

A Better Choice

Food and Drink Supply Strategy
for Queensland Healthcare Facilities



Acknowledgement of Country

Health and Wellbeing Queensland respectfully acknowledges the Traditional Owners and custodians of the lands from across Queensland. We recognise Aboriginal and Torres Strait Islander peoples and cultures, as two distinctly different groups, that are part of the First Nations peoples of Australia.

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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Health and Wellbeing Queensland recognises and supports the Queensland Government's *Multicultural Recognition Act 2016* and Multicultural Queensland Charter (2017) and is committed to engaging in activities that support and develop health promotion and improve the health of all Queenslanders, regardless of culture, language, faith and age.

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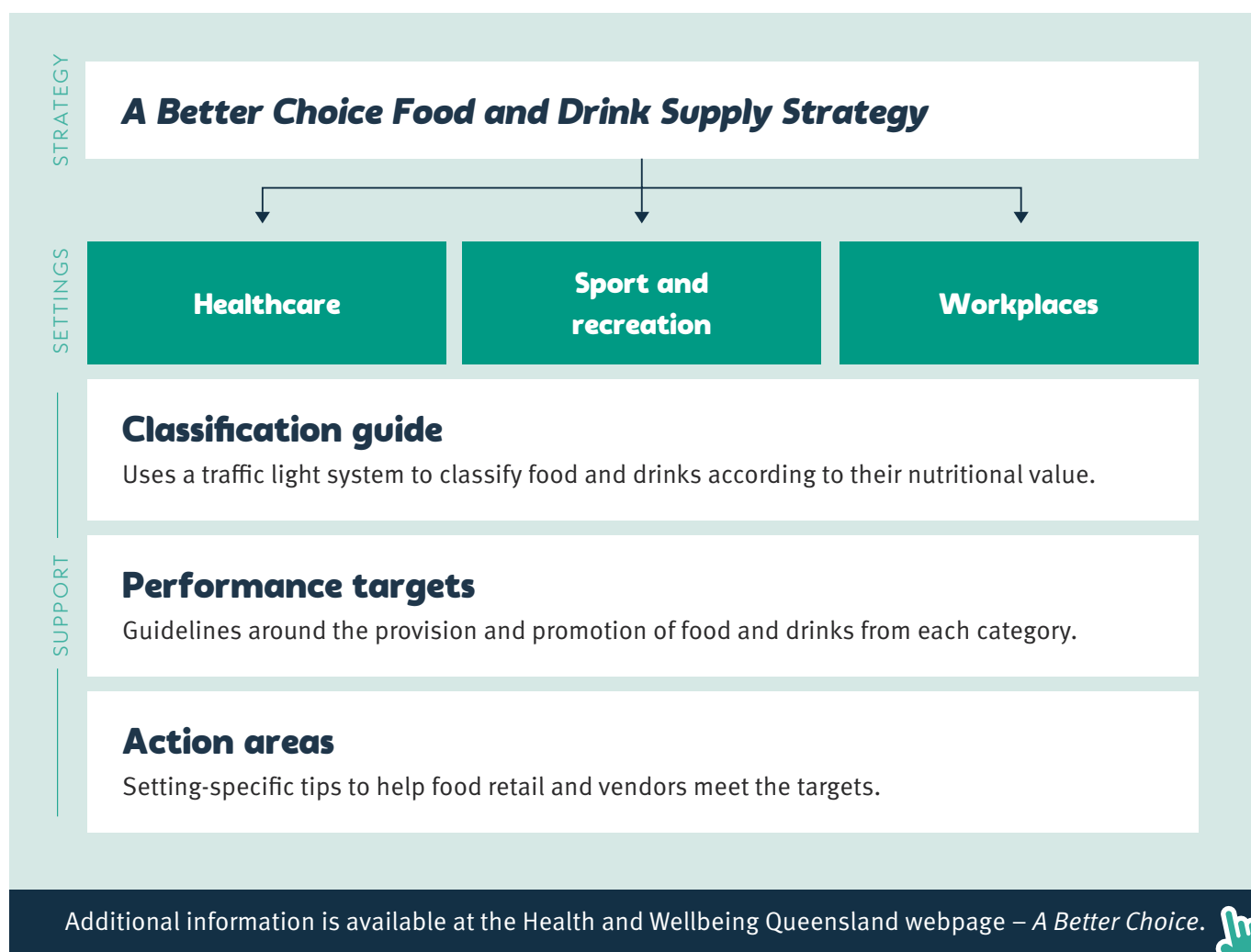
A Better Choice

Good nutrition is a crucial part of preventing disease, maintaining a healthy weight, and supporting a healthy lifestyle. Many Australians 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.

The Queensland Government is committed to supporting retail and food outlets to provide healthier options, through the delivery of the *A Better Choice Food and Drink Supply Strategy (A Better Choice)*. It achieves this by increasing the availability and promotion of healthier options 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 discretionary 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 drink of choice.
4. Provide serving sizes that are consistent with the *Australian Guide to Healthy Eating*.



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*.

The traffic light system

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 supporting food and drink options consistent with the [Australian Guide to Healthy Eating](#), which promotes the consumption of a wide variety of nutritious food from the five food groups everyday.

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 4) so that the food and drinks with the best nutritional value are the most obvious and appealing options. Examples of food and drinks in each of these categories are listed in Appendix 1.

