

Eat Right Traffic Light Guide

Green – Lots of these

Foods & drinks that are less processed, low in saturated fat, salt & sugar

Wholegrain breads, pita, bagels, wraps, burger buns served with lean meat, chicken, fish, low fat cheese with a variety of salad ingredients & low sugar/fat dressings & sauces

Soups with lots of vegetables &/or lean meat

Halved baked potatoes topped with tuna or salmon, beans, low fat cheese, cottage cheese, coleslaw, tomato & salad greens

Fruit kebabs & salad bars using low fat, sugar & salt dressings

Lean meat kebabs with vegetables

Sushi prepared with vegetables &/or lean meat

Unflavoured water & milk, fruit/vegetable smoothies with no added sugar

Plain popcorn

Orange – Some of these

Foods & drinks that are processed

Reduced fat sausage sizzles with low salt & low sugar sauces & dressings

Pizzas - topped with vegetables, low fat cheese, lean meats

Scones & muffins - sell in smaller portions

Plated dinners with lean meats served with minimal gravy or sauces

Red – Limit these

Foods & drinks that are highly processed, high in saturated fat, salt & sugar

Deep fried foods, potato chips, salted nuts

Pastry-topped pies & sausage rolls

Cakes & slices with high fat and sugar content

Lollies, candy floss, chocolates, sweet syrups, toffee apples

Fizzy drinks, flavoured waters, sugar-added fruit juice, sports drinks, ice crushes, cordials, energy drinks

Full fat ice creams & sweet snack foods