

# A Better Choice

Food and Drink Supply Strategy  
for Queensland Sport and  
Recreation Facilities



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We pay our respects and acknowledge the important role of Elders, past and present, for they hold the memories of the traditions, cultures and aspirations of Aboriginal and Torres Strait Islander peoples across Queensland.

## Contribution acknowledgement

Health and Wellbeing Queensland acknowledges the work of Queensland Health in developing content included in this publication.

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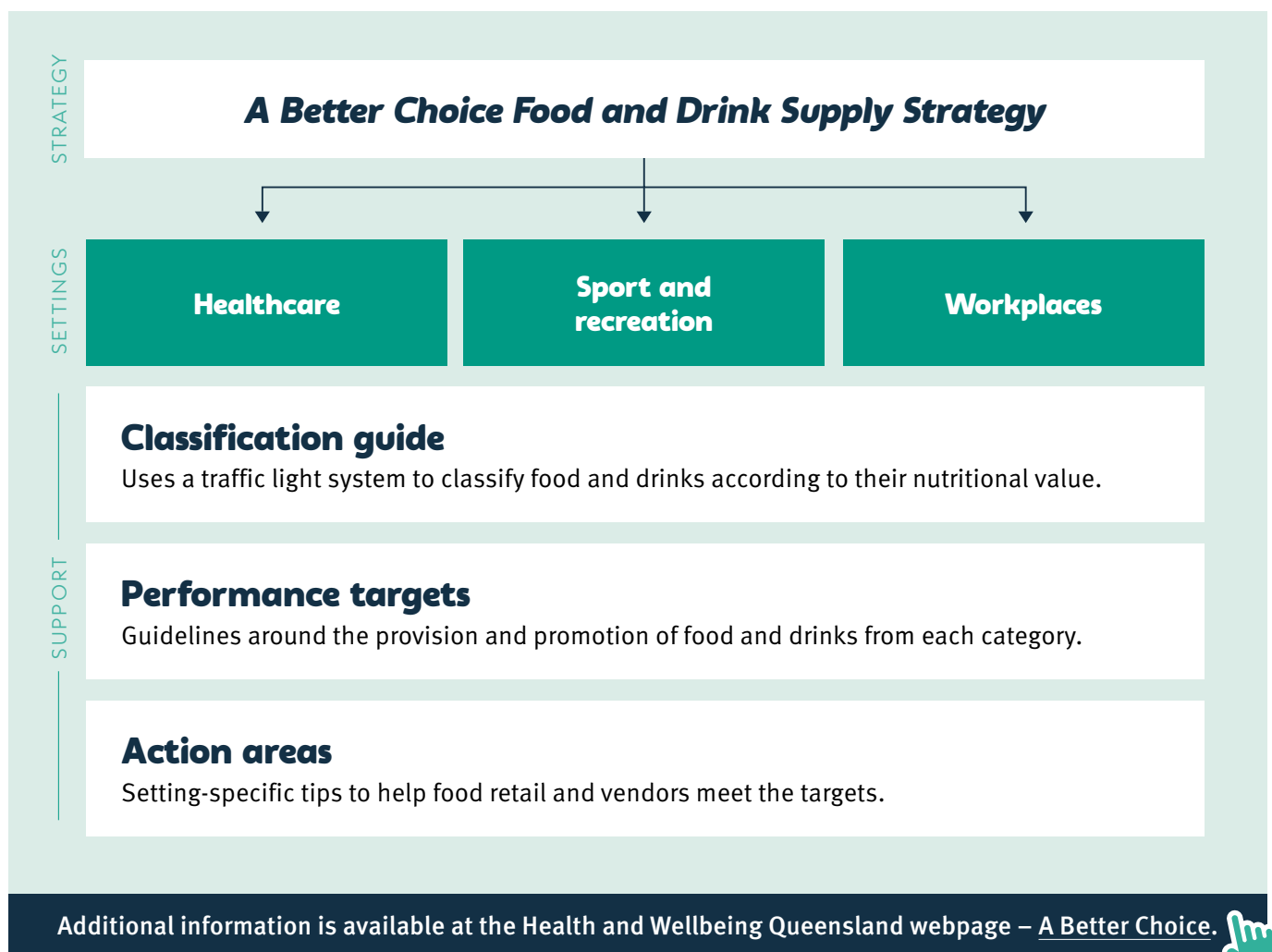
# A Better Choice

Good nutrition is a crucial part of preventing disease, maintaining a healthy weight, and supporting healthy behaviours. Many Queenslanders choose to eat out of home frequently, and retail and food outlets therefore play a role in ensuring their customers have easy access to nourishing food and drinks that will support their wellbeing.

Health and Wellbeing Queensland is leading Queensland Government efforts to improve food environments so Queenslanders have access to healthy food and drink options in places outside the home, including at sport and recreation clubs and facilities. The *A Better Choice Food and Drink Supply Strategy (A Better Choice)* is a public health initiative which aims to increase the availability and promotion of healthier food and drinks in a range of places where adults and children purchase and are provided with food and drinks.

## Objectives of A Better Choice

1. Increase the availability and promotion of healthy food and drink options consistent with the *Australian Guide to Healthy Eating*.
2. Limit the availability and promotion of food and drinks not consistent with the *Australian Guide to Healthy Eating*.
3. Ensure free drinking water is readily available, promoted, and accessible and water is promoted as the best drink.
4. Provide serving sizes that are consistent with the *Australian Guide to Healthy Eating*.



# A Better Choice for Sport and Recreation



Sport and recreation clubs and facilities play an important role in promoting physical activity and contributing to a healthier and happier Queensland. Every year, hundreds of thousands of people become members, players and visitors at these facilities, and food and drinks are essential for fuelling their performance and enhancing their overall experience.

However, the connections between food and sport can sometimes reinforce unhealthy eating habits, particularly among children. Senior players, coaches, committees and other individuals are key role models to support players, spectators, and volunteers to adopt healthy eating habits that align with the Australian Guide to Healthy Eating.

By introducing *A Better Choice*, clubs and facilities can encourage healthier eating habits within clubs and facilities by providing, promoting and advertising healthier food and drink options. This initiative presents an opportunity to foster growing communities where physical activity and healthy eating complement each other to create a happier and healthier legacy.

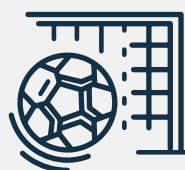
## Why do we need healthier sport and recreation settings?



1 in 4 Australian children are **above a healthy weight**



Sports settings are **saturated with unhealthy food and drinks**



The **hard work of sports settings** to create healthier communities is being undermined



The sector wants a **healthier next generation** but needs support to do this



This **co-designed strategy** aims to create healthier and happier communities



*A Better Choice* is applicable to all Queensland sport and recreation organised sporting activities or facilities that sell, provide and/or promote food and drinks (including sponsorship). This includes:

- Community sport and recreation clubs and associations of all codes.
- Major sports stadiums.
- Sport and recreation centres, including those run by local council, state sporting organisations or privately-run.
- Leisure and aquatic facilities, including those run by local council or privately-run.
- Organised outdoor recreational activities or events such as, motorcycling organised activities, walking or trail- running or hiking events.

*A Better Choice* applies to any outlet, setting or situation where foods and/or drinks are sold, provided, promoted and advertised to players, spectators, volunteers and staff. This includes:

- Retail outlets such as canteens, kiosks, cafés, restaurants, cafeterias, food trucks, and coffee carts.
- Vending machines.
- Catering that is provided or purchased for meetings, events, workshops, training, and functions including, award nights, and celebrations.
- Fundraising, rewards, promotional and sponsorship activities, such as, gifts, raffles, club barbecues, bake sales, cake stalls, competitions, rewards, incentives, prizes and giveaways.

