



right bite

# Food and Drink



Government of South Australia

## Spectrum

### GREEN

#### *choose plenty*

Encourage and promote these foods and drinks. They:

- reflect the five food groups in the circle on the 'Australian Guide to Healthy Eating'
- are excellent sources of important nutrients
- are low in saturated fat and/or sugar and/or salt
- help to avoid an intake of excess energy (kilojoules or calories).



### AMBER

#### *select carefully*

Do not let these foods and drinks dominate the choices and avoid large serving sizes. They:

- have some nutritional value
- contain moderate amounts of saturated fat and/or added sugar and/or salt (often added during processing)
- can, in large serve sizes, contribute excess energy (kilojoules or calories).



### RED

#### *occasionally*

These foods and drinks are banned from sale in SA school canteens and preschools. Schools and preschools can provide some RED category products a maximum of twice a term on whole of school or preschool occasions. They:

- lack adequate nutritional value
- are high in saturated fat and/or sugar and/or salt
- can contribute excess energy (kilojoules or calories).

