

A Better Choice



Catering Guidelines for Meetings and Functions

A Better Choice

Queensland Health has clear responsibility to promote healthier lifestyles throughout the state to prevent chronic diseases. A key initiative, *A Better Choice Healthy Food and Drink Supply Strategy for Queensland Health Facilities (A Better Choice)* creates an environment which provides a greater choice of nutritious foods and drinks, making healthy choices easier choices.

A Better Choice aims to improve the range, availability and promotion of healthy foods and drinks. It will also limit the availability of less healthy options. *A Better Choice* applies to all situations where foods and/or drinks are provided to staff, visitors and the general public in facilities owned and operated by Queensland Health.

A Better Choice Catering Guidelines for Meetings and Functions have been developed to guide the provision of catering paid for by Queensland Health. These guidelines contain recommendations to ensure foods and drinks of good nutritional quality are purchased for meetings, activities and/or events, including:

- conferences, exhibitions or symposiums
- staff training courses or workshops
- meetings or forums with an education or business focus
- official events ie. program launch.

This document should be used by all staff (in conjunction with the policy statement *Business Conferences and Meetings Organised by Queensland Health*) when organising catering for meetings or functions paid for by Queensland Health. All Queensland Health food services that prepare catering for meetings, activities and/or events are required to comply with these guidelines.

Catering A Better Choice

A Better Choice Catering Guidelines for Meetings and Functions are based on the principles from the *A Better Choice* strategy (refer to page 8). These guidelines recommend:

GREEN foods and drinks are always available

Foods and drinks from the **GREEN** category should be included as the main choices, promoted and encouraged where possible. Ensure **GREEN** foods and drinks are available at all times and provide better options.

Don't let AMBER foods and drinks dominate

Watch serving sizes of morning and afternoon tea options. Look for better choices from foods and drinks from this category. For instance, provide plain un-iced fruit and nut bun made on wholemeal flour or offer scones with jam and poly- or mono-unsaturated margarine served separately.

Limit RED foods and drinks

RED food and drinks are not to be supplied. Request reduced-fat, reduced-sugar and/or reduced-salt options, or look for options that use low-fat cooking techniques to help increase the proportion of healthier options available.

This document outlines the types of foods and drinks that are to be purchased, and those that should not be ordered depending on the audience as well as the particular meal time. Refer to the following section and tables 1 – 3 for recommendations.

For more information on *A Better Choice* visit <http://qheps.health.qld.gov.au/abetterchoice/>. For more details on the provision of catering refer to the policy statement *Business Conferences and Meetings Organised by Queensland Health* available at http://qheps.health.qld.gov.au/bpsu/documents/21517_Conf_Meetings.pdf



Catering Guidelines for Meetings and Functions

1. Catering is only to be provided by Queensland Health at meetings or events with an educational or business focus such as:

- conferences, exhibitions or symposiums
- staff training courses or workshops (longer than four hours)
- meetings or forums
- official events (ie. a program launch).

2. Recommended foods and drinks to be provided at the prior mentioned events are outlined in the following:

- Morning tea or afternoon tea involving internal staff¹ refer to table 1
- Morning tea or afternoon tea involving official visitors¹ or external delegates¹ refer to table 2
- Morning tea or afternoon tea for an official event¹ refer to table 2
- Lunch refer to table 3

Lunch is only to be provided at official events and meetings of at least two hours duration which have an educational or business focus and/or where official visitors or external delegates are scheduled to be present (see item no.3 below).

3. Suppliers should be limited to caterers currently setup on FAMMIS as Vendors and should not exceed the specified amounts outlined in the policy statement for *Business Conferences and Meetings Organised by Queensland Health*.

4. 'Working lunches' should be avoided where possible. Therefore, meetings should be scheduled to conclude before or commence after lunch. Meetings should not normally be scheduled across meal times.

Where this is unavoidable, catering for meetings scheduled across meal hours should comply with the recommendations outlined in table 3.