All food and drinks, whether freshly made at the venue, prepared off-site or supplied pre-packaged as a ready-to-eat item, are within scope. Food and drinks that players, spectators, volunteers and staff bring from outside of the venue for their own personal consumption are not within scope.



## How to implement A Better Choice

*A Better Choice* aims to increase the availability and promotion of healthier food and drinks in sport and recreation clubs and facilities. While change can take time, the following steps can help clubs and facilities implement *A Better Choice* effectively.

Implementing change successfully requires careful planning, regular monitoring and evaluation, acknowledging and celebrating progress along the way. Whilst working through Step 1 and 2 it is important to plan, act, monitor and review to stay on track.

**Step 1** involves tackling change one goal at a time. This can be achieved by starting with small, easy changes using the helpful guide provided. Once a club or facility has successfully made changes, they can move onto Step 2 to enhance their food and drink offerings.

**Step 2** involves setting targets and working towards them to achieve a better balance of food and drinks. The *A Better Choice* food and drink targets use a traffic light system that classifies food and drinks according to their nutritional value. For retail outlets and vending machines, the targets are to offer:

- a minimum of 50% of food and drinks in the **green** category
- a maximum of 20% of food and drinks in the **red** category
- the remaining proportion can be food and drinks from the **amber** or **green** category.


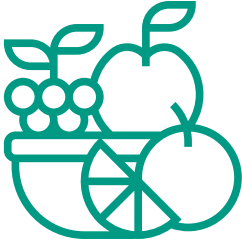


A more detailed guide is provided on the following pages.



## Step 1: Tackle change one goal at a time

To improve food and drink provision and promotion, start by tackling one goal at a time. This can be done by a range of stakeholders, including local sport and recreation clubs, council or privately run sports centres or facilities, catering companies for large venues/stadiums or events, and individuals involved in sports. By focusing on one goal at a time, it becomes easier to identify and address specific areas for improvement and make meaningful progress towards a better overall experience.

There are four key focus areas to support this including:

Healthy drinks	Healthy snacks	Healthier meals	Beyond the menu
			
Choose water first, limit unhealthy drinks.	Refuel with fruit and healthier snacks.	Green up the menu, add healthier options and limit unhealthy ones.	Feature healthy options in rewards and fundraisers.
<ul style="list-style-type: none"> <li>• Make free tap water available</li> <li>• Include water in meal deals</li> <li>• Place water at eye level</li> <li>• Reduce the visibility of sugary drinks in fridges</li> <li>• Swap sugary drinks for healthier options</li> <li>• Price water competitively.</li> </ul>	<ul style="list-style-type: none"> <li>• Introduce healthier half-time snacks</li> <li>• Swap in healthier options</li> <li>• Make fruit readily available</li> <li>• Include healthy snacks in meal deals</li> <li>• Move less healthy options out of sight</li> <li>• Price healthier snacks competitively.</li> </ul>	<ul style="list-style-type: none"> <li>• Add healthier options to your menu</li> <li>• Limit unhealthy options on the menu</li> <li>• Add vegetables to menu classics</li> <li>• Reduce or remove pastries and fried foods options</li> <li>• Include meal deals that feature healthier options</li> <li>• Ensure healthier options are affordable.</li> </ul>	<ul style="list-style-type: none"> <li>• Introduce a healthier reward for club achievements</li> <li>• Introduce healthier ways to fundraise</li> <li>• Start by replacing a less healthy fundraising prize or club reward.</li> </ul>

For helpful resources on how to implement *A Better Choice* visit the [Health and Wellbeing Queensland webpage](#) – [A Better Choice Sport and Recreation](#).





The **traffic light system** classifies food and drink according to their nutritional value.

## Green

### Best nutritional value

These food and drinks are the best options from the five food groups as they are good sources of many important vitamins and minerals, and lower in saturated fat, added sugar and/or salt, and lower in energy (kilojoules).

## Amber

### Some nutritional value

Food and drinks in this category are either from the five food groups or discretionary choices.

They may provide valuable nutrients, however they can also contribute to excess energy (kilojoule) intake and/or contain moderate amounts of saturated fat, added sugar and/or salt.

## Red

### Limited or no nutritional value

These food and drinks have limited or no nutritional value and are energy dense, so when frequently consumed contribute to excess weight gain, chronic disease, and poor health.

Food and drinks in this category are based on 'discretionary choices' as described in the *Australian Guide to Healthy Eating*.

## Step 2: Set targets to get a better balance

Once you have successfully implemented and maintained the small changes outlined in Step 1, it's time to lift your game and take it to the next level. Set specific food and drink targets and work towards achieving them to get a better balance and improve your overall performance. This will help clubs and facilities stay competitive and achieve greater success.

The *A Better Choice* food and drink targets can be applied to all club, facility and event food provision and promotion.

*A Better Choice* uses a traffic light system to provide easily interpreted information for food and drink providers to follow. This ensures that they are providing food and drink options consistent with the Australian Guide to Healthy Eating.

*A Better Choice* sets principles and targets around the food and drink options available from each of the **green**, **amber** and **red** categories (see [page 7](#)) so that those with the best nutritional value are the most obvious and appealing options, and there is a balance of the food and drinks available.

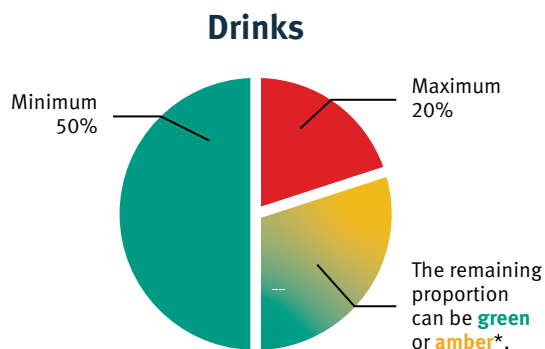
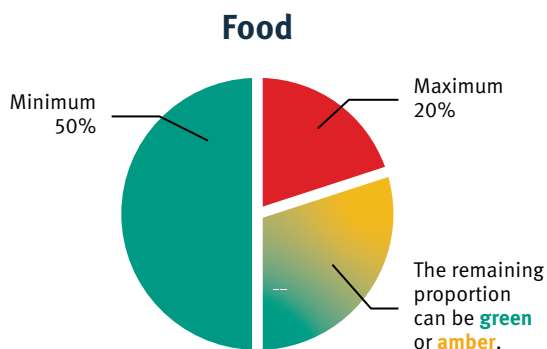
Examples of food and drinks in each of these categories are listed in [Appendix 1](#).



## A Better Choice food and drink targets

When it comes to assessing the menu work towards meeting the following targets for the food and drink options that are available at retail outlets.

### Retail outlets targets



Minimum 50% of food and drinks available are in the **green** category.

Maximum 20% of available food and drinks are in the **red** category.

The remaining proportion of food and drinks can be **green** or **amber**.

\* Maximum 20% of available drinks are intense artificially or naturally sweetened drinks in the **amber** category (excluding artificially or naturally sweetened milk drinks).

*See sample menu example on page 8.*

Alcohol service should be in accordance with organisational policies and legislative regulations. For more information visit the [Queensland Office of Liquor and Gaming Regulation website](#).



