

# Food and Drinks Guide

This Food and Drinks Guide provides information about foods and drinks commonly supplied through food outlets or as a part of catering and is designed to be used in conjunction with the **RED** nutrient criteria and nutrition standards (see details in the policy). It should be used as the first step in assessing and identifying which foods and drinks can be promoted and which are to be limited under the policy.

Foods and drinks have been classified into three categories according to their nutritional value:

**GREEN** (best choices)

**AMBER** (select carefully)

**RED** (limit).

Foods and drinks listed have been classified into the colour category (or categories) they are **most likely** to fit in.

Different brands of similar food and drink products may fall into different categories due to their ingredients or the cooking techniques used during the manufacturing process.

It is only necessary to check the **RED** nutrient criteria if there is a **RED** dot next to the food or drink item.

The comments column also offers suggestions and tips for greening up a product.

## For more information

In addition to the Food and Drinks Guide, SA Health has developed some fact sheets which along with the Policy Directive are available for download from:

[www.health.sa.gov.au/pehs/health-promotion.htm](http://www.health.sa.gov.au/pehs/health-promotion.htm)


or by telephoning (08) 8226 6329.



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Foods	Likely colour			Comments & serving suggestions
	Green	Amber	Red	
<p><b>Breads and Alternatives contd.</b></p> <ul style="list-style-type: none"> <li>&gt; un-iced fruit, nut and/or vegetable based breads, buns or loaves with jam and cream and/or butter</li> <li>&gt; plain rice and corn cakes, crispbreads, lavash or water crackers</li> <li>&gt; flavoured rice and corn cakes</li> <li>&gt; savoury breads, twists, pull-aparts, and garlic bread</li> </ul>	●	●  ●	●	<p>Avoid these spreads as they have minimal nutritional value and increase the amount of energy (kilojoules) provided.</p> <p>Offer these spreads separately where possible and use sparingly.</p> <p>For a better choice provide poly or monounsaturated margarine, reduced-fat cream cheese, whipped ricotta or vanilla yoghurt instead of cream or butter.</p> <p>Ask for wholegrain options if possible. Rice cakes, crispbreads and crackers can be served with interesting fruit, vegetable or cheese toppings such as:</p> <ul style="list-style-type: none"> <li>&gt; ricotta or cottage cheese with sliced strawberries or peaches</li> <li>&gt; tomato, basil and cheese</li> <li>&gt; cherry tomato, onion and avocado</li> <li>&gt; low-fat or reduced-fat dips such as salsas, tzatziki, hommus, vegetable-based varieties including beetroot or eggplant.</li> </ul> <p>Flavoured varieties may be high in salt and are <b>AMBER</b> choices.</p> <p>These can be high in energy (kilojoules). Offer small to medium serve (40-60g) per person. Provide wholegrain options (if possible) and use reduced-fat cheeses, lean meats instead of salami or bacon and lots of vegetable toppings for an <b>AMBER</b> choice.</p>
				



Foods	Likely colour			Comments & serving suggestions
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Fruit				
> fresh	●			Any fresh fruit in season – whole, sliced, cubed, wedges, or quarters.  Fruit salad with a mixture of interesting fruit served cold is a refreshing, healthy dessert alternative. Serve with a dollop of reduced-fat yoghurt, fromage frais or custard to add interest and variety.  Recommend fruit canned in natural juice, puree (no added sugar) or water with artificial sweetener ( <b>GREEN</b> ) over those in syrup or containing added sugar ( <b>AMBER</b> ).
> frozen	●			
> dried	●			
> canned	●	●		




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Foods	Likely colour			Comments & serving suggestions
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<b>Vegetables</b>				
> fresh	●			Baked potatoes can be cooked in their skins, split and filled with choices of sandwich fillings. They can also be filled with creamed corn, tabouleh, savoury lean mince or baked beans topped with reduced-fat cheese.  Use salt-reduced canned vegetables where possible.
> frozen	●			
> canned	●			
> cooked	●			
> baked potatoes	●			
> corn on the cob	●			
> roasted vegetables	●	●		Use a mixture of vegetables such as pumpkin, sweet potato, parsnips, red onion or corn for variety. Oven bake on trays lined with baking paper or lightly coat with a poly or mono-unsaturated oil spray ( <b>GREEN</b> ).
> deep-fried vegetables			●	All deep fried foods are in the <b>RED</b> category.
> salads such as garden, mixed, pasta, potato, rice or noodle, tabouleh, coleslaw or egg	●	●		Salads can be served as a salad plate, box or tub. It is preferable to leave salads undressed and/or serve dressings separately where possible. For the salad to fit in the <b>GREEN</b> category, select the dressing carefully– use no dressing or low or no-oil dressings.  Offer salads that contain lean, un-coated and uncrumbed meats, poultry (no skin), tinned fish or reduced fat cheese ( <b>GREEN</b> ). Salads containing croutons, bacon or coated meats that have been deep-fried should be chosen carefully ( <b>AMBER</b> ).

