

# Appendix 1

## Food and drink classification tables

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The following tables outline the likely classification of common food and drinks. These tables are provided as a quick reference only.



**Note:** Products listed with this icon may be classified as green, amber or red depending on the brand, size and ingredients list. Confirm the classification of specific products using FoodChecker, or the nutrient criteria tables in Appendix 2.

Food		
Vegetables and legumes/beans		
<p>All fresh, frozen, canned or dried plain vegetables: steamed, grilled, stir-fried, boiled baked without added fat.</p> <p>All forms of dried and prepared beans and peas. Includes baked beans, red kidney beans, soybeans, mung beans, lentils, chickpeas, split peas and bean curd. Use salt-reduced canned vegetables where possible.</p> <p>Plain unflavoured seaweed products with no added ingredients.</p>	<p>Vegetables roasted in oil, marinated, pickled and fermented vegetables.</p> <p>Olives in oil or brine.</p> <p>* Flavoured seaweed snacks with added ingredients/flavouring.</p>	

Fruit		
<p>All fresh and frozen fruit, including avocado.</p> <p>Fruit canned in natural juice or water, or fruit puree, no added sugar.</p> <p>Stewed fruit, no added sugar.</p>	<p>Canned fruit or stewed fruit with added sugar, e.g. in syrup or jelly.</p> <p>Some fruit leather straps and dried fruit bars that are 100% fruit with no added sugar.</p> <p>Pure fruit juice ice blocks and sorbets, no added sugar: package size up to 250mL.</p> <p>Dried fruit: recommended serving size up to 30g, including as per packet sold.</p>	
Grain (cereal) foods		
<p>* Wholegrain, unrefined breakfast cereals.</p> <p>Plain porridge and oats.</p> <p>Wholemeal, wholegrain, white and rye breads, rolls, wraps, and pitas.</p> <p>Plain, unflavoured grains and their products, without added fat or oil. Includes brown rice, barley, corn, polenta, buckwheat, quinoa, semolina and bulgur.</p> <p>Wholemeal, plain, un-iced fruit, nut and/or vegetable-based breads, buns, loaves, pikelets, scones without spreads: recommended serving size up to 60g.</p> <p>Unflavoured corn/rice cakes and crispbreads, and wholegrain or multigrain crackers.</p> <p>Filo pastry.</p>	<p>* Breakfast cereals higher in saturated fat or sugar, and lower in fibre.</p> <p>Some savoury breads, scrolls, focaccias, twists, garlic bread. Recommended serving size up to 60g.</p> <p>Un-iced fruit, nut and/or vegetable-based breads, buns, loaves; scones; and pikelets: offer poly or mono-unsaturated fat spreads separately and use sparingly.</p> <p>Flavoured rice/corn cakes.</p> <p>Filled pasta (e.g ravioli and tortellini) and grains fried in small amounts or mono- or poly- unsaturated oil (e.g fried rice).</p> <p>Reduced-fat puff pastry.</p>	<p>* Breakfast cereals high in sugar (&gt;25g sugar per 100g without dried fruit, and &gt;30g per 100g with dried fruit).</p>

Dairy foods and alternatives		
<p>Reduced-fat plain or flavoured yoghurt.</p> <p>Reduced-fat plain custard.</p> <p>Calcium-fortified plant-based alternatives (soy, rice, oat and almond).</p> <p>Cottage and ricotta cheese and reduced-fat forms of other hard cheeses.</p>	<p>Regular-fat plain or flavoured yoghurt and custard.</p> <p>Unfortified plant-based alternatives (soy, rice, oat, and almond).</p> <p>Regular-fat cheese.</p> <p>Reduced-fat cream and sour cream.</p>	<p>Coconut based yoghurt.</p> <p>Regular-fat cream and sour cream.</p>
Salads and sandwiches		
<p>Sandwiches/wraps/rolls, or salad: made with vegetables, lean meat or alternatives, reduced-fat-cheese, and small amounts of mono- or poly- unsaturated margarine, dressing or reduced-fat mayonnaise. Wholemeal, multigrain or high-fibre breads are encouraged.</p>	<p>Sandwiches/wraps/rolls, or salad: made with significant amounts of butter, regular mayonnaise, regular-fat cheese or fattier cuts of meat.</p>	<p>Sandwiches/wraps/rolls, or salad: made with deep-fried ingredients (e.g. schnitzel) or fatty and salty processed meats, and dressing based on regular-fat cream or mayonnaise.</p>

