



A Better Choice

Healthy Food & Drink Supply Strategy

for Queensland Health Facilities



Queensland Government
Queensland Health



Eat Well Be Active

health • care • people

Acknowledgements

At the Queensland Obesity Summit in May 2006, the Premier announced \$21 million over the next three years for partnerships, grants, facilities and other resources to promote healthy eating and physical activity including the *A Better Choice – Healthy Food and Drink Supply Strategy for Queensland Health Facilities (A Better Choice)*.

This strategy adapts elements from the Queensland Department of Education, Training and the Arts and Queensland Department of Health *Smart Choices – Healthy Food and Drink Supply Strategy for Queensland Schools (2005)*, which was based on the NSW Department of Health and NSW Department of Education and Training *Fresh Tastes @School* NSW Healthy School Canteen Strategy (2004) and Canteen Menu Planning Guide.

A Better Choice has been developed through a wide consultation process and overseen by the Healthy Food Choices in Queensland Health Facilities Steering Group, the Nutrient Criteria Working Group and the A Better Choice Strategy Steering Group.

Queensland Health wishes to thank and acknowledge the contribution of staff and others who assisted in the development of this strategy; for details please refer to appendix 1.

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Foreword

It is well known that nutrition is vital for good health.

In fact, many of the chronic conditions treated with Queensland Health hospitals could be prevented by improved diet and regular physical activity.

That's why Queensland Health is leading by example to serve up food of high nutritional value to staff and visitors at all Queensland Health facilities.

The Queensland Government's *A Better Choice Healthy Food and Drink Supply Strategy for Queensland Health Facilities* is just one of the initiatives promoting healthier lifestyles to come out of the 2006 Obesity Summit.

A Better Choice is about creating an environment that makes healthy choices easier choices by improving the range, availability and promotion of healthy foods and drinks. It will also limit the availability of less healthy options.

This strategy applies to all situations where food or drinks are provided to staff, visitors and the general public in facilities owned and operated by Queensland Health.

By promoting healthier choices in our hospitals, Queensland Health will become a model for the broader community.

And I am confident that consistent nutritional messages in our hospitals will ultimately improve the health of staff and the public, and reduce obesity and its devastating costs in Queensland.

I commend this strategy to all staff and visitors to Queensland Health facilities.

Through better food and nutrition we can improve the health and well-being of all Queenslanders.

Stephen Robertson MP
Minister for Health

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Aims and Objectives

A Better Choice Healthy Food and Drink Supply Strategy for Queensland Health Facilities (A Better Choice) aims to make healthier choices easier choices by increasing the availability of healthier foods and drinks to Queensland Health staff, visitors and the general public.

This will be achieved by creating an environment which actively promotes and provides a greater choice of nutritious food and drinks in all Queensland Health facilities.

This strategy applies to all situations where food or drinks are provided to staff, visitors and the general public in facilities owned and operated by Queensland Health.

The objectives of *A Better Choice* are:

- to improve the availability of healthy choices
- to identify and promote healthy choices
- to identify and reduce the availability of less healthy choices
- to ensure healthy choices are available at all times.

The overall intent of this strategy is to work towards increasing healthier options to at least 80 per cent of foods and drinks displayed whilst restricting less healthy options to no more than 20 per cent of foods and drinks displayed. No food or drink is completely banned under *A Better Choice*. The guiding principles of this strategy aim to improve the availability and promotion of healthier choices and limit the supply and promotion of less healthy options over time.

A Better Choice focuses on the foods and drinks prepared, supplied or purchased by Queensland Health for staff, visitors and the general public. The strategy does not apply to foods and/or drinks that staff bring from home (eg. birthday cake) or instances where foods and/or drinks are purchased and provided by external agencies (eg. external conference). Queensland Health employees are strongly encouraged to model healthy eating behaviours at all times.

Recommendations regarding the supply, display, advertising and placement of foods and drinks are outlined within relevant sections of this document along with information including:

- the nutritional value of foods and drinks
- healthier food and drink choices
- guidelines outlining application to various food outlets
- criteria to identify food and drinks that need to be restricted.

This document is one of a number of resources to help facilities meet the objectives and intent of *A Better Choice*. All resources can be downloaded from the *A Better Choice* website <http://qheps.health.qld.gov.au/abetterchoice/>

Rationale

Good nutrition is essential for the normal growth and development of infants and children, enhanced resilience and quality of life, good physical and mental health throughout life, resistance to infection and protection against chronic disease and premature death.¹

Like many other countries, Australia is facing an obesity epidemic affecting more than half of all adults and almost one in four children. At the Queensland Obesity Summit in May 2006, the Premier announced \$21 million over the next three years for partnerships, grants, facilities and other resources to promote healthy eating and physical activity. One of these key initiatives, *A Better Choice* will address the supply and promotion of healthier food and drinks to staff, visitors and the general public at all Queensland Health facilities.

One-third of the Australian food dollar is now spent on foods sourced outside the home.² These foods usually contain more fat and sugar than foods prepared at home or those sold in the past.² With growing rates of overweight and obesity, it is important that food outlets provide and promote a wide variety of nutritious foods to create an environment that supports healthier choices.

A Better Choice provides a framework to improve the availability and promotion of healthier foods and drinks; making healthy choices easier choices. This strategy covers all facilities owned and operated by Queensland Health such as hospitals, community health centres or clinics, rehabilitation centres, and office buildings.

A Better Choice incorporates all situations where foods and/or drinks are supplied to Queensland Health staff, visitors and the general public including:

- canteens or kiosks
- vending machines
- catering at functions, meetings or special events
- fundraising activities, events or prizes
- cafés or coffee shops.

A Better Choice strategy **does not apply** to in-patient, client and/or aged-care resident meals. Nutritional recommendations for these populations are included in *Queensland Health Food Service Policy, Guidelines & Standards*,³ as well as Aged Care Standards and Accreditation Agency's *Accreditation Standards*.⁴

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

2 – Stanton, R. 2006, 'Nutrition problems in an obesogenic environment', *Medical Journal of Australia*, vol. 184, no.2. pp 76-79.

3 – Queensland Health. 1998, *Queensland Health Food Service Policy, Guidelines and Standards*, Queensland Government, Brisbane.

4 – Aged Care Standards and Accreditation Agency. 1997, 'Accreditation Standards', Aged Care Standards and Accreditation Agency, [Online] Available at: <http://www.accreditation.org.au/AccreditationStandards>

A Better Choice is primarily about the supply of food and drink to adults. However due to the special nutrition needs of children, some additional recommendations apply to paediatric facilities and those areas frequented by children.

A Better Choice reflects scientific evidence from several key documents and initiatives to create a supportive environment for healthy eating to prevent chronic diseases; refer to the box below.

Key supporting documents and initiatives

- Creating Supportive Environments for Healthy Eating, Central Area Population Health Service, 2006.
- Diet, Nutrition and the Prevention of Chronic Diseases, World Health Organisation, 2003.
- Dietary Guidelines for Australian Adults, National Health and Medical Research Council, 2003.
- Dietary Guidelines for Children and Adolescents in Australia, National Health and Medical Research Council, 2003.
- Eat Well Queensland 2002-2012: Smart Eating for a Healthier State, Queensland Public Health Forum, 2002.
- Evaluation and Quality Improvement Program, The Australian Council on Healthcare Standards, 4th edition, 2004.
- Global Strategy on Diet, Physical Activity and Health, World Health Organisation, 2004.
- Health Promotion in Hospitals: Evidence and Quality Management, World Health Organisation, 2005.
- Health Promotion in Hospitals Project, World Health Organisation, 2005.
- Nutrient Reference Values for Australia and New Zealand, National Health and Medical Reference Council, 2006.
- Population Health Chronic Disease Prevention Outcome Area Plan 2006-2009, Queensland Health, 2006.
- Primary Prevention of Chronic Diseases: The Role of Nutrition, Queensland Health, 2003.
- Queensland Strategy for Chronic Disease 2005-2015, Queensland Health, 2005.
- Strategic Plan 2006 – 2011, Queensland Health, 2006.
- The Australian Guide to Healthy Eating, Australian Government Department of Health and Ageing, 1998.

The process for developing *A Better Choice* included:

- review of scientific literature
- audit of food outlets across Queensland Health facilities to map foods and drinks supplied
- investigation into case studies of existing work within Queensland Health facilities
- review of current nutrient profiling approaches
- formation of a steering committee comprised of expert representatives from Queensland Health staff including catering and food service, nutrition, health promotion, and human resources; as well as external representatives from professional associations and unions
- identification of scope, approach and possible implementation options
- development of nutrient criteria including modelling the supply of products
- finalisation of strategy implementation, scientific content and scope following consultation with key stakeholders.

A Better Choice builds on the Queensland Government's *Smart Choices – Healthy Food and Drink Supply Strategy for Queensland Schools*. School communities have reported positive outcomes from implementing *Smart Choices* including:

- increased patronage of tuckshops
- increased profits in the tuckshop
- greater personal satisfaction from operating a healthy food service
- creation of a more supportive environment through healthy fundraising and sponsorship activities.

Role of Queensland Health facilities

Queensland Health values the health and wellbeing of all Queenslanders. In accordance with the outcomes of the Premier's Obesity Summit, and *Eat Well Queensland: Smart Eating for a Healthier State*, Queensland Health has clear responsibility for leadership in promoting healthier lifestyles throughout the state. There are many examples of how promoting good nutrition in the workplace increases productivity, decreases absenteeism, and creates a supportive environment for healthy behaviours.

Queensland Health has an important role in promoting healthy eating practises to staff, visitors and the general public. By modelling healthy food and drink choices, *A Better Choice* helps develop an environment that supports behaviours that protect and promote health.

When applying *A Better Choice*, facilities should be guided by the following principles:

- the focus of the strategy is on foods and drinks supplied to Queensland Health staff, visitors and the general public
- facilities should provide consistent messages about healthy eating
- short-term profit should not come before the health and wellbeing of the staff, visitors and the general public.

A Better Choice provides an opportunity for Queensland Health staff along with volunteers, and retail personnel, to work together to improve the health and well-being of all Queenslanders. Improving the availability of healthy food choices, promoting healthy choices, reducing the availability of less healthy choice and ensuring healthy choices are available at all times will help create an environment that supports healthy eating, leading to a healthier Queensland.

Background

A Better Choice is consistent with the *Dietary Guidelines for Australian Adults*, *Dietary Guidelines for Children and Adolescents in Australia* and the *Australian Guide to Healthy Eating*. This strategy is also informed by the *Nutrient Reference Values for Australia and New Zealand*. *A Better Choice* follows the approach undertaken by *Smart Choices – Healthy Food and Drink Supply Strategy for Queensland Schools*; and has also drawn from existing projects within some Queensland Health facilities.

The Australian Dietary Guidelines

The *Australian Dietary Guidelines (2003)* were developed by the National Health and Medical Research Council as a tool to promote healthy eating patterns. These guidelines have been customised for adults, children and adolescents. They are based on the latest scientific evidence available about the nutrients and foods that adults and children need to consume to achieve and maintain optimum health. These guidelines are not listed in order of importance and should be considered together as a package rather than in isolation.