5. Where Queensland Health facilities are licensed to provide alcohol to staff and/or visitors at functions, meetings or events, alcoholic drinks should not be provided in excessive quantities and should be served in accordance with *Code of Practice for the Responsible Service, Supply and Promotion of Liquor (2005)*.² When providing alcohol to staff and visitors, no greater than two standard drinks for men and one standard drink for women should be supplied.³

Alcoholic drinks are not essential to provide the nutrients the body needs.⁴ They should only be consumed sometimes, in small amounts or not at all.⁴ Alcohol is not recommended for children, pregnant or breast feeding women.⁴ Alcoholic drinks should be restricted in supply because they:

- are energy dense
- are nutrient-poor and lack nutritional value
- can contribute to weight gain
- have both short- and long-term effects on health.^{3, 4}



1 – Refer to Definitions (page 9)

2 – Department of Tourism, Fair Trading and Wine Industry Development, & Department of Health. 2005, *Code of Practice for the Responsible Service, Supply and Promotion of Liquor*, Queensland Government, Brisbane.

3 – National Health and Medical Research Council. 2003, *Food for Health – Dietary Guidelines for Australian Adults*, Commonwealth of Australia, Canberra.

4 – Commonwealth Department of Health and Family Services. 1998, *The Australian Guide to Healthy Eating*, Commonwealth of Australia, Canberra.



Table 1. Standard morning or afternoon tea guidelines

Item	Serving suggestions	Not recommended
Drinks	Offer a variety of hot and cold options: <ul style="list-style-type: none"> - Chilled plain water - Plain and decaffeinated coffee* - Plain and herbal teas* - Reduced-fat or skim milk in addition to regular full-fat milk for tea and coffee - Small amounts of sugar and artificial sweetener for hot beverages. * Tea/coffee = should be provided from Queensland Health stocks and not purchased from external vendors if the meeting is on site.	Soft drinks, fruit drinks, cordials, energy and sports drinks.
Fruit Dried fruit & nuts	Whole, sliced or cut pieces of fresh fruit. Small packets of dried fruit and/or plain and/or dry-roasted unsalted nuts.	All confectionery and deep-fried foods. Salted, coated and/or fried nuts or chocolate-coated dried fruit.
Sweet breads, and loaves Spreads	(If within budget) Plain, un-coated, un-iced breads and loaves: <ul style="list-style-type: none"> - raisin or fruit bread or loaves. Serve spreads and condiments separately. Use poly- or mono-unsaturated margarine.	Coated, iced or filled breads and loaves or those containing confectionery or chocolate. Cream, butter or dairy blend spreads.
Sweet biscuits	Un-iced, un-coated, plain or wholemeal sweet biscuits that are a small to medium serve size (ie. 30 grams per person or 2-3 small biscuits); try reduced-fat and/or reduced-sugar varieties that contain high fibre ingredients ie. wholemeal flour and/or fruit, vegetables or nuts.	Fancy sweet biscuits i.e. cream filled, chocolate coated or iced.
Savoury breads and biscuits	(If within budget) Plain, un-coated, low fat savoury breads and loaves; wholemeal salt-reduced crisp breads and crackers, lavosh or water crackers. If required top with a variety of garnishes including reduced-fat cheeses, relishes, chutneys or vegetables.	Large serves of savoury breads ie. garlic or pull-aparts topped with cheese and processed high-fat meats such as bacon or salami.
Cakes, muffins, slices and scrolls, muesli or fruit-filled bars	Not recommended for standard morning tea.	

Table 2. Morning or afternoon tea guidelines for official events, meetings with external delegates or official visitors

