

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).



Australian Government  
National Health and Medical Research Council  
Department of Health and Ageing

[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

## Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Fruit



Use small amounts



Only sometimes and in small amounts



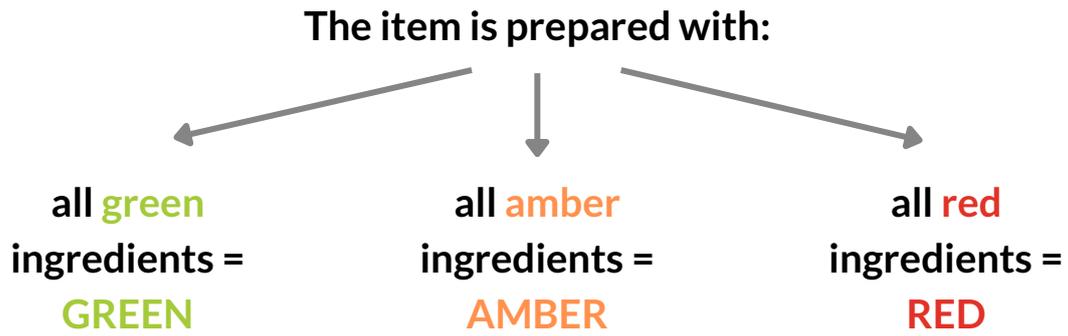
## Traffic light table\*

	Green	Amber	Red
	Contain a wide range of nutrients; promotes core foods	Contain some nutrients and also some fat, sugar, sodium and energy	Limited nutritional value; may contain excess energy, saturated fat, sodium, sugar and are often discretionary foods
	<b>FILL THE MENU</b>	<b>SELECT CAREFULLY</b>	<b>LIMIT OR REMOVE</b>
<b>Drinks</b>	Water; Plain and flavoured milk (<300mL); 99% vegetable juice	Plain and flavoured milk (300-500mL); fruit juice (<300mL); <99% vegetable juice; artificially sweetened beverages (<600mL)	99% fruit juice (>300mL); <99% fruit juice; sugar sweetened soft drinks; iced tea; cordial; sports drinks; flavoured water; energy drinks
<b>Breads and cereals</b>	Bread; fruit bread (<40g); cereals with no added sugar; English muffins; rye; wraps; rice; pasta; quinoa; cous cous	Fruit bread (>40g); savoury/sweet bread (e.g. bagels, flavoured focaccia, scrolls); pancakes; pikelets	Roti; brioche; croissants; Breakfast cereal with added sugar; bread with jam/honey
<b>Fruit</b>	Fresh, frozen or canned; in juice; plain dried fruit (<40g)	Plain dried fruit (>40g); fruit canned in syrup	Fruit with confectionary, fruit leathers
<b>Vegetables</b>	Fresh, frozen or canned; legumes	Oven baked chips/wedges	Deep fried vegetables e.g. hot chips)
<b>Milk and milk products</b>	Plain and flavoured milk (<300mL); yoghurt; dairy-free milk and yoghurt with added calcium; low-salt cheeses e.g. cheddar, cottage, ricotta, mozzarella	Dairy-free milks and yoghurts without added calcium; light coconut milk; moderate-salt cheeses e.g. feta, haloumi, dairy-free cheese, parmesan	Condensed milk; yoghurts containing confectionary; some coconut milk/cream; cream; sour cream; high fat cheese e.g. brie, blue, camembert, processed, cheese with added fruit; ice cream; milkshakes
<b>Meat and alternatives</b>	Lean beef, pork, veal, lamb, kangaroo, chicken, turkey; fish (fresh, frozen and tinned); vegetable patties; eggs; plain nuts	Crumbed meats, poultry and fish; deli style (pressed) and canned poultry; smoked salmon; salted nuts/seeds; lean burger patties, rissoles, meatballs & fish cakes	Deep fried meat and fish; processed meat e.g. ham, bacon, jerky, salami, chorizo; frankfurters; high fat meat e.g. pork belly; nuts/seeds with added sugar, confectionary or saturated fat
<b>Savoury hot and cold foods</b>	Meals e.g. pasta; rice; soup; sushi; salads; pizza topped with lean meats/vegetables	Meals e.g. reduced salt noodle cups; reduced fat/salt pies and sausage rolls	Meals containing high saturated fat, energy and salt content e.g. butter; cream; coconut oil; full fat pastry; pizza with processed meats
<b>Snack foods</b>	Plain air popped popcorn; cheese/tuna and cracker packs	Lightly flavoured popcorn; banana bread/muffins/scones (<60g); most muesli bars	Potato chips and crisps; jelly; cakes; slices; cookies; confectionary e.g. lollies, chocolate; flavoured popcorn