The Dietary Guidelines for Australian Adults
Enjoy a wide variety of nutritious foods <ul style="list-style-type: none">• Eat plenty of vegetables, legumes and fruits• Eat plenty of cereals, (including breads, rice, pasta and noodles), preferably wholegrain• Include lean meat, fish, poultry and/or alternatives• Include milks, yoghurt, cheese and/or alternatives Reduced fat varieties should be chosen, where possible• Drink plenty of water
<i>and care should be taken to:</i> <ul style="list-style-type: none">• Limit saturated fat and moderate total fat intake• Choose foods low in salt• Limit your alcohol intake if you choose to drink• Consume only moderate amounts of sugars and foods containing added sugars
Prevent weight gain: be physically active and eat according to your energy needs
Care for your food: prepare and store it safely
Encourage and support breastfeeding

The Dietary Guidelines for Children and Adolescents in Australia
Encourage and support breastfeeding
<p>Children and adolescents need sufficient nutritious foods to grow and develop normally</p> <ul style="list-style-type: none"> • Growth should be checked regularly for young children • Physical activity is important for all children and adolescents
<p>Enjoy a wide variety of nutritious foods</p> <p><i>Children and adolescents should be encouraged to:</i></p> <ul style="list-style-type: none"> • Eat plenty of vegetables, legumes and fruits • Eat plenty of cereals, (including breads, rice, pasta and noodles), preferably wholegrain • Include lean meat, fish, poultry and/or alternatives • Include milks, yoghurt, cheese and/or alternatives. Reduced fat milk is not suitable for young children under 2 years old, but reduced fat varieties should be encouraged for older children and adolescents • Choose water as a drink
<p><i>and care should be taken to:</i></p> <ul style="list-style-type: none"> • Limit saturated fat and moderate total fat intake. Low fat diets are not suitable for infants • Choose foods low in salt • Consume only moderate amounts of sugars and foods containing added sugars
Care for your child's food: prepare and store it safely

Source: National Health and Medical Research Council 2003.

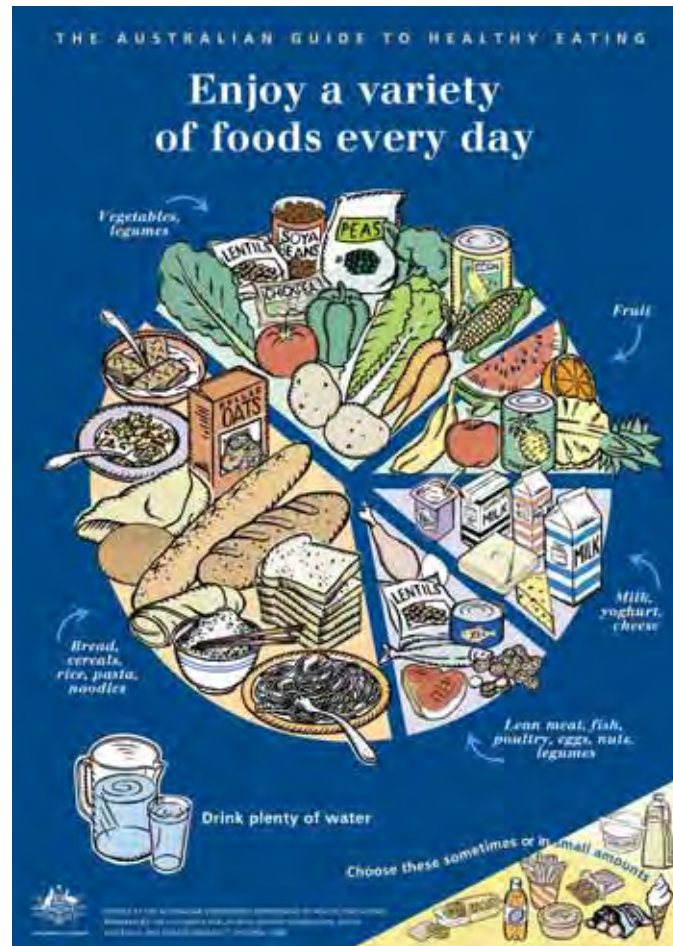
Food safety

The *Australian Dietary Guidelines (2003)* also include a guideline about food safety in recognition of the importance of being vigilant when preparing and serving food. Food outlets have a responsibility to maintain safe food handling practices and high standards of hygiene. This is essential to avoid food poisoning and ensure customers have access to high-quality, safe and suitable food.

Many resources on safe food handling are available and are listed on pages 63 – 68.

The Australian Guide to Healthy Eating

The Australian Guide to Healthy Eating (AGTHE) provides information about the amounts and types of foods needed each day from the five basic food groups, and are consistent with the *Australian Dietary Guidelines* (2003).



Source: *The Australian Guide to Healthy Eating*, copyright Commonwealth of Australia 1998, reproduced by permission of the Australian Government Department of Health and Ageing.

The basic five food groups

While the *Australian Dietary Guidelines* (2003) provide the general framework for what should be eaten, the AGTHE provides more specific advice regarding the number of serves needed from each of the basic five food groups for different age and gender groups.

The AGTHE uses a plate model, divided into different sized segments, to indicate the proportions of food from each of the five food groups that should be consumed for good health. Foods are grouped together because they share a similar range of nutrients. About two-thirds of food intake should come from two major food groups – the breads, cereals, rice, pasta and noodles group and the vegetables and legumes group.

Extra foods

Some foods do not fit into the five food groups because they are not good sources of essential nutrients and are high in energy density. They are regarded as 'extra' foods and include biscuits, cakes, desserts, pastries, soft drinks, high fat snack items such as crisps, pies, pasties, sausage rolls and other takeaways, lollies and chocolates. Most of these foods are high in fat (particularly saturated fat), and/or salt and/or added sugar. For these reasons it is recommended their intake is limited, and that they are eaten only occasionally or in small amounts.

How many serves?

The number of serves of different foods adults, children and young people should eat on average each day depends on an individual's body size and activity level.

The boxes below provide a guide to the number of serves of each of the five food groups that adults, children and young people should aim to eat each day. Very active people may need more each day than shown below.

Sample serves from the Australian Guide to Healthy Eating suggested for Men		
Food	Serves per day	
	19-60 Years	60+ Years
Cereals (including breads, rice, pasta, noodles)	6-12	4-9
Vegetables, legumes	5	5
Fruit	2	2
Milk, yoghurt, cheese	2	2
Lean meat, fish, poultry, nuts and legumes	1	1

Sample serves from the Australian Guide to Healthy Eating suggested for Women				
Food	Serves per day			
	19-60 Years	Pregnant	Breast feeding	60+ Years
Cereals (including breads, rice, pasta, noodles)	4-9	4-6	5-7	4-7
Vegetables, legumes	5	5-6	7	5
Fruit	2	4	5	2
Milk, yoghurt, cheese	2	2	2	2
Lean meat, fish, poultry, nuts and legumes	1	1½	2	1

Sample serves from the Australian Guide to Healthy Eating suggested for Children and Adolescents			
Food	Serves per day		
	4-7 Years	8-11 Years	12-18 Years
Cereals (including breads, rice, pasta, noodles)	5-7	6-9	5-11
Vegetables, legumes	2	3	4
Fruit	1	1	3
Milk, yoghurt, cheese	2	2	3
Lean meat, fish, poultry, nuts and legumes	½	1	1

Source: The Australian Guide to Healthy Eating, copyright Commonwealth of Australia 1998, reproduced by permission of the Australian Government Department of Health and Ageing.

What is a serve?

Examples below define the amount of food that equals one serve within each food group. For instance, two slices of bread or one medium bread roll is equivalent to one serve.

Bread, cereals, rice, pasta, noodles	
2 slices of bread 1 medium bread roll 1 cup cooked rice, pasta, or noodles	1 cup cooked porridge 1 cup breakfast cereal flakes or ½ cup muesli
Vegetables and legumes	
Starchy vegetables	
1 medium potato or yam ½ medium sweet potato 1 medium parsnip	
Dark green leafy vegetables	
½ cup cabbage, spinach, silver beet, broccoli, cauliflower or brussel sprouts	
Legumes and other vegetables	
1 cup lettuce or salad vegetables ½ cup broad beans, lentils, peas, green beans, zucchini, mushrooms, tomatoes, capsicum, cucumber, sweet corn, turnips, swede, sprouts, celery, eggplant etc	
Fruit	
1 piece medium sized fruit (eg apple, orange, mango, mandarin, banana, pear, peach etc) 2 pieces of smaller fruit eg apricots, kiwi fruit, plums, figs 1 cup diced pieces or canned fruit	½ cup fruit juice ¼ medium melon (rockmelon, honeydew) Dried fruit eg 4 dried apricots 1½ tablespoons sultanas About 20 grapes or cherries About 8 strawberries
Milks, yoghurt, cheese & alternatives	
250 ml glass or one cup of milk (can be fresh, long life or reconstituted milk) ½ cup evaporated milk 40g (2 slices) of cheese 250ml (1 cup custard)	200g (1 small carton) of yoghurt, plain or fruit, or, as an alternative try: <ul style="list-style-type: none"> • 1 cup of calcium-fortified soy milk • ½ cup pink salmon with bones
Meat, fish, poultry & alternatives	
65-100gm cooked meat or chicken (eg ½ cup mince, 2 small chops or 2 slices roast meat) 80-120g cooked fish fillet, or as an alternative try: <ul style="list-style-type: none"> • 2 small eggs • ½ cup cooked (dried) beans, lentils, chick peas, split peas or canned beans • 1/3 cup peanuts or almonds 	
Extras	
These foods are not essential to provide nutrients for the body needs and should be chosen occasionally in small amounts. They are generally higher in saturated fat and/or sugar, energy (kilojoules) and salt.	
Some examples include: 1 small - medium piece of plain cake 3-4 plain sweet biscuits Half a small chocolate bar 60g jam or 1 tablespoon of honey 2 scoops ice cream	30g potato crisps 1 slice pizza = 2 extras 1 can soft drink or 2 glasses cordial 12 hot chips 1 meat pie or pasty = 3 extras 2 tablespoons of cream or mayonnaise

Source: The Australian Guide to Healthy Eating, copyright Commonwealth of Australia 1998, reproduced by permission of the Australian Government Department of Health and Ageing.

A Better Choice

A Better Choice provides a framework to ensure foods of good nutritional quality are supplied in Queensland Health facilities. This strategy covers various aspects of what foods and drinks are to be supplied, displayed, advertised, and promoted.

The *Commonly supplied foods and drinks guide* (pages 37 – 51) helps identify foods and drinks which are to be promoted and those which are to be limited under the strategy. Foods and drinks have been classified into three categories according to their nutritional value:

GREEN, **AMBER** and **RED**.

GREEN – Best choices

Actively promote and encourage these foods and drinks at all times. Ensure **GREEN** foods and drinks are displayed in prominent areas and are **always** available.

AMBER – Choose carefully

Do not let these foods and drinks dominate the menu or choices displayed and avoid large serve sizes.

RED – Limit

Limit the availability of these products to no more than 20 per cent of the foods and drinks displayed. **RED** foods and drinks are not to be:

- promoted or advertised
- displayed in prominent areas
- stocked in vending machines
- supplied at meetings or functions
- used for fundraising purposes.

Refer to the section *Applying A Better Choice* (pages 52 – 54) for an example outlining how to make changes using the strategy; for further details refer to the *A Better Choice* website <http://qheps.health.qld.gov.au/abetterchoice/>

Best Choices – the GREEN category

These food and drinks should be actively promoted and encouraged as the *best choices*. **GREEN** foods and drinks should be prominently displayed, available at all times and included as the major part of the daily menu. Foods and drinks from the **GREEN** category are the *best choices* because in general they:

- are excellent sources of important nutrients for good health and wellbeing
- are higher in nutrient density
- are low in saturated fat and/or added sugar and/or salt
- are lower in energy density and help avoid an excess energy intake (kilojoules)
- help ensure optimal nutrient intake.