Item	Serving suggestions	Not recommended
Drinks	All items listed for standard morning or afternoon tea (table 1).	All items not recommended in table 1.
Food	All items listed for standard morning or afternoon tea (table 1).	All items not recommended in table 1.
Sweet breads, loaves, buns and scones	Plain, un-coated, un-iced breads, scones, loaves, or buns: <ul style="list-style-type: none"> - raisin or fruit bread - plain or fruit-based pikelets - plain, fruit or pumpkin scones - banana or date loaf - plain almond bread. 	Coated, iced or filled breads, scones, loaves, or buns or those containing confectionery or chocolate.
Spreads	Serve spreads and condiments separately Use poly- or mono-unsaturated margarine, reduced-fat cream cheese, fruit purees, whipped ricotta or vanilla yoghurt.	Cream, butter or dairy blend spreads.
Muffins	Un-iced fruit- or vegetable-based muffins that are a small to medium serve size (ie. two mini muffins or 60 grams muffin per person); include reduce-fat and wholemeal varieties.	Large muffins; those containing confectionery such as chocolate chips; iced or coated varieties.
Cakes, slices and scrolls	Un-iced, un-filled, un-coated cakes, slices, scrolls that contain fruit, vegetables or nuts and are of a small to medium serve size (ie. a small finger or slice of cake 50-60 grams per person); include fat-reduced and wholemeal varieties.	High-fat options such as sweet pastries, tarts, croissants and Danishes. Iced, filled and/or coated cakes, slices, muffins, bars, scrolls; and fancy sweet biscuits (i.e. chocolate coated, iced or filled). Un-iced, un-filled, un-coated cakes, slices and scrolls that contain confectionery or chocolate.
Muesli or fruit-filled bars	Un-iced, un-coated cereal, muesli or fruit-filled bars, of a small to medium serve size (ie. 30-40 grams).	Chocolate-coated cereal or muesli bars or those containing confectionery such as chocolate chips; large serve sizes of cereal, muesli or fruit-filled bars greater than 40 grams.
Savoury breads and biscuits	Try different bread varieties, crepes, pikelets, wholemeal salt-reduced crisp breads and crackers, lavosh or water crackers as a base and top with a variety of garnishes including reduced-fat cheeses, fruit and vegetables.	Large serves of savoury breads ie. garlic or pull-aparts topped with cheese and processed high-fat meats such as bacon or salami.
Toppings, Dips, Antipasto	Low fat, low salt varieties. Examples include: <ul style="list-style-type: none"> - ricotta or cottage or reduced-fat cream cheese with sliced strawberries or peaches - tomato, basil and cheese - cherry tomato, onion and avocado - low-fat vegetable-based salsas or relishes such as tomato, capsicum, bean or corn - reduced-fat dips including tzatziki, hommus, vegetable-based varieties including beetroot, capsicum or eggplant. 	Oil, cream and or cheese-based dips such as aioli, sour cream, tapenades, pesto, oil and balsamic vinegar. Cream, butter or dairy blend spreads.

Item	Serving suggestions	Not recommended
Cheese and cheese platters	<p>Small serves of cheese (low- or reduced-fat where possible) such as cottage, ricotta, fetta or hard cheeses with a variety of accompaniments such as:</p> <ul style="list-style-type: none"> - different bread varieties, wholemeal salt-reduced crispbreads and crackers, plain almond bread, lavosh or water crackers - fresh and dried fruit - fresh cut vegetable sticks with reduce-fat dips - roasted or grilled vegetables (served drained of oil) - plain and/or dry-roasted unsalted nuts. 	<p>Large portions or blocks of all cheese varieties.</p> <p>Chocolate almond bread or plain almond bread containing confectionery or chocolate.</p> <p>Salted, coated and/or fried nuts.</p>

Table 3. Lunch guidelines

Item	Serving suggestions	Not recommended
Drinks	<p>Offer a variety of hot and cold options:</p> <ul style="list-style-type: none"> - Chilled plain water - Plain and decaffeinated coffee* - Plain and herbal teas* - Reduced-fat or skim milk for tea and coffee - Small amounts of sugar and artificial sweetener for hot beverages - 99 – 100% fruit juice with recommended serve size of 250ml (maximum 300ml) per person (not sweetened fruit drinks). <p>* Tea/coffee = should be provided from Queensland Health stocks and not purchased from external vendors if the meeting is on site.</p>	<p>Soft drinks, fruit drinks, cordials, energy and sports drinks.</p> <p>Large serves of fruit juice per person (ie. greater than 300ml).</p>
Sandwiches	<p>Offer a variety of breads, sandwich types and fillings; try finger or pinwheel sandwiches, open-faced, bread rolls, pita pockets or lavish wraps.</p> <p>Use a wide variety of breads and rolls including:</p> <ul style="list-style-type: none"> - multigrain - wholemeal - rye - high-fibre white - lavish and other flat breads - bagels - plain foccacias - baguettes. 	<p>Large serves of high-fat savoury breads ie. garlic or pull-aparts topped with cheese and high-fat processed meats such as bacon or salami.</p>
Sandwich spreads	<p>Use spreads or condiments sparingly and try reduced-salt, low- or reduced-fat varieties including poly- or mono-unsaturated margarine, avocado, cottage cheese, ricotta, reduced-fat cream cheese, mustards, relishes and chutney.</p>	<p>Butter, dairy blend spreads, mayonnaise; oil-, cream- and or cheese-based dips such as aioli, sour cream, tapenades, pesto.</p>