## Meat and alternatives

Lean chicken, turkey, beef, pork, lamb and veal with visible fat and skin removed: steamed, grilled, stir-fried, boiled or baked with minimal added oil and salt.

Fresh and plain frozen fish and seafood: steamed, grilled or baked with minimal added oil and salt.

\* Canned fish and legume ready-to-eat products canned in spring water.

Tuna and cracker packs where the tuna is packed in spring water. It is recommended the crackers are wholegrain.

Tofu: steamed, grilled, stir-fried, boiled or baked with minimal added oil and salt.

\* Lentil patties and falafel balls grilled or oven-baked and prepared with minimal oil and salt.

Eggs: poached or boiled.

Meat or poultry with visible fat or skin. Prepared with little salt and shallow fried in little oil (mono- or poly-unsaturated).

\* Canned fish and legume ready-to-eat products canned in brine, oil or flavoured sauce.

Tuna and cracker packs where the tuna is packed in oil/brine or has added salt.

Tofu: prepared with large amounts of oil and added salt.

\* Lentil patties and falafel balls: prepared with little salt and shallow fried in little oil (mono- or poly-unsaturated).

\* Meat products and lean, processed luncheon meats, e.g. some un-crumbed/crumbed burger patties: serving size up to 150g.

\* Some lean reduced sodium deli meats, e.g. ham, roast beef/turkey breast slices, chicken breast pieces: serving size up to 50g.

\* Some lean sausages.

Smoked salmon.

Crumbed and coated meat products such as schnitzels, nuggets, samosas, sausages, frankfurts, saveloys and chorizo.

Processed meats such as Devon, Strasburg, salami, kabana and bacon.

Nuts and seeds		
<p>Plain, unsalted, unroasted/dry-roasted, nuts and seeds.</p> <ul style="list-style-type: none"> <li>* Trail mix with a combination of plain, unsalted, unroasted nuts and seeds with/without dried fruit.</li> </ul>	<p>Salted nuts and seeds may be roasted with oil.</p> <ul style="list-style-type: none"> <li>* Trail mix with a combination of salted/flavoured nuts and seeds with/without dried fruit.</li> </ul>	<p>Coated nuts (e.g. honey, chocolate, or savoury)</p> <ul style="list-style-type: none"> <li>* Trail mix with added confectionary, yoghurt buttons, coated nuts or savoury snack foods.</li> </ul>
Sauces, soups, dips, dressings, and spreads		
<ul style="list-style-type: none"> <li>* Lower-salt and -fat vegetable-based pasta and simmer sauces.</li> <li>* Salad dressing based on lemon/orange juice, vinegar or mono- or poly- unsaturated oils, with no added salt.</li> <li>* Vegetable-based and salt-reduced commercial soups.</li> <li>* Vegetable-, legume-, yoghurt- or salsa-based dips without added salt.</li> <li>* Reduced salt sauces and condiments (tomato, barbecue, Worcestershire).</li> <li>* Some reduced-fat mayonnaise.</li> </ul> <p>100% nut and seed pastes without added sugar, salt or fat.</p>	<ul style="list-style-type: none"> <li>* Pasta and simmer sauces with added-salt and -fat.</li> <li>* Salad dressing made with added salt or reduced fat mayonnaise.</li> <li>* Commercial soups higher in salt and fat, and dried and instant soup.</li> <li>* Oil-, cream-, and cheese-based dips</li> <li>* Regular salt sauces and condiments (tomato, barbecue, Worcestershire).</li> <li>* Some reduced fat mayonnaise.</li> </ul> <p>Nut and seed pastes with added sugar, salt or oil (use sparingly).</p> <p>Yeast-based spreads: use sparingly.</p>	<ul style="list-style-type: none"> <li>* Pasta and simmer sauces with greater than 5g saturated fat per 100g, or greater than 700mg sodium per 100g.</li> </ul> <p>Salad dressing based on regular-fat cream or mayonnaise.</p> <p>Regular fat mayonnaise.</p> <p>Sweet spreads and toppings including jam, chocolate spreads, syrups, condensed milk, honey, sugar, sprinkles.</p>