Foods and drinks in this category are based on the five food groups as outlined in *The Australian Guide to Healthy Eating (1998)*¹ and *Australian Dietary Guidelines (2003)*.^{2,3} Included are breads, cereals, rice, pasta, noodles; vegetables; fruit; reduced-fat milk, yoghurt and cheese; lean meats, fish, poultry, eggs, nuts and legumes. Water is also an important part of the **GREEN** category.

Providing a range of healthy food choices is important for variety. Eating a wide variety of nutritious foods from each of these five food groups is essential for obtaining sufficient quantities of all required nutrients for optimal health.^{1,2}

Within this category even healthier choices can be made. For example, wholegrain breads and cereal products provide more nutritional value than refined varieties because they incorporate all of the natural grain and are higher in fibre.

The table below provides a broad description and examples of the types of food and drinks that fit into the **GREEN** category. For more information on better choices within the **GREEN** category refer to the *Commonly supplied food and drinks guide* on pages 37 – 51.

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

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

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

The GREEN category	
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 and dried plain vegetables.
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.

Actively promote and encourage GREEN foods and drinks at all times

Promote food and drinks in the **GREEN** category at all occasions where food and drinks are supplied. **GREEN** foods and drinks can be marketed as tasty, inexpensive choices.

- Supply a greater variety of **GREEN** foods and drinks
- Take the opportunity to include **GREEN** choices across all menus, product lines and/or stock
- Add more salad to burgers and use lean meat patties
- Stock water and plain reduced-fat milk in vending machines
- Use a range of wholegrain and wholemeal breads for sandwiches
- Stock small packets of unsalted, dry-roasted mixed nuts or dried fruit

Presentation is an important factor. Colour, flavour, texture and temperature are the key considerations in the successful presentation of food and drinks.

Ensure GREEN foods and drinks are displayed in prominent areas

Display **GREEN** foods and drinks in prominent areas and locations including:

- Place **GREEN** foods and drinks at eye-level on shelves, benches, or cabinets
- Display **GREEN** foods and drinks at the front of cabinets or bain maries
- Place **GREEN** foods and drinks in high traffic areas.

Ensure GREEN foods and drinks are always available

Ensure sufficient stock of **GREEN** foods and drinks is available for purchase at all times. Track popular items to help forecast quantities that need to be prepared and replenished. Try to add new product lines that require little preparation or do not require refrigeration as a simple way to boost the proportion of choices that are from the **GREEN** category.

Facilities are encouraged over time to increase the availability of the **GREEN** choices to 50 per cent of foods and drinks displayed.

Choose carefully – the AMBER category

AMBER foods are mainly processed foods that have some sugar, salt and/or fat added to them. They should be supplied in smaller quantities than **GREEN** foods and should not be actively promoted. These foods and drinks should be selected carefully because in general they:

- have some nutritional value
- can, in large serve sizes, contribute to excess energy (kilojoules)
- can have moderate amounts of saturated fat and/or added sugar and/or salt.

Choosing **AMBER** foods and drinks carefully means:

- reducing the number of **AMBER** foods and drinks supplied
- providing healthier choices from this category
- providing smaller serve sizes.

AMBER foods and drinks must not be promoted or advertised

As *A Better Choice* aims to make healthier choices easier choices, active promotion and advertising has been reserved for **GREEN** foods and drinks. The promotion and advertising of **AMBER** foods and drinks will not be permitted in Queensland Health facilities.

This includes:

- any signage or advertising on cabinets, fridges, vending machines or menu boards
- meal or point-of-sale promotions (i.e. two-for-one)
- any promotional materials that feature **AMBER** foods or drinks.

Don't let AMBER foods and drinks dominate

Foods and drinks in the **AMBER** category can offer convenience. However these products should not dominate the choices available at the expense of **GREEN** options. A menu that consists of mostly **AMBER** options will provide food choices containing excess kilojoules, at the expense of nutrient-rich food and drink choices that both adults and children need for optimal health and vitality.

Avoid large serve sizes – provide moderate serve sizes

There is a general trend towards serving or packaging foods and drinks in bigger serving sizes, for example, some meat pies are 25 per cent larger today than they were several years ago. Eating foods and drinks in larger serve sizes makes it easier to consume excess energy (kilojoules). Provide moderate serve sizes instead.

Refer to the *Commonly supplied food and drinks guide* on pages 37 – 51 for details on suggested serve sizes for commonly sold foods and drinks. If you are packaging **AMBER** foods or drinks consider the size of the serve offered.

Provide better choices within the AMBER category

There are better choices within the **AMBER** category that contain reduced levels of saturated fat, salt, or sugar when compared to the regular products. Use the *Commonly supplied food and drinks guide* (pages 37 – 51) and read nutrition information panels to help select the healthier options.

Types of foods and drinks that fit into AMBER

The following table provides a broad description of the types of foods and drinks that are likely to fit into the **AMBER** category. For more information on better choices refer to the *Commonly supplied food and drinks guide* on pages 37 – 51.

Some food and/or drink products may fit into either the **AMBER** or **RED** category, for example commercial products such as savoury pastries, crumbed or coated meats or oven-baked potato products. In this case the nutrient content of the product will need to be assessed against 'Nutrient criteria to identify **RED** foods and drinks' specified on pages 26 – 29 to determine whether it is an **AMBER** or a **RED** choice.

Using product information from the Nutrition Information Panel, assess such items against the tables on pages 26 – 29. If a product contain less than or equal amounts of the nutrients specified by the criteria it will be classified as an **AMBER** choice. If a product has higher amounts than any nutrient criteria it is considered a **RED** choice.

For example, 'oven-baked' wedges should be assessed against Table 2 on page 28. Using the nutrition information panel, compare the amount of energy, saturated fat, sodium and the overall portion size served. If the wedges contain less than 1000kJ per 100g energy, less than 5g fat per 100g, less than 400mg sodium per 100g, are oven baked and the serving size is less than 250g it is an **AMBER** choice.

For further details on 'Nutrient criteria to identify **RED** foods and drinks' refer to pages 25 – 29. For more information on how to read and compare food labels refer to pages 30 – 36.

The **AMBER** category

Food type	Example
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 puddings, fromage frais (plain and flavoured), rice pudding or creamed rice. Dairy-based snacks that contain confectionery (ie. chocolate-chips, lollies, marshmallows) are RED choices.
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 as sold. 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 fruit juices should not be used as a substitute for fresh fruit. Recommend serve size 250ml as sold with maximum serve size 300ml as sold. Suggest stock 99-100% fresh or frozen fruit juices.
Artificially sweetened drinks	Diet, low-joule, sugar-free or no-sugar drinks. Examples include diet soft drinks, low-joule cordials, no-sugar flavoured mineral waters or 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.
Processed meats	Use in small amounts only, as larger serve sizes can provide excess saturated fat and/or salt. Check the label against nutrient criteria (on page 28). Some examples include plain or flavoured ham, corned beef, bacon, pastrami, diced processed chicken products.

Plain = unflavoured, unseasoned and/or unsalted.

The **AMBER** category

Food type	Example
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 varieties where available. Examples include tomato sauce, sweet chilli sauce, mayonnaise, chutney, mustard and gravy.
Savoury commercial products	Check the label against nutrient criteria (on page 28) to ensure products fit into the AMBER and not the RED category. 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	Check the label against nutrient criteria (on page 29). Some AMBER products include oven-baked snack biscuits, flavoured popcorn and some dry biscuits.
Snack food bars	Check the label against nutrient criteria (on page 29). AMBER examples include some breakfast bars, cereal and/or muesli bars and fruit bars.
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. Check the label against nutrient criteria (on page 29). 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 uncoated milk-based ice-creams or ice-cream bars, frozen yoghurts, mousses that are not of a large size may fit in the AMBER category. Check the label against nutrient criteria (on page 29).
Ice-blocks and fruit-based ice confection	Some ice-blocks, sorbet, water- or fruit-based ice confection, and slushees may fit the AMBER category. Check the label against nutrient criteria (on page 26), watch serve sizes and choose carefully.

Limit – the RED category

Most foods and drinks that make up the **RED** category are based on those 'extra' foods as defined by the *Australian Guide to Healthy Eating*. 'Nutrient criteria to identify **RED** foods and drinks' are provided to help determine whether a food or drink fits into the **RED** category (pages 26 – 29).

Examples of **RED** foods and drinks include soft drinks; high fat snacks such as crisps; lollies and chocolates. Foods and drinks from this category are not an essential part of a balanced diet and it is recommended that these foods and drinks are only consumed occasionally and in small amounts because they generally:

- are nutrient-poor and lack nutritional value
- are energy dense and can contribute to an excess energy intake (kilojoules)
- are high in added fats, saturated fat, and/or sugar and/or salt.

The table below provides a broad description of the types of foods and drinks that need to be assessed to check whether their nutrient content places them into the **RED** category.

The RED category	
Food type	Examples
Sugar sweetened drinks	Soft drinks, fruit drinks, energy drinks, sports drinks and flavoured mineral waters.
Confectionery or lollies	All types.
Deep-fried foods	All types.
Savoury snacks	Crisps, potato chips and other similar products.
Ice-creams	Chocolate coated and premium ice-creams.
Some cakes, muffins, sweet tarts, pies, pastries and slices	Croissants, donuts, cream-filled buns or cakes and sweet pastries. Medium to large serves of many cakes and muffins. Check the label against nutrient criteria (on page 29).
Some hot savoury items	Some pies, pastries, sausage rolls, or quiche. Check the label against nutrient criteria (on page 28).

Types of foods and beverages that fit into the RED category

Some products may fall into either the **RED** or **AMBER** categories depending on their nutrient content. Compare the nutrition information label of products against the 'Nutrient criteria to identify **RED** foods and drinks' on pages 26 – 29. The *Commonly supplied food and drinks guide* on pages 37 – 51 and information regarding label reading on pages 30 – 36 may also help classify these products.

No more than 20 per cent of foods and drinks displayed are RED choices

A Better Choice aims to limit **RED** foods and drinks to no greater than 20 per cent of all options displayed including all meals, snacks and beverages across areas that supply foods and/or drinks in Queensland Health facilities.

RED foods and drinks must not be advertised

As *A Better Choice* aims to make healthier choices easier choices, **RED** foods and drinks must not be advertised in Queensland Health facilities.

This includes:

- any signage or advertising on cabinets, fridges, vending machines or menu boards
- meal or point-of-sale promotions (i.e. two-for-one)
- any promotional materials that feature **RED** foods or drinks.

RED foods and drinks must not be promoted

Under *A Better Choice* **RED** foods and drinks are not to be displayed in excessive quantities or prominent areas including:

- beside cash registers
- at reception desks or counters in waiting areas
- at the entrance or exit of an outlet
- placed at eye-level on-top or within cabinets, fridges, shelves or free-standing displays.

Vending machines must not stock, promote or advertise foods and drinks from the RED category

Under *A Better Choice* foods and drinks from the **RED** category:

- must not be placed in vending machines
- must not appear in any associated advertising or promotion materials on the sides, top, front or internal shelves of the machine.

For additional information regarding vending machines refer to page 56 and *A Better Choice Tool Kit*.

RED foods and drinks must not be supplied at meetings or functions

As part of the *A Better Choice* strategy, *Catering Guidelines for Meetings and Functions* have been developed. **RED** foods and drinks are not to be supplied.

Refer to *Catering for meetings and functions* on pages 57 – 58 for details.

Nutrient criteria to identify RED foods and drinks

The following tables on pages 26 – 29 list the set of nutrient criteria to define whether a food or drink item falls into the **RED** category. There are three main groupings of food and drink that are assessed:

- Drinks (Table 1)
- Hot food and other meal items (Tables 2 – 3)
- Snacks (Table 4).