Item	Serving suggestions	Not recommended
Sandwich fillings	<p>Lean cuts of meats, meat alternatives or reduced-fat cheeses:</p> <ul style="list-style-type: none"> - roast beef - roast chicken with no skin - lean turkey or chicken breast - tinned fish (canned in spring water, brine or oil such as canola, sunflower or olive oil drained before use) - eggs - ricotta or cottage cheese - reduced fat hard or soft cheeses <p>in combination with a variety of raw salads and vegetables.</p> <p>Use plenty of raw salad or vegetables.</p> <p>Roasted or grilled vegetables drained of oil served with plenty of salad.</p>	<p>High fat cured luncheon meats such as salami, chicken loaf, cabana, Devon, bacon, strassburg or mortadella.</p> <p>Do not add salt to sandwiches or filling ingredients.</p>
Sushi and Rice paper rolls	<p>Try options that contain lean, un-coated and un-crumbed meats, egg or seafood and use a variety of vegetable fillings.</p> <p>Use low-fat, reduced-salt ingredients in dipping sauces such as:</p> <ul style="list-style-type: none"> - sweet chilli sauce - reduced-salt soy sauce or reduced-salt fish sauce with fresh herbs, garlic, onion or shallots. 	<p>Sushi or rice paper rolls containing deep-fried, coated or battered ingredients.</p> <p>Cream- or oil-based sauces.</p>
Salads	<p>Garden, bean, pasta, rice or noodle, potato, tabouleh, couscous, coleslaw, roasted vegetables or egg salad.</p> <p>If accompanied by meat:</p> <ul style="list-style-type: none"> - lean (visible fat trimmed), un-crumbed meats that have been grilled, roasted or cooked in minimal amounts of poly- or mono-unsaturated oil - lean chicken (with no skin) - lean ham (no visible fat) - tinned fish canned in spring water, brine or oil such as canola, sunflower or olive drained before use. <p>If accompanied by cheese:</p> <ul style="list-style-type: none"> - reduced-fat varieties where possible - ricotta - cottage cheese. <p>If accompanied by nuts:</p> <p>Plain and/or dry-roasted, unsalted and un-fried.</p>	<p>Salads containing deep-fried croutons, bacon or coated meats that have been deep-fried.</p> <p>High fat cured meats such as salami, chicken loaf, cabana, devon, bacon, strassburg or mortadella.</p>



