

Classification of green, amber and red food and drink

The Healthy Options WA Policy uses a traffic light system of food classification based on nutrient content, and is aligned with the Australian Dietary Guidelines. It is important that you understand what items are green, amber and red so you can comply with the policy.

The tables below provide examples of green, amber and red food and drinks. There is also information about nutrient criteria, which will help you classify processed items as amber or red.

An additional tool to assist you is the [Commonly Supplied Food and Drink Guide](#).

Green food and drinks

Breads	<ul style="list-style-type: none"> • Multigrain, wholemeal, rye, hi-fibre white breads or rolls, burritos, English muffins, focaccia, lavash, Lebanese, pita, raisin/fruit, tortillas and Turkish breads. • Plain corn and rice cakes, crispbreads.
Breakfast cereals	<ul style="list-style-type: none"> • Wholegrain cereal with no added fruit and <10g sugar/100g and >7g fibre/100g. • Wholegrain cereal with added fruit and >7g fibre/100g. • Some wheat biscuits, cereal flakes with a variety of grains, bran, untoasted muesli, porridge.
Cereal foods	<ul style="list-style-type: none"> • All plain, unflavored rice, pasta, noodles, polenta, couscous and buckwheat that contains no added fat or oil.
Dairy	<ul style="list-style-type: none"> • Reduced-fat plain and flavoured milks – maximum size 300ml. • Reduced-fat plain and flavoured yoghurts with <2% fat and 600kJ energy/serve.
Drinks	<ul style="list-style-type: none"> • Plain water, fresh or bottled • Carbonated plain water for example mineral or soda water. • 97-100% fruit juice with no added sugar – maximum size 250ml.
Fruit	<ul style="list-style-type: none"> • All fresh and frozen fruits. • Plain dried fruits (e.g. sultanas) ≤ 600kj energy per serve • Fruit canned in natural juice or water with no added sugar.
Legumes	<ul style="list-style-type: none"> • All forms of dried and prepared beans and peas for example baked beans, red kidney beans, soy beans, mung beans, lentils, chickpeas, split peas, bean curd, tofu.
Meat, fish, poultry and eggs	<ul style="list-style-type: none"> • Lean chicken, turkey, beef, pork, lamb and veal with fat and skin removed. • All fresh and plain frozen fish. • Plain tuna, salmon, sardines canned in spring water with no added salt. • Eggs.
Nuts and seeds	<ul style="list-style-type: none"> • All plain or dry roasted nuts with no added sugar, salt and fat. • All nut and seed pastes with no added sugar, salt or fat.
Vegetables	<ul style="list-style-type: none"> • All fresh, frozen, canned, roasted and dried vegetables. • Salads with no or low/reduced-fat dressings. • Salt reduced canned vegetables.