For additional information visit the Health and Wellbeing Queensland webpage – *A Better Choice*.





A Better Choice for Queensland Healthcare Facilities

As public facilities with a high profile in the community, hospitals and health services play an essential leadership role in helping the health workforce and visitors make dietary choices that align with the *Australian Guide to Healthy Eating*. By implementing *A Better Choice*, these settings will drive a consistent approach to the sale, provision, promotion and advertising of healthier food and drink, and contribute to keeping Queenslanders healthy.

A Better Choice supports the implementation of the [Health Service Directive—Healthier Food and Drinks at Healthcare Facilities](#) (the Directive), which ensures that healthier food and drinks are sold, provided, promoted and advertised at healthcare facilities.

A Better Choice applies in any outlet, setting or situation where food and/or drinks are sold, provided, promoted and advertised to staff and visitors. This includes:

- outlets – including, but not limited to:
 - » retail – restaurants, cafes, cafeterias, kiosks, food trucks, staff canteens, convenience stores, newsagents, post offices, florists, gift stores and pharmacies
 - » vending machines
 - » other – coffee carts, tea trolleys, staff social clubs and private selling within the workplace

- catering – provided or purchased by Queensland Health or external agencies for meetings, events, workshops, training and any other functions
- fundraising, promotional and sponsorship activities – such as gifts, raffles, fundraising barbeques, bake sales, cake stalls, competitions, and giveaways.

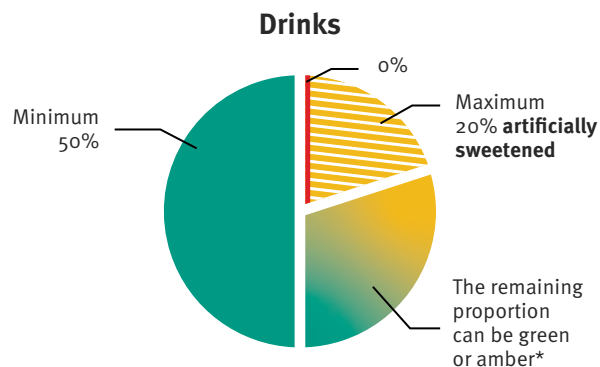
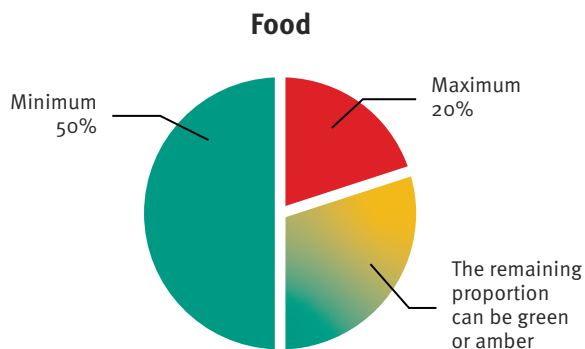
All food and drinks, whether freshly made on the premises, prepared off-site or supplied pre-packaged as a ready-to-eat item, are within scope.

A Better Choice **does not** apply to:

- food and drinks that patients, staff and visitors bring from outside the facility for their own personal consumption or to share
- food service meals and snacks provided to admitted hospital, residential and aged-care patients.

Food and drink targets

Retail outlets



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

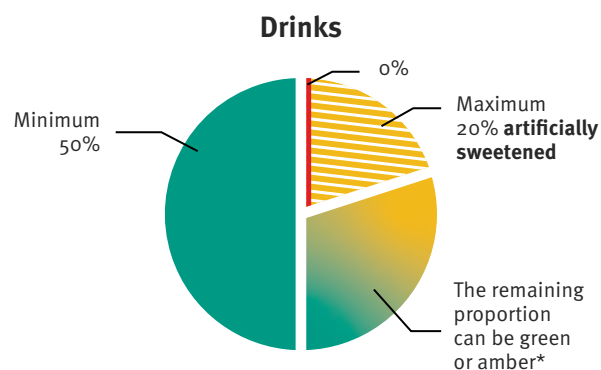
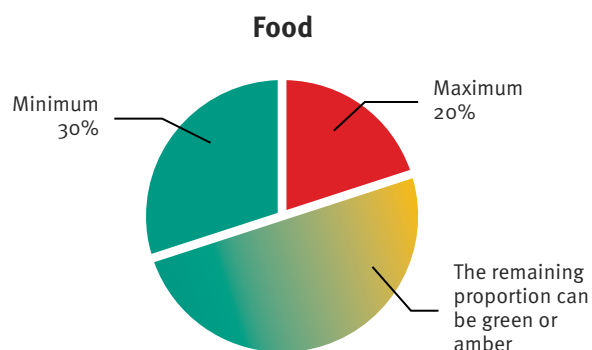
☒ Maximum 20% of foods available are in the red category.

☒ No drinks from the red category are available.

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

*Maximum 20% of available drinks are intense artificially or naturally sweetened drinks (excluding artificially or naturally sweetened milk drinks).

Vending machines



☒ Minimum 30% of foods available are in the green category.

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

☒ Maximum of 20% of foods available are in the red category.

☒ No drinks in the red category are available.

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

*Maximum 20% of available drinks are intense artificially or naturally sweetened drinks (excluding artificially or naturally sweetened milk drinks).

