

SA Health

Healthy Food and Drink Choices



SA Health
making healthy food and
drink choices easier



Government
of South Australia

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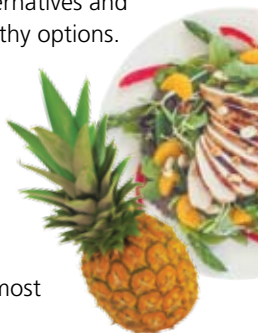
SA Health aims to help all South Australians live healthier, longer and better lives.

One of the ways we're doing this is by making it easier for you and your family to choose healthy food and drinks in cafeterias, kiosks, cafes and vending machines on all SA Health premises.

To encourage healthy eating and improve your health and wellbeing, we're selling more healthy alternatives and stocking only a limited number of unhealthy options.

Food and drink choices at SA Health facilities

We're selling **more** 'healthy' food and drinks – known as **GREEN** category food and drinks – because they offer you the most nutritional value.



We're selling **some** 'less healthy' food and drinks – known as **AMBER** category food and drinks – because they offer you some nutritional value when consumed in moderation.

We're selling **less** 'unhealthy' food and drinks – known as **RED** category food and drinks – because they offer you little nutritional value.



For more information

Health Promotion Branch, SA Health

Telephone: (08) 8226 6329

www.health.sa.gov.au/pehs/health-promotion.htm

Non-English speaking: for information in languages other than English, call the Interpreting and Translating Centre and ask them to call The Department of Health. This service is available at no cost to you. Contact (08) 8226 1990.

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