Item	Serving suggestions	Not recommended
Salad dressings	<p>It is preferable to leave salads undressed or serve dressings separately.</p> <p>Low-oil or no-oil dressings such as lemon or lime juice, natural yoghurt, balsamic or wine vinegar with herbs or pepper.</p> <p>Reduced-fat, low-oil, no-oil or low-joule commercial dressings. If preparing dressings use poly- or mono-unsaturated oils ie. canola, sunflower, sesame, olive and peanut oils.</p>	<p>Do not add salt to salads or dressings.</p> <p>Cream or mayonnaise-based dressings such as Caesar or sour cream.</p>
Finger foods, Antipasto, Dips	<p>Vegetable-based salsas or relishes such as tomato, bean, or capsicum.</p> <p>Reduced-fat yoghurt-based dips such as beetroot, eggplant, capsicum, avocado, tzatziki or hommus.</p> <p>Roasted or grilled vegetables served drained of oil.</p> <p>Olives served drained of oil.</p> <p>Lean cold meat such as roast beef or skinless baked chicken, pastrami or shaved lean ham.</p> <p>Fresh cut fruit and/or vegetables sticks.</p> <p>A variety of different breads, water crackers or crisp breads – wholemeal varieties where possible.</p>	<p>Deep-fried items including savoury pastries such as dim sims, spring rolls, samosas; coated or crumbed meat or vegetable products; and potato chips, wedges, gems, scallops or hash browns.</p> <p>Hot or cold savoury pastries such as pies, sausage rolls, party pies, croissants or quiches.</p> <p>High fat cured meats such as salami, chicken loaf, cabana, devon, bacon, strassburg or mortadella.</p> <p>Oil, cream, and/or cheese based dips such as aioli, sour cream, tapenades, pesto, oil and balsamic vinegar.</p>
Fruit platters	<p>Whole, sliced or cut pieces of fresh fruit.</p> <p>Try fresh fruit kebabs with low-fat or reduced-fat dipping sauces such as:</p> <ul style="list-style-type: none"> - fruit purees - vanilla yoghurt - whipped ricotta. 	Whipped cream.
Cheese and cheese platters	<p>Small serves of cheese (low- or reduced-fat where possible) such as cottage, ricotta, fetta or hard cheeses with a variety of accompaniments such as:</p> <ul style="list-style-type: none"> - different bread varieties, wholemeal salt-reduced crispbreads and crackers, plain almond bread, lavosh or water crackers - fresh and dried fruit - fresh cut vegetable sticks with reduce-fat dips - roasted or grilled vegetables (served drained of oil) - plain and/or dry-roasted unsalted nuts. 	<p>Large portions or blocks of all cheese varieties.</p> <p>Chocolate almond bread or plain almond bread containing confectionery or chocolate.</p> <p>Salted, coated and/or fried nuts.</p>



Principles of A Better Choice

A Better Choice provides advice on assessing the nutritional value of foods and drinks supplied to staff, visitors and the general public. The strategy also includes recommendations on the frequency of supply, advertising, and product placement.

Under *A Better Choice*, foods and drinks have been classified into three categories according to their nutritional value:

- **GREEN** – foods and drinks that should be encouraged, placed in prominent areas (ie. eye-level), freely promoted and freely supplied.
- **AMBER** – foods and drinks that can be supplied as long as they do not dominate the range of foods and drinks available, must meet serving size recommendations, and must not be promoted.
- **RED** – foods and drinks that are low in nutritional value and are to be limited in supply. These foods and drinks must not be:
 - o promoted
 - o placed in prominent areas
 - o featured in associated signage or advertising
 - o used in fundraising
 - o supplied at meetings or functions (paid for by Queensland Health)
 - o placed in vending machines.

For more details on the *A Better Choice* categories refer to Appendix 1. For further information visit the *A Better Choice* website <http://qheps.health.qld.gov.au/abetterchoice/>

Sample menus

Official event morning tea (with external guests, eg. strategy launch)

Jugs of iced water
Reduced-fat milk (preferably) and/or full-fat milk for hot drinks
Tea and coffee (from Queensland Health stocks)
Sugar and artificial sweetener
Reduced-fat mixed berry and apple cinnamon mini muffins
Fresh fruit platter

Standard morning tea (internal Queensland Health staff)

Jugs of iced water
Reduced-fat milk (preferably) and/or full-fat milk for hot drinks
Tea and coffee (from Queensland Health stocks)
Sugar and artificial sweetener
Whole-meal plain sweet biscuits OR Fresh fruit platter OR dried fruit and nuts

Lunch (full-day workshop)

Jugs of iced water
100% orange juice- no added sugar
Reduced-fat milk (preferably) and/or full-fat milk for hot drinks
Tea and coffee (from Queensland Health stocks)
Sugar and artificial sweetener
Assorted baguettes and whole-grain mini rolls with assorted fillings such as low fat cheese, lean meats or alternatives and including plenty of salad. For example:

- roast beef, fruit chutney, red onion, tomato and lettuce
- shaved ham, reduced-fat cream cheese, carrot, tomato and lettuce
- roasted capsicum, hummus, sprouts and baby spinach.

Fresh fruit platter



Definitions

Internal staff	= Queensland Health employees
Official visitors and	= Other Queensland Government employees External delegates Other Inter-state Government employees Non-Government Agency employees Non-Government visitors and general public
Official event	= Official announcements or launches Awards ceremonies



Useful resources

Commonwealth Department of Health and Family Services. 1998, *The Australian Guide to Healthy Eating*, Commonwealth of Australia, Canberra.