## Sample menu



### Food

- Breakfast toastie  
(Spinach, tomato & cheese\*)
- Sushi (2 options)  
(Tuna with avocado, chicken with avocado)
- Chicken and salad wrap  
(shredded chicken breast, salad, and cheese\*)
- Loaded burger  
(Beef patty, cheese\*, lettuce, tomato, beetroot)
- Falafel wrap (Falafel, tomato, lettuce, tzatziki)
- Hot chips

### Snacks

- Fresh fruit cups
- Cheese and cracker pack\*
- Blueberry muffin
- Lightly salted popcorn
- Chocolate (1 option)

### Meal Deals

- Fruit cup and water
- Wrap, popcorn and water



\* Use reduced-fat milk or cheese

# Use intense artificial or naturally sweetened

### Drinks

- Water (plain)
- Sparkling water (plain or naturally flavoured, 2 options)
- Tea
- Coffee\*
- Hot chocolate\*
- Flavoured milk\* (2 options)
- 99% orange juice
- Diet soft drink# (1 option)
- Sugar free sports drink# (1 option)
- Soft drink (full sugar, 2 options)

### To check against the targets

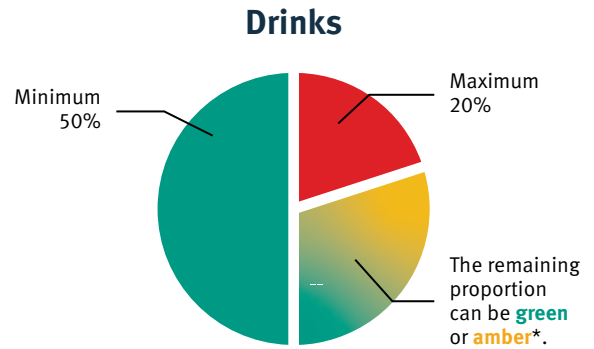
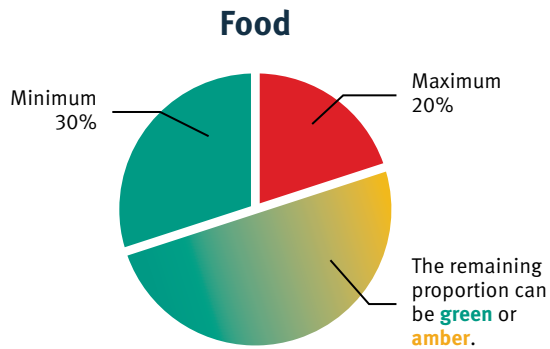
- Look at the menu or list the options on offer
- Assess the food and drink options as **green/amber/red**
- Calculate the percentage of **green/amber/red** available and compare to the targets.

		Green	Intense sweetened	Red
<b>Food</b> (Total options= 12)	Options	6	NA	2
	Percentage	50%		17%
Target		≥50%	–	≤20%
<b>Drinks</b> (Total options= 13)	Options	8	2	2
	Percentage	62%	15%	15%
Target		≥50%	≤20%	≤20%

Targets met

When it comes to assessing the menu, work towards meeting the following targets for the food and drink options that are available in vending machines.

## Vending machines targets



Minimum 30% of food available are in the **green** category.

Minimum 50% of drinks available are in the **green** category.

Maximum 20% of available food and drinks are in the **red** category.

The remaining proportion of food and drinks can be **green** or **amber**.

\* Maximum 20% of available drinks are intense artificially or naturally sweetened drinks in the **amber** category (excluding artificially or naturally sweetened milk drinks).

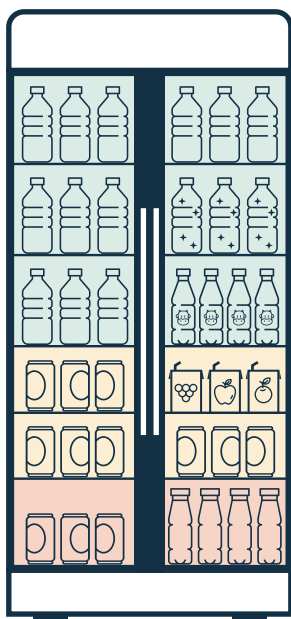
## Advertising, promotion and display

After assessing the proportion of food and drinks on the menu that are from the **green**, **amber** and **red** category, consider how those options are advertised, promoted and displayed. It is recommended that:

- ✓ Food and drinks in the **green** category are:
  - clearly displayed (for example, at front of the counter)
  - always available
  - **actively promoted** and advertised.

- ✓ Food and drinks from the **amber** category on display must **not dominate**, and must not be promoted or advertised

- ✓ **Red** food and drinks are **not displayed** in prominent areas, promoted or advertised.



Fridge display	
Water	
Water	Water sparkling
Water flavoured (no sugar)	Milk drinks (low fat varieties)
Intense sweetened* soft drinks	Juice (99–100% fruit juice)
	Intense sweetened* sports drinks
Full sugar soft drinks	Full sugar sports drinks

\*Intense artificial or naturally sweetened



Display stand
Air popped popcorn
Potato chips



Counter fridge display
Fruit
Cheese with crackers
Muffins/cakes (From <b>amber</b> category)

## Catering for staff, meetings and functions

Catering for meetings, events, workshops, training, and functions for players, spectators, volunteers and staff, either prepared or paid for by the club or facility or an external agency, are within scope of *A Better Choice*.

- Food and drinks from the **green** category are available, **actively promoted** and provided.
- Drinks with added intense artificial or natural sweeteners **do not** dominate total drinks provided.
- Food from the **red** category are a **limited** proportion of food provided.
- Drinks from the **red** category are **not provided**.

## Fundraising activities

Clubs and facilities are encouraged to consider promoting health and wellbeing in fundraising, promotional and sponsorship activities such as, gifts, raffles, club BBQs, bake sales, competitions, rewards, incentives, prizes and giveaways.

- Food and drinks from the **green** category are **actively promoted** in fundraising activities, rewards and sponsorship (for example, seasonal fruit drives and healthy barbecues).
- Food from the **red** category are **limited** in fundraising activities and sponsorship (for example, chocolate drives, cake stalls and sausage sizzles).
- Drinks from the **red** category are **not used** in fundraising activities.
- Food and drinks from the **red** category (for example, junk food) are **not used** for rewards such as player of the match awards or encouragement incentives.

Alcohol service should be in accordance with organisational policies and legislative regulations. For more information visit the [Queensland Office of Liquor and Gaming Regulation website](#).





## How to assess food and drinks as green, amber or red

To assess against the food and drink targets, first classify each food and drink item sold, provided, promoted and advertised as **green**, **amber** or **red**.

There are a number of ways to classify food and drinks.

### 1 Food and drink classification tables

The food and drink classification tables ([Appendix 1](#)) offer a list of many common food and drink items and their classification. When it is not possible to classify food and drinks using these tables, use the nutrition information for commercial packaged items, or the ingredients list for recipes.

### 2 Commercial packaged food with a nutrition information panel

For commercial packaged food with available nutrition information on the packet use this information to classify the item as **green**, **amber** or **red**. Refer to [Appendix 2](#) for information on how to do this.

### 3 Meals or recipes freshly made on site

For meals and recipes that contain multiple ingredients use the ingredient list to classify the food or drink. Refer to [Appendix 3](#) for information on how to do this.

## How to apply A Better Choice to food provision with venue hire and catering

Incorporating *A Better Choice* targets or requirements in contracts and tenders with retail and catering providers is an effective way to ensure that healthier food and drinks are available and encouraged at events and venues. This can be accomplished by discussing the matter during the negotiation phase and inserting a relevant clause in the contract to ensure that healthy foods and drinks are accessible and encouraged.