## Other meals and snacks

Casseroles and curries, risotto and rice, stir-fries and noodle-based meals, made with a variety of vegetables and lean meat, fish or seafood.

- Avoid dishes with fried noodles, battered, crumbed or deep-fried meats, fish, and seafood.
- Avoid cooking with cream, butter, ghee, coconut cream/milk, and high-fat cheese-based sauces.

Pasta served with tomato- or vegetable-based sauces, and a variety of vegetables. Avoid processed meats and excessive amount of cheese in pasta bakes and lasagne.

Some ready-to-eat meals, mixed hot-food dishes and plated dinners.

Sushi, nori rolls and rice paper rolls with un-crumbed lean meat, fish or seafood and salad/vegetables.

Muffin or pita-bread pizzas with lean meat and/or reduced fat cheese and lots of vegetables or fruit.

Quiches and frittatas made on site from filo pastry or without pastry; made without cream, and with reduced-fat cheese, lean meat and plenty of vegetable fillings.

Air-popped corn, without added fat and/or salt.

Ready-to-eat meals, mixed hot-food dishes and plated dinners.

Sushi, nori rolls, and rice paper rolls with crumbed or coated meat, fish, or seafood, and generous amounts of mayonnaise

Savoury topped bread and pizzas with lean meat, reduced fat cheese and vegetables.

Some savoury pastries such as meat pies, sausage rolls, quiches, with reduced fat and/or salt: package size up to 200g.

Steamed dim sims and spring rolls.

Oven-baked potato products such as wedges, chips, hash browns: serving size up to 150g.

Some savoury snack foods such as flavoured crisps, crackers, and pretzels.

Plain biscuits and crispbreads, muesli and nut bars, flavoured popcorn.

Some sweet snack food, bars, balls or biscuits

Some cakes, muffins or slices.

Ice-creams, milk or soy-based ice confections and dairy desserts. Milk or yoghurt must be listed as the first ingredient (or second after water).

Savoury pastries such as pies, sausage rolls and pasties.

Hot noodle cups with fried noodles and/or creamy sauces.

Savoury and sweet snack foods, bars, biscuits, and crisps/chips, including coconut chips.

Cakes, slices, donuts, tarts, croissants, danishes and pastries with added confectionary.

Ice-creams, milk/soy-based confections, and dairy desserts where milk is not the main ingredient and/or with added confectionery, including chocolate coating.

All deep-fried foods, including vegetables/chips and wedges.

Foods fried in large amount of oil.

Fats and oils		
	<p>Mono- or unsaturated margarines and oils such as:</p> <ul style="list-style-type: none"> <li>- olive</li> <li>- nut</li> <li>- sesame</li> <li>- sunflower</li> <li>- safflower</li> <li>- soybean</li> <li>- flaxseed</li> <li>- canola.</li> </ul>	<p>Saturated and trans fats and oils such as:</p> <ul style="list-style-type: none"> <li>- butter, dairy blend spreads, cream</li> <li>- lard, tallow, copha, ghee, cooking margarine</li> <li>- palm oil, cottonseed oil</li> <li>- coconut oil, coconut cream, regular coconut milk.</li> </ul>
Confectionary		
		<p>All types: lollies, jellies, juice jellies, jellybeans, liquorice, marshmallow, mints, bubble gum, carob, chocolate, hundreds and thousands, chocolate, carob, and yoghurt flavoured coating (e.g. on nuts/bars).</p> <p><b>Note:</b> sugar-free chewing gum, sugar-free mints and medicated cough mixture and lozenges are not in scope of A Better Choice and can be offered in retails and food outlets.</p>



