

# Traffic lights on the menu



Fuel to Go & Play uses a traffic light system to rate food and drinks as **green**, **amber** or **red**, based on their nutritional value.

In community venues, the traffic light system will help you to plan a healthy food service. The key point to remember is **more green choices and less red choices**.

A traffic light system is also used in other settings such as school canteens, hospital cafes/ kiosks and some workplaces e.g. large mine sites. The traffic light system makes it easy to choose healthier food and drinks.

Fuel to Go & Play uses the same colour coding as WA Health sites and Healthway sponsored events e.g. community fairs and concerts.

## GREEN

Green items:

- form the basis of a healthy diet
- are good sources of vital nutrients
- are core food and drinks from the five food groups in the Australian Guide to Healthy Eating

## AMBER

Amber items:

- have some nutritional value
- may contain moderate amounts of energy, fat, sugar and/or salt
- should be selected carefully

## RED

Red items:

- lack adequate nutritional value
- are often high in energy, fat, sugar and/or salt
- are discretionary items in the Australian Guide to Healthy Eating.

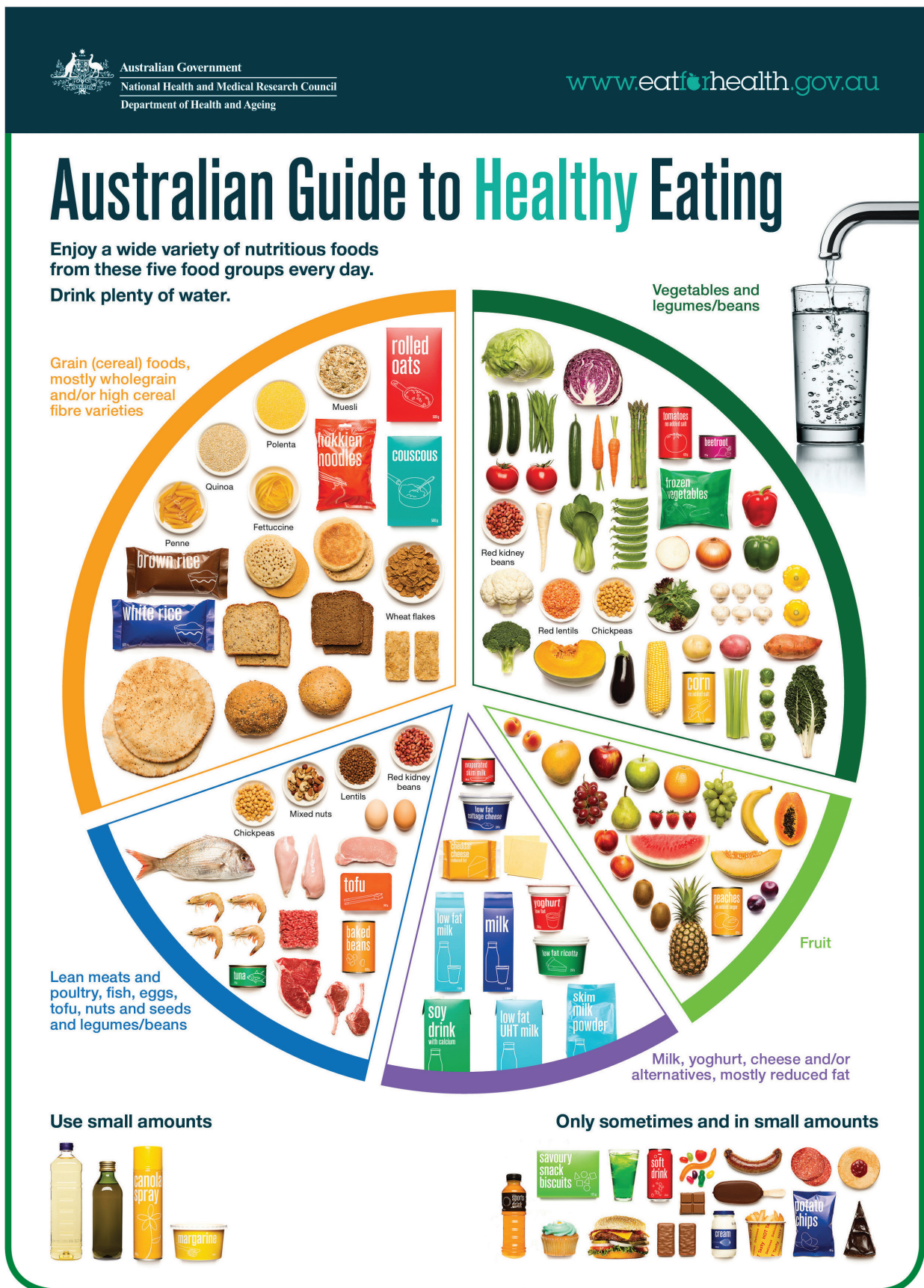
Fill the  
menu

Select  
carefully

Limit or  
remove

# Australian Guide to Healthy Eating

The traffic light system is based on the Australian Guide to Healthy Eating (AGHE).