## How to fuel right when members bring food and drinks from home

Sport and recreation clubs or facilities can actively promote healthy eating by distributing education resources to players and members that highlight the importance of consuming healthy options before, during and after exercise to fuel the body effectively.

For helpful resources on how to implement *A Better Choice*, visit the Health and Wellbeing Queensland webpage – [A Better Choice Sport and Recreation](#).





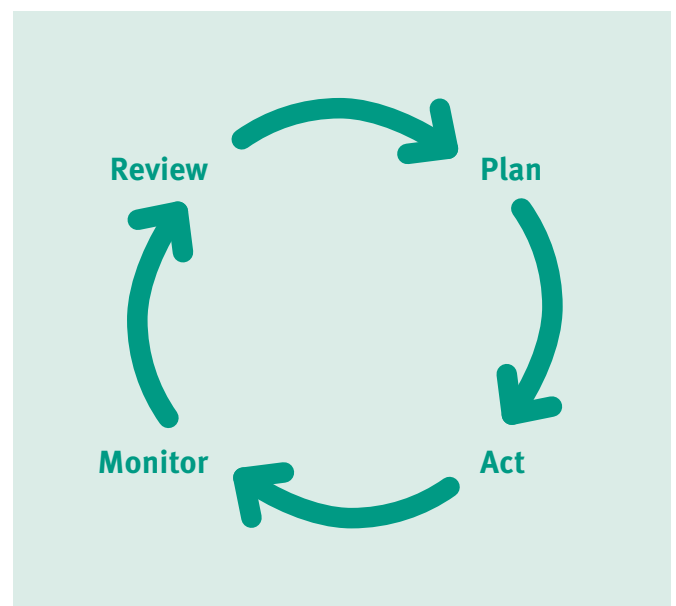
## How to implement change, and monitor and evaluate progress

Implementing change successfully requires careful planning, regular monitoring and evaluation, and acknowledging and celebrating progress along the way. It is important to conduct regular reviews (e.g. every 3 months or at the end of every season) to monitor and evaluate the progress of the club or facility, celebrate wins, and make necessary modifications to unsuccessful changes. For example, after reviewing if newly introduced food items are unpopular, they can be replaced, adjusted or promoted further to achieve successful outcomes.

State level organisations are encouraged to evaluate their progress in implementing *A Better Choice* through reporting processes associated with the [Active Industry Fund](#) (Department of Housing and Public Works).

In order to monitor and evaluate success, invite feedback from players, visitors, staff and volunteers. This will help to share successes with the club or facility's community and also acknowledge the efforts of individuals and teams who have contributed to supporting and promoting the initiative.

Implementing change and monitoring and evaluation progress involves four stages: **Plan**, **Act**, **Monitor** and **Review**. By following these steps clubs and facilities can achieve their goals effectively and efficiently.





## Plan

**Decide on the goals and activities** the club or facility will start with. Depending on the size and structure of the club or facility this could include forming a committee or team, seeking approval for changes (i.e. from the committee or senior management), seeking ideas, feedback and communicating changes with players, visitors, staff and volunteers.

**Create a healthy eating policy**, that outlines the club or facility's commitment to acting and sets the goals to be accomplished with realistic timelines. It is recommended that the policy is reviewed at least every 12 months, and progress is reviewed every 3 months or at the end of every season.

## Act

**Before implementing** the agreed changes consider how the club or facility will measure and evaluate progress and include that in the healthy eating policy and/or existing plans to monitor and action accordingly. Evaluation measures may include:

- **Food and drink targets** – measure the percentage of food and drink items available from **green**, **amber** and **red** categories before and after changes are made, against the following targets:
  - » a minimum of 50% of food and drinks in the **green** category
  - » a maximum of 20% of food and drinks in the **red** category
  - » the remaining proportion can be food and drinks from the **amber** or **green** category.
- **Sales data** – track food and drink item sales figures and compare them before and after change has been made.
- **Stock movement** – if sales data is not available a good alternative is to track food and drink stock movement.
- **Food waste data** – measure the amount of food waste generated before and after changes are made.
- **Player, visitor, staff and volunteer feedback** – collect feedback on the new healthy food and drink options introduced such as if they are happy with the variety of options, if the prices are reasonable, and if they are satisfied with the taste and quality of the food.
- **Behavioural changes** – observe behaviour changes of players and visitors, such as their willingness to try new healthy food or drinks, their choices when it comes to snacks and meals, and their attitudes towards healthy eating.
- **Player performance measures** – assess performance and stamina of players, or track the number of players participating in your programs or activities that include healthy eating education or promotion.

**Implement the changes.** Once the evaluation measures have been determined, implement the agreed-upon changes by following **Step 1: Tackle change one goal at a time** and **Step 2: Set targets to get a better balance**.

## Monitor





Collect the decided evaluation measures and regularly review progress accordingly.

## Review

- Use the collected data and evaluate against the goals and activities initially decided on. Then consider any necessary adjustments to these activities and set new goals and activities to continue with.
- Review the healthy eating policy annually and ensure the relevant club or facility members are taking action.
- Ensure the club or facility's progress is shared with players, visitors, staff and volunteers regularly.
- Repeat this Plan/Act/Monitor/Review process to track progress and continue to make improvements.



Sharing the club or facility's success with Health and Wellbeing Queensland will also help to inspire other clubs and facilities. To do this tag Health and Wellbeing Queensland using social media handles, or email [abetterchoice@hw.qld.gov.au](mailto:abetterchoice@hw.qld.gov.au)

-  [@HealthandWellbeingQld](https://www.facebook.com/HealthandWellbeingQld)
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For helpful resources on how to implement *A Better Choice* visit the Health and Wellbeing Queensland webpage – [A Better Choice Sport and Recreation](#).





## Appendices

Appendix 1:  
Food and drink classification tables



Appendix 2:  
Classifying food using nutrition information

Appendix 3:  
Classifying food using  
major and minor ingredients

Appendix 4:  
Definition of terms

Photo credit: QSports

# Appendix 1

## Food and drink classification tables

# Food and drink classification tables

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



These products may be classified as **green**, **amber**, or **red** depending on the brand, size, and ingredients list. Confirm the classification of specific products using 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>	<p>⊕ Seaweed snacks with large amounts of added salt/sugar</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, cous cous, pasta, 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>Plain wholemeal or or multigrain rice cakes, corn cakes, crackers, crispbreads, grissini and bread sticks that are higher in fibre (2g or more per serve as sold), and lower in fat and sodium.</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, crackers, crispbreads, grissini, and bread sticks.</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>



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 the nutrient criteria tables in [Appendix 2](#).

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>* Salads containing a variety of vegetables, lean, uncoated and uncrumbed meat, skinless poultry, tinned fish in spring water or reduced-fat cheese with small amounts of dressing</p> <p>* Sandwiches/wraps/rolls made with vegetables, lean meat, fished canned in spring water and reduced-fat cheese, and small amount of mono- or poly-unsaturated margarine or reduced-fat mayonnaise. Wholemeal, multigrain or high-fibre breads are encouraged.</p>	<p>* Salad with regular-fat cheese, dried fruit, crumbed or coated meats and seafood and large amounts of oil-based dressing.</p> <p>* Sandwiches/wraps/rolls made with significant amounts of butter, regular mayonnaise, chutney or relish, regular-fat cheese, fattier cuts of meat and some processed meat (such as ham).</p>	<p>* Salad including significant amounts of deep-fried ingredients (for example, deep-fried chicken schnitzel or strips, battered calamari, fried crouton) or fatty and salty processed meats, and with generous amounts of dressing based on regular-fat cream or mayonnaise.</p> <p>* Sandwiches/wraps/rolls made with deep-fried ingredients (e.g. schnitzel) or fatty and salty processed meats (such as salami).</p>



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 the nutrient criteria tables in [Appendix 2](#).