Foods	Likely colour			Comments & serving suggestions
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<b>Legumes</b> > baked beans  > lentil patties > falafels  > deep-fried products	●  ● ●	● ●	●	<p>Baked beans can be used in sandwiches and jaffles as a meat alternative. Use salt reduced varieties where possible.</p> <p>Lentil patties and falafels can be grilled and used in rolls and sandwiches or served with salads. If shallow-frying use small amounts of poly or mono-unsaturated oil.</p> <p>Commerically made may be higher in salt or fat.</p> <p><b>AVOID DEEP FRYING</b> – all deep fried foods are in the <b>RED</b> category.</p>



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Foods	Likely colour			Comments & serving suggestions
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<p><b>Dairy foods and dairy alternatives</b></p> <ul style="list-style-type: none"> <li>&gt; plain unflavoured milk</li> <li>&gt; yoghurt</li> <li>&gt; cheese</li> <li>&gt; custard</li> </ul>	<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> </ul>	<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> </ul>	<ul style="list-style-type: none"> <li></li> <li></li> <li></li> <li></li> </ul>	<p>Low-fat, reduced-fat and/or skim milk are not suitable for infants and children less than two years of age as a complete milk food. Cows' milk is not suitable as the main drink for infants and children less than 12 months of age, but small amounts used in food is acceptable.</p> <p>For most people, two years and over, it is recommended that low or reduced-fat alternatives are provided where possible. The reduced-fat versions should be encouraged and are <b>GREEN</b> choices.</p> <p>Use reduced-fat or low-fat varieties of plain milks in addition to full-fat varieties with hot beverages.</p> <p>If soy-based alternatives are offered then use calcium fortified varieties.</p> <p>Provide low or reduced-fat cheese options such as cottage, ricotta, fetta, or reduced-fat tasty cheese (<b>GREEN</b> choices). Full-fat cheeses are <b>AMBER</b> choices.</p> <p>Avoid large portions of hard and soft cheese such as Brie or Camembert as these are high in saturated fat.</p> <p>Watch portion sizes and provide reduced-fat options for a better choice. Check commercially made desserts against the <b>RED</b> category nutrient criteria.</p> <p>Any dairy snacks containing confectionery fit into the <b>RED</b> category.</p>
<ul style="list-style-type: none"> <li>&gt; dairy desserts</li> <li>&gt; dairy snacks with confectionery</li> </ul>		<ul style="list-style-type: none"> <li>●</li> </ul>	<ul style="list-style-type: none"> <li>●</li> <li>●</li> </ul>	
				

Foods	Likely colour			Comments & serving suggestions
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Flavoured milk and milk alternatives – see Drinks section				
Meat, fish, poultry and alternatives				These foods are a good source of protein and can be used for hot rolls, sandwiches, salad plates and pizza toppings.
> lean meats (e.g. roast beef)	●			Offer leaner options (i.e. fat trimmed or skinless) that use reduced-fat cooking techniques (oven-baked, grilled, steamed or use non-stick cookware). Avoid adding salt and use reduced sodium ingredients.
> lean chicken meat with no skin (e.g. breast or drumsticks)	●			
> turkey	●			
> egg	●			
> fish (e.g. tuna, salmon or sardines in spring water)	●			
> fish (e.g. tuna, salmon or sardines in brine or oil)		●		
> plain nuts (unsalted)	●			
> plain nuts (salted)		●		
> meat patties (not crumbed)	●	●		
> fish patties (not crumbed)	●	●		
> char-grilled chicken fillet	●	●		
> meat balls	●	●		
> savoury mince	●	●		
> deep-fried meats, poultry and alternatives			●	