## Traffic light table<sup>\*</sup>

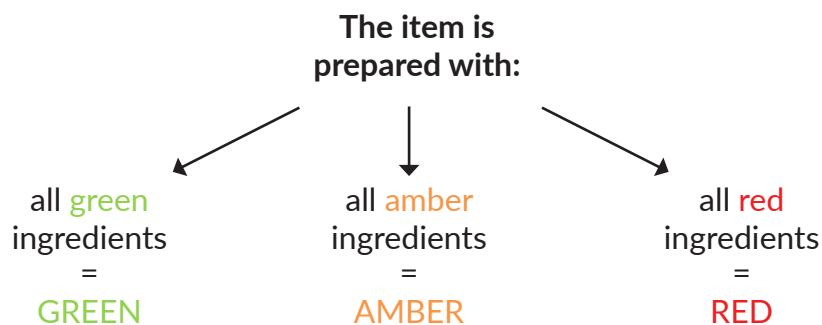
	GREEN	AMBER	RED
	Contain a wide range of nutrients; promotes core foods  <b>FILL THE MENU</b>	Contain some nutrients and also some fat, sugar, sodium and energy  <b>SELECT THESE OPTIONS CAREFULLY</b>	Limited nutritional value; may contain excess energy, saturated fat, sodium, sugar and are often discretionary foods  <b>LIMIT OR REMOVE</b>
<b>Drinks</b>	Water; reduced fat plain and flavoured milk (<300mL); fruit and vegetable juice, 99% (<250mL)	Reduced fat plain and flavoured milk (>300mL); full fat plain and flavoured milk of any volume; fruit and vegetable juice, 99% (>250mL); artificially sweetened beverages	Sugar sweetened soft drinks; iced tea; cordial; sports waters; sports drinks; flavoured water; energy drinks
<b>Bread and cereals</b>	Bread; preferably wholegrain; wholemeal e.g. cereal; crumpets; English muffins; rye; fruit bread; rice; pasta, cous cous	Savoury bread e.g. cheese scroll; garlic bread; pizza bases Artificially sweetened jam	Croissant; chocolate scroll; bread with jam/honey
<b>Fruit</b>	Plain; frozen; canned in fruit juice; plain dried fruit (<600kJ per serve)	Plain dried fruit (>600kJ per serve); fruit canned in syrup	Chocolate coated fruit; fruit leathers
<b>Vegetables</b>	Fresh, frozen or canned; lentils	Oven baked chips/wedges Vegetables roasted with oil	Deep fried vegetables e.g. hot chips
<b>Milk and milk products</b>	Reduced fat plain and flavoured milk (<300mL); reduced fat yoghurt and cheese; milk alternatives e.g. calcium fortified soy; almond milk etc.	Full fat milk; yoghurt and cheese	Chocolate ice cream; milkshakes with cream
<b>Meat and alternatives</b>	Lean beef; chicken; lamb; pork; turkey; fish; plain canned tuna; salmon; sardines; eggs; nuts	Lean burger patties; chicken strips; nuggets; sausages; frankfurts; lean processed meats, e.g. ham, bacon	Deep fried meat and fish High fat processed meat e.g. salami; polony
<b>Savoury hot and cold food</b>	Meals e.g. pasta; rice; soup; frittata; sushi; including vegetables	Meals e.g. noodles; pies; sausage rolls; hot dogs; quiche; pizza	Meals made with high fat ingredients e.g. butter; cream; coconut oil; full fat pastry
<b>Snack foods</b>	Plain air popped popcorn; reduced fat cheese and crackers; pikelets	Muesli bars; small fruit muffins; reduced fat ice cream; custard	Potato chips and crisps; jelly; iced cakes and slices; doughnuts; croissants; confectionery e.g. lollies; chocolate

<sup>\*</sup>The Fuel to Go & Play traffic light system is based on the Department of Health's Healthy Options WA: Food and Nutrition Policy for WA Health Services and Facilities

