

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. This makes it easier for your club to offer healthier choices.

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.

Healthy Sporting Clubs are encouraged to increase the availability and promotion of healthier choices this season with the target of achieving at least 40% green and maximum of 30% red food and drinks.

Simple steps to create a healthier club

- » 'Green up' your canteen by adding healthier choices
- » Promote your healthier options and create healthy meal deals
- » Replace half time lollies with oranges
- » Offer a 'coaches award' canteen voucher, not fast food ones.

For more information:

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Call: Western Australian School Canteen Association Inc. on 08 9264 4999

Fill the menu

Select carefully

Limit or remove

Traffic light table*

	GREEN	AMBER	RED
	Contain a wide range of nutrients; promotes core foods FILL THE MENU	Contain some nutrients and also some fat, sugar, sodium and energy SELECT THESE OPTIONS CAREFULLY	Limited nutritional value; may contain excess energy, saturated fat, sodium, sugar and are often discretionary foods LIMIT OR REMOVE
Drinks	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
Bread and cereals	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
Fruit	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
Vegetables	Fresh, frozen or canned; lentils	Oven baked chips/wedges Vegetables roasted with oil	Deep fried vegetables e.g. hot chips
Milk and milk products	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
Meat and alternatives	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
Savoury hot and cold food	Meals e.g. pasta; rice; soup; frittata; sushi; including vegetables	Meals e.g. noodles; reduced fat/salt pies and sausage rolls; hot dogs; quiche; pizza	Meals made with high fat ingredients e.g. butter; cream; coconut oil; full fat pastry; regular pies and sausage rolls
Snack foods	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

*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