Amber food and drinks

Breakfast cereals	<ul style="list-style-type: none"> • Wholegrain cereal with no added fruit and ≥ 7g fibre/100g • Wholegrain cereal with added fruit and added sugar • Refined cereal with < 10g sugar/100g, added sugar or saturated fat
Cakes, muffins, sweet pastries and slices*	<ul style="list-style-type: none"> • Some un-iced unfilled cakes, sweet and savoury muffins, fruit breads, sweet pastries and slices that are a small to medium serve size or have been modified (e.g. reduced levels of fat and/or sugar and include fibre). • Check the <i>Amber-Red nutrient criteria</i> below for cakes, muffins, sweet pastries and slices.
Dairy	<ul style="list-style-type: none"> • Reduced-fat plain or flavoured milk greater than 300mL • Full fat plain or flavoured milk of any size • Full-fat plain or flavoured yoghurt • Yoghurt drinks with $> 2\%$ fat per serve • Full-fat cheese > 15g fat/100g
Drinks	<ul style="list-style-type: none"> • 97-100% fruit juice with no added sugar in serve sizes greater than 250ml. • Other fruit juice drinks containing between 35–96% fruit juice in serve sizes greater than 250ml. • Artificially sweetened soft drinks.
Ice-creams, milk- or soy-based ice confections and dairy desserts*	<ul style="list-style-type: none"> • Some ice-creams, frozen yoghurt and mousse • Check the <i>Amber-Red nutrient criteria</i> below for ice-cream, milk- or soy-based ice confections and high-fat dairy desserts.
Margarine, mayonnaise/ salad dressing, spreads & oils	<ul style="list-style-type: none"> • Poly or mono-unsaturated margarine and oils • Peanut butter and other nut spreads, fish, chicken and meat paste, yeast and vegetable extract spreads.
Meat, fish, poultry , eggs and alternatives	<ul style="list-style-type: none"> • Chicken with skin on • Plain or flavoured canned fish in brine or oil • Frittatas cooked with poly or mono-unsaturated oils and using amber ingredients
Processed Meats	<ul style="list-style-type: none"> • Lean ham, lean bacon, sliced chicken or turkey, corned beef and pastrami. • Check the <i>Amber-Red nutrient criteria</i> below for processed meats.
Sauces	<ul style="list-style-type: none"> • Tomato sauce, sweet chilli, BBQ, soy, chutney sauce
Savoury commercial products	<ul style="list-style-type: none"> • Some reduced-fat or reduced-salt versions of products such as oven-baked savoury pastries, steamed dim sims, pasta products, pizza, oven-baked potato products, grilled meat patties (not crumbed), grilled or oven baked meatballs and chicken drumsticks. • Check the <i>Amber-Red nutrient criteria</i> below for savoury hot food and snacks.
Snack food bars, muesli bars, fruit bars and biscuits	<ul style="list-style-type: none"> • Some breakfast bars, cereal bars, dried fruit bars and sweet biscuits. • Check against the <i>Amber-Red nutrient criteria</i> below for savoury snack foods and biscuits.



Red food and drinks

Breakfast cereals	<ul style="list-style-type: none"> • Refined cereal with $\geq 10\text{g}$ sugar/100g cereal and/or added saturated fats and/or confectionary.
Cakes, muffins, sweet pastries and slices	<ul style="list-style-type: none"> • Plain and flavoured cakes, cream-filled cakes, sweet pastries, sweet pies and slices. • Check the <i>Amber-Red nutrient criteria</i> below for snack food items.
Confectionery/ lollies	<ul style="list-style-type: none"> • All types including chocolates.
Fried foods	<ul style="list-style-type: none"> • All deep fried and shallow-fried foods.
Ice-creams, milk and soy-based ice confections & dairy desserts	<ul style="list-style-type: none"> • Some chocolate coated and premium ice-creams. • Check the <i>Amber-Red nutrient criteria</i> below for ice-cream, milk-or soy-based ice confections and high-fat dairy desserts.
Processed meats	<ul style="list-style-type: none"> • High fat processed meats such as salami, mortadella, luncheon meats, reconstituted meats, devon, polony and fatty bacon or ham. • Check the <i>Amber-Red nutrient criteria</i> below for processed meats.
Ready to eat meals	<ul style="list-style-type: none"> • Some commercial, frozen or freshly prepared ready to eat meals or pre made pasta products. • Check the <i>Amber-Red nutrient criteria</i> below for ready to eat meals.
Savoury commercial products	<ul style="list-style-type: none"> • Some savoury pastries for example pies, pasties, sausage rolls, samosas. • Deep fried spring rolls, chicko rolls, dim sims • Check the <i>Amber-Red nutrient criteria</i> below for savoury hot food and snacks.
Snack food bars, muesli bars, fruit bars and sweet biscuits	<ul style="list-style-type: none"> • Some cream filled biscuits, chocolate biscuits and any sweet biscuit. • High fat high sugar muesli, breakfast or snack bars. • Check the <i>Amber-Red nutrient criteria</i> below for snack food items.
Sugar sweetened drinks	<ul style="list-style-type: none"> • All sugar-sweetened fruit drinks that contain less than 35% fruit juice. • 35-39% juice in serves greater than 250ml. • Cordials • Some sugar-sweetened ices slushies, carbonated soft drinks, energy drinks, sport drinks and flavoured mineral water - check the <i>Amber-Red nutrient criteria</i> below for sweetened ices.



