

Traffic Light System for Healthy Food Choices



Green food choices – Are the healthiest food choice and should be eaten regularly every day.

Amber food choices – Should be eaten only sometimes.

Red food choices – These foods are the least healthy and if eaten in large quantities can lead to poor health and disease.

Food Groups	Green = Best choice	Amber = Sometimes food	Red = Try to avoid
Vegetables	All fresh, frozen or canned vegetables	Pickled vegetables (pickled onions, gherkins)	Deep fried potato chips Potato cakes and crisps Onion rings
Fruit	All fresh, frozen or canned fruit	Dried fruit Canned fruit (in syrup or with added sugar)	Banana chips
Breads and Cereals	Bread (wholemeal, high-fibre white, rye) Pasta (wholemeal is best) Breakfast cereals (porridge, bran, muesli) Rice (brown is best) Couscous Quinoa Barley Plain rice cakes	Focaccia bread Breakfast cereals high in sugar (children's cereals) Wholemeal muffins	Croissants Biscuits Cakes Sweet pastry
Meat and Alternatives	Lean meat (cut the fat off) Fresh and frozen fish Eggs Poultry (take the skin off before cooking) Beans, lentils, chickpeas, four bean mix Unsalted nuts (peanuts, cashews, almonds, walnuts)	Meat (with larger amounts of fat) Poultry (with skin on) Salted or roasted nuts Smoked salmon	Processed meats (salami, ham, bacon, kabana) Crumbed or coated meat (chicken schnitzel) Chocolate coated peanuts
Dairy	Milk, cheese and yoghurt (reduced fat is best)	Regular fat milk, cheese and yoghurt	Large full fat flavoured milk drinks
Drinks and extras	Plain water (tap, mineral, sparkling with no added sugar) Tea and coffee without added sugar Nut based spread with no added sugar or fat Plain popcorn	Fruit juice (ingredients 100% fruit, with no added sugar) Vegemite spread Sugar free soft drink Margarines (made from olive, peanut, sesame, canola oil) Nut based spreads with added sugars	Full sugar soft drinks Energy drinks (Mother, V, Red Bull) Confectionary (lollies and chocolates) Take away food Deep fried foods Potato crisps Popcorn (with salt and butter) Sweet spreads (marmalade, Nutella) Jams (Most have added sugar)

Tip: Many foods have added salt and sugar. Read the ingredients list on the label to see whether salt or sugar has been added, and try to avoid the item if it does.