

**Are you confused about what food and drinks are considered healthy 'green' options? Check out the list below for popular healthy items you could include on your menu.**

## Main meals

- Wraps, rolls or sandwiches with the following fillings:
  - Lean chicken, beef or turkey and salad
  - Tuna and salad
  - Curried egg using reduced fat mayonnaise
  - Cheese and salad.
- Toasties (pictured) made with cheese and the following fillings:
  - Chicken and avocado
  - Tomato
  - Baked beans.
- Breakfast muffins made with English muffins, egg, cheese and spinach
- Sushi and/or rice paper rolls (pictured) filled with vegetables and lean meat or seafood
- Curries, soups or stews made with healthy 'green' ingredients - see the [Healthier ingredients fact sheet](#) for more information
- Lean meat, vegetable skewers (pictured) and corn cobs on the BBQ - see the [Better BBQ's fact sheet](#) for more ideas.

**We recommend at least 40% of your menu items are green**

This helps to ensure a range of healthy options are always available.

## Top tips

- Stock a range of green items across the menu, including meals, snacks and drinks
- Replace less popular red items with green items
- Make gradual changes to the menu.



## Snacks

- Whole pieces of fruit
- Slices of fruit e.g. watermelon
- Fruit cups (pictured)
- Veggie sticks and hummus cups
- Yoghurt tubs (pictured)
- Cheese and crackers
- Plain air popped popcorn
- Fruit breads (40g or less).



## Drinks

- Still or sparkling plain water
- Still or sparkling water with natural flavours (e.g. fruit juice)
- Small (<300mL) plain or flavoured milks or iced coffee
- Tea or coffee
- Small (<300mL) hot chocolate or Milo
- Smoothies made with fresh fruit, milk and yoghurt.

### Menu item not on this list?

If you have a menu item you think is healthy but is not on this list, send the product information or recipe to [fueltoeducation.wa.edu.au](mailto:fueltoeducation.wa.edu.au) and our team can check it for you.



### Tips for promoting your healthy food and drinks

- Offer taste tests for new healthy menu items
- Promote healthy food and drinks by advertising at the food service, on social media or through club newsletters
- Have green meals, snacks and drinks in prominent positions i.e. at eye level in fridges and vending machines, and at the point of sale on the counter
- Offer healthy meal deals by pairing a green meal or snack with a green drink.

*All food and drinks have been assessed based on their nutrient values and colour coded according to the Western Australian Department of Health's Healthy Options WA Food and Nutrition Policy © State of Western Australia 2018 used with permission.*

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