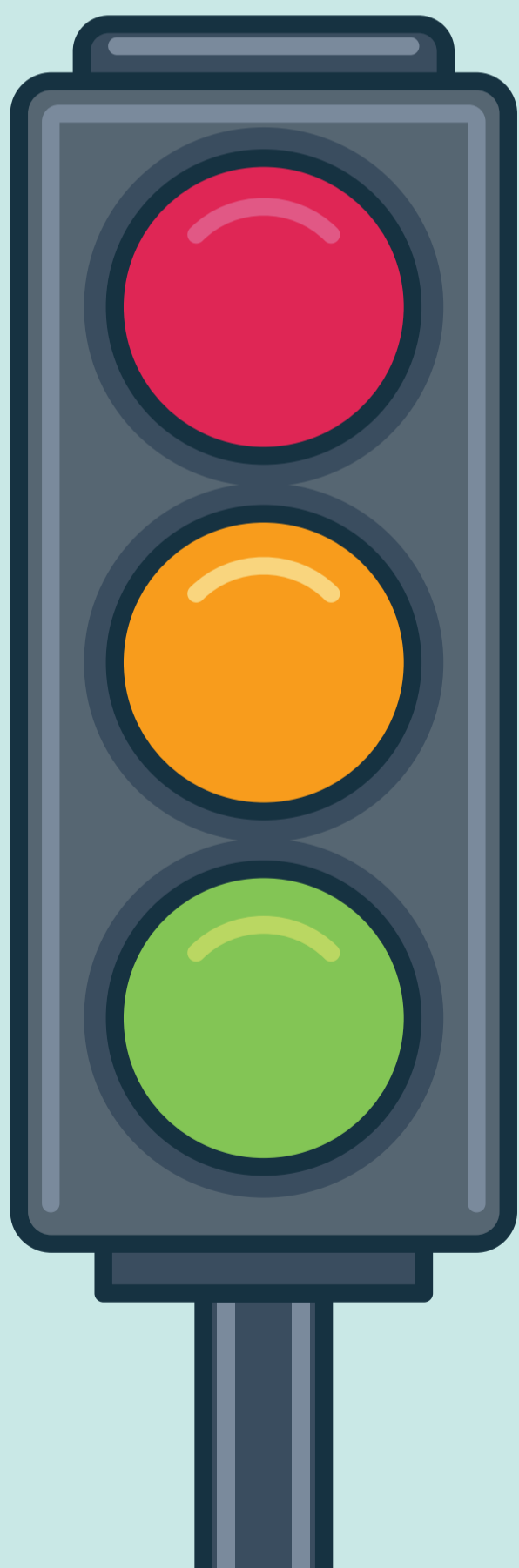




# HEALTHY FOOD HEALTHY KIDS



### **Red – Limit intake (no more than 20% of your intake)**

Foods and drinks in the RED category are not essential. If they are consumed too often, or in large amounts, they can lead to weight gain and chronic diseases.

In general RED choices are:

- high in energy (kilojoules)
- high in saturated fat, added sugar and/or salt
- low in important nutrients such as fibre.

### **Amber – Choose carefully**

AMBER foods and drinks should be selected carefully and should only be eaten in moderation. Although AMBER items may provide some good nutrients they can:

- lead you to take in too much energy (kilojoules)
- contain saturated fat, added sugar and/or salt.

### **Green – Best choices (at least 50% of your intake)**

Foods and drinks in the GREEN category are the healthiest choices. They are usually:

- good sources of important nutrients
- lower in saturated fat, added sugar and/or salt
- lower in energy (kilojoules)
- higher in fibre.



# HEALTHY FOOD. HEALTHY KIDS.

GREEN – best choices	AMBER – choose carefully	RED – limit
Bread	Some savoury breads and crackers	Sugary drinks (e.g. soft drinks, sports drinks)
High fibre breakfast cereals	Some wholemeal muffins or scones with added fruit and vegetables	Confectionery
Reduced fat milk, cheese and yoghurt	Dried fruit	Ice creams and dairy desserts
Lean meat	Fish canned in brine or oil	Biscuits, cakes, slices and sweet pastries
Fish	Salted nuts and seeds	Saturated fats and oils (e.g. butter, cream)
Eggs	Some oven baked potato products	Crisps and chips
Plain nuts and seeds	Regular fat milk, cheese, yoghurt and custard	Pies, sausage rolls
Tofu	Some flavoured milk	Devon, salami, Strasburg
Fruit (fresh, frozen)	99% fruit juice	Sausages, saveloys
Vegetables	Artificially sweetened drinks	
Legumes and beans		
Water		