The characteristics of each group have been considered in the development of the criteria. Total fat and added sugar are not included in the criteria. By setting a limit on the total kilojoule content of the product, the energy content as well as the amount of fat or sugar that can be added is restricted.

Within each group there are a number of food and drink categories. For example hot food and other meal items includes criteria to assess savoury pastries and pies, pizza, quiches and oven-baked potato products; crumbed and coated foods, frankfurts and sausages; and processed cold luncheon and cured meats.

Assessing a product against the criteria

Use the **RED** food and drink criteria tables on the following pages along with the product's nutrition information panel to determine if a food or drink fits into the **RED** category. If a product has **higher amounts of any specified nutrient** criteria it is considered a **RED** choice.

For example, if a crumbed meat patty contains more than the 1000kJ energy per 100 grams even though it has less saturated fat, less sodium and is within the allowed portion size (ie. is less than 150 grams) it is still considered a **RED** choice and should be restricted in supply.

Foods and/or drinks are assessed per 100 grams and/or per serve as sold. For example snack food bars and sweet biscuits (Table 4) are assessed per serve. The 'per serve' measure is provided for ease of use. It applies to those products that are generally pre-packaged as individual serves. Large serving sizes and excess intake of energy have been addressed by limiting the energy content per serve sold.

Hot food and other meal items (Table 2) are assessed per 100 grams due to the wide variation in serve sizes within this category. Sugar-sweetened drinks, ready-to-eat meals and some snack foods are assessed by per serve and per 100 grams. There are examples on pages 31 – 36 which show how to use the Nutrition Information Panel to assess products against the nutrient criteria.

All confectionery items or deep-fried foods are considered **RED** choices and should automatically be placed in the **RED** category.

Nutrient criteria to identify RED drinks

Table 1. Sugar-sweetened drinks and ices¹ (assess per serve and per 100mL)

Category	Nutrient criteria		
	Energy (kilojoule) per serve	Energy (kilojoules) per 100ml	Sodium (mg) per serve
Sugar-sweetened drinks and ices ¹	>300kJ	> 50kJ	>100mg

Key: > means more than, < means less than.

Based on nutrient criteria for registration of food and beverage products for NSW Canteens © NSW School Canteen Association 2005.

Artificially-sweetened, 'diet', 'sugar-free' or 'low-joule' drinks

The acids present in soft drinks, including sugar free or artificially sweetened varieties, have been associated with the gradual erosion of enamel from teeth causing sensitivity and loss of the tooth's natural shape.^{2,3} If these drinks are consumed on a regular basis, the risk of tooth erosion increases considerably, especially if consumed regularly after physical activity due to less saliva in the mouth.²

Excessive, regular consumption of soft drinks including artificially sweetened diet varieties can contribute to dental erosion in children.³ In addition to restricting sugar-sweetened beverages and ices, food outlets (including vending machines) within paediatric settings, or in areas frequented by children, should also restrict the supply of artificially sweetened, 'diet', 'sugar-free', 'no sugar' or 'low-joule' drinks; placing these drinks into the **RED** category.

There is a lack of data regarding dental erosion in the overall adult population in Australia. Some evidence exists in specific groups such as elite athletes. Given the lack of data in the overall adult population, artificially sweetened drinks are classified in the **AMBER** category in adult settings. This position will be reviewed once relevant data are available.

1 – 'Sugar-sweetened' drinks and ices applies to soft drinks, flavoured mineral waters, flavoured waters, sports waters, sports drinks, energy drinks, fruit drinks, slushies, ice confection, ice blocks, and cordials. 'Sugar-sweetened' refers to products where a sweetener has been added. A range of ingredients are used by manufacturers to sweeten drinks and ices including sucrose (commonly called sugar), fructose, glucose, fruit juice, and fruit juice concentrate. Drinks and ices sweetened with any of these ingredients must be assessed against the **'RED'** food and drink criteria. A product that claims on the label that it contains "no added sugar" may still be sweetened with a fruit juice concentrate.

Plain unflavoured waters, plain and flavoured milks and milk alternatives do not need to be assessed against the **'RED'** food and drink criteria tables.

2 – School Nutrition Action Committee. 'Fact sheet – sweetened drink consumption: what are the health impacts?', Nutrition Australia, Brisbane.

3 – Dental Practice Education Research Unit. 2006, 'Erosion – Detecting and managing dental erosion', The University of Adelaide, [Online] Available at: <http://www.arcpo.h.adelaide.edu.au/dperu/special/erosion/ErosionA3.pdf>

Caffeine-containing drinks and formulated caffeinated beverages¹ ('energy' drinks)

Caffeinated beverages are drinks which contain caffeine. These include products that use ingredients that naturally contain caffeine (ie. coffee, chocolate, guarana) and/or caffeine that has been added as an ingredient during processing.

Examples include:

- tea, iced-teas and tea-flavoured drinks
- coffee, iced coffee and coffee-flavoured drinks
- chocolate and some chocolate-flavoured drinks
- some cola or cola-flavoured drinks
- some sports drinks and soft drinks
- formulated caffeinated beverages¹ or 'energy' drinks.

Under *Standard 2.6.4 Formulated Caffeinated Beverages* of the Food Standards Code, 'energy' drinks are not recommended for children, pregnant or lactating women and individuals sensitive to caffeine.

Currently there are no guidelines or recommendations on overall caffeine intake for children. Until a safe consumption level of caffeine for children is determined it is suggested that the supply of caffeinated beverages to children by food outlets (including vending machines) within paediatric settings, or in areas frequented by children is also restricted.

1 – Formulated caffeinated beverages (also known as 'energy' drinks) are defined as non-alcoholic water-based flavoured beverages which contain caffeine and may contain carbohydrates, amino acids, vitamins and other substances, including other foods, for the purpose on enhancing mental performance.² Caffeine is added as pure caffeine or as guarana, a herbal caffeine source, in such drinks.²

2 – Food Standards Australia New Zealand. 2007, 'Standard 2.6.4 Formulated Caffeinated Beverages', Food Standards Code, [Online] Available at: <http://www.foodstandards.gov.au/thecode/foodstandardscode.cfm>

Nutrient criteria to identify RED foods

Table 2. Hot food and other meal items¹ (assess per 100g)

Category	Nutrient criteria			
	Energy (kilojoules) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g	Maximum serve size as sold
*Savoury pastries and pies, pizzas, quiches, oven-baked potato products ²	>1000kJ	>5g	>400mg	>250g
*Crumbed and coated foods, frankfurts, and sausages	>1000kJ	>5g	>700mg	>150g
Processed cold luncheon and cured meats ³	>900kJ	>3g	-	>50g

Table 3. Ready to eat meals (assess per serve and per 100g)

Category	Nutrient criteria				
	Energy (kilojoules) per serve	Saturated fat (g) per 100g	Sodium (mg) per 100g	Sodium (mg) per serve	Fibre per serve sold (g)
Commercial, frozen or freshly prepared ready to eat meals, mixed hot food or plated dinners	>2500kJ	>2g	>300mg	>900mg	<3g

Key: > means more than; < means less than; - means not applicable.

* Builds on *Smart Choices* which was based on the NSW Department of Health and NSW Department of Education and Training *Fresh Tastes@School*/NSW Healthy School Canteen Strategy (2004) and Canteen Menu Planning Guide.

1 – All DEEP-FRIED FOODS fit into the **RED** category and their supply should be limited in all Queensland Health facilities. They are too high in kilojoules and fat (usually saturated fat).

2 – Oven-baked potato products include wedges, chips, gems, hash browns, scallops.

3 – Processed cold luncheon and cured meats includes ham, bacon, chicken loaf, salami, Devon, diced processed chicken meat.

Nutrient criteria to identify RED snacks

Table 4. Snack foods (assess per serve and/or per 100g)

Category	Nutrient criteria				
	Energy (kilojoules) per serve	Energy (kilojoules) per 100g	Saturated fat (g) per serve	Sodium (mg) per serve	Fibre (g) per serve
*Savoury snack foods and biscuits	>600kJ	>1600kJ	>3g	>200mg	-
*Cakes, muffins, sweet tarts, slices and pastries	>900kJ	>1200kJ	>3g	-	<1.5g
**Snack food bars, muesli bars and sweet biscuits	>600kJ	-	>3g	-	<1g
**Ice-creams, milk- or soy-based ice confection and premium dairy desserts ^{1,2}	>600kJ	-	>3g	-	-

Key: > means more than; < means less than; - means not applicable.

Note: All types of confectionery fit into the RED category and their supply should be limited. Confectionery contains little nutritional value.

* Builds on *Smart Choices* which was based on the NSW Department of Health and NSW Department of Education and Training *Fresh Tastes@School*/NSW Healthy School Canteen Strategy (2004) and Canteen Menu Planning Guide.

** Based on NSW Department of Health and Department of Education and Training *Fresh Tastes@School* Canteen Menu Planning Guide, which is part of the *Fresh Tastes@School*/NSW Healthy School Canteen Strategy.

1 – Premium dairy desserts include items such as cheesecake, panna cotta, tiramisu, crème brulee or mousse.

2 – Dairy snacks that contain confectionery (ie. Choc-chips, lollies, marshmallows) are **RED** choices.

Reading nutrition information panels

Food labels – how to read them

Information on food labels can be confusing. However if used correctly food labels can provide useful source of information about a product.

Manufacturers are required to include Nutrition Information Panels (NIPs) on food labels under the Food Standards Code.¹ NIPs can be used to help work out whether or not products fit into the **RED** or **AMBER** category. Ingredient lists may also help assess products.

What's on a label?

There is a lot of information on food labels. The focus here is on the NIP. The nutrients are displayed in a standard format, providing quantity per serve and quantity per 100g (or 100ml if liquid) of the food or drink.

Reading Nutrition Information Panels

NIPs provide information on the amount of energy (kilojoules), protein, total fat, saturated fat, carbohydrate, sugars and sodium (salt), as well as any other nutrient about which a claim is made (eg. fibre, iron, calcium). Information is required to be provided per 100g and per serve.

Tip: Always check the serve size of the food product. The serve quoted on some food and drink labels may not be the same as the serve size actually sold or commonly consumed. Manufacturers can arbitrarily determine the serve size of their products, so use 100g column in order to compare across similar products.

Example nutrition information panel for a muesli bar

Servings per package: 8		
Serving size: 31.3g		
	QUANTITY PER SERVING	QUANTITY PER 100g
ENERGY	530kJ (126cal)	1700kJ (405cal)
PROTEIN	1.9g	6.0g
FAT		
- Total	3.7g	11.9g
- Saturated	0.7g	2.2g
CARBOHYDRATE	20.5g	65.5g
- Sugars	7.4g	23.7g
SODIUM	30mg	100mg
FIBRE	1.7g	5.4g
Ingredients: Rolled oats, glucose syrup, sugar, vegetable oil [antioxidants (304, 306)], wheat, rice flour, fruit paste (9%) [dried dates, sultanas, pear juice, invert sugar, humectant (422), wheat fibre, vegetable fat (hydrogenated coconut oil) vegetable gum (pectin), food acid (lactic), flavour], almonds, honey, coconut, oat fibre, maize starch, skim milk powder, emulsifier (soy lecithin), salt, flavour, food acid (malic).		

1 – Food Standards Australia New Zealand. 2006, 'Australia New Zealand Foods Standard Code', Food Standards Australia New Zealand, Canberra.