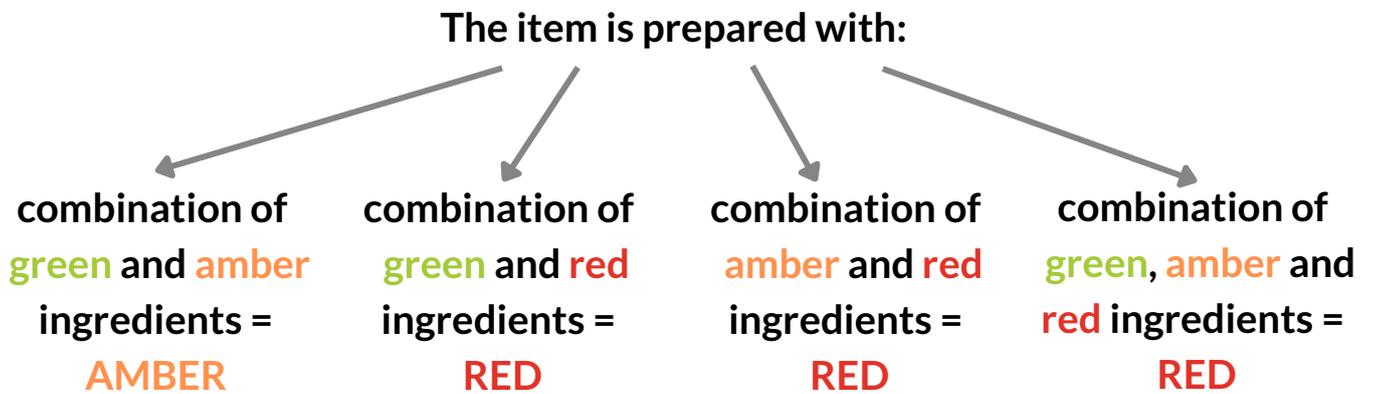
\*The Fuel to Go & Play® traffic light system is based on the Department of Health's Healthy Options WA: Food and Nutrition Policy for WA Health Services and Facilities

## 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

<b>Green</b> All green ingredients	<b>Amber</b> One amber ingredient	<b>Red</b> 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>Pressed chicken/turkey</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, ham</li> <li>Vegetables e.g. shredded lettuce, crunchy carrot, sliced cucumber, red onion</li> </ul>

### Beef or chicken burgers

<b>Green</b> All green ingredients	<b>Amber</b> One amber ingredient	<b>Red</b> 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>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>Moderate-salt cheeses e.g. feta, haloumi</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>Cheese</li> <li>Vegetables e.g. lettuce, carrot, onion</li> </ul>

### Quiche

<b>Green</b> All green ingredients	<b>Amber</b> One amber ingredient	<b>Red</b> One red ingredient
<ul style="list-style-type: none"> <li>Eggs</li> <li>Milk and cheese</li> <li>Tomatoes, pumpkin, spinach</li> <li>NO pastry</li> </ul>	<ul style="list-style-type: none"> <li>Eggs</li> <li>Milk and moderate-salt cheese</li> <li>Tomatoes, pumpkin, spinach</li> <li>Filo 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.

<b>Green</b> All green ingredients	<b>Amber</b> One amber ingredient	<b>Red</b> One red ingredient
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>Yoghurt</li> <li>Plain or flavoured milk (&lt;300mL)</li> </ul>	Green food item served with: <ul style="list-style-type: none"> <li>Oven baked chips or wedges</li> <li>Plain or flavoured milk (300-500mL)</li> <li>99% fruit juice (&lt;250mL)</li> <li>Diet or artificially sweetened drinks &lt;600mL</li> </ul>	Green food items served with any of the following: <ul style="list-style-type: none"> <li>Hot chips, 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. \(WASCA\)](http://www.wasca.org.au) for support.