

# Smart Food & Drink



## Occasionally

Not to be supplied on more than two occasions per term

- RED foods and drinks are highly processed and have added sugar, salt or fat.
- ⇒ Lack in nutritional value
- ⇒ Are high in saturated fat, sugar or salt
- ⇒ Can contribute to excess energy intake and weight gain



## Select Carefully

Do not let these foods and drinks dominate the choices and avoid large servings

- AMBER foods and drinks have had some sugar, salt or fat added during processing.
- ⇒ Have some nutritional value
- ⇒ Have moderate amounts of saturated fat, sugar or salt
- ⇒ Can contribute to excess energy intake and weight loss



## Have Plenty

Encourage and promote these smart choices

- GREEN foods and drinks are typically fresh or minimally processed.
- ⇒ Are excellent sources of important nutrients
- ⇒ Are low in saturated fat, sugar or salt
- ⇒ Are less likely to result in excess energy intake and reduce risk of weight gain.