Nutrition information and serve size

Comparing a food or drink item against the criteria

When making a decision about the suitability of a product the Nutrition Information Panel (NIP) on the package needs to be compared to the **RED** food and drink criteria tables on pages 26 – 29. The example below illustrates how to check the *per 100g column* on the NIP.

Example A:
Crumbed Chicken Fillet Patty

STEP 1

Identify the correct assessment table. This food belongs in the group *Hot food and other meal items – crumbed & coated foods* and should be assessed against the **RED** criteria in Table 2 (page 28).

Nutrition Information Panel
for crumbed chicken fillet patty

STEP 2

Hot foods and other meal items are assessed *per maximum serve size*.

i) Look at the average serving size in the NIP – this is the size which the product is to be sold i.e. one patty weighs 120 grams.

- average serving size

Servings per package: 60		
Average serving size: 120g		
	Quantity per serve	Quantity per 100g
ENERGY	1176kJ	980kJ
PROTEIN	17.4g	14.5g
FAT		
- Total	15.8g	13.2g
- Saturated	4.1g	3.4g
CARBOHYDRATE		
- Sugars	0.2g	0.2g
SODIUM	734mg	612mg

ii) Compare the average serve size to the maximum serve size specified for crumbed and coated foods in the **RED** criteria in Table 2.

Patty fits into AMBER category as its serve size is less than 150g

Category		Nutrient criteria		
Food or drink	Energy (kilojoules) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g	Maximum serve size as sold
Crumbed and coated foods, frankfurts, and sausages	>1000kJ	>5g	>700mg	>150g

Key: > means more than, < means less than.

Nutrition Information Panel
for crumbed chicken fillet patty

STEP 3

Hot foods are also assessed per 100g, use the *per 100g column* on the (NIP).

- per 100g

i) Look at the per 100g column in the NIP for ALL these nutrients:

- Energy (kilojoules)
- Saturated fat
- Sodium

ii) Compare the NIP using per 100g column with the **RED** criteria in Table 2. Highlighted text shows the nutrients of interest for the **RED** category.

Servings per package: 60 Average serving size: 120g		
	Quantity per serve	Quantity per 100g
ENERGY	1176kJ	980kJ
PROTEIN	17.4g	14.5g
FAT		
- Total	15.8g	13.2g
- Saturated	4.1g	3.4g
CARBOHYDRATE	18.3g	15.3g
- Sugars	0.2g	0.2g
SODIUM	734mg	612mg

Remember if any one is greater than the criteria in Table 2 the food is classified in the **RED** category.

Kilojoules are less than the criteria at 980kJ/100g (fits into AMBER category)

Saturated fat is less than the criteria at 3.4g/100g (fits into AMBER category)

Sodium is less than the criteria at 612mg/100g (fits into AMBER category)

Category		Nutrient criteria		
Food or drink	Energy (kilojoules) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g	Maximum serve size as sold
Crumbed and coated foods, frankfurts, and sausages	>1000kJ	>5g	>700mg	>150g

Key: > means more than, < means less than.

This crumbed chicken fillet patty is in the **AMBER** food category and should be selected carefully on the menu. That is, don't offer large quantities or promote this food item.

Example B:
Chocolate-coated ice-cream

STEP 1

Identify the correct assessment table. This food belongs in the group *Ice-creams, milk- or soy- based ice confection and dairy desserts – coated ice-cream* and should be assessed against the **RED** criteria in Table 4 (page 29).

STEP 2

Ice-creams, milk- or soy- based ice confection and dairy desserts are assessed *per serve*.

- per serve ●

i) Look at the 'Quantity per serve' column for ALL these nutrients:

- Energy (kilojoules) ●
- Saturated fat ●

Remember if any one nutrient is greater than the criteria in Table 4 the food is classified in the **RED** category.

Nutrition Information Panel for a chocolate-coated ice cream

Servings per package: 1 Average serving size: 55g		
	Quantity per serve	Quantity per 100g
ENERGY	700kJ	1273kJ
PROTEIN	1.2g	2.2g
FAT		
- Total	10.5g	19.1g
- Saturated	8.7g	15.8g
CARBOHYDRATE	17.2g	31.3g
- Sugars	15.7g	28.5g
SODIUM	36mg	65mg

Kilojoules are over the set criteria at 700kJ per serve (fits into RED category)

Saturated fat is over the set criteria at 8.7g fat per serve (fits into RED category)

ii) Compare the NIP *per serve* with the criteria from the **RED** criteria in Table 4.

Category	Nutrient Criteria	
Food or Drink	Energy (kilojoules) per serve	Saturated Fat (g) per serve
Ice-creams, milk- or soy- based ice confection and premium dairy desserts	>600kJ	>3g

Key: > means more than, < means less than.

At this serving size, this ice-cream is in the **RED** category and should be limited for sale.

Example C:
Sultana and oat slice (in an individual package)

STEP 1

Identify the correct assessment table. This food belongs in the group *Cakes, muffins, sweet tarts, slices and pastries – Sultana and oat slice* and should be assessed against the **RED** criteria in Table 4 (page 29).

STEP 2

Cakes, muffins, sweet tarts, slices and pastries are assessed *per serve as sold*. Look at the serve size as sold.

This slice is pre-packaged with a total weight of 120 grams. This is two times the serve on the label i.e. 60g x 2 = 120g.

- serve size as sold is 120g

Nutrition Information Panel for sultana and oat slice

Servings per package: 2 Average serving size: 60g		
	Quantity per serve	Quantity per 100g
ENERGY	1068kJ	1780kJ
PROTEIN	8.0g	13.3g
FAT		
- Total	11.3g	18.8g
- Saturated	8.0g	13.3g
CARBOHYDRATE		
- Sugars	31.9g 15.7g	53.1g 26.2g
SODIUM	102mg	170mg
FIBRE	4.45g	7.4g

STEP 3

Cakes, muffins, sweet tarts, slices and pastries are assessed *per serve as sold and per 100g*.

i) Look at the 'Quantity per serve' column for ALL these nutrients:

- Energy (kilojoules)
- Saturated fat
- Fibre

Nutrition Information Panel for sultana and oat slice

Servings per package: 2 Average serving size: 60g		
	Quantity per serve	Quantity per 100g
ENERGY	1068kJ	1780kJ
PROTEIN	8.0g	13.3g
FAT		
- Total	11.3g	18.8g
- Saturated	8.0g	13.3g
CARBOHYDRATE		
- Sugars	31.9g 15.7g	53.1g 26.2g
SODIUM	102mg	170mg
FIBRE	4.45g	7.4g

STEP 3

ii) The serve size sold is 120g, this is two times the average serving size listed in the NIP.

Values in the *per serve* column will need to be doubled to determine the total amount of these nutrients provided by the size sold (ie. 120g slice).

- Energy: 1068 kilojoules x 2 = **2136 kilojoules per serve sold**
- Saturated Fat: 8.0g x 2 = **16.0g per serve sold**
- Fibre: 4.45g x 2 = **8.9g per serve sold**

Nutrition Information Panel for sultana and oat slice

Servings per package: 2 Average serving size: 60g		
	Quantity per serve	Quantity per 100g
ENERGY	1068kJ	1780kJ
PROTEIN	8.0g	13.3g
FAT		
- Total	11.3g	18.8g
- Saturated	8.0g	13.3g
CARBOHYDRATE		
- Sugars	31.9g	53.1g
SODIUM	15.7g	26.2g
SODIUM	102mg	170mg
FIBRE	4.45g	7.4g

iii) Compare the adjusted *per serve* values against the **RED** criteria in Table 4.

Kilojoules are over the set criteria at 2136kJ per serve sold (fits into RED category)

Saturated fat is over the set criteria at 16g fat per serve sold (fits into RED category)

Fibre meets criteria with 8.9g fibre per serve sold (fits into AMBER category)

Category		Nutrient Criteria		
Food or Drink	Energy (kilojoules) per serve	Energy (kilojoules) per 100g	Saturated Fat (g) per serve	Fibre (g) per serve
Cakes, muffins, sweet tarts, pies and pastries	>600kJ	> 1200kJ	>3g	<1.5g

Key: > means more than, < means less than.

STEP 4

i) Look at the 'per 100g' column for these nutrients:

- Energy (kilojoules)

Remember if the energy per 100g is greater than the criteria on the **RED** criteria Table 4 it is then classified in the **RED** category.

Nutrition Information Panel for sultana and oat slice

Servings per package: 2 Average serving size: 60g		
	Quantity per serve	Quantity per 100g
ENERGY	1068kJ	1780kJ
PROTEIN	8.0g	13.3g
FAT		
- Total	11.3g	18.8g
- Saturated	8.0g	13.3g
CARBOHYDRATE		
- Sugars	31.9g	53.1g
	15.7g	26.2g
SODIUM	102mg	170mg
FIBRE	4.45g	7.4g

ii) Compare the Nutrition Information Panel per 100g with the **RED** criteria in Table 4.

- Energy: **1780 kilojoules per 100g**

Kilojoules are over the set criteria at 1780kJ/100g (fits into RED category)

Category	Nutrient Criteria			
	Energy (kilojoules) per serve	Energy (kilojoules) per 100g	Saturated Fat (g) per serve	Fibre (g) per serve
Cakes, muffins, sweet tarts, pies and pastries	>600kJ	> 1200kJ	>3g	<1.5g

Key: > means more than, < means less than.

This slice does not meet three of the four criteria for the serve size sold so this slice is in the **RED** category and should be limited for sale.

Commonly supplied foods and drinks guide

These tables provide a guide to food and drinks commonly supplied by food outlets or catering. Foods and drinks have been classified in the category they are most likely to fit; **GREEN**, **AMBER** or **RED**. Varieties of foods and drinks may differ due to ingredients used or cooking techniques so certain products may fit into more than one category as shown.

For those items that may fit either **AMBER** or **RED** category check the label against the **RED** nutrient criteria on pages 26 – 29. Also refer to the *A Better Choice Tool Kit* for additional details on recipe guidelines.