Education Queensland. 2003, *A guide to catering, Active-ate*, [Online] Available at: http://education.qld.gov.au/schools/healthy/active-ate/pdfs/guide_catering.pdf

National Health and Medical Research Council. 2003, *Food for Health – Dietary Guidelines for Australian Adults*, Commonwealth of Australia, Canberra.

National Heart Foundation of Australia. 2003, *Healthy Catering Guidelines*, Heart Foundation, [Online] Available at: http://www.heartfoundation.com.au/downloads/Healthy_catering_NHFAwebsite_Septo3_v2.pdf

Queensland Health. 2007, *A Better Choice – Healthy Food and Drink Supply Strategy for Queensland Health Facilities*, Queensland Health, Brisbane.

Queensland Health. 2007, *Business Conferences and meetings organised by Queensland Health*, Queensland Health, Brisbane.

Queensland Health. 2002, *Catering Guidelines*, Tropical Public Health Unit Network, Cairns.

Queensland Public Health Forum. 2002, *Eat Well Queensland 2002-2012: Smart Eating for a Healthier State*, Queensland Public Health Forum, Brisbane.

Appendix 1 – Food and drink categories

The GREEN category - Best choices	
Food Type	Examples
Breads	Multigrain, wholemeal, rye, hi-fibre, white breads or rolls. Examples include burritos, English muffins, focaccia, lavash, Lebanese, pita, raisin or fruit breads, tortillas and Turkish breads. Some plain corn and rice cakes or crispbreads.
Cereal foods	Plain rice, pasta, plain unflavoured noodles, polenta, cous cous and buckwheat.
Breakfast cereals	Wholegrain breakfast cereals that are high in fibre and lower in salt and added sugar. Examples include wheat biscuits, cereal flakes with a variety of grains, bran, un-toasted muesli or porridge.
Fruit	All fresh, frozen and dried fruits, and fruit canned in natural juice, water with artificial sweetener or fruit puree with no added sugar.
Vegetables	All fresh, frozen, salt-reduced canned, dried plain vegetables and salads.
Legumes	All forms of dried and prepared beans and peas. Examples include baked beans, red kidney beans, soy beans, mung beans, lentils, chick-peas, split peas, bean curd, or tofu.
Dairy products	Plain reduced- or low-fat milk, reduced- or low-fat plain and flavoured yoghurt, reduced-fat cheese and reduced-fat custard.
Dairy Alternatives	Reduced- or low-fat soy varieties including plain soy-milk, reduced- or low-fat plain or flavoured yoghurt, cheese and custard.
Lean meat, fish, poultry, eggs and alternatives	Lean chicken, turkey, beef, pork, lamb and veal with fat and skin removed. All fresh and plain frozen fish. Tuna, salmon, sardines canned in spring water with no added salt. Eggs.
Nuts and seeds	All plain, unsalted, dry or un-roasted nuts and seeds. All nut and seed pastes with no added sugar, salt, or fat.
Drinks	Water. Reduced- or low-fat plain milk and soy milk.

Plain = unflavoured, unseasoned and/or unsalted.

The AMBER category - choose carefully	
Food Type	Examples
Dairy foods and alternatives (unflavoured)	Plain full-fat milk, full-fat yoghurt (plain and flavoured), full-fat custard and full-fat cheese including full-fat soy varieties.
Dairy-based snacks	Milk-based plain or flavoured puddings, fromage frais, rice pudding or creamed rice.
Flavoured milk drinks and milk-based smoothies	Frequent consumption of both full-fat and reduced-fat flavoured milks in large sizes may contribute to excessive energy (kilojoules) and sugar intake. Maximum serve size 300ml. Examples include reduced-fat and full-fat flavoured milk- and soy-based drinks such as iced coffee, chocolate milk, breakfast drinks and milkshakes.
Fruit juice	Frequent consumption of fruit juice in large sizes may contribute to excess energy (kilojoules) and sugar intake. Given the lower fibre content and added sugars, fruit juices should not be used as a substitute for fresh fruit. Recommend serve size 250ml with maximum serve size 300ml. Offer 99-100% fresh or frozen fruit juices.
Artificially sweetened drinks	Diet, low-joule, sugar-free or no-sugar soft-drinks, cordials, flavoured mineral waters and iced teas.
Breakfast cereals	Refined and processed breakfast cereals with added sugars and/or saturated fats. Examples include some toasted mueslis, flavoured and/or sugar-sweetened corn, rice or wheat based cereals.

