

SELECT CAREFULLY

The **AMBER** category – ‘select carefully’

Foods and drinks categorised as **AMBER** also contain some valuable nutrients, but may be too high in saturated fat and/or sugar and/or sodium (salt) to be categorised as **GREEN**. If these foods are eaten regularly or in large amounts, they may contribute to excess energy (kilojoules) being consumed.

Food	Examples
Drinks	<p>Full-fat milk and soy drinks, plain and flavoured.</p> <ul style="list-style-type: none"> • May contain intense (artificial) sweeteners. • Suggested 375mL serve size or less (except coffee-style milk drinks). • Coffee-style milk drinks (including flavoured) may be sold in secondary school (maximum 375mL serve size). <p>Fruit and vegetable juice.</p> <ul style="list-style-type: none"> • At least 99% fruit/vegetable juice, including sparkling varieties, no added sugar (maximum 250mL serve size).
Breakfast cereals	Higher in added sugar and lower in fibre.
Yoghurt, custard and cheese (including soy alternatives)	<p>Full-fat cheese without added confectionery. Full-fat plain or fruit yoghurt and custard without added confectionery.</p> <ul style="list-style-type: none"> • May contain intense (artificial) sweeteners.
Dried fruit, fruit leathers	All types. Fruit leathers must be 100% fruit. Keep the serve size small.
Fruit ice blocks, fruit jelly desserts, ice crushes and slushies	<p>At least 99% fruit juice and no added sugar.</p> <ul style="list-style-type: none"> • Ice slushies and fruit jellies (maximum 200mL serve size). • Fruit ice blocks (maximum 125mL serve size).
Meat products and alternatives	<p>Burgers, patties, strips, balls, nuggets, sausages, frankfurts, saveloys (crumbed and not crumbed), stews, casseroles and curries.</p> <p>Lean processed luncheon meats, fritz, devon, chicken loaf, free flow chicken, cured meats (for example: ham, bacon). Chicken drumsticks and wings.</p>
Savoury hot food items	Savoury pastries, filled breads, pasta dishes, pizzas, oven-baked potato products, dim sims, spring rolls, rice and noodle dishes.
Sweet and savoury snack foods	Baked snack biscuits, breakfast bars, rice/corn crackers and cakes, crispbreads, fruit filled bars, flavoured popcorn, muesli bars, nut* and seed bars, sweet or savoury biscuits.
Un-iced cakes, muffins and sweet pastries	Some un-iced cakes and muffins that are small in serve size or have been modified to reduce the amount of saturated fat and/or sugar or with added fibre.
Ice creams, milk-based ices and dairy desserts	<p>Low or reduced-fat ice creams (not chocolate-coated), milk-based ices, custards and dairy desserts.</p> <ul style="list-style-type: none"> • Milk must be listed as the first ingredient.
Fats and oils	Choose polyunsaturated and monounsaturated oils and spreads and use sparingly (for example: sunflower, safflower, corn, soya bean, olive, canola).
Spreads, dips, relishes	Nut* spreads, fish/chicken/meat pastes, yeast spreads, dips, salsa, relishes. Use sparingly.
Sauces	Tomato sauce, tomato paste, mustard, sweet chilli, BBQ, soy, satay. Choose low or reduced-salt products and use sparingly.
Toppings, syrup, jam, honey	Small amounts, use sparingly.

*Foods and drinks categorised as **AMBER** may require assessment against the **AMBER** Nutrient Criteria Tables on page 10.