

Green Foods	Amber Foods	Red Foods
<p data-bbox="236 342 595 672">Foods and drinks classified as Green are the healthiest choices. They are excellent sources of important nutrients needed for health and wellbeing, and low in saturated fat, added sugar and salt, and are lower in energy density.</p> <p data-bbox="236 712 579 779">Can be eaten every day or at every meal.</p> <p data-bbox="236 819 579 1111"><b>Examples include:</b> Plain or whole grain breads and cereals, vegetables and salads, fruit, low fat milks and dairy products, lean meats, fish and poultry, eggs, and nuts and legumes.</p>	<p data-bbox="617 342 976 707">Foods and drinks classified as Amber are mainly processed foods. They have some nutritional value but contain moderate levels of saturated fat, added sugar and/or salt and can, in large serve sizes, contribute to excess energy intake.</p> <p data-bbox="617 748 888 853">Should be carefully selected and eaten in moderation.</p> <p data-bbox="617 893 968 1296"><b>Examples include:</b> Full fat milk and dairy products, some breakfast and cereal bars, some un-iced, plain, lower fat cakes and muffins, some processed meats (e.g. ham, pastrami), poly- or mono-unsaturated spreads, breakfast cereals with no added sugar or fat.</p>	<p data-bbox="999 342 1358 707">Foods and drinks classified as Red are energy dense and nutrient poor foods and drinks that are high in saturated fat, sugar and/or salt. They can contribute to excess energy intake if consumed in large amounts or on a frequent basis.</p> <p data-bbox="999 748 1326 1113">Red foods also include deep fried foods, confectionary and chocolate (energy size limit), crisps, corn chips and similar salty snacks (energy size limit), sugar sweetened soft drinks, energy and sports drinks (energy size limit).</p> <p data-bbox="999 1153 1275 1220">Should only be eaten occasionally.</p> <p data-bbox="999 1261 1353 1626">Examples include: Fried foods, savoury commercial products such as pies and sausage rolls, snack bars, sweet biscuits, cakes and sweet pastries, small size confectionary and packets of crisps, some sweetened drinks and processed meats such as salamis.</p>