Foods	Likely ABC category			Comments & serving suggestions
	GREEN	AMBER	RED	
<p>Breads and alternatives</p> <ul style="list-style-type: none"> • offer a variety of different breads, including: <ul style="list-style-type: none"> - multigrain - wholemeal - high-fibre white - rye - lavash and other flat breads - bagels - plain foccacias - baguettes • sandwich fillings 	●			<p>Breads can be used in a variety of different ways for snacks and/or main meal choices. Provide a variety of breads to add interest to the menu.</p> <p>Toasted breads or jaffles served with fillings are a tasty alternative to sandwiches. They are often popular winter foods. Bread cases can be filled with similar fillings to baked potatoes.</p> <p>Provide extra raw salad and vegetables in fillings where possible. Provide a variety of fillings including both meat and vegetarian options. Where roast vegetables are used ensure they are drained of oil and served with lots of salad greens.</p> <p>Use lean cuts of meat (roast beef, roast chicken with no skin, lean turkey or chicken breast), eggs, tinned fish (in spring water) or reduced-fat cheeses in combination with a variety of raw salads and vegetables – these are GREEN choices.</p> <p>Avoid high fat luncheon meats such as salami, Strasburg or mortadella – check against RED nutrient criteria (page 28). For further details check the filling ingredients against relevant food listed in this guide.</p>
<ul style="list-style-type: none"> • plain, un-iced fruit, nut and/or vegetable based breads, buns or loaves (i.e. raisin, date, banana bread) 	●			<p>Offer small to medium serve (40-60g) per person. Offer wholegrain varieties (if possible), fat-reduced options and/or those containing nuts for more fibre.</p>

Foods	Likely ABC category			Comments & serving suggestions
	GREEN	AMBER	RED	
<p>Breads and alternatives</p> <ul style="list-style-type: none"> un-iced fruit, nut and/or vegetable based breads, buns or loaves with jam and cream and/or butter plain rice and corn cakes, crispbreads, lavosh or water crackers flavoured rice and corn cakes savoury breads, twists, pull-aparts, and garlic bread 	<ul style="list-style-type: none"> ● 	<ul style="list-style-type: none"> ● ● ● 	<ul style="list-style-type: none"> ● 	<p>Avoid spreads as they have minimal nutritional value and increase the amount of energy (kilojoule) provided. Offer spreads separately where possible and use sparingly. For a better choice provide poly- or mono-unsaturated margarine, reduced-fat cream cheese, whipped ricotta or vanilla yoghurt over cream or butter.</p> <p>Ask for wholegrain options if possible. Rice cakes, crispbreads and crackers can be served with interesting fruit, vegetable or cheese toppings such as:</p> <ul style="list-style-type: none"> ricotta or cottage cheese with sliced strawberries or peaches tomato, basil and cheese cherry tomato, onion and avocado low-fat or reduced-fat dips such as salsas, tzatziki, hommus, vegetable-based varieties including beetroot or eggplant. <p>Flavoured varieties may be high in salt and are AMBER choices.</p> <p>These can be high in energy (kilojoules). Use small to medium serve (40-60g) per person. Provide wholegrain options (if possible) that use reduced-fat cheeses, use lean meats over salami or bacon and use lots of vegetable toppings for an AMBER choice.</p>
<p>Rice and noodles</p> <ul style="list-style-type: none"> plain fried rice hot noodle cups hot noodle cups with fried noodles and/or creamy sauces sushi rice paper rolls 	<ul style="list-style-type: none"> ● ● 	<ul style="list-style-type: none"> ● ● 	<ul style="list-style-type: none"> ● 	<p>Plain, unflavoured rice and noodles that contain no added fat or oil are in the GREEN category.</p> <p>Rice and noodle based dishes can be high in salt and saturated fat. Choose reduced-fat and reduced-salt versions for a better choice.</p> <p>Avoid products with fried noodles and those that are based on cream- or coconut-milk sauces (ie. laksa, curry). All deep-fried foods are RED choices.</p> <p>Sushi and rice paper rolls can add variety to the menu. Provide options that contain lean, un-coated and un-crumbed meats or seafood and use a variety of vegetable fillings.</p>

Foods	Likely ABC category			Comments & serving suggestions
	GREEN	AMBER	RED	
Breakfast cereals <ul style="list-style-type: none"> wholegrain refined 	●			<p>Offer wholegrain cereals, whole-wheat flake and puffed cereals, porridge, and whole-wheat breakfast biscuits. These fit into the GREEN category. Serve with reduced-fat milk.</p> <p>Refined, processed cereals including those that are flavoured and/or sweetened with added sugars are likely to be in AMBER.</p>
Fruit <ul style="list-style-type: none"> fresh frozen dried canned 	● ● ● ●			<p>Any fresh fruit in season – whole, sliced, cubed, wedges, or quarters.</p> <p>Fruit salad with a mixture of interesting fruit served cold is a refreshing, healthy dessert alternative. Serve with a dollop of reduced-fat yoghurt, fromage frais or custard to add interest and variety.</p> <p>Recommend fruit canned in natural juice, puree (no added sugar) or water with artificial sweetener (GREEN) over those in syrup or containing added sugar (AMBER).</p>
Vegetables <ul style="list-style-type: none"> fresh frozen canned cooked baked potatoes corn on the cob roasted vegetables deep-fried vegetables salads such as garden, mixed, pasta, potato, rice or noodle, tabouleh, coleslaw, or egg 	● ● ● ● ● ● ● ●		●	<p>Baked potatoes can be cooked in their skins, split and filled with choices of sandwich fillings; they can also be filled with creamed corn, tabouleh, savoury lean mince or baked beans topped with reduced-fat cheese.</p> <p>Use salt-reduced canned vegetables where possible.</p> <p>Use a mixture of vegetables such as pumpkin, sweet potato, parsnips, red onion or corn for variety. Oven-bake on trays lined with baking paper or lightly coat with a poly- or mono-unsaturated oil spray (GREEN).</p> <p>All deep fried foods are in the RED category.</p> <p>Salads can be served as a salad plate, box or tub. It is preferable to leave salads undressed and/or serve dressings separately where possible. For the salad to fit in the GREEN category, select the dressing carefully – use no dressing or low- or no-oil dressings.</p>

Foods	Likely ABC category			Comments & serving suggestions
	GREEN	AMBER	RED	
Vegetables <ul style="list-style-type: none"> salads such as garden, mixed, pasta, potato, rice or noodle, tabouleh, coleslaw, or egg 	●	●		<p>Offer salads that contain lean, un-coated and un-crumbed meats, poultry (no skin), tinned fish or reduced fat cheese (GREEN). Salads containing croutons, bacon or coated meats that have been deep-fried should be chosen carefully (AMBER).</p>
Legumes <ul style="list-style-type: none"> baked beans lentil patties falafels deep-fried products 	●	● ●	●	<p>Baked beans can be used in sandwiches and jaffles as a meat alternative. Use salt reduced varieties where possible.</p> <p>Lentil patties and falafels can be grilled and used in rolls and sandwiches or served with salads. If shallow-frying use small amounts of poly- or mono-unsaturated oil.</p> <p>AVOID DEEP FRYING - all deep fried foods are in the RED category.</p>
Dairy foods and dairy alternatives <ul style="list-style-type: none"> plain unflavoured milk yoghurt cheese custard 	Reduced-fat	Full-fat		<p>Low-fat and/or reduced-fat and/or skim milk are not suitable for infants' and children less than two years of age as a complete milk food. Cow's milk is not suitable for infants and children less than 12 months of age.</p> <p>For most people, two years and over, it is recommended low- or reduced-fat alternatives are provided where possible. The reduced-fat versions should be encouraged and are GREEN choices.</p> <p>Use reduced-fat or low-fat varieties of plain milks in addition to full-fat varieties with hot beverages.</p> <p>If soy-based alternatives are required use calcium fortified varieties.</p> <p>Provide low or reduced-fat cheese options such as cottage, ricotta, fetta, or reduced-fat tasty cheese (GREEN choices). Full-fat cheeses are AMBER choices.</p> <p>Avoid large portions of hard and soft cheese such as Brie or Camembert these are high in saturated fat.</p>

Foods	Likely ABC category			Comments & serving suggestions
	GREEN	AMBER	RED	
<p>Flavoured milk and milk alternatives</p> <ul style="list-style-type: none"> reduced-fat and full-fat varieties such as milkshakes, smoothies, iced coffee, mocha, or hot chocolate 		●		<p>Frequent consumption of full-fat and reduced-fat flavoured milk and milk alternatives in large sizes (more than 300ml) should be avoided as this may contribute to excess energy (kilojoules).</p> <p>Recommend maximum serve size sold 300ml.</p> <p>Avoid additions of whipped cream, ice cream, melted chocolate or caramel, syrup, or confectionery – these will provide excess energy (kilojoules).</p>
<p>Dairy snacks</p> <ul style="list-style-type: none"> milk-based puddings rice pudding creamed rice fromage frais dairy snacks with confectionery 		● ● ● ●	●	<p>Watch portion sizes and provide reduced-fat options for a better choice.</p> <p>Any dairy snacks containing confectionery fit into the RED category.</p>
<p>Meat, fish, poultry and alternatives</p> <ul style="list-style-type: none"> lean meats (eg. roast beef) lean chicken meat with no skin (eg. breast or drumsticks) turkey egg fish (eg. tuna or salmon, sardines in spring water) fish (eg. tuna or salmon, sardines in brine or oil) plain nuts (unsalted) plain nuts (salted) 	● ● ● ● ●	●	●	<p>These foods are a good source of protein and can be used for hot rolls, sandwiches, salad plates, pizza topping etc.</p> <p>Offer leaner options (ie. fat trimmed or skinless) that use reduced-fat cooking techniques (oven-baked, grilled, steamed, use non-stick cookware).</p> <p>Whole-eggs are not recommended for children and infants less than 12 months.</p>

Foods	Likely ABC category			Comments & serving suggestions
	GREEN	AMBER	RED	
<p>Meat, fish, poultry and alternatives</p> <ul style="list-style-type: none"> • meat patties (not crumbed) • fish patties • char-grilled chicken fillet • meat balls • savoury mince • deep-fried meats, poultry and alternatives 		<ul style="list-style-type: none"> • • • • • 	<ul style="list-style-type: none"> • 	<p>These products are usually used to make:</p> <ul style="list-style-type: none"> – burgers or sandwiches – kebabs – burritos, nachos and tacos – served with a salad or vegetables <p>To provide a better choice offer reduced-fat options such as meat patties or savoury mince made on reduced-fat mince, avoid crumbing, oven-bake or grill these options and serve with lots of salad or vegetables.</p> <p>Avoid deep-frying these options – all deep fried foods are in the RED category.</p>
<p>Processed meats</p> <ul style="list-style-type: none"> • ham • corned beef • pastrami • diced processed chicken meat • bacon • chicken roll or loaf 		<ul style="list-style-type: none"> • • • • • • 	<ul style="list-style-type: none"> • • • • • • 	<p>These foods are usually high in saturated fat and/or salt putting them in AMBER or RED category. Check the label against RED nutrient criteria (page 28). They are not as nutritious as lean cuts of meat such as roast beef.</p> <p>If using these foods, try reduced-fat versions in small amounts (maximum 50g) and serve with a bread-based product and plenty of salad.</p>
<p>Crumbed chicken, fish or vegetable products</p> <ul style="list-style-type: none"> • chicken nuggets • chicken fillet wedges or strips • chicken patty • fish fingers • fish patties • vegetable patties • battered saveloys and sausages (beef, pork, lamb and chicken varieties) • frankfurters 		<ul style="list-style-type: none"> • • • • • • • • 	<ul style="list-style-type: none"> • • • • • • • • 	<p>It's important to check the label against RED nutrient criteria on page 28 as some products are often high in saturated fat and sodium.</p> <p>Again, if using these products, serve in small amounts and avoid deep-frying – all deep-fried items are RED choices.</p> <p>Deep-fried sausages and battered saveloys are very high in saturated fat and sodium placing them into the RED category.</p> <p>Most frankfurters are high in sodium. Check the label against RED nutrient criteria (page 28). Use reduced-fat and sodium varieties and serve on a wholemeal bun to boost the nutritional value.</p>