## 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.



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 the nutrient criteria tables in [Appendix 2](#).



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 confectionery, 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 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> <p>Dried instant soup.</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>



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 the nutrient criteria tables in [Appendix 2](#).

## 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 of vegetable fillings.

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

Cheese and cracker snacks with reduced-fat cheese.

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).

Cheese and cracker snacks with regular fat cheese.

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 confectionery.

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.

Dried and cured meat (e.g. beef jerky).

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>
Confectionery		
	<p>Sugar-free chewing gum and sugar-free mints.</p>	<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> medicated cough mixture and lozenges are not in scope of <i>A Better Choice</i> 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		
<p>Made with reduced-fat milk (&lt;2.6% fat), or plant-based alternatives, serving size up to 375mL, with no added cream, ice-cream, sorbet, gelato or confectionery.</p> <p>Up to 20mL of syrup flavouring or honey, or one level tablespoon of powder flavouring may be added. Recommended option is sugar-free syrup.</p>	<p>Made with reduced-fat milk (&lt;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.</p> <p>Made with full-cream milk: serving size up to 375mL.</p> <p>Up to 20mL of syrup flavouring or honey, or one level tablespoon of powder flavouring may be added. Recommended option is sugar-free syrup.</p>	<p>Made with reduced-fat milk (&lt;2.6% fat), or plant-based alternatives: serving size more than 500mL.</p> <p>Made with full-cream milk: serving size more than 375mL.</p> <p>More than 20mL of syrup flavouring or one level tablespoon of powder flavouring.</p> <p>Added sugar, cream, ice-cream, sorbet, gelato or confectionery: any serving size.</p>
Formulated supplementary beverages, and high protein milk-based drinks		
	<p><b>P</b> High-protein drinks, breakfast drinks, and protein shakes (milk-based): package size up to 300mL.</p> <p>Water-based protein drinks with added intense or natural sweeteners: package size up to 300mL.</p>	<p>Breakfast drinks and protein shakes: package size more than 300mL.</p> <p>Water-based protein drinks with added intense artificial or natural sweeteners: package size more than 300mL.</p> <p>Formulated meal replacement drinks of any volume.</p>

**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		
<p>Drinks made with no added syrup, cream or confectionery. Serving size 500mL, including:</p> <ul style="list-style-type: none"> <li>drinks made with water, e.g. tea, long black, espresso, bottled/canned coffee with no added sugar</li> <li>drinks made with milk, e.g. flat white, latte</li> <li>tea made with tea bags or fresh leaves (no added sugar).</li> </ul> <p>Offer decaffeinated varieties and sweeteners as an alternative to sugar.</p>	<p>Drinks with no added cream or confectionery, made with up to 20mL of syrup flavouring, including powder flavouring: serving size up to 500mL.</p> <p>For example: flavoured coffee, hot chocolate, mocha, and chai lattes. Preferred option is sugar-free syrup.</p> <p>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.</p>	<p>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.</p> <p>Bottled/canned coffee with sugar added.</p>
C Energy and sports drinks		
	<p>With added intense or natural sweetener: package size up to 600mL.</p>	<p>With added sugar: any package size.</p> <p>With added intense artificial or natural sweeteners: package size more than 600mL.</p>

**C Sport and recreation settings primarily serving children should be aware:** Children are more sensitive to caffeine and frequent consumption or consumption at high levels can impact their health. For retail outlets with a high number of young players or spectators a reduction in caffeinated drinks including tea, coffee, energy drinks and some soft drinks should be considered. Avoid drinks with a caffeine content greater than 50mg<sup>1</sup>. Soft drinks of a smaller serving size (375ml) are within this limit, however energy drinks should be avoided.

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

## Juice

Fruit and vegetable juices, and combined fruit and vegetable juices, unsweetened, 99–100% juice (includes frozen and carbonated varieties): package size up to 300mL.

Diluted juice with no added sugar or sweetener:

- water that contains or is added to 99–100% fruit juice, volume of juice up to 300mL: total package size up to 600mL.

Fruit drinks with added intense or natural sweetener: package size up to 600mL.

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.

Fruit juices, vegetable juices and combined fruit and vegetable juices; unsweetened that contain 99–100% juice: package size more than 300mL.

Fruit juices that contain less than 99% juice, of any package size, including:

- bottled
- canned
- post-mix and frozen varieties.

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

Juice, fruit drinks and coconut water with added sugar: any package size.

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>
Formulated supplementary beverages, and high protein milk-based drinks		
	<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>



# Appendix 2

## Classifying food using nutrition information

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# Classifying food using nutrition information

## What is nutrient information?

Commercial food and drink providers include nutrient information on the Nutrition Information Panel<sup>2</sup> (NIP) of packaged food. This describes the amount of energy (kilojoules) and nutrients (carbohydrates, protein, fat, sodium) in a food or drink product. Information in the NIP is provided ‘per 100 grams (g)’ and ‘per serving’.

An example NIP is shown here:

### Muesli bar nutrition information

Servings per package: 8

Serving size: 31g

	Per serve	Per 100g
<b>Energy</b>	530kJ (126cal)	1700kJ (405cal)
<b>Protein</b>	1.9g	6.0g
<b>Fat, Total</b>	3.7g	11.9g
- Saturated	0.7g	2.2g
<b>Carbohydrate</b>	20.5g	65.5g
- Sugars	7.4g	23.7g
<b>Sodium</b>	30mg	100mg
<b>Fibre<sup>4</sup></b>	1.7g	5.4g

Ingredients: Rolled oats, glucose syrup, sugar, vegetable oil [antioxidants (304,306)], wheat, rice flour, fruit paste (9%) [dried dates, sultanas, pear juice, invert sugar, humectant (422), wheat fibre, vegetable fat (hydrogenated coconut oil), vegetable gum (pectin), food acid (lactic), flavour], almonds, honey, coconut, oat fibre, maize starch, skim milk powder, emulsifier (soy lecithin), salt, flavour.

The NIP on food labels can be used to help work out if the products fit into the **green**, **amber** or **red** category of *A Better Choice*. Nutrient criteria have been developed to help identify common foods from each category. By comparing the information on the NIP against these criteria, the product’s classification can be determined.

Nutrient criteria for packaged items vary but may include energy (kilojoules), saturated fat, sodium, sugar, and fibre<sup>3</sup>. A ‘maximum serving size’ may also be included.

Depending on the category, both ‘per 100g’ and ‘per serving’ information may be needed to classify foods. When comparing the nutrition content of similar products, use the ‘per 100g’ information (as the serving size is determined by the manufacturer and may vary from product to product).