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Foods	Likely colour			Comments & serving suggestions
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<p><b>Processed meats</b></p> <ul style="list-style-type: none"> <li>&gt; ham</li> <li>&gt; corned beef</li> <li>&gt; pastrami</li> <li>&gt; diced processed chicken meat</li> <li>&gt; bacon</li> <li>&gt; chicken roll or loaf</li> <li>&gt; fritz</li> </ul>		<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> </ul>	<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> </ul>	<p>These foods are usually high in saturated fat and/or salt putting them in the <b>AMBER</b> or <b>RED</b> category. Check the label against <b>RED</b> nutrient criteria.</p> <p>They are not as nutritious as lean cuts of meat such as roast beef.</p> <p>If using these foods, try reduced-fat versions in small amounts (maximum 50g) and serve with a bread-based product and plenty of salad.</p>
<p><b>Crumbed chicken, fish, meat, vegetable products and sausages</b></p> <ul style="list-style-type: none"> <li>&gt; chicken nuggets</li> <li>&gt; chicken fillet wedges or strips</li> <li>&gt; chicken patty</li> <li>&gt; fish fingers</li> <li>&gt; fish patties</li> <li>&gt; vegetable patties</li> <li>&gt; battered savelys</li> <li>&gt; frankfurters and sausages (beef, pork, lamb and chicken varieties)</li> </ul>		<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> </ul>	<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> </ul>	<p>It's important to check the label against <b>RED</b> nutrient criteria as some products are high in saturated fat and sodium.</p> <p>Again, if using these products, serve in small amounts and avoid deep-frying – all deep-fried items are <b>RED</b> choices.</p> <p>Deep-fried sausages and battered savelys are very high in saturated fat and sodium, placing them into the <b>RED</b> category.</p> <p>Most frankfurters and sausages are high in sodium. Check the label against <b>RED</b> nutrient criteria.</p> <p>Use reduced-fat and sodium varieties and serve on a wholemeal bun to boost the nutritional value.</p>





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<b>Savoury pastries and pies</b> <ul style="list-style-type: none"> <li>&gt; meat pies</li> <li>&gt; sausage rolls</li> <li>&gt; filled pasties or party pies</li> <li>&gt; chicken and potato, cheese and bacon pies</li> <li>&gt; cheese and spinach triangles</li> <li>&gt; quiche</li> <li>&gt; samosas and other gourmet versions</li> <li>&gt; savoury croissants</li> </ul>				<p>The saturated fat content of many pastries will put them into the <b>RED</b> category. Check the label against the <b>RED</b> nutrient criteria to determine if products fit in <b>AMBER</b> or <b>RED</b> categories.</p> <p>A number of companies make reduced-fat versions.</p> <p>Croissants are very high in saturated fat and kilojoules and fall into the <b>RED</b> category.</p>
<b>Spring rolls, chiko rolls and dim sims</b>				<p>Check these products against the <b>RED</b> nutrient criteria.</p> <p>Avoid deep-frying – all deep-fried foods are <b>RED</b> choices.</p> <p>Oven-bake these foods or steam dim sims to reduce the fat and kilojoules.</p>
<b>Soups</b> <ul style="list-style-type: none"> <li>&gt; canned</li> <li>&gt; commercially prepared</li> <li>&gt; canteen made</li> </ul>				<p>Provide soups that are low-salt or reduced in salt and/or fat, and have a vegetable or clear-stock base instead of creamy options for a <b>GREEN</b> choice.</p> <p>Offer a variety of options with lots of vegetables and/or legumes.</p>



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<p><b>Spreads</b></p> <ul style="list-style-type: none"> <li>&gt; peanut butter and other nut spreads, fish, chicken and meat paste, yeast and vegetable extract spreads</li> <li>&gt; chocolate spreads, honey and jam</li> </ul>		●	●	<p>Use spreads sparingly. Offer reduced-salt varieties where available. Make sure you can see the bread through the spread.</p> <p>These spreads have minimal nutritional value. Chocolate/sweet spreads and toppings are classified in the <b>RED</b> category if served alone. If served with bread use sparingly.</p>
<p><b>Sauces and condiments</b></p> <ul style="list-style-type: none"> <li>&gt; tomato, sweet chilli, BBQ, soy, chutney</li> <li>&gt; satay or peanut</li> <li>&gt; dips</li> <li>&gt; mayonnaise</li> <li>&gt; mustard</li> <li>&gt; mustard-based mayonnaise</li> <li>&gt; gravy</li> <li>&gt; salad dressings</li> </ul>		●	●	<p>Use sparingly. Use reduced-salt and/or reduced-fat varieties where available. Try relishes, pickles, mustard, chutney, hommus or reduced-fat mayonnaise for a better choice.</p> <p>Look for vegetable-based salsas or relishes such as tomato, bean, or capsicum. Offer vegetable-based or yoghurt-based dips (e.g. beetroot, eggplant, avocado, tzatziki). Avoid oil, cream, and/or cheese-based dips.</p> <p>Use sparingly. If using meat juices ensure all fat is drained from the pan before thickening.</p> <p>If using packet gravy use reduced-salt, reduced-fat versions where possible.</p> <p>Use small amounts of poly or mono-unsaturated oils such as canola, sunflower, olive, and peanut oils or a low-oil, no-oil or a reduced-fat commercial dressing.</p> <p>If prepared, offer clear dressings such as lemon juice, balsamic vinegar or vinegar with herbs and pepper. Do not add salt and avoid cream-based dressings.</p>