Foods	Likely ABC category			Comments & serving suggestions
	GREEN	AMBER	RED	
Commercial oven baked potato products <ul style="list-style-type: none"> wedges chips hash browns scallops gems 		<ul style="list-style-type: none"> ● ● ● ● ● 	<ul style="list-style-type: none"> ● ● ● ● ● 	<p>Oven-baked potato products usually fit into the AMBER category. Check the label to be sure against RED nutrient criteria (page 28) and serve in small amounts.</p> <p>All deep fried foods are in the RED category.</p>
Mixed hot food and/or plated dinners <ul style="list-style-type: none"> commercial frozen prepared on site <ul style="list-style-type: none"> casseroles, stews, curries <ul style="list-style-type: none"> risotto, fried or savoury rice 	<ul style="list-style-type: none"> ● ● ● ● 	<ul style="list-style-type: none"> ● ● ● ● 	<ul style="list-style-type: none"> ● ● ● ● 	<p>Supply low- or reduced-fat options that contain high amounts of vegetables, avoid large portions and serve with plenty of salad or vegetables. If purchased from a commercial supplier check the label against the RED criteria (page 28).</p> <p>Use lean meats trimmed of outer fat with minimal marbling. Marinate meat and poultry to keep tender, add flavour and minimise the amount of oil used in cooking. Cook with a small amount of poly- or mono-unsaturated oils such as canola, sunflower, soybean, olive or peanut.</p> <p>Avoid cream, butter, ghee, coconut cream or milk, cheese or white-based sauces these can be high in saturated fat and most are likely to fit the RED category. If prepared on site use evaporated milk or natural yoghurt in place of cream, try reduced fat coconut milk.</p> <p>Casseroles or curries made with a variety of vegetables and lean meats, fish or seafood with a clear or vegetable-based sauce or gravy. Offer steamed rice and a side salad or steamed vegetables. If using packet sauces use reduced-salt varieties if possible.</p> <p>Provide risottos and rice-based dishes made with a variety of vegetables and/or lean meats and clear sauces. If using a packet sauce, use reduced-salt versions if possible. Serve with a side salad or steamed vegetables.</p>

Foods	Likely ABC category			Comments & serving suggestions
	GREEN	AMBER	RED	
<p>Mixed hot food and/or plated dinners</p> <ul style="list-style-type: none"> stir-frys or noodle-based Asian meals pasta, spaghetti bolognaise, lasagne and pasta-bakes 	●	●	●	<p>Provide steamed rice or plain noodles with meals that use a variety of vegetables and lean meats, fish or seafood with a clear sauce or gravy. If using packet sauces use reduced-salt varieties if possible.</p> <p>Avoid dishes with fried noodles, battered or crumbed deep-fried meats, fish and seafood (RED).</p> <p>Pastas served with tomato or vegetable-based sauces, use lean trimmed meats or reduced-fat mince are better choices (GREEN).</p> <p>Avoid fatty processed meats and excessive amounts of cheese in pasta bakes and lasagne. Use reduced-fat cheese where possible and serve with plenty of salad or vegetables.</p>
<p>Pizza</p> <ul style="list-style-type: none"> commercial frozen prepared on site muffin and pita bread based pizzas 		●	●	<p>Check label against the RED nutrient criteria on page 28.</p> <p>Watch serve size and offer thin crust or bread based pizzas as these have less fat. Use options that offer lots of vegetables in the topping or serve with a salad. Provide those that use reduced-fat cheese and leaner meats.</p> <p>Muffin and pita bread pizzas make a good snack. Pizzas can be topped with lean meats or reduced-fat cheese and lots of vegetables or fruit – this is a GREEN choice. Serve as a snack or with a salad for lunch.</p>
<p>Savoury pastries and pies</p> <ul style="list-style-type: none"> meat pies sausage rolls filled pasties or party pies chicken and potato, cheese and bacon pies 		●	●	<p>The saturated fat content of many pastries will put them into the RED category. Check the label against the RED criteria (page 28) to determine if products fit in AMBER or RED categories.</p> <p>A number of companies make reduced fat versions. Check label against the RED criteria (page 28).</p>

Foods	Likely ABC category			Comments & serving suggestions
	GREEN	AMBER	RED	
Savoury pastries and pies <ul style="list-style-type: none"> • cheese and spinach triangles • quiche • samosas and other gourmet versions • savoury croissants 		<ul style="list-style-type: none"> • • • 	<ul style="list-style-type: none"> • • • • 	<p>Croissants are very high in saturated fat and kilojoules and fall into the RED category.</p>
Spring rolls, chiko rolls, and dim sims		<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • 	<p>Check these products against the RED nutrient criteria on page 28. Avoid deep-frying – all deep-fried foods are RED choices.</p> <p>Oven-bake these foods or steam dim sims to keep the fat and kilojoules down to offer a better choice.</p>
Soups <ul style="list-style-type: none"> • canned • commercially prepared • canteen made 	<ul style="list-style-type: none"> • • • 	<ul style="list-style-type: none"> • • • 		<p>Provide soups that are low-salt or reduced in salt and/or fat, and have a vegetable- or clear-stock base instead of creamy options for a GREEN choice. Offer a variety of options with lots of vegetables and/or legumes.</p>
Spreads <ul style="list-style-type: none"> • peanut butter and other nut spreads, fish, chicken and meat paste, yeast and vegetable extract spreads • chocolate spreads, honey and jam 		<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • 	<p>Peanut butter and other nut spreads are not recommended for children and infants less than 12 months.</p> <p>Use spreads sparingly. Offer reduced-salt varieties where available. Make sure you can see the bread through the spread!</p> <p>These spreads have minimal nutritional value.</p>
Sauces and condiments <ul style="list-style-type: none"> • tomato, sweet chilli, BBQ, soy, chutney • satay or peanut 		<ul style="list-style-type: none"> • • 		<p>Use sparingly. Use reduced-salt and/or reduced-fat varieties where available; try relishes, pickles, mustard, chutney, hommus or reduced-fat mayonnaise for a better choice.</p> <p>Nut- and peanut-containing sauces are not recommended for children and infants less than 12 months.</p>

Foods	Likely ABC category			Comments & serving suggestions
	GREEN	AMBER	RED	
Sauces and condiments <ul style="list-style-type: none"> dips mayonnaise mustard mustard-based mayonnaise gravy salad dressings 		<ul style="list-style-type: none"> ● ● ● ● ● ● 		<p>Look for vegetable-based salsas or relishes such as tomato, bean, or capsicum. Offer vegetable-based or yoghurt-based dips (i.e. beetroot, eggplant, avocado, tzatziki). Avoid oil, cream, and/or cheese-based dips such as aioli, sour cream, tapenades, pesto, oil and balsamic vinegar.</p> <p>Use sparingly. If using meat juices ensure drain all fat from the pan and thicken with cornflour or dextrinised flour (flour burned slowly in an oven) over roux. If using packet gravy use reduced-salt, reduced-fat versions if possible.</p> <p>Use poly- or mono-unsaturated oils such as canola, sunflower, olive and peanut oils or a low-oil, no-oil or reduced-fat commercial dressing.</p> <p>If prepared offer clear dressings such as lemon juice, balsamic vinegar or vinegar with herbs and pepper. Do not add salt and avoid cream-based dressings.</p>
Fats and oils <ul style="list-style-type: none"> margarine, lard, tallow, copha, butter, ghee and diary blend spreads oils cream 		<ul style="list-style-type: none"> ● ● 	<ul style="list-style-type: none"> ● ● ● 	<p>Use poly- or mono-unsaturated varieties and use sparingly. Make sure you can see the bread through the spread!</p> <p>Avoid varieties high in saturated fat such as butter, lard, ghee, tallow and copha – these are RED choices.</p> <p>Use small amounts of poly- or mono-unsaturated varieties such as canola, sunflower, olive, soybean or peanut.</p> <p>Avoid palm and coconut oils – these contain high amounts of saturated fat and are RED choices.</p> <p>Avoid using cream and cream-based sauces these contain high amounts of saturated fat and are RED choices.</p>
Savoury snack foods and biscuits <ul style="list-style-type: none"> popcorn flavoured popcorn 	<ul style="list-style-type: none"> ● 	<ul style="list-style-type: none"> ● 	<ul style="list-style-type: none"> ● 	<p>Air popped, no added fat and salt popcorn is a high fibre, low fat GREEN choice.</p> <p>Read the label for flavoured popcorn – it may be too high in saturated fat and salt. Check against the RED criteria on page 29.</p>

Foods	Likely ABC category			Comments & serving suggestions
	GREEN	AMBER	RED	
Savoury snack foods and biscuits <ul style="list-style-type: none"> crisps and chips biscuits 			<ul style="list-style-type: none"> ● ● 	<p>Crisps and chips are generally too high in energy (kilojoules) and/or saturated fat and/or sodium. They fit into the RED category.</p> <p>Check against the RED criteria (page 29) as some products are too high in saturated fat and sodium.</p>
Snack food bars, muesli bars and sweet biscuits <ul style="list-style-type: none"> cereal-based bars fruit bars breakfast bars sweet biscuits <ul style="list-style-type: none"> - plain - premium (coated, iced or filled) 		<ul style="list-style-type: none"> ● ● ● ● 	<ul style="list-style-type: none"> ● ● ● ● ● 	<p>Choose carefully. Watch the serve size. Check against the RED criteria (page 29). These foods are also sticky and can contribute to tooth decay if eaten regularly.</p> <p>Check label against the RED nutrient criteria on page 29. Provide small to medium serve (2-3 small biscuits or 30-40g per person) of plain sweet biscuits. Include wholemeal options if possible and use those that contain fruit, vegetables or nuts (AMBER choices).</p> <p>Avoid premium, fancy biscuits that are coated, iced or filled with chocolate, cream, jam or icing. Generally these contain too much energy (kilojoules) and are RED choices. Check label against the RED nutrient criteria on page 29.</p>
Cakes, muffins, sweet tarts, slices and pastries <ul style="list-style-type: none"> muffins (all sizes and types including low-fat or reduced-fat options and mini-muffins) Plain assorted slices, scrolls and cakes Premium assorted slices, scrolls and cakes (coated, iced or filled) 		<ul style="list-style-type: none"> ● ● 	<ul style="list-style-type: none"> ● ● ● 	<p>Check label against the RED nutrient criteria on page 29. Provide fruit or vegetable based muffins, include wholegrain and fat-reduced options if possible. Watch portion sizes - use 2 mini muffins or 60g medium muffin per person.</p> <p>Check label against the RED nutrient criteria on page 29. Provide un-iced, un-coated, un-filled cakes, scrolls or slices that contain fruit, vegetables or nuts. Include wholegrain and fat-reduced options if possible. Provide small serve (50-60g) per person.</p> <p>Any iced, chocolate-coated and/or cream-, jam-, or chocolate-filled cakes, scrolls and slices are considered RED choices.</p>

Foods	Likely ABC category			Comments & serving suggestions
	GREEN	AMBER	RED	
Cakes, muffins, sweet tarts, slices and pastries <ul style="list-style-type: none"> Danishes, sweet pastries, tarts, donuts and croissants 			●	These are all high fat, energy dense options and are consider RED choices.
Scones or pikelets <ul style="list-style-type: none"> Plain or fruit With jam and cream and/or butter 	●	●		<p>Provide plain scones and/or pikelets that contain fruit and/or vegetables – include wholegrain options if possible. Use small to medium serve (40-60g) per person.</p> <p>Avoid these spreads as they have minimal nutritional value and increase the amount of energy (kilojoule) provided.</p> <p>Offer spreads separately where possible and use sparingly. To make a better choice use poly-or mono-unsaturated margarine over cream or butter.</p> <p>Offer fruit purees as a sauce or whipped ricotta cheese with a little honey and vanilla or reduced-fat vanilla yoghurt in place of cream.</p>
Ice creams, milk-based ice confection and premium dairy desserts <ul style="list-style-type: none"> chocolate coated premium standard uncoated reduced and low fat ice creams and milk- or soy-based ice confections frozen yoghurt mousse cheesecake 		●	● ● ● ●	<p>Watch serve size. Check ice-creams and dairy desserts against the RED criteria on page 29.</p> <p>Products containing any confectionery fit into the RED category.</p> <p>Watch serve size. Check dairy desserts against the RED criteria on page 29.</p>