Advertising, promotion and display

- ☒ 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


☒ Food and drinks from the red category are **not displayed** in prominent areas, promoted or advertised.


Catering for staff, meetings and functions

Catering for meetings and functions for staff and visitors, either prepared or paid for by Queensland Health or external agencies, are within scope of *A Better Choice*.


This applies to catering for:

- meetings and forums
- staff training courses
- conferences, exhibitions, or symposiums
- special events such as awards nights, official announcements, celebratory or fundraising breakfasts, lunches, or dinners.

 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**.


A Better Choice does not apply to food or drinks that staff and visitors bring from outside the facility for their own personal consumption or to share, e.g. birthday cake.

Fundraising activities

Fundraising, promotional and sponsorship activities such as gifts, raffles, fundraising barbeques, cake sales, cake stalls, competitions, and giveaways, are in scope of *A Better Choice*.

 Food and drinks from the green category are **actively promoted** in fundraising activities, e.g. seasonal fruit drives and healthy barbeques

 Foods from the red category are **limited** in fundraising activities, e.g. chocolate drives, sweet stalls, and sausage sizzles.

 Drinks from the red category are **not used** in fundraising activities.

External and internal fundraising through staff social clubs is also within scope of *A Better Choice*.



How to implement A Better Choice

1 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 online FoodChecker resource.

2. FoodChecker¹

FoodChecker is a free online resource that classifies food, drinks, recipes and meals as green, amber or red. FoodChecker can:

- » assess retail outlet and catering menus, drinks fridges and vending machines to find the total percentage of green, amber, and red items
- » classify individual recipes and packaged food and drink products
- » look up the classification of thousands of branded packaged food and drinks and find healthier alternatives.

Some food items will not be available in the food and drink classification tables or on FoodChecker. To assess these food and drinks, use the additional resources below for packaged food or meals and recipes.

3. 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.

4. 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.

For further information on FoodChecker, visit the website.



Watch this webinar for an overview of FoodChecker.



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2

Audit your facility against the targets of *A Better Choice*

After classifying the food and drinks available at a facility, the next step is to determine the percentage offered from the green, amber and red categories, and compare this to the food and drink targets on page 4. Also review the food and drinks advertised and promoted, as well as the fundraising and catering activities, and consider whether they are in line with the targets on page 5.

FoodChecker can provide the percentage of food and drinks from the green, amber and red categories.



For additional tools and resources to use when auditing, contact *A Better Choice* at abetterchoice@health.qld.gov.au

3

Action changes

If the percentages of food and drinks from the green, amber and red categories do not align with the targets, consider the changes needed.

Below are some examples of ways to increase green options and reduce or remove red options.

- Promote water as the drink of choice:
 - » offer free drinking water widely across the facility and increase the amount of water available in fridges and vending machines
 - » remove drinks from the red category and consider replacing them with healthier options from the green and amber categories.
- Replace meals and snacks from the red and amber category with healthier options:
 - » use mostly ingredients from the green category for freshly made items
 - » top up meals from the red and amber categories with ingredients from the green category to increase the nutritional value of the meal.
- Be mindful of portions:
 - » offer smaller serving sizes of food and drinks from the amber category, and top up with food and drinks from the green category
 - » offer the smallest available serving size of food and drinks from the red category.
- Promote healthier items:
 - » ensure healthier food and drinks are placed at eye-level on shelves, fridges and vending machines, and are visible in high traffic areas
 - » ensure healthier options are attractively presented, competitively priced and included in meal deals, specials, combos and loyalty cards
 - » consider pricing interventions to direct people toward healthier options e.g. reduce the price of foods from the green category.
- Increase the variety of food and drinks in the green category offered in catering and fundraising.
- Speak to suppliers about improving the nutritional value of food and drinks, and/or offering alternative options.

Further information to support the implementation of *A Better Choice* can be found in Appendix 4.



4

Monitor progress

Implementation of *A Better Choice* will be monitored by Health and Wellbeing Queensland to measure cumulative change and inform continuous improvements. Hospital and Health Services are required to report against the [Health Service Directive: Healthier Food and Drinks at Healthcare Facilities](#) (the Directive) in December of each year, by providing the proportion of food and drinks from the green, amber, and red categories across a sample of outlets. Health and Wellbeing Queensland will provide a summary report to each Hospital and Health Service by March the following year of performance against the targets on pages 4 and 5.

Throughout the year, Hospital and Health Services can monitor progress and compliance with the Directive.



Key activities include:

- classifying new products in retail outlets and vending machines, and prioritising the inclusion of food and drinks from the green category
- ensuring each individual catering and fundraising opportunity meets the guidelines on page 5
- reviewing changes made in retail and food outlets and identifying amendments to improve performance against *A Better Choice* targets.

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:
Implementation strategies

Appendix 5:
Definition of terms






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.

 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>	<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 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 of mono- or poly-unsaturated oil (e.g fried rice).</p> <p>Reduced-fat puff pastry.</p>	<p>✱ Breakfast cereals high in sugar (>25g sugar per 100g without dried fruit, and >30g per 100g with dried fruit).</p>

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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 FoodChecker, or the nutrient criteria tables in Appendix 2.