Foods	Likely colour			Comments & serving suggestions
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<p><b>Fats and oils</b></p> <p>&gt; margarine, lard, tallow, cophera, butter, ghee and dairy blend spreads</p> <p>&gt; oils</p> <p>&gt; cream</p>		●	●	<p>Use poly or mono-unsaturated varieties and use sparingly. Make sure you can see the bread through the spread.</p> <p>Avoid varieties high in saturated fat such as butter, lard, ghee, tallow and cophera – these are <b>RED</b> choices.</p> <p>Use small amounts of poly or mono-unsaturated varieties such as canola, sunflower, olive, soybean or peanut.</p> <p>Avoid palm and coconut oils – these contain high amounts of saturated fat and are <b>RED</b> choices.</p> <p>Avoid using cream and cream-based sauces as these contain high amounts of saturated fat and are <b>RED</b> choices.</p>
<p><b>Savoury snack foods and biscuits</b></p> <p>&gt; popcorn</p> <p>&gt; flavoured popcorn</p> <p>&gt; crisps and chips</p> <p>&gt; biscuits</p>	●	●	●	<p>Air popped, no added fat and salt popcorn is a high fibre, low fat snack food.</p> <p>Read the label for flavoured popcorn – it may be too high in saturated fat and salt. Check against the <b>RED</b> nutrient criteria.</p> <p>Check against the <b>RED</b> nutrient criteria.</p> <p>Crisps and chips are generally too high in energy (kilojoules) and/or saturated fat and/or sodium and so fit into the <b>RED</b> category.</p> <p>Check against the <b>RED</b> nutrient criteria as some products are too high in saturated fat and sodium.</p>

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Foods	Likely colour			Comments & serving suggestions
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<p><b>Snack food bars, muesli bars and sweet biscuits</b></p> <ul style="list-style-type: none"> <li>&gt; cereal-based bars</li> <li>&gt; fruit bars</li> <li>&gt; breakfast bars</li> <li>&gt; sweet biscuits                             <ul style="list-style-type: none"> <li>&gt; plain</li> </ul> </li> <li>&gt; premium (coated, iced or filled)</li> </ul>		<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> </ul>	<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> </ul>	<p>Choose carefully. Watch the serve size. Check against the <b>RED</b> criteria. These foods are also sticky and can contribute to tooth decay if eaten regularly.</p> <p>Check label against the <b>RED</b> nutrient criteria. Provide small to medium serve (2-3 small biscuits or 30-40g per person) of plain sweet biscuits. Include wholemeal options if possible and use those that contain fruit, vegetables or nuts (<b>AMBER</b> choices).</p> <p>Avoid premium, fancy biscuits that are coated, iced or filled with chocolate, cream, jam or icing. Generally these contain too much energy (kilojoules) and are <b>RED</b> choices. Check label against the <b>RED</b> nutrient criteria.</p>
<p><b>Cakes, muffins, sweet tarts, slices and pastries</b></p> <ul style="list-style-type: none"> <li>&gt; muffins (all sizes and types including low-fat or reduced-fat options and mini-muffins)</li> <li>&gt; plain assorted slices, scrolls and cakes</li> <li>&gt; premium assorted slices, scrolls and cakes (coated, iced or filled)</li> <li>&gt; Danishes, sweet pastries, tarts, donuts and croissants</li> </ul>		<ul style="list-style-type: none"> <li>●</li> <li>●</li> </ul>	<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> </ul>	<p>Check label against the <b>RED</b> nutrient criteria. Provide fruit or vegetable based muffins, include wholegrain and fat-reduced options if possible. Watch portion sizes - use 2 mini muffins or 60g medium muffin per person.</p> <p>Check label against the <b>RED</b> nutrient criteria. Provide uniced, uncoated, unfilled cakes, scrolls or slices that contain fruit, vegetables or nuts. Include wholegrain and fat-reduced options if possible. Provide small serve (50-60g) per person.</p> <p>Any iced, chocolate-coated and/or cream, jam, or chocolate-filled cakes, scrolls and slices are considered <b>RED</b> choices.</p> <p>These are all high fat, energy dense options and are consider <b>RED</b> choices.</p>