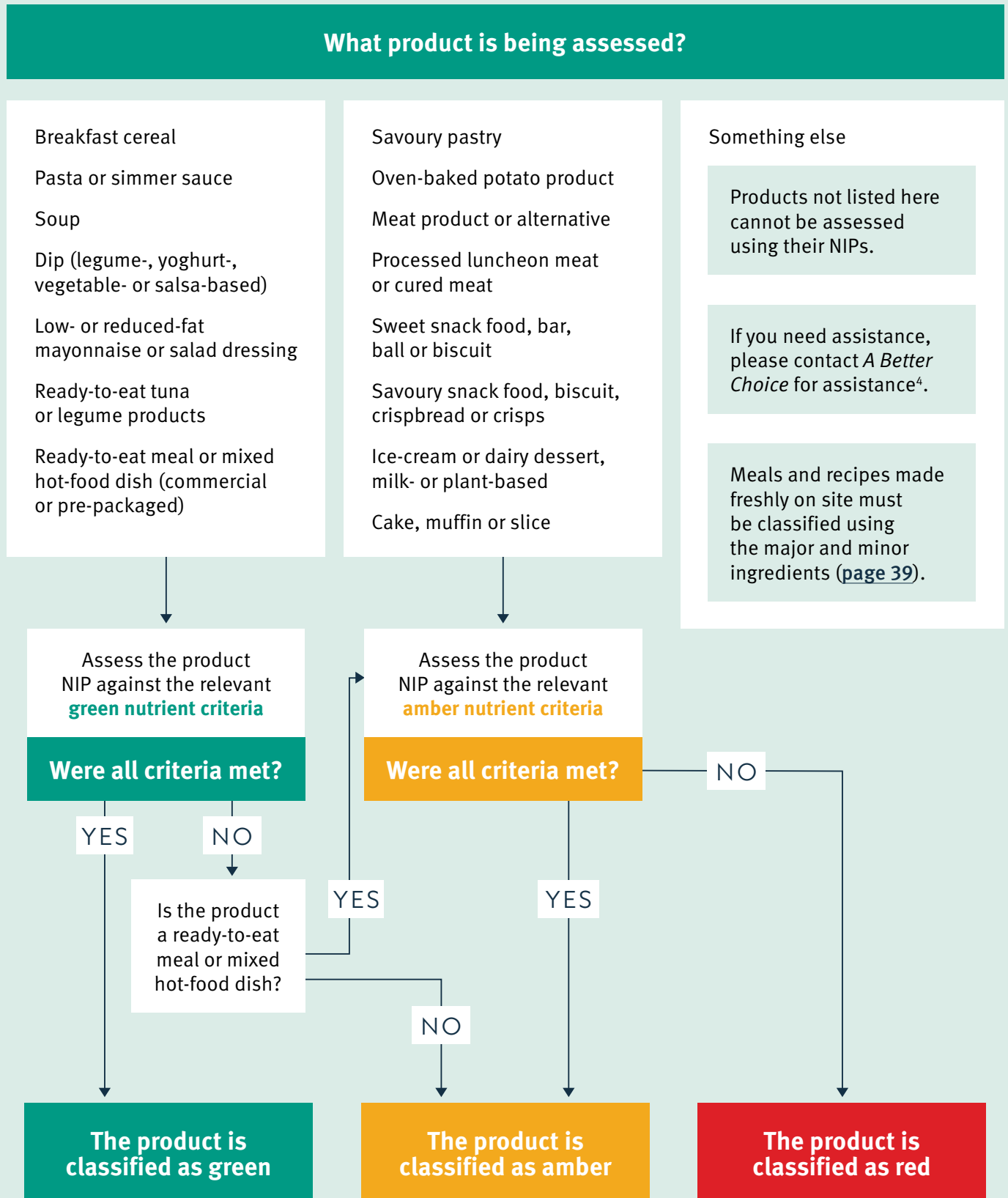
Use the information on the following page to classify a packaged food according to its nutrient criteria.

2 Food Standards Code — Standard 1.2.8: Nutrition information requirements.

3 Fibre may only be included on the NIP if a claim about the fibre content of the food is made.

## How to assess food using nutrient criteria tables

If a commercial product with a nutrition information panel is not able to be classified using FoodChecker or the food and drink classification tables, use the below method to classify the food. Practical examples on pages 36 and 37 illustrate how to follow this process.



4 [abetterchoice@health.qld.gov.au](mailto:abetterchoice@health.qld.gov.au)

## Green nutrient criteria

Category	Nutrient criteria				
	All criteria below must be met for the food to be classified as <b>green</b>				
	Energy (kJ)	Saturated fat (g)	Sodium (mg)	Fibre (g)	Sugar (g)
Breakfast cereals not containing dried fruit (assess as dry weight)		2g or less per 100g		5g or more per 100g	20g or less per 100g (>25g = red)
Breakfast cereals containing dried fruit (assess as dry weight)		2g or less per 100g		5g or more per 100g	25g or less per 100g (>30g = red)
Pasta sauces and simmer sauces		2g or less per 100g (>5g = red)	300mg or less per 100g (>700mg = red)		
Soups as prepared (ready to eat, canned, instant)		2g or less per 100g	300mg or less per 100g		
Dips (legume-, yoghurt-, vegetable- or salsa-based)		2g or less per 100g	300mg or less per 100g		
Mayonnaise and salad dressings (low or reduced fat)		2g or less per 100g	300mg or less per 100g		
Tuna and legume ready-to-eat products		2g or less per 100g	400mg or less per 100g		
Ready-to-eat meals, mixed hot-food dishes (commercial or pre-packaged)	2000kJ or less per serve as sold	2g or less per 100g	250mg or less per 100g and 750g or less per serve as sold	5g or more per serve as sold	
Savoury snack foods, biscuits, crispbreads and crisps	600kJ or less per serve as sold and 1800kJ per 100g	2g or less per serve as sold	200mg or less per serve as sold	2g or more per serve as sold	

If the item does not meet any one of the criteria it will be **categorised as amber or red**

## Amber nutrient criteria

Category	Nutrient criteria				
	All criteria below must be met for the food to be classified as <b>amber</b>				
	Energy (kJ)	Saturated fat (g)	Sodium (mg)	Fibre (g)	Max serving size as sold
Savoury pastries (pies, pastries, sausage rolls, quiches, cheese triangles), filled breads (calzone) pizza, dim sims, samosas, spring rolls, instant noodles	1000kJ or less per 100g	5g or less per 100g	400mg or less per 100g		200g or less
Oven-baked potato products (wedges, chips, fries, gems, hash browns, potato cakes)	1000kJ or less per 100g	5g or less per 100g	400mg or less per 100g		150g or less
Meat products and alternatives Crumbed/coated and uncrumbed uncoated (such as burgers, patties, strips, nuggets), sausages, frankfurts, chorizo, saveloy	1000kJ or less per 100g	5g or less per 100g	450mg or less per 100g		150g or less
Processed, cured, and dried meat (Fritz, beef jerky, Devon, chicken loaf, pastrami, ham, bacon, silverside, sliced chicken, turkey or roast beef, beef jerky, silverside/corned beef, diced processed chicken meat)	1000kJ or less per 100g	3g or less per 100g	750mg or less per 100g		50g or less
Ready-to-eat meals, mixed hot-food-dishes (commercial, or pre-packaged)	2500kJ or less per serve as sold	2g or less per 100g	300mg or less per 100g and 900mg or less per serve as sold	3g or more per serve as sold	
Sweet snack foods, bars, balls and biscuits	600kJ or less per serve as sold	3g or less per serve as sold		1g or more per serve as sold	
Unflavoured, lightly salted popcorn	2000kJ or less per 100g	2g or less per serve as sold	200mg or less per serve as sold		

CONTINUED ON THE FOLLOWING PAGE

	All criteria below must be met for the food to be classified as <b>amber</b>				
	Energy (kJ)	Saturated fat (g)	Sodium (mg)	Fibre (g)	Max serving size as sold
<b>Savoury snack foods, biscuits, crispbreads and crisps</b>	600kJ or less per serve as sold and 1800kJ per 100g	2g or less per serve as sold	200mg or less per serve as sold		
<b>Ice-creams and dairy desserts, milk- or plant-based</b> Milk or yoghurt must be listed as first ingredient (or second after water)	600kJ or less per serve as sold	3g or less per serve as sold			
<b>Cakes, muffins, slices and sweet pastries</b>	900kJ or less per serve as sold	3g or less per serve as sold		1.5g or more per serve as sold	

**If the item does not meet any one of the criteria it will be categorised as red**



## Example assessment

### Crumbed chicken-fillet patty (oven baked)

This product is not listed in the food and drink classification tables, and therefore will need to be classified using the NIP found on the packaging.