Foods	Likely ABC category			Comments & serving suggestions
	GREEN	AMBER	RED	
Ice confection <ul style="list-style-type: none"> ice blocks sorbet gelato slushees fruit- or water-based ice confection 		<ul style="list-style-type: none"> ● ● ● ● ● 	<ul style="list-style-type: none"> ● ● ● ● ● 	<p>Watch the serve size and check against the RED nutrient criteria page 26.</p>
Confectionery <ul style="list-style-type: none"> lollies – boiled, jellies, juice jellies, liquorice, jelly beans chocolates or carob cough lollies 			<ul style="list-style-type: none"> ● ● ● 	<p>All types of confectionery fit into the RED category. These foods have minimal nutritional value, or are too high in energy (kilojoules), sugar and/or saturated fat.</p> <p>Note: Medicated cough mixture and lozenges are not included. Sugar-free chewing gum is also not included.</p>
Drinks <ul style="list-style-type: none"> Water (plain) <ul style="list-style-type: none"> sparkling mineral soda water Water (flavoured) <ul style="list-style-type: none"> flavoured mineral water sports waters Juices (>96% juice) <ul style="list-style-type: none"> fresh frozen canned Fruit drinks 	<ul style="list-style-type: none"> ● 	<ul style="list-style-type: none"> ● ● ● ● 	<ul style="list-style-type: none"> ● ● ● ● 	<p>Always offer chilled water. Water is the best thirst quencher.</p> <p>May fit into the AMBER or RED category. Check against the RED criteria on page 26.</p> <p>Provide 99 – 100% fruit juices (not sweetened fruit drinks).</p> <p>Recommended serve size of 250ml as sold or provided with a maximum serve size 300ml as sold or provided.</p> <p>Frequent consumption of fruit juice in large sizes (more than 300ml) should be avoided as this may contribute to excess energy (kilojoules) and sugar intake.</p> <p>All fruit drinks that contain less than 96% fruit juice will need to be assessed against RED nutrient criteria page 26.</p>

Foods	Likely ABC category			Comments & serving suggestions
	GREEN	AMBER	RED	
Drinks <ul style="list-style-type: none"> • Soft drinks • Cordials • Artificially sweetened 'diet', 'low-joule', 'no sugar' or 'low sugar' drinks • 'Energy' and sports drinks 		●	●	<p>Most fit into the RED category – they are drinks of minimal nutritional value. Check against the RED nutrient criteria page 26.</p> <p>Cordials are drinks of no nutritional value. Check against the RED nutrient criteria page 26.</p> <p>Artificial sweeteners can be useful in providing flavour and reduce the amount of added sugar consumed.</p> <p>There is a lack of scientific literature concerning artificially sweetened beverages and dental erosion in adults. Given the current lack of data in the overall adult population, artificially sweetened drinks fit under the AMBER category in adult settings. This position will be reviewed once relevant data are available.</p> <p>Paediatric facilities or areas that are frequented by children should place artificially sweetened drinks into the RED category as they are high in acidity which can contribute to tooth erosion if consumed regularly.</p> <p>Most fit into either the RED category. They are drinks of minimal nutritional value and can also be high in caffeine. Check the label against RED nutrient criteria on page 26.</p> <p>Energy drinks are not recommended for children, pregnant or lactating women and individuals sensitive to caffeine.</p> <p>Paediatric facilities or areas that are frequented by children should place energy and sports drinks into the RED category. Until a safe consumption level of caffeine for children is determined it is recommended that the supply of caffeinated beverages to children is restricted.</p>

Foods	Likely ABC category			Comments & serving suggestions
	GREEN	AMBER	RED	
Drinks <ul style="list-style-type: none"> • Tea <ul style="list-style-type: none"> - plain - decaffeinated - herbal - iced - commercial iced tea • Coffee <ul style="list-style-type: none"> - plain - decaffeinated - iced • Chocolate beverages <ul style="list-style-type: none"> - hot chocolate - iced chocolate - mocha 	<ul style="list-style-type: none"> ● ● ● 	<ul style="list-style-type: none"> ● ● ● ● ● 	<ul style="list-style-type: none"> ● ● 	<p>Plain and herbal teas are good sources of anti-oxidants. Use decaffeinated varieties and use reduced-fat or low-fat milk or milk alternatives for a better choice (GREEN).</p> <p>If offering iced tea provide varieties made fresh on leaves (GREEN) or artificially sweetened commercial varieties (AMBER).</p> <p>Ready-to-drink sugar-sweetened commercial iced teas can contain significant amounts of sugar, can have high acid levels and may fit into the RED category. Check the label against RED nutrient criteria on page 26.</p> <p>Offer sugar alternatives as well as sugar when serving hot beverages.</p> <p>Offer decaffeinated coffee beverages and use reduced-fat or low-fat milk or milk alternatives for a better choice (GREEN).</p> <p>Recommend maximum serve size sold 300ml. Frequent consumption of full-fat and reduced-fat flavoured milk and milk alternatives in large sizes (more than 300ml) should be avoided as this may contribute to excess energy (kilojoules).</p> <p>Avoid additions of whipped cream, melted chocolate or caramel, syrup, or confectionery – these will provide excess energy (kilojoules).</p> <p>Recommend maximum serve size sold 300ml. Frequent consumption of full-fat and reduced-fat flavoured milk and milk alternatives in large sizes (more than 300ml) should be avoided as this may contribute to excess energy (kilojoules).</p> <p>Avoid additions of whipped cream, ice cream, melted chocolate or caramel, syrup, or confectionery – these will provide excess energy (kilojoules).</p>

Source: This table builds on information from the following resources including Smart Choices – Healthy Food and Drinks Supply Strategy for Queensland Schools, Education Queensland 2005; A Guide to Catering, Active-Ate 2005; Healthy Catering Guidelines, National Heart Foundation of Australia 2003; and Catering Guidelines, Tropical Public Health Unit 2002.

Applying A Better Choice

A Better Choice aims to increase healthy options to at least 80 per cent of foods and drinks displayed while restricting less healthy choices to no more than 20 per cent of foods and drinks displayed. To help assess the proportion of products displayed it is suggested to group products using the following categories:

- main meals (hot and cold foods)
- snack foods (savoury and sweet)
- drinks (hot and cold).

Refer to the example below which illustrates how to apply *A Better Choice* to a cold drinks fridge.

STEP 1. Assess the current situation

Using the *Commonly supplied food and drinks guide* (pages 37 – 51) determine whether a drink fits the **GREEN**, **AMBER** or **RED** category see figure 1.

Figure 1. Cold drinks available before implementation of *A Better Choice*

Shelf	Door 1	Door 2	Door 3	Door 4	Door 5
Top	Plain soft drink (RED)	Artificially sweetened soft drink (AMBER)	Water (GREEN)	250ml & 300ml 100% juice (AMBER)	Sports drinks (RED)
Middle	Plain soft drink (RED)	Artificially sweetened soft drink (AMBER)	Water (GREEN)	600ml 100% juice & fruit drinks (RED)	Sports drinks (RED)
Middle	Plain soft drink (RED)	Artificially sweetened soft drink (AMBER)	Water (GREEN)	600ml flavoured milks (RED)	Sports drinks (RED)
Bottom	Plain soft drink (RED)	Artificially sweetened soft drink (AMBER)	Water (GREEN) and plain reduced fat milks (GREEN)	Plain full-fat milks (AMBER) and flavoured water (AMBER)	Plain iced tea (RED)

STEP 2. Assess the proportion of **GREEN**, **AMBER** and **RED** drinks

To assess the overall proportion of drinks from each category, determine the number of shelves in the fridges that contain **GREEN**, **AMBER** or **RED** options. There are four shelves per fridge, with a total of five fridges there are 20 shelves.

Count the number of shelves that contain **GREEN**, **AMBER** and **RED** drinks – in this case four **GREEN**, six **AMBER** and ten **RED**. Then determine the proportion of drinks from each category that make up the 20 shelves. For example, 10 shelves contain drinks from the **RED** category. Of the 20 shelves this represents half or 50 per cent of the drinks displayed ie. $10/20 \times 100 = 50$ per cent; refer to figure 2.

Figure 2. Proportion of cold drinks displayed before implementation of A Better Choice

Shelves	4 GREEN	6 AMBER	10 RED
Proportion displayed	20%	30%	50%

STEP 3. Make the change to an A Better Choice drinks fridge

Under A Better Choice **RED** options are limited to 20 per cent of drinks displayed – this is a maximum of four full shelves. **RED** options should also be placed on lower shelves to allow the promotion of better drink choices.

Increase **GREEN** and **AMBER** choices to represent 80 per cent of drinks displayed, this is a total of 16 shelves. It is recommended that **GREEN** items are placed at a prominent level i.e. eye-level shelves where possible. Refer to figure 3 for details regarding suggested changes.

Figure 3. Suggested changes to implement A Better Choice

Shelf	Door 1	Door 2	Door 3	Door 4	Door 5
Top	Water (GREEN)	Water (GREEN)	Water (GREEN)	Plain reduced fat milks (GREEN)	Plain reduced fat milks (GREEN)
Middle	Water (GREEN)	Water (GREEN)	Water (GREEN)	Plain full-fat milks (AMBER)	300ml flavoured milks (AMBER)
Middle	Artificially sweetened soft drink (AMBER)	Artificially sweetened soft drink (AMBER)	Flavoured water (AMBER)	250ml & 300ml 100% juice (AMBER)	300ml flavoured milks (AMBER)
Bottom	Plain soft drink (RED)	Plain soft drink (RED)	Sports drinks (RED)	Artificially sweetened iced tea (AMBER)	Plain iced tea (RED) and fruit drinks (RED)

STEP 4. Check the overall proportion of **GREEN**, **AMBER** and **RED** drinks

Once the number of shelves that contain **GREEN** and **AMBER** drinks are increased and number of shelves of **RED** drinks are reduced re-determine the proportion of drinks from each category that make up the 20 shelves; refer to figure 4.

Figure 4. Proportion of cold drinks displayed following implementation of A Better Choice

Shelves	8 GREEN	8 AMBER	4 RED
Proportion displayed	40%	40%	20%

This drinks fridge now complies with the recommendations from *A Better Choice*. **GREEN** and **AMBER** drinks make up 80 per cent of the options displayed and **RED** drinks have been reduced to 20 per cent of the options displayed.

Further information on applying *A Better Choice* refer to <http://qheps.health.qld.gov.au/abetterchoice/>

Marketing better choices

Consumers' knowledge and understanding of nutrition information tends to be mostly gathered from the media (television, newspapers and magazines) and word of mouth.¹ Research into consumer awareness, knowledge and understanding of food labels reveals there is a general misunderstanding about nutrition and nutrition labelling.²

A Better Choice strategy will contribute to the current social marketing campaigns within Queensland that aim to promote healthier lifestyles through the provision of consistent evidence-based nutrition messages. These include the *Eat Well Be Active* campaign and *Go for 2 and 5*[®] fruit and vegetable promotion campaign.

This strategy encourages facilities to identify products from the food and drink categories, **GREEN**, **AMBER** and **RED**, to assist the selection of more nutritious options. Recommendations include:

- **GREEN** food and drink choices are at reduced prices where practicable
- Promote **GREEN** options and place in prominent areas
- Establish a colour-coding system on menus and/or product labels such as **GREEN**, **AMBER** or **RED** dot or mark
- Use promotional materials in sections or areas to promote better choices
- Establish sections or areas for each category within display cabinets or fridges and shelves.

Providing clear, easy to understand information will help consumers make an informed choice. Refer to the *A Better Choice Tool Kit* for more marketing suggestions.

1 – Paterson D, Zappelli R and Chalmers A. 2001, 'Qualitative research with consumers – Food labelling issues ANZFA', *Australia New Zealand Food Authority*, [Online] Available at: http://