Meat and alternatives		
<p>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.</p> <p>Fresh and plain frozen fish and seafood: steamed, grilled or baked with minimal added oil and salt.</p> <p>* Canned fish and legume ready-to-eat products canned in spring water.</p> <p>Tuna and cracker packs where the tuna is packed in spring water. It is recommended the crackers are wholegrain.</p> <p>Tofu: steamed, grilled, stir-fried, boiled or baked with minimal added oil and salt.</p> <p>* Lentil patties and falafel balls grilled or oven-baked and prepared with minimal oil and salt.</p> <p>Eggs: poached or boiled.</p>	<p>Meat or poultry with visible fat or skin. Prepared with little salt and shallow fried in little oil (mono- or poly-unsaturated).</p> <p>* Canned fish and legume ready-to-eat products canned in brine, oil or flavoured sauce.</p> <p>Tuna and cracker packs where the tuna is packed in oil/brine or has added salt.</p> <p>Tofu: prepared with large amounts of oil and added salt.</p> <p>* Lentil patties and falafel balls: prepared with little salt and shallow fried in little oil (mono- or poly-unsaturated).</p> <p>* Meat products and lean, processed luncheon meats, e.g. some un-crumbed/crumbed burger patties: serving size up to 150g.</p> <p>* Some lean reduced sodium deli meats, e.g. ham, roast beef/turkey breast slices, chicken breast pieces: serving size up to 50g.</p> <p>* Some lean sausages.</p> <p>Smoked salmon.</p>	<p>Crumbed and coated meat products such as schnitzels, nuggets, samosas, sausages, frankfurts, saveloys and chorizo.</p> <p>Processed meats such as Devon, Strasburg, salami, kabana and bacon.</p>



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Nuts and seeds		
<p>Plain, unsalted, unroasted/dry-roasted, nuts and seeds.</p> <p>* Trail mix with a combination of plain, unsalted, unroasted nuts and seeds with/without dried fruit.</p>	<p>Salted nuts and seeds may be roasted with oil.</p> <p>* Trail mix with a combination of salted/flavoured nuts and seeds with/without dried fruit.</p>	<p>Coated nuts (e.g. honey, chocolate, or savoury).</p> <p>* Trail mix with added confectionary, yoghurt buttons, coated nuts or savoury snack foods.</p>
Sauces, soups, dips, dressings, and spreads		
<p>* Lower-salt and -fat vegetable-based pasta and simmer sauces.</p> <p>* Salad dressing based on lemon/orange juice, vinegar or mono- or poly- unsaturated oils, with no added salt.</p> <p>* Vegetable-based and salt-reduced commercial soups.</p> <p>* Vegetable-, legume-, yoghurt- or salsa-based dips without added salt.</p> <p>* Reduced salt sauces and condiments (tomato, barbecue, Worcestershire).</p> <p>* Some reduced-fat mayonnaise.</p> <p>100% nut and seed pastes without added sugar, salt or fat.</p>	<p>* Pasta and simmer sauces with added-salt and -fat.</p> <p>* Salad dressing made with added salt or reduced fat mayonnaise.</p> <p>* Commercial soups higher in salt and fat, and dried and instant soup.</p> <p>* Oil-, cream-, and cheese-based dips</p> <p>* Regular salt sauces and condiments (tomato, barbecue, Worcestershire).</p> <p>* Some reduced fat mayonnaise.</p> <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>	<p>* Pasta and simmer sauces with greater than 5g saturated fat per 100g, or greater than 700mg sodium per 100g.</p> <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>



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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 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.

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



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Fats and oils		
	<p>Mono- or unsaturated margarines and oils such as:</p> <ul style="list-style-type: none"> • olive • nut • sesame • sunflower • safflower • soybean • flaxseed • canola. 	<p>Saturated and trans fats and oils such as:</p> <ul style="list-style-type: none"> • butter, dairy blend spreads, cream • lard, tallow, copha, ghee, cooking margarine • palm oil, cottonseed oil • coconut oil, coconut cream, regular coconut milk.
Confectionary		
	<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>Note: 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"> • added sugar: any package size. • added intense artificial or natural sweeteners: package size more than 600mL.
Milk		
<p>Plain reduced-fat milk (<2.6% fat): any package size.</p> <p>Plain full-cream milk: package size up to 500mL.</p> <p>Flavoured reduced-fat milk (<2.6% fat): package size up to 375mL.</p>	<p>Plain full-cream milk: package size more than 500mL.</p> <p>Flavoured reduced-fat milk (<2.6% fat), package size more than 375mL and up to 500mL.</p> <p>Flavoured full-cream milk: package size up to 375mL.</p>	<p>Flavoured reduced-fat milk (<2.6% fat): package size more than 500mL.</p> <p>Flavoured full-cream milk: package size more than 375mL.</p>
Plant-based milk alternatives (soy, rice, oat and almond)		
<p>Plain, fortified with at least 100mg of added calcium per 100mL: any package size.</p> <p>Flavoured, fortified with at least 100mg added calcium per 100mL: package size up to 375mL.</p>	<p>Flavoured, fortified with at least 100mg of added calcium per 100mL: package size more than 375mL and up to 500mL.</p>	<p>Flavoured, fortified with at least 100mg added calcium per 100mL: package size more than 500mL.</p> <p>Plain or flavoured, 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 (<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 (<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 (<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>P 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"> 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). <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>

<p>C 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 50mg². Soft drinks of a smaller serving size (375mL) are within this limit, however energy drinks should be avoided.</p>

2 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 Panel³ (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
Energy	530kJ (126cal)	1700kJ (405cal)
Protein	1.9g	6.0g
Fat, Total	3.7g	11.9g
- Saturated	0.7g	2.2g
Carbohydrate	20.5g	65.5g
- Sugars	7.4g	23.7g
Sodium	30mg	100mg
Fibre⁴	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 fibre⁴. A ‘maximum serving size’ may also be included.