Servings per package: 60  
Average serving size: 120g

	Per serve	Per 100g
<b>Energy</b>	1176kJ	980kJ
<b>Protein</b>	17.4g	14.5g
<b>Fat, total</b>	15.8g	13.2g
- saturated	4.1g	3.4g
<b>Carbohydrate</b>	18.3g	15.3g
- sugars	0.2g	0.2g
<b>Sodium</b>	527mg	439mg

Ingredients: Chicken (60%), flour, water, salt, vegetable oil, yeast and yeast extract, dehydrated vegetables, sugar, salt, spices, preservatives.

#### 1 Identify the correct nutrient criteria table to assess the product

Patties sit under the ‘meat products and alternatives’ category and therefore should be assessed using the relevant **amber** nutrient criteria.

#### 2 Assess the product

Compare the relevant **amber** nutrient criteria (shown below) to the NIP of the chicken fillet patty. Note that the criteria for this particular category assesses products per 100g. Therefore use values from the ‘per 100g’ column of the NIP.

	All criteria below must be met for the food to be classified as <b>amber</b>				
	Energy (kJ)	Saturated fat (g)	Sodium (mg)	Fibre (g)	Max serving size as sold
<b>Meat products and alternatives</b> Crumbed/coated and uncrumbed/uncoated (burgers, patties, strips, nuggets), sausages, Frankfurts, chorizo, saveloys)	1000kJ or less per 100g	5g or less per 100g	450mg or less per 100g		150g or less
<b>Crumbed chicken fillet patty (values as per NIP)</b>	980kJ per 100g	3.4g per 100g	439mg per 100g		120g

✓ Criteria met

✓ Criteria met

✓ Criteria met

✓ Criteria met

All four nutrients meet the criteria from the amber table, therefore the crumbed chicken patty is classified as **amber**.



Product/packet size: 80g  
 Servings per package: 2  
 Serving size: 40g

	Per serve	Per 100g
<b>Energy</b>	920kJ	2300kJ
<b>Protein</b>	3.5g	8.8g
<b>Fat, total</b>	15g	37.4g
- saturated	2g	5.1g
<b>Carbohydrate</b>	17.1g	42.8g
- sugars	2.5g	6.3g
<b>Sodium</b>	268mg	669mg

Ingredients: Wheat starch, cashews (26%), canola oil, soya bean solids (13%), sugar, Multigrain (ground corn, barley meal, wheat flour, oat meal, rice flour) (4%), salt, onion, malt extract, soy sauce powder, sesame seeds, garlic.

## Example assessment

### Savoury snack mix, 80g packet

This product is not listed in the food and drink classification tables, and therefore will need to be classified using the NIP found on the packaging.

#### 1 Identify the correct nutrient criteria table to assess the product

Savoury snacks sit under the ‘savoury snack food, biscuits, crispbreads and crisps’ category and therefore should be assessed using the relevant **amber** nutrient criteria.

#### 2 Assess the product

Compare the relevant **amber** nutrient criteria (shown below) to the NIP of the savoury snack mix.

The criteria for this particular category mainly assesses products as ‘per maximum serving size as sold’.

Therefore ensure to take note of the serving size on the packet. **In this particular instance, a 40g serving size is suggested by the manufacturer however the packet size is 80g.** As the whole product is commonly consumed, **ensure to multiply nutrient values by two to calculate the actual serving size** as consumed.

- Energy = 920kJ x 2 = 1840kJ
- Saturated fat = 2g x 2 = 4g
- Sodium = 268mg x 2 = 536mg

The criteria for this particular category also assess products by their energy content per 100g. Therefore also use values from the ‘per 100g’ energy column of the NIP.

	All criteria below must be met for the food to be classified as <b>amber</b>				
	Energy (kJ)	Saturated fat (g)	Sodium (mg)	Fibre (g)	Max serving size as sold
<b>Savoury snack foods, biscuits, crispbreads, and crisps</b>	600kJ or less per serve as sold (and 1800kJ per 100g)	2g or less per serve as sold	200mg or less per serve as sold		
<b>Savoury snack mix, 80g packet (values as per NIP)</b>	1840kJ per serve, 2300kJ per 100g	4g per serve as sold	536mg per serve as sold		

⊗ Not met    ⊗ Not met    ⊗ Not met

None of the nutrients meet the criteria from the amber table, therefore the savoury snack mix is classified as red.



# Appendix 3

## Classifying food using major and minor ingredients

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## Classifying food using major and minor ingredients

If a meal or recipe cannot be classified using the food and drink classification tables, and the nutrient information is not available (e.g. food prepared on site), food should be classified based on the nutritional value of its ingredients. Use the below method to classify the food.

### 1 Identify the major ingredients and minor ingredients

**Major ingredients** make up the majority of an item. All ingredients are considered 'major' except those that are provided in very small amounts (see below).