Foods	Likely colour			Comments & serving suggestions
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<p>Scones or pikelets</p> <ul style="list-style-type: none"> <li>&gt; plain or fruit</li> <li>&gt; with jam and cream and/or butter</li> </ul>	●	●	●	<p>Provide plain scones and/or pikelets that contain fruit and/or vegetables – include wholegrain options if possible. Use small to medium serve (40-60g) per person.</p> <p>Avoid these spreads as they have minimal nutritional values and increase the amount of energy (kilojoules) provided.</p> <p>Offer spreads separately where possible and use sparingly. To provide a better choice use poly or mono-unsaturated margarine instead of cream or butter.</p> <p>Offer fruit purees as a sauce, whipped ricotta cheese with a little honey and vanilla or reduced-fat vanilla yoghurt in place of cream.</p>
<p>Ice creams, milk-based ice confection and premium dairy desserts</p> <ul style="list-style-type: none"> <li>&gt; chocolate coated</li> <li>&gt; premium</li> <li>&gt; standard uncoated reduced and low fat ice creams and milk or soy-based ice confections</li> <li>&gt; frozen yoghurt</li> <li>&gt; mousse</li> <li>&gt; cheesecake</li> </ul>		● ● ● ● ●	● ● ● ● ● ●	<p>Watch serve size. Check ice creams and dairy desserts against the <b>RED</b> nutrient criteria.</p> <p>Products containing or coated with any confectionery fit into the <b>RED</b> category.</p> <p>Watch serve size. Check dairy desserts against the <b>RED</b> nutrient criteria.</p>
<p>Ice confection</p> <ul style="list-style-type: none"> <li>&gt; ice blocks</li> <li>&gt; sorbet</li> <li>&gt; gelato</li> <li>&gt; slushees</li> <li>&gt; fruit or water-based ice confection</li> </ul>		● ● ● ● ●	● ● ● ● ●	<p>Watch the serve size and check against the <b>RED</b> nutrient criteria.</p>

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Foods	Likely colour			Comments & serving suggestions
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<p><b>Confectionery</b></p> <ul style="list-style-type: none"> <li>&gt; lollies – boiled, jellies, juice jellies, liquorice, jelly beans</li> <li>&gt; chocolates or carob</li> <li>&gt; cough lollies</li> </ul>			<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> </ul>	<p><b>All types of confectionery</b> fit into the <b>RED</b> category. These foods have minimal nutritional value, or are too high in energy (kilojoules), sugar and/or saturated fat.</p> <p>Note: Medicated cough mixture and lozenges, sugar-free chewing gum and sugar-free Lions mints are exempt from the <b>RED</b> Food category.</p>
<p><b>Drinks</b></p> <ul style="list-style-type: none"> <li>&gt; <b>Water (plain)</b> <ul style="list-style-type: none"> <li>&gt; tap</li> <li>&gt; sparkling</li> <li>&gt; mineral</li> <li>&gt; soda water</li> </ul> </li> <li>&gt; <b>Water (flavoured)</b> <ul style="list-style-type: none"> <li>&gt; flavoured mineral water</li> <li>&gt; sports waters</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>●</li> </ul>	<ul style="list-style-type: none"> <li>●</li> </ul>	<ul style="list-style-type: none"> <li>●</li> </ul>	<p>Always offer chilled water. Water is the best thirst quencher.</p> <p>May fit into the <b>AMBER</b> or <b>RED</b> category. Check against the <b>RED</b> nutrient criteria.</p> <p>Recommended serve size of less than 400ml with a maximum serve size of 600ml as sold or provided.</p>