Drinks		
Water		
<p>Plain water: any package size.</p> <p>Bottled unsweetened water – still, sparkling, mineral and flavoured: any package size.</p>	<p>Still, sparkling, mineral or flavoured bottled water with added intense artificial or natural sweeteners and no added sugar.</p> <p>Flavoured waters with added intense or natural sweetener, package size up to 600mL.</p>	<p>Bottled water, including flavoured or mineral, with:</p> <ul style="list-style-type: none"> <li>- added sugar: any package size.</li> <li>- added intense artificial or natural sweeteners: package size more than 600mL.</li> </ul>
Milk		
<p><b>Plain</b> reduced-fat milk (&lt;2.6% fat): any package size.</p> <p><b>Plain</b> full-cream milk: package size up to 500mL.</p> <p><b>Flavoured</b> reduced-fat milk (&lt;2.6% fat): package size up to 375mL.</p>	<p><b>Plain</b> full-cream milk: package size more than 500mL.</p> <p><b>Flavoured</b> reduced-fat milk (&lt;2.6% fat), package size more than 375mL and up to 500mL.</p> <p><b>Flavoured</b> full-cream milk: package size up to 375mL.</p>	<p><b>Flavoured</b> reduced-fat milk (&lt;2.6% fat): package size more than 500mL.</p> <p><b>Flavoured</b> full-cream milk: package size more than 375mL.</p>
Plant-based milk alternatives (soy, rice, oat and almond)		
<p><b>Plain</b>, fortified with at least 100mg of added calcium per 100mL: any package size.</p> <p><b>Flavoured</b>, fortified with at least 100mg added calcium per 100mL: package size up to 375mL.</p>	<p><b>Flavoured</b>, fortified with at least 100mg of added calcium per 100mL: package size more than 375mL and up to 500mL.</p>	<p><b>Flavoured</b>, fortified with at least 100mg added calcium per 100mL: package size more than 500mL.</p> <p><b>Plain or flavoured</b>, with less than 100mg of added calcium per 100mL: any package size.</p>

### Milk-based drinks including milkshakes and milk-based fruit smoothies

Made with reduced-fat milk (<2.6% fat), or plant-based alternatives, serving size up to 375mL, with no added cream, ice-cream, sorbet, gelato or confectionery.

Up to 20mL of syrup flavouring or one level tablespoon of powder flavouring may be added. Recommended option is sugar-free syrup.

Made with reduced-fat milk (<2.6% fat), or plant-based alternatives, serving size more than 375mL and up to 500mL, with no added cream, ice-cream, sorbet, gelato or confectionery.

Made with full-cream milk: serving size up to 375mL.

Up to 20mL of syrup flavouring or one level tablespoon of powder flavouring may be added.

Recommended option is sugar-free syrup.

Made with reduced-fat milk (<2.6% fat), or plant-based alternatives: serving size more than 500mL.

Made with full-cream milk: serving size more than 375mL.

More than 20mL of syrup flavouring or one level tablespoon of powder flavouring.

Added sugar, cream, ice-cream, sorbet, gelato or confectionery: any serving size.

### Formulated supplementary beverages, and high protein milk-based drinks

**P** High-protein drinks, breakfast drinks, and protein shakes (milk-based): package size up to 300mL.

Water-based protein drinks with added intense or natural sweeteners: package size up to 300mL.

Breakfast drinks and protein shakes: package size more than 300mL.

Water-based protein drinks with added intense artificial or natural sweeteners: package size more than 300mL.

Formulated meal replacement drinks of any volume.

**P**

A high-protein drink contains 5g or more of protein per 100mL, and is generally labelled as 'added', 'high', or 'extra' protein.

