

Summary of Nutrient Criteria

Fact Sheet 3

Tables 1 to 4 below list nutrient criteria to define whether a food or drink item falls into the **RED** category. Use these tables along with the Food and Drinks Guide and the product's nutrition information panel to determine whether a food or drink fits into the **RED** category. If a product fails any one of its specified nutrient criteria listed in the tables below, it is considered a **RED** choice.

Nutrient criteria to identify **RED** drinks

Table 1. Sugar-sweetened drinks and ices* (assess per serve and per 100mL)			
Category	Nutrient criteria		
	Energy (kilojoules) per serve	Energy (kilojoules) per 100ml	Sodium (mg) per serve
Soft drinks, flavoured mineral waters, flavoured waters, sports waters, sports drinks, energy drinks, fruit drinks, slushees, ice confection, ice blocks and cordials.	>300kJ	> 50kJ	>100mg

Nutrient criteria to identify **RED** foods

Table 2. Hot food and other meal items* (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 and pies, pizzas, quiches, dim sims, fried rice, instant noodles and oven-baked potato products	>1000kJ	>5g	>400mg	>250g
Crumbed and coated foods, frankfurts and sausages	>1000kJ	>5g	>700mg	>150g
Processed cold luncheon and cured meats	>900kJ	>3g	—	>50g



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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 (g) per serve sold
Commercial, frozen ready to eat meals, mixed hot food or plated dinners	>2500kJ	>2g	>300mg	>900mg	<3g

Table 4. Snack foods* (assess per serve)

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	>600kJ	>3g	—	—

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

*Acknowledgements:

Tables 1 & 2: Adapted from Queensland Health's *A Better Choice – Healthy Food and Drink Supply Strategy* (2007) which was based on the *Fresh Tastes @ School NSW Healthy School Canteen Strategy: Canteen Menu Planning Guide* (2004, revised 2006), NSW Department of Health and NSW Department of Education and Training.

Table 3: Adapted from Queensland Health's *A Better Choice – Healthy Food and Drink Supply Strategy* (2007).

Table 4: Based on *Fresh Tastes @ School NSW Healthy School Canteen Strategy: Canteen Menu Planning Guide* (2004, revised 2006), NSW Department of Health and NSW Department of Education and Training.

For more information

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