Food Type	Examples
Processed meats	Use in small amounts only, as larger serve sizes can provide too much saturated fat and/or salt. Some examples include plain or flavoured ham, corned beef, pastrami, diced processed chicken meat.
Fats and oils	Use in small amounts in cooking and make sure you can see the bread through the spread. Recommend mono- or poly-unsaturated margarine, oil sprays and vegetable oils such as canola, olive, peanut, sesame, sunflower, soya bean, cottonseed, or flaxseed.
Spreads	Use sparingly. Choose reduced-salt varieties where available. Examples include peanut butter and other nut spreads, fish, chicken and meat paste, yeast and vegetable extracts.
Sauces and condiments	Use sparingly. Choose reduced-salt, reduced-fat varieties where available. Examples include tomato sauce, sweet chilli sauce, mayonnaise, chutney, vegetable- or yoghurt-based dips, mustard and gravy.
Savoury commercial products	Some reduced-fat and/or reduced-salt oven-baked savoury pastries, steamed dim sims, pizza, oven-baked potato products, grilled or steamed sausages, grilled meat patties (not crumbed), grilled or oven-baked meat balls or chicken drumsticks.
Savoury snack foods and biscuits	Some AMBER products include oven-baked snack biscuits, flavoured popcorn and some dry biscuits.
Snack food bars	AMBER examples include some breakfast bars, cereal and/or muesli bars and fruit bars. Avoid those containing confectionery or that are coated in chocolate.
Cakes, muffins, sweet tarts, pastries, pies, biscuits and slices	Some un-iced, un-filled cakes, muffins, slices and biscuits that are a small to medium serve size or have been modified to reduce the levels of fat and/or sugar and include fibre may fit into the AMBER category. Examples include reduced-fat fruit cake, small reduced-fat fruit- or vegetable based muffins, plain wholemeal biscuits with dried fruit and/or nuts.
Ice-creams, milk-based ice-confection and dairy desserts	Some ice-blocks, sorbet, water- or fruit-based ice confection, and slushees may fit the AMBER category. Watch serve sizes and choose carefully.

The RED category - limit

Food Type	Examples
Sugar sweetened drinks	Soft drinks, fruit drinks, energy drinks, sports drinks, cordials and flavoured mineral waters.
Confectionery or lollies	All types.
Cakes, muffins, sweet tarts, pastries, scrolls and slices	Croissants, donuts, sweet pastries, Danishes, cream- or chocolate-filled and/or coated buns, scrolls, muffins, cakes, and slices. Large serves of plain cakes and muffins.
Biscuits	Premium, fancy biscuits that are coated, iced and/or filled with chocolate, caramel, cream, jam or icing.
Deep-fried foods	All types.
Savoury snacks	Crisps, potato chips and other similar products.
Hot savoury items	Pies, pastries, sausage rolls, quiche, deep-fried spring rolls, dim sims or other savoury pastries, deep-fried chips, wedges or other potato products.
Alcohol	Excessive supply of alcohol is not recommended; if provided limit to no more than two standard drinks ¹ for men ² and one standard drink ¹ for women ² .

1 – A standard drink contains 10 grams of alcohol – equivalent to 12.5 millilitres of alcohol. The following examples are equivalent to one standard drink:

- 250ml full strength beer
- 375ml mid-strength beer
- 100ml wine
- 30ml spirits

Source – National Health and Medical Research Council. 2001, *Australian Alcohol Guidelines Health Risks and Benefits*, Commonwealth of Australia, Canberra.

2 – National Health and Medical Research Council. 2003, *Food for Health – Dietary Guidelines for Australian Adults*, Commonwealth of Australia, Canberra.