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

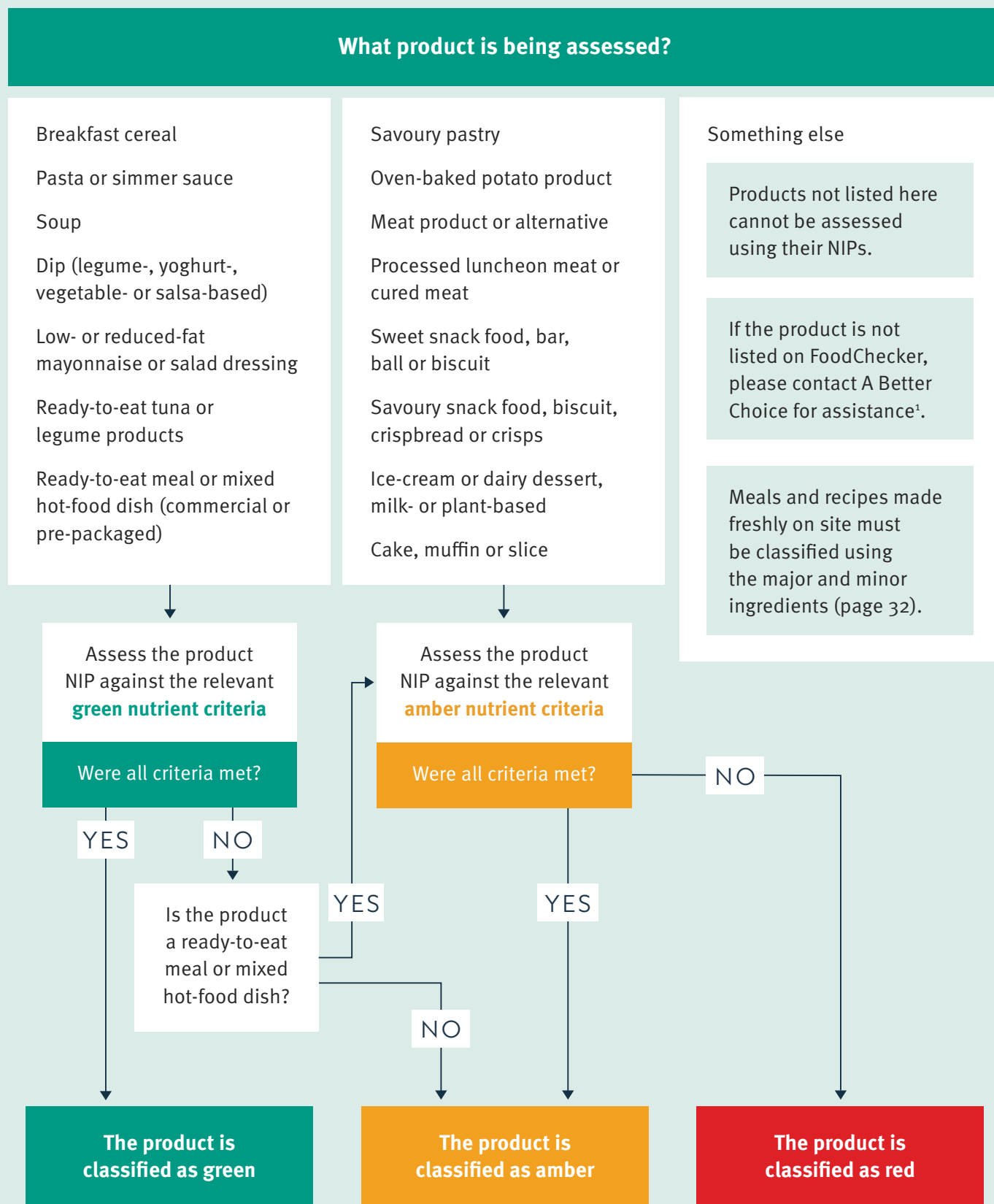
Use the information on the following page to classify a packaged food according to its nutrient criteria.

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

4 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. The practical examples on pages 29 and 30 illustrate how to follow this process.



1 abetterchoice@health.qld.gov.au

Green nutrient criteria

Category	Nutrient criteria				
	All criteria below must be met for the food to be classified as green				
	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 amber				
	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 amber				
	Energy (kJ)	Saturated fat (g)	Sodium (mg)	Fibre (g)	Max serving size 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		
Ice-creams and dairy desserts, milk- or plant-based 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			
Cakes, muffins, slices and sweet pastries	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, or on FoodChecker, 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
Energy	1176kJ	980kJ
Protein	17.4g	14.5g
Fat, total	15.8g	13.2g
- saturated	4.1g	3.4g
Carbohydrate	18.3g	15.3g
- sugars	0.2g	0.2g
Sodium	734mg	439mg

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

Step 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.