Foods	Likely colour			Comments & serving suggestions
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<p><b>Drinks contd.</b></p> <p><b>Flavoured milk and milk alternatives</b></p> <ul style="list-style-type: none"> <li>&gt; reduced-fat and full-fat varieties such as milkshakes, smoothies, iced coffee, mocha, or hot chocolate</li> </ul> <ul style="list-style-type: none"> <li>&gt; <b>Juices (&gt;99% juice)</b> <ul style="list-style-type: none"> <li>&gt; fresh</li> <li>&gt; frozen</li> <li>&gt; canned</li> </ul> </li> </ul> <ul style="list-style-type: none"> <li>&gt; <b>Fruit drinks</b></li> </ul> <ul style="list-style-type: none"> <li>&gt; <b>Soft drinks</b></li> </ul> <ul style="list-style-type: none"> <li>&gt; <b>Cordials</b></li> </ul>	 Reduced -fat	 Full-fat		<p>Frequent consumption of full-fat and reduced-fat flavoured milk and calcium fortified milk alternatives in large sizes (more than 375ml) should be avoided as this may contribute to excess energy (kilojoules).</p> <p><b>Recommend maximum serve size sold 375ml.</b></p> <p>Avoid additions of whipped cream, ice cream, melted chocolate or caramel, syrup, or confectionery – these will provide excess energy (kilojoules).</p> <p>Provide 99 – 100% fruit juices (not sweetened fruit drinks).</p> <p><b>Recommended serve size of less than 250ml with a maximum serve size of 375ml as sold or provided.</b></p> <p>Frequent consumption of fruit juice in large sizes (more than 375ml) should be avoided as this may contribute to excess energy (kilojoules) and sugar intake.</p> <p>All fruit drinks that contain less than 99% fruit juice will need to be assessed against <b>RED</b> nutrient criteria.</p> <p><b>Recommended serve size of less than 400ml with a maximum serve size of 600ml as sold or provided.</b></p> <p>Most fit into the <b>RED</b> category – they are drinks of minimal nutritional value. Check against the <b>RED</b> nutrient criteria.</p> <p><b>Recommended serve size of less than 400ml with a maximum serve size of 600ml as sold or provided.</b></p> <p>Cordials are drinks of no nutritional value. Check against the <b>RED</b> nutrient criteria.</p> <p><b>Recommended serve size of less than 400ml with a maximum serve size of 600ml as sold or provided.</b></p>

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Foods	Likely colour			Comments & serving suggestions
	Green	Amber	Red	
<p>Drinks contd.</p> <p>&gt; Artificially sweetened 'diet', 'low-joule', 'no sugar' or 'low sugar' drinks</p> <p>&gt; 'Energy' and sports drinks</p>		●	●	<p>Artificial sweeteners can be useful in providing flavour and reducing the amount of added sugar consumed.</p> <p>There is a lack of scientific literature concerning artificially sweetened beverages and dental erosion in adults. Given the current lack of data in the overall adult population, artificially sweetened drinks fit under the <b>AMBER</b> category in adult settings. This position will be reviewed once relevant data is available.</p> <p>It is recommended that paediatric facilities or areas that are frequented by children place artificially sweetened drinks into the <b>RED</b> category, as they are high in acidity which can contribute to tooth erosion if consumed regularly.</p> <p>Most fit into the <b>RED</b> category. They are drinks of minimal nutritional value and can also be high in caffeine. Check the label against <b>RED</b> nutrient criteria.</p> <p><b>Recommended serve size of less than 400ml with a maximum serve size of 600ml as sold or provided.</b></p> <p>Energy drinks are not recommended for children, pregnant or lactating women and individuals sensitive to caffeine.</p> <p>It is recommended that paediatric facilities or areas that are frequented by children place energy and sports drinks into the <b>RED</b> category.</p> <p>Until a safe consumption level of caffeine for children is determined it is recommended that the supply of caffeinated beverages to children is restricted.</p>



# Food and Drinks Guide

## Acknowledgements:

Adapted from Queensland Health's *A Better Choice - Healthy Food and Drink Supply Strategy: Food and Drink Guide* (2007) which adapted information from 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; *A Guide to Catering, Active-Ate* (2005); *Healthy Catering Guidelines*, National Heart Foundation (2003); and *Catering Guidelines*, Tropical Public Health Unit (2002).

Builds on the Government of SA *Right Bite Healthy Food and Drink Supply Strategy for SA Schools and Preschools* (2007)

For more information

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