**Minor ingredients** make up only a small proportion of the item. Some examples of minor ingredients are:

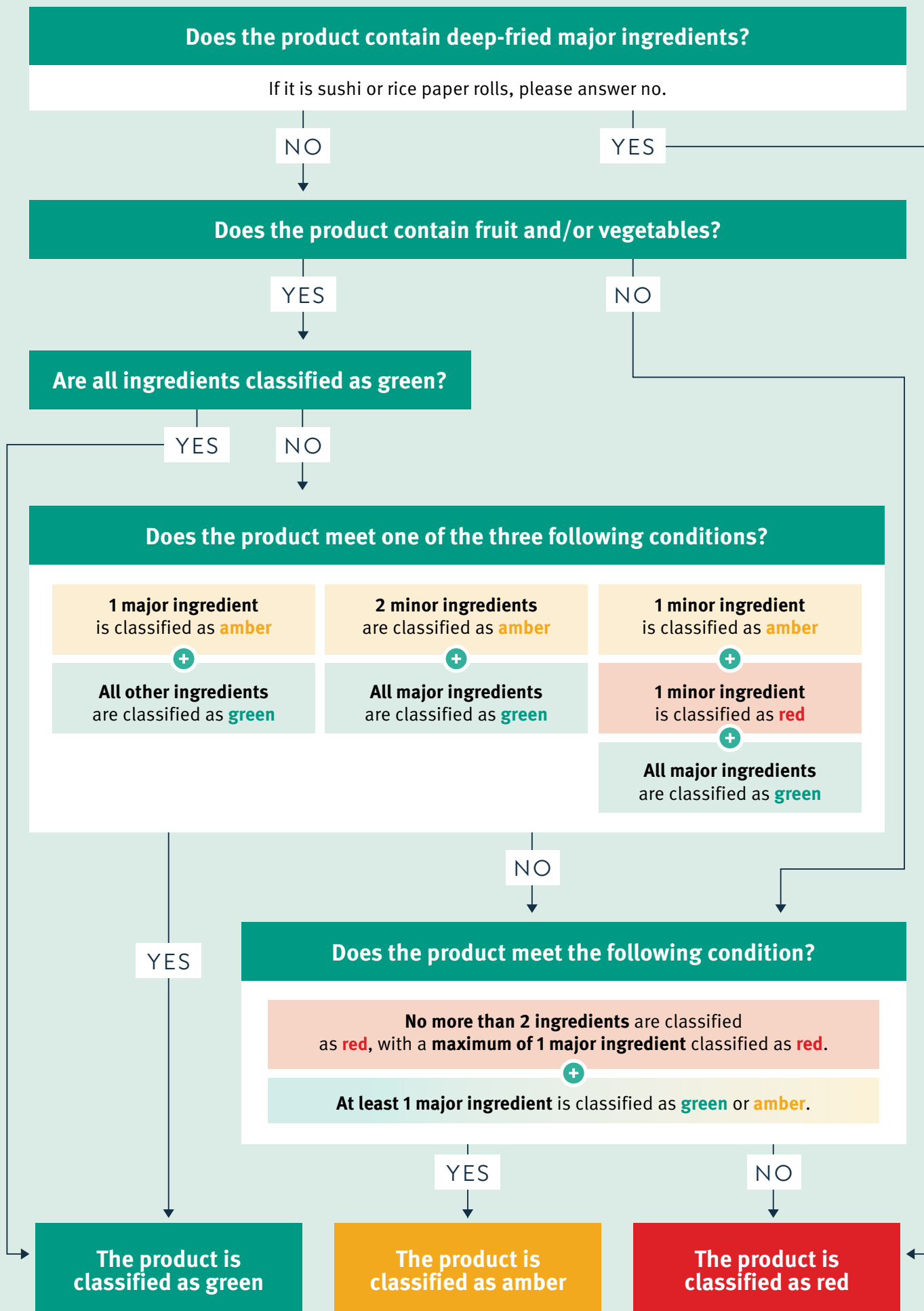
- dressings and mayonnaise
- sauces, relishes, chutneys
- spreads, including butter and dairy blends
- garnishes
- oils and oil spreads
- salt.

### 2 Classify all major and minor ingredients as green, amber or red

Use the food and drink classification tables, or nutrition information (as outlined on [page 17](#)).

**Note:** A thin spread of margarine in sandwiches, or a dash of oil for frying ingredients does not alter the classification of meals or snacks.

### 3 Use the information on the next page to determine whether the overall food is classified as green, amber or red.





## Example assessment

### Crumbed chicken-patty burger

This food is not listed in the food and drink classification tables, and the nutrient information is not available. Therefore, it will need to be classified based on the nutritional value of its major and minor ingredients.

#### 1 Identify the major and minor ingredients

List the product's ingredients and identify if they are major or minor (refer to step 1 on [page 39](#)).

#### 2 Classify all major and minor ingredients as green, amber or red

Using the food and drink classification tables or nutrition information (as outlined on [page 17](#)), classify the major and minor ingredients in the burger as either **green**, **amber** or **red**.

**In this example, the burger contains:**

- three **green** major ingredients
- one **amber** major ingredient
- one **red** minor ingredient.

#### 3 Assess the food

Assess the food as either **green**, **amber** or **red** based on the criteria outlined on [page 40](#).

Because the burger includes an **amber** major ingredient and a **red** minor ingredient, it does not meet the requirements for the **green** category.

##### MAJOR INGREDIENTS

	Green	Amber	Red
Bread bun	✓		
Crumbed chicken patty (oven-baked)		✓	
Lettuce	✓		
Onion	✓		

##### MINOR INGREDIENTS

	Green	Amber	Red
Mayonnaise (regular fat)			✓

As only one **red** ingredient is present, and the meal does not include deep-fried items, **it fits into the amber category**. The crumbed chicken-patty burger should be selected carefully and served with salad or vegetables.

# Appendix 4

## Definition of terms

# Definition of terms

## Added and free sugars

Includes addition of sucrose (commonly called sugar), fructose, glucose, honey, fruit-juice concentrate, fruit-sugar syrup and deionised fruit juice.

## Alcoholic drinks

Alcoholic drinks are not essential nutrients and increase risk of alcohol-related accidents, injuries, diseases and death. They should only be consumed sometimes, in small amounts, or not at all. Avoiding alcohol is the safest option for pregnant or breastfeeding women. Alcoholic drinks should be limited and it is encouraged that they not be used for rewards or as incentives.

## Intense artificially or naturally sweetened drinks

Includes any drinks (except milk-based drinks) which have added non-nutritive sweeteners from artificial or natural sources. Some examples include (but are not limited to):

- artificial sweeteners – acesulphame potassium, aspartame, cyclamate, saccharin and sucralose
- natural sweeteners – stevia, erythritol and allulose.

## Catering

Includes the provision of food and drinks at meetings, events, workshops, training and any other functions.

## Discretionary choice

Food or drinks not needed to meet nutrient requirements and do not fit into the five food groups. They are typically higher in saturated fat, added sugars, and/or salt. When consumed frequently and in large quantities, these food and drinks can contribute to excess energy intake leading to weight gain, and can contribute to the development of chronic health conditions.

## Drink of choice

Water is the drink of choice and should be:

- always available
- placed on prominent shelves and/or at eye level
- prominently advertised or promoted where drinks are sold or provided
- the default option when different drink options are available in promotional offers and meal deals.

## Formulated meal replacements and formulated supplementary food<sup>5</sup>

Formulated meal replacement means a food for sale or a prepackaged selection of food for sale that:

- has been specifically formulated as a replacement for one or more meals of the day, but not as a total diet replacement
- is represented as a formulated meal replacement
- formulated supplementary food means a food specifically formulated as, and sold on the basis that it is, a supplement to a normal diet to address situations where intake of energy and nutrients may not be adequate to meet an individual's requirements.

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5 Food Standards Code — Standard 2.9.3: Formulated meal replacements and formulated supplementary foods

## Healthier drinks

Includes drinks with no added sugar and/or with important nutritional value. Examples include:

- water (still, sparkling, flavoured).
- 99% fruit and vegetable juices (check serving size)
- plain milk.

Drinks with added sugar can also be included when they contain some nutritional value and are consumed in smaller amounts. Examples include:

- flavoured milks (check serving size)
- hot drinks (check serving size).

Artificially sweetened drinks can provide a useful alternative to those that are high in sugar. However, these drinks should not comprise more than 20% of drinks displayed for sale at any outlet.

## Outlets

Any point of sale for food and drinks, including but not limited to:

- retail — canteens, kiosks, cafés, restaurants, cafeterias, food trucks, and coffee carts
- vending machines

## Promotion and advertising

Product placement in prominent areas, static display of marketing materials, special meal-deal promotions, digital marketing, or master-branding (i.e. use of any visible promotional or advertising materials showing unhealthy drinks, including billboards, digital or static display panels, store umbrellas, flags, straw holders, countersigns, and drink fridges or vending machine decals).

## Sold or provided

Any food or drinks sold through outlets or provided to staff or visitors as part of catering or through private selling within the sport and recreation club or facility.

## Unhealthy drinks

Unhealthy drinks are classified as **red**. These drinks are nutrient-poor and lack nutritional value, can be energy dense, and can contribute to excess energy intake (kilojoules). When frequently consumed, unhealthy drinks can increase the risk of unhealthy weight and dental decay.



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