

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

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



Drink plenty of water.



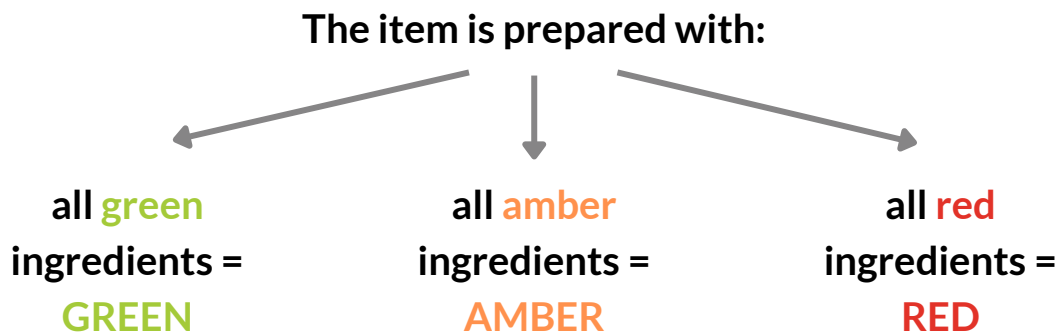
Traffic light table*

	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
	FILL THE MENU	SELECT CAREFULLY	LIMIT OR REMOVE
Drinks	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
Breads and cereals	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
Fruit	Fresh, frozen or canned; in juice; plain dried fruit (<40g)	Plain dried fruit (>40g); fruit canned in syrup	Fruit with confectionary, fruit leathers
Vegetables	Fresh, frozen or canned; legumes	Oven baked chips/wedges	Deep fried vegetables e.g. hot chips)
Milk and milk products	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
Meat and alternatives	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
Savoury hot and cold foods	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
Snack foods	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

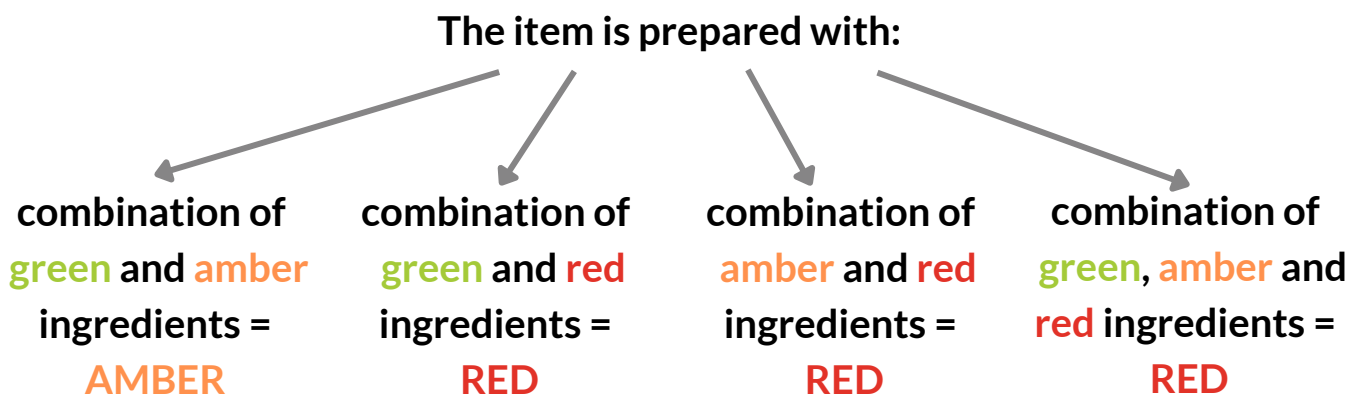
All food and drinks have been assessed based on their nutrient values and colour coded according to the Western Australian Department of Health's Healthy Options WA Food and Nutrition Policy © State of Western Australia 2018 used with permission.

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"> Wholegrain bread, roll or wrap Lean meat e.g. chicken, roast beef, tuna, egg etc. Vegetables e.g. shredded lettuce, crunchy carrot, sliced cucumber, red onion 	<ul style="list-style-type: none"> Wholegrain bread, roll or wrap Pressed chicken/turkey Vegetables e.g. shredded lettuce, crunchy carrot, sliced cucumber, red onion 	<ul style="list-style-type: none"> Wholegrain bread, roll or wrap Salami, ham Vegetables e.g. shredded lettuce, crunchy carrot, sliced cucumber, red onion

Beef or chicken burgers

Green All green ingredients	Amber One amber ingredient	Red One red ingredient
<ul style="list-style-type: none"> Wholegrain roll Grilled lean steak or chicken breast, beef burger patty (freshly prepared with lean mince) Cheese Vegetables e.g. shredded lettuce, carrot, onion 	<ul style="list-style-type: none"> Wholegrain roll Oven baked or grilled crumbed chicken, lean beef burger patty (commercial) Moderate-salt cheeses e.g. feta, haloumi Vegetables e.g. lettuce, carrot, onion 	<ul style="list-style-type: none"> Wholegrain roll Deep fried crumbed chicken or beef burger patty Cheese Vegetables e.g. lettuce, carrot, onion

Quiche

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

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.

Green All green ingredients	Amber One amber ingredient	Red One red ingredient
Green food items served with any of the following: <ul style="list-style-type: none"> Bottled water Fruit Salad Yoghurt Plain or flavoured milk (<300mL) 	Green food item served with: <ul style="list-style-type: none"> Oven baked chips or wedges Plain or flavoured milk (300-500mL) 99% fruit juice (<250mL) Diet or artificially sweetened drinks <600mL 	Green food items served with any of the following: <ul style="list-style-type: none"> Hot chips, potato crisps/chips Confectionery e.g. lollies and chocolate Sugary drinks e.g. soft drinks, sports drinks, energy drinks Milkshakes with cream or syrup

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