Step 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 amber				
	Energy (kJ)	Saturated fat (g)	Sodium (mg)	Fibre (g)	Max serving size as sold
Meat products and alternatives 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
Crumbed chicken fillet patty (values as per NIP)	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
Energy	920kJ	2300kJ
Protein	3.5g	8.8g
Fat, total	15g	37.4g
- saturated	2g	5.1g
Carbohydrate	17.1g	42.8g
- sugars	2.5g	6.3g
Sodium	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, or on FoodChecker, and therefore will need to be classified using the NIP found on the packaging.

Step 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.

Step 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 amber				
	Energy (kJ)	Saturated fat (g)	Sodium (mg)	Fibre (g)	Max serving size 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		
Savoury snack mix, 80g packet (values as per NIP)	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 or FoodChecker, 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

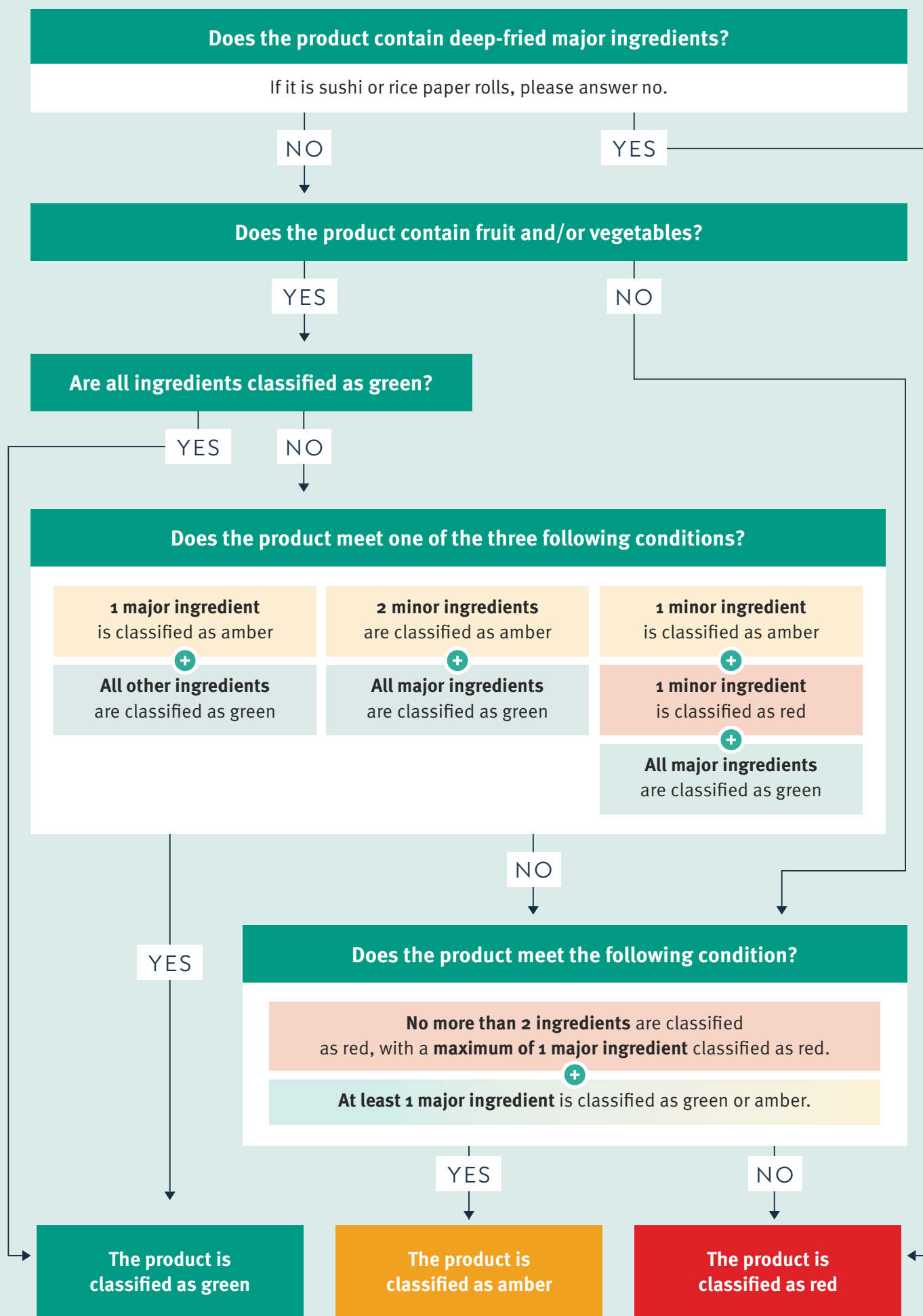
Classify all major and minor ingredients as green, amber or red

Use the food and drink classification tables, FoodChecker, or nutrition information (as outlined on page 6).

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, or on FoodChecker, 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 32).

2

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

Using the food and drink classification tables, FoodChecker or nutrition information (as outlined on page 6), 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 33.

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

Implementation strategies



Suggestions for implementing *A Better Choice* in retail and food outlets

Drinks

- Remove drinks from the red category and replace with a variety of drinks from the amber and green categories.
- Reduce the amount of drinks available from the amber category by not reordering flavours that don't sell well.
- Reduce the rows of drinks from the amber category available in fridges.
- Increase the rows of drinks in the green category available in fridges.
- Place drinks from the green category at eye-height in fridges.