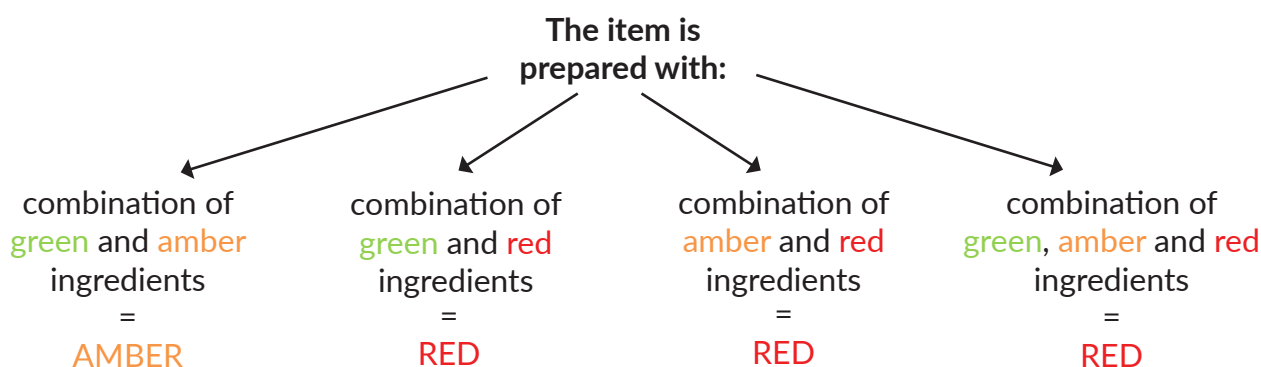


## Colour coding

If an item is prepared from scratch, our flow charts will help you colour code.



What if the item has a combination of green, amber and red ingredients?



## Menu examples

There are lots of ways to make popular choices green by using only green ingredients!

### Sandwiches, rolls, wraps and toasties

GREEN All green ingredients	AMBER One amber ingredient	RED One red ingredient
<ul style="list-style-type: none"> <li>Wholegrain bread, roll or wrap</li> <li>Lean meat e.g. chicken, roast beef, tuna, egg etc.</li> <li>Vegetables e.g. shredded lettuce, crunchy carrot, sliced cucumber, red onion</li> </ul>	<ul style="list-style-type: none"> <li>Wholegrain bread, roll or wrap</li> <li>Ham</li> <li>Vegetables e.g. shredded lettuce, crunchy carrot, sliced cucumber, red onion</li> </ul>	<ul style="list-style-type: none"> <li>Wholegrain bread, roll or wrap</li> <li>Salami</li> <li>Vegetables e.g. shredded lettuce, crunchy carrot, sliced cucumber, red onion</li> </ul>

### Beef or chicken burgers

GREEN All green ingredients	AMBER One amber ingredient	RED One red ingredient
<ul style="list-style-type: none"> <li>Wholegrain roll</li> <li>Grilled lean steak or chicken breast, beef burger patty (freshly prepared with lean mince)</li> <li>Reduced fat cheese</li> <li>Vegetables e.g. shredded lettuce, carrot, onion</li> </ul>	<ul style="list-style-type: none"> <li>Wholegrain roll</li> <li>Oven baked or grilled crumbed chicken, lean beef burger patty (commercial)</li> <li>Full fat cheese</li> <li>Vegetables e.g. lettuce, carrot, onion</li> </ul>	<ul style="list-style-type: none"> <li>Wholegrain roll</li> <li>Deep fried crumbed chicken or beef burger patty</li> <li>Reduced fat cheese</li> <li>Vegetables e.g. lettuce, carrot, onion</li> </ul>

### Quiche

GREEN All green ingredients	AMBER One amber ingredient	RED One red ingredient
<ul style="list-style-type: none"> <li>Eggs</li> <li>Reduced fat milk and cheese</li> <li>Tomatoes, pumpkin, spinach</li> <li>NO pastry</li> </ul>	<ul style="list-style-type: none"> <li>Eggs</li> <li>Full fat milk and cheese</li> <li>Tomatoes, pumpkin, spinach</li> <li>Reduced fat pastry</li> </ul>	<ul style="list-style-type: none"> <li>Eggs</li> <li>Cream</li> <li>Full fat cheese</li> <li>Tomatoes, pumpkin, spinach</li> <li>Full fat pastry</li> </ul>

### Popular meal deals

Meal deals and combos are a great way to promote your healthy green choices. If priced well, they represent value for money and can attract customers attention. Remember, creating a combo using all green choices is the best option for combos.

GREEN Combo with all green items	AMBER Combo with one amber item	RED Combo with a red item
Green food items served with any of the following: <ul style="list-style-type: none"> <li>bottled water</li> <li>fruit</li> <li>salad</li> <li>reduced fat yoghurt</li> <li>reduced fat plain or flavoured milk (&lt;300mL)</li> <li>99% fruit juice (&lt;250mL)</li> </ul>	Green food item served with: <ul style="list-style-type: none"> <li>oven baked chips or wedges</li> <li>full fat yoghurt</li> <li>plain or flavoured milk (&gt;300mL)</li> <li>99% fruit juice (&gt;250mL)</li> <li>diet or artificially sweetened drinks</li> </ul>	Green food items served with any of the following: <ul style="list-style-type: none"> <li>hot chips</li> <li>potato crisps/chips</li> <li>confectionery e.g. lollies and chocolate</li> <li>sugary drinks e.g. soft drinks, sports drinks, energy drinks</li> <li>milkshakes with cream or syrup</li> </ul>

Note: Fuel to Go & Play supports community venues. Schools can contact the [Western Australian School Canteen Association Inc. \(WASCA\)](#) for support.

Hungry for more?

[fueltogo.com.au](http://fueltogo.com.au) | [fueltogo@education.wa.edu.au](mailto:fueltogo@education.wa.edu.au)