**C** Coffee and other hot drinks – when made with milk, reduced-fat milk is recommended

Drinks made with no added syrup, cream or confectionery. Serving size 500mL, including:

- drinks made with water, e.g. tea, long black, espresso, bottled/canned coffee with no added sugar
- drinks made with milk, e.g. flat white, latte
- tea made with tea bags or fresh leaves (no added sugar).

Offer decaffeinated varieties and sweeteners as an alternative to sugar.

Drinks with no added cream or confectionery, made with up to 20mL of syrup flavouring, including powder flavouring: serving size up to 500mL.

For example: flavoured coffee, hot chocolate, mocha, and chai lattes. Preferred option is sugar-free syrup.

Canned or bottled water-based coffee (does not include flavoured milks or plant-based alternatives) with added intense or natural sweetener: package size up to 600mL.

Drinks made with added cream, ice-cream or confectionery, or more than 20mL of syrup flavouring or more than 1 level tablespoon of powder flavouring: any serving size.

Bottled/canned coffee with sugar added.

**C** Energy and sports drinks

With added intense or natural sweetener: package size up to 600mL.

With added sugar: any package size.

With added intense artificial or natural sweeteners: package size more than 600mL.

**A note for facilities primarily servicing children:** children are more sensitive to caffeine and frequent consumption, or consumption at high levels, can impact their health. For retail and food outlets within a children's healthcare setting (including a paediatric-specific ward) a reduction in caffeinated beverages including tea/coffee, energy drinks, and some soft drinks should be considered. Avoid beverages with a caffeine content greater than 50mg<sup>2</sup>. Soft drinks of a smaller serving size (375mL) are within this limit, however energy drinks should be avoided.

2 Health Canada. (2012). "Caffeine in Food: Recommended Maximum Caffeine Intake Levels for Children and Women of Childbearing Age."

Juice		
	<p>Fruit and vegetable juices, and combined fruit and vegetable juices, unsweetened, 99-100% juice (includes frozen and carbonated varieties): package size up to 300mL.</p> <p>Diluted juice with no added sugar or sweetener:</p> <ul style="list-style-type: none"> <li>- water that contains or is added to 99-100% fruit juice, volume of juice up to 300mL: total package size up to 600mL.</li> </ul> <p>Fruit drinks with added intense or natural sweetener: package size up to 600mL.</p> <p>Coconut waters with no added sugar or sweetener – 100% coconut water: package size up to 300mL; coconut water that contains or is added to 99-100% juice: package size up to 300mL.</p> <p>Coconut water with added intense or natural sweetener: package size up to 600mL.</p>	<p>Fruit juices, vegetable juices and combined fruit and vegetable juices; unsweetened that contain 99-100% juice: package size more than 300mL.</p> <p>Fruit juices that contain less than 99% juice, of any package size, including:</p> <ul style="list-style-type: none"> <li>- bottled</li> <li>- canned</li> <li>- post-mix and frozen varieties.</li> </ul> <p>Coconut waters with no added sugar or sweetener – 100% coconut water or coconut water added to 99-100% fruit juice: package size more than 300mL</p> <p>Juice, fruit drinks and coconut water with added sugar: any package size.</p>

Fermented or brewed soft drinks including Kombucha		
	<p>Products with less than 1g of sugar per serve, with or without added intense artificial or natural sweeteners: package size less than 600mL.</p>	<p>Products with less than 1g of sugar per serve, with or without added intense artificial or natural sweeteners: package size more than 600mL.</p> <p>Products with more than 1g of sugar remaining (post-fermentation) as per the Nutrition Information Panel: any package size.</p>
Cordials, iced tea and soft drink		
	<p>With added intense or natural sweetener: package size up to 600mL.</p> <p>Ice crushes including slurpees and slushies, with added intense or natural sweeteners: package size up to 600mL.</p>	<p>With added sugar: any package size.</p> <p>Ice crushes including slurpees and slushies, with added sugar: any package size.</p> <p>With added intense artificial or natural sweeteners: package size more than 600mL.</p>