Meals

- Use mostly ingredients from the green category for freshly made items.
- Include fruit or vegetables in all meals.
- Use reduced-fat options in cooking and swap vegetable oils for small amounts of polyunsaturated and monounsaturated oils.
- Use wholemeal, wholegrain or multi-grain bread and flour products.
- Use lean meats trimmed of fat and minimise the use of processed meat, e.g. salami.
- Avoid adding salt to cooking. Substitute with other flavours such as herbs and spices.
- Avoid deep frying and using large amounts of oil. Instead use healthier cooking methods such as oven baking, grilling, steaming and barbecuing.
- Add ingredients from the green category to products from the amber and red category.
- Offer smaller serves of meals and snacks from the amber and red category, e.g. hot chips, and top up with food from the green category.

Snacks and sweets

- Reduce the availability of snacks from the red category by limiting placement on shelves, e.g. only display one box of chocolate bars instead of multiple boxes.
- Stock a variety of healthier snacks like fruit, unsalted plain nuts, reduced-fat yoghurt, reduced-fat cheese and crackers, small muesli bars or plain popcorn.
- Reduce the concentration of sugar in snacks and sweets prepared on site.

Work with off-site suppliers to make healthy changes and look for suppliers that offer healthier options. Include *A Better Choice* in formal agreements and contracts with suppliers.

Suggestions for implementing A Better Choice in vending machines

The tables below outline common food and drinks from the green and amber category that are suitable for vending machines. FoodChecker also includes a range of healthier options.

Note: Check FoodChecker for classification of specific products.



Non-refrigerated food

Food from the green category	Food from the amber category
<ul style="list-style-type: none"> Plain unsalted nuts, seeds or legumes Plain, air-popped popcorn (unsalted) Fruit tubs in natural juice High-fibre cereals that are low in sugar Tuna and cracker snacks * 	<ul style="list-style-type: none"> Dried fruit (30g or less) Some salted or flavoured popcorn * Some crisps, chips, crackers and pretzels * Some cereal-based, fruit-filled or fruit and nut bars * Some cereal products with reduced-fat UHT milk * Some fruit and nut/trail mixes * Some instant noodles *

Refrigerated food

Food from the green category	Food from the amber category
<ul style="list-style-type: none"> Reduced-fat yoghurt tubs or pouches Reduced-fat cheese and crackers Reduced-fat vegetable or yoghurt-based dips and crackers Some sandwiches, rolls or wraps, and ready-to-eat meals and salads * 	<ul style="list-style-type: none"> Regular-fat yoghurt tubs or pouches Regular-fat cheese and crackers Some reduced-fat dairy- and plant-based desserts * Some ready-to-eat meals *

Cold drinks

Food from the green category	Food from the amber category
<ul style="list-style-type: none"> Plain water (still or sparkling) Water flavoured with natural essence Soda water Regular-fat plain milk up to 500mL Reduced-fat plain milk Calcium-fortified milk alternatives Reduced-fat flavoured milk up to 375ml 	<ul style="list-style-type: none"> >99% fruit juice up to 300mL Regular-fat plain milk >500mL Regular-fat flavoured milk up to 375ml Artificially sweetened (zero sugar) drinks Kombucha with <1g of sugar per serve and up to 600mL Coconut water with no added sugar and up to 300ml



Suggestions for implementing *A Better Choice* in catering

Drinks

- Offer a variety of cold and hot options.
- Chilled plain water, sparkling water with fruit pieces.
- Flavoured sparkling water with no added sugar.
- 100% fruit and vegetable juices in small serves.
- Tea and coffee with milk and small amounts of sugar or sweeteners.

Fruit

- Whole or sliced pieces.
- Fruit kebabs.
- Small amounts of dried fruit.

Breads/loaves and muffins

- High-fibre wholemeal and wholegrain savoury breads and loaves, plain or with vegetables or nuts.
- Wholemeal un-iced breads and loaves, plain or with fruit or nuts: recommended serving size up to 60g.
- Pikelets or scones, plain or with vegetables/ fruit: recommended serving size up to 60g.
- Un-iced muffins with fruit, vegetables and/or nuts: recommended serving size up to 80g, e.g. two mini muffins per person.

CONTINUED ON THE FOLLOWING PAGE

Cheese platters

Cheese

- Offer a variety of cheeses, including low and reduced-fat options (recommended serving size up to 30g per person) with fresh or dried fruit, fresh or roasted vegetables.

Nuts and seeds

- Plain and unsalted.
- Unroasted or dry roasted.

Dips

- Vegetable- or legume-based such as beetroot, eggplant, capsicum or hummus.
- Relish or chutney, salt-reduced recommended.

Crackers

- Wholemeal crackers and crispbread, salt-reduced recommended.

Sandwiches

Offer a variety of wholemeal/wholegrain breads, wraps and rolls with:

- lean meat and meat alternatives such as skinless chicken and turkey breast, roast beef, tinned fish in spring water and tofu
- eggs, cheese; reduced-fat preferred
- plenty of salad and vegetables
- polyunsaturated and monounsaturated spreads including margarine or low-fat mayonnaise.

