk and milk alternatives (unsweetened nut and soy milks) • Unsalted nuts and/or seeds • Yoghurt • Fresh or frozen fruit (banana/berries/mango) • Coffee <p>2. Allowances used for Amber and Red ingredients</p> <p>3. Maximum serve size 300mL</p>
	Amber	<p>If any of the following are met, the drink will be Amber:</p> <p>1. If any other ingredient is Amber (besides the "allowed" ones)</p> <p>Examples:</p> <ul style="list-style-type: none"> • Ice cream (that meets the Amber nutrient criteria) • Canned coconut milk (that meets the Amber nutrient criteria) <p>2. If Amber ingredients are not used within the allowance</p>
	Red	<p>If any of the following are met, the drink will be Red:</p> <p>1. If any other ingredient is Red (besides the "allowed" ones)</p> <p>Examples:</p> <ul style="list-style-type: none"> • Ice cream (that meets the Red nutrient criteria) • Cream • Canned coconut milk or cream (that meets the Red nutrient criteria) • Chocolate, caramel or other confectionery toppings/syrups <p>2. If Red ingredients are not used within the allowance</p> <p>3. If serve sizes are greater than 500mL</p>

Appendix 1 How to read a Nutrition Information Panel

Reading a Nutrition Information Panel (NIP)

Reading food labels can sometimes be confusing, there is so much information it can be hard to know what you need to look out for. Understanding how to read a food label will help you to interpret the Healthy Options Nutrient Criteria. Food labels are required on most packaged food and drink food products by law, except for fresh fruit and vegetables, some breads, fresh meat, fish and poultry. Food labels provide nutritional information of the food, ingredients and storage instructions. NIPs are a part of the food label. They provide information on the type and quantity of nutrients in the food, displayed in a table and an ingredients list.

Where do I find the NIP?

You will find the NIP of a product on the back of the packet, in a table called 'Nutrition Information'. We have provided an example below of which nutrients to look at to assist with classifying your item.

Which nutrients do I need to look at?

When you are purchasing pre-packaged food for your Healthy Options retail outlet, vending machine or ward trolley there are key nutrients that you need to look out for.

Nutrient	Description
Energy	Energy is listed as kilojoules, and commonly abbreviated to 'kJ'. Fats, proteins and carbohydrates all provide the body with energy to function properly. The NIP will tell you how much energy (kJ) is in a product; you can compare this to the given nutrient criteria
Intense sweetener	<p>The ingredients list on the NIP will tell you if an intense sweetener is added to a product. The Commonly Supplied Food and Drinks (section 2) will require you to sometimes check if products have added intense sweetener. This can be done by checking the ingredients list.</p> <p>A list of common intense sweeteners can be found in the glossary at the beginning of this guide.</p>

Appendix 1 How to read a NIP

Nutrient	Description
Salt	<p>Salt is listed as 'sodium' on the NIP. Some salt is found naturally in foods and salt is added to most processed foods. The NIP will tell you how much salt is in a product; you can compare this to the given nutrient criteria.</p> <ul style="list-style-type: none"> • The ingredients list will tell you if salt has been added to the product. The Commonly Supplied Food and Drinks (section 2) will require you to sometimes check if products have added salt. This can be done by checking the ingredients list. • Other common names for salt and sodium that are used in the ingredients list can be found in the glossary at the beginning of this guide. • The Australian Dietary Guidelines recommend limiting foods containing added salt. Look for pre-packaged foods with labels such as 'low salt/sodium', 'salt reduced', and 'no added salt' and avoid adding salt when cooking.
Saturated fat	<p>Saturated fat is a type of fat that naturally occurs in animal products. The Australian Dietary Guidelines recommend limiting foods containing saturated fats as part of a healthy diet. The amount of saturated fat in a pre-packaged product is listed as 'saturated fat' under the 'total fat' heading on the NIP.</p> <ul style="list-style-type: none"> • You will need to compare the 'saturated fat' figure to the Healthy Options Nutrient Criteria provided for some products. • Look for pre-packaged foods with labels such as 'low fat', 'low in saturated fat', 'reduced fat', 'reduced saturated fat', 'no added fat/saturated fat' and 'fat/saturated fat-free'.
Sugar	<p>Sugars occur naturally in many foods and sugar may be added to food and drinks during processing. The Australian Dietary Guidelines recommend limiting foods containing added sugars. The total amount of sugars in a pre-packaged product (natural and added sugars) is listed under the 'Carbohydrate' heading on the NIP. Sometimes you will need to compare this figure to the Healthy Options Nutrient Criteria provided for that product.</p> <ul style="list-style-type: none"> • The Commonly Supplied Food and Drinks (section 2) will sometimes require you to check if products have added sugar. If any type of sugar is in the ingredients list, then the product has added sugar. • Other common names for added sugars used in the ingredients list can be found in the glossary at the beginning of this guide. • Look for pre-packaged foods with labels such as 'reduced sugar', 'low in sugar' and 'no added sugar', 'sugar free' or 'unsweetened'.
Total fat	<p>Total fat is the combined valued of all different types of fats found in foods and drinks, including: saturated and unsaturated (polyunsaturated and monounsaturated) and trans fats. The amount of 'total fat' in a pre-packaged product is listed under the heading of 'total fat' on the NIP.</p> <ul style="list-style-type: none"> • You will need to compare the total fat figure to the Healthy Options Nutrient Criteria provided for some products.