Amber-Red nutrient criteria

The following tables provide criteria to classify processed food and drinks as **amber** or **red**, using a Nutrition Information Panel. These types of food are **never** classified as **green**, and should only be eaten in moderation:

- savoury hot foods
- ready to eat meals
- sweetened drinks and ices
- processed meats
- snack food items.

A product is classified as **red** if it has **more** energy **or** saturated fat **or** sodium **or** **less** fibre than that listed in the tables. Otherwise, these types of products are classified as **amber**.

The term '**serve**' means the saleable item (to the consumer), such as a serving on a plate, in a packet or container. Nutrients need to be assessed per 100 grams of the product or per serve, and are specified in the tables.

The serve size quoted on some Nutrition Information Panels may not be the same as the serve size actually sold or commonly consumed. In cases where the packet or container has more than one serve or it is intended to be divided into more than one saleable item (such as a large quiche or cake), the total amount of energy (kilojoules), saturated fat, sodium and/or fibre must be divided by the number of saleable servings to determine the nutrient content (e.g. an 800 gram pizza cut into four individual serves for sale will give a serve size of approximately 200 grams).

For more help on reading a Nutrition Information Panel, see the [commonly supplied food and drink guide](#).

Ready to eat meals (assess per serve or 100g as listed)				
Items	Nutrient criteria			
	Energy (kJ) per serve	Saturated fat (g) per 100g	Sodium (mg) per serve	Fibre (g) per serve (where listed)
Meals <ul style="list-style-type: none"> o Commercial, frozen or freshly prepared ready to eat meals o for vending machines o pre made pasta, rice products etc. 	2500kJ	2g	900mg	3g



Savoury hot foods and snacks (assess per 100g)

Items	Nutrient criteria		
	Energy (kJ) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g
<ul style="list-style-type: none"> Savoury pastries (e.g. pies, pasties, sausage rolls, samosas) Pre made pizza and quiches <p>Recommended max. serve – 200g</p>	1000kJ	5g	400mg
<ul style="list-style-type: none"> Oven baked potato products (e.g. chips, hash browns, gems, wedges) Dim sims, spring rolls, etc. 	1000kJ	5g	400mg
<ul style="list-style-type: none"> Crumbed and coated foods, hot dogs, frankfurters and sausages, chicken drumsticks and nuggets Burger patties, rissoles and meatballs <p>Recommended max. serve – 150g</p>	1000kJ	5g	700mg

Sugar sweetened ices (assess per serve – packet or container)

Items	Nutrient criteria	
	Energy (kJ) per serve	Sodium (mg) per serve
<ul style="list-style-type: none"> Sugar-sweetened ices including slushies, ice blocks and ice confections, including those with artificial sweeteners 	300kJ	100mg

A product is classified as **red** if it has **more** energy **or** saturated fat **or** sodium **or less** fibre than that listed in the tables. Otherwise, these types of products are classified as **amber**.



Snack food items (assess per serve)

Items	Nutrient criteria			
	Energy (kJ) per serve	Saturated fat (g) per serve	Sodium (mg) per serve	Fibre (g) per serve
<ul style="list-style-type: none"> Snack food bars, muesli bars, fruit bars and sweet biscuits* 	600kJ	3g	–	1.0g
<ul style="list-style-type: none"> Savoury snack foods and biscuits (including crisps and salty snacks) 	600kJ	3g	200mg	–
<ul style="list-style-type: none"> Cakes, muffins, sweet pastries and slices 	900kJ	3g	300mg	1.5g
<ul style="list-style-type: none"> Ice-creams, milk- or soy-based ice confections and high-fat dairy desserts 	600kJ	3g	-	–

Processed meats (assess per 100g)

Items	Nutrient criteria		
	Energy (kJ) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g
<ul style="list-style-type: none"> Processed meats (cold, cured) includes ham, bacon, meat loaf, salami <p>Recommended max. serve - 50g</p>	900kJ	3g	700mg

A product is classified as **red** if it has **more** energy **or** saturated fat **or** sodium **or less** fibre than that listed in the tables. Otherwise, these types of products are classified as **amber**.

Table legend

g = grams

mg = micrograms

kJ = kilojoules of energy