Sushi and rice paper rolls

Fillings

- Fresh vegetables.
- Un-crumbed meats.
- Egg.
- Un-crumbed seafood.

Finger food/canapes

- Vegetables drained of oil.
- Cold meats: lean, such as roast beef or skinless baked chicken.
- Wholegrain breads, crackers or crisp breads: served with vegetable or legume-based dips.
- Cheese: reduced-fat preferred.
- Hot options such as lean meat and vegetable kebabs, mini frittatas or bruschetta.

Salad

Garden, bean, pasta, rice, noodle, potato, tabouleh, couscous, coleslaw, roast vegetables and egg salads. Include:

- meats: lean and skinless
- cheese: reduced-fat preferred
- nuts and seeds: plain, unsalted, unroasted or dry roasted
- use polyunsaturated or monounsaturated oils such as nut, sesame, sunflower, and canola
- dressing: reduced-sugar and -salt dressings or low-fat mayonnaise. Leave salads undressed or serve dressings separately.



Suggestions for implementing *A Better Choice* through promoting and advertising

Customers' purchasing decisions can be influenced by how products are displayed. Here are some strategies for promoting and advertising healthier food and drinks.

Place food and drinks from the green category in prominent areas to make them an easier choice

- Display at eye level or in the middle section in cabinets, shelves, fridges and vending machines.
- Position at the entrance and at the point of sale/cash register.

Use static displays to remind customers of brands and products

- Signage: product display stands, menu boards, sandwich boards, banners, shelf and table talkers, staff notice boards, etc.
- Promotional material: posters, stickers, flyers, brochures and vouchers displayed on counters, cabinets, fridges, vending machines and reception desks, and in waiting areas, foyers, hallways, lifts and dining areas.

Promote 'meal deals' to encourage the purchase of healthier food and drinks

- Make food and drinks from the green category the basis of meal deals.
- Offer reduced prices for food and drink meal deals from the green category.

Use digital marketing to build brand and product awareness and loyalty with customers

- Deploy a strategy across social media content, blog posts, website content, advertisements, emails and newsletters.

Display branding across materials associated with food and drinks

- Decals on drink fridges and vending machine, counter signs, space dividers, tray mats, store umbrellas, flags and straw holders.



Suggestions for implementing *A Better Choice* in fundraising

Traditional fundraising items can be replaced to promote the objectives of *A Better Choice*. The list below includes some ways to raise funds in a healthy way.

Product drives: Where individual products are sold to raise funds for a desired cause

Examples of products could be:

- fresh fruit
- dried fruit, nut and muesli nibble mixes
- apparel, e.g. hats, shirts, socks
- entertainment books
- toothbrushes.

Raffles: Where entries are purchased in a draw, but only the winner (or winners) receive a prize

Raffle prizes could include:

- fruit and vegetable boxes/baskets/hampers
- exercise or fitness vouchers or subscriptions
- cooking classes
- gift cards for movies/dinner/adventure activity.

Bake sales, stalls and special events

- Healthy food stalls including healthier muffins, scones and slices.
- Craft stalls.
- Seedlings, plants and bulb stall.
- Activities like a walk-a-thon or trivia night.

Healthy barbeques and sausage sizzles

Healthy barbeque options include:

- grilled vegetables and vegetable kebab sticks
- grilled lean meat or patties
- veggie patties
- wholegrain or wholemeal breads
- a range of salads
- fruit platters
- offer water instead of sugary drinks with meals.

For further support on developing healthier fundraising activities, search 'healthy fundraising' on the internet.

Appendix 5

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 restricted in supply or not supplied at all. In addition:

- any mixers added to alcohol should not be drinks from the red category
- all events where alcohol is being served and/or involves external stakeholders must be approved in writing by the Health Service Chief Executive or delegate
- where Queensland healthcare facilities are licensed to provide alcohol to staff, visitors and/or the general public at functions, meetings or events; alcoholic drinks should not be provided in excessive quantities and should be served in accordance with the Code of Practice for the responsible service, supply and promotion of liquor
- alternative to alcoholic drinks should be used as gifts or fundraising prizes.

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 food¹⁰

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.

Free drinking water

Free drinking water is to be made available at facilities that have a water risk management plan in place.

A water risk management plan describes how a facility (prescribed under Chapter 2A of the Public Health Act 2005) will prevent or minimise the risks to health associated with the water supply of the facility.

Healthcare facility

A geographic site where one or more healthcare services are located on Hospital and Health Services land, including but not limited to:

- hospitals
- community health centres
- primary health care centres
- laboratories
- some office buildings operated by Hospital and Health Services.

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.

In-patient, residential and aged-care meals

Meals for inpatients, residents and clients are specifically designed to meet the nutritional and clinical needs for these groups. The Queensland Health Nutrition Standards for Meals and Menus (2022) is the appropriate guide for these meals in all Queensland Healthcare facilities. Implementation of the Directive is appropriate for food outlets run externally to Queensland Health food services in residential and mental health units.

Outlets

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

- retail — restaurants, cafes, cafeterias, kiosks, staff canteens, convenience stores, food trucks, newsagents, post offices, florists, gift stores and pharmacies
- vending machines
- other — coffee carts, tea trolleys, staff social clubs and private selling within the workplace.

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 workplace.

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.



Get in contact
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Visit our website
www.hw.qld.gov.au/a-better-choice