

# Making Healthy Food and Drink Choices

## Best choices – GREEN category

Choose **GREEN** category foods and drinks **OFTEN** as they are the most nutritious choices. Enjoy a wide variety of **GREEN** category foods and drinks every day because they:

- > are excellent sources of important nutrients for good health and wellbeing
- > are low in saturated fat and/or added sugar and/or salt
- > help avoid an excess energy intake (kilojoules or calories).



## Choose carefully – AMBER Category

Choose **AMBER** category foods and drinks **SOMETIMES** as they are mainly processed and have some sugar, salt and/or fat added to them. These foods and drinks should be selected carefully because they generally:

- > have some nutritional value, but
- > can, in large serve sizes, contribute to excess energy intake (kilojoules or calories).



## Limit – RED category

Choose **RED** category foods and drinks **RARELY** as they are not an essential part of a balanced diet. It is recommended that these foods and drinks are only consumed occasionally and in small amounts as they:

- > lack nutritional value
- > are energy dense and can contribute to excess energy intake (kilojoules or calories)
- > are high in added fats, saturated fat, and/or sugar and/or salt.



## For more information

Health Promotion Branch, SA Health  
 Telephone: (08) 8226 6329  
[www.health.sa.gov.au/pehs/health-promotion.htm](http://www.health.sa.gov.au/pehs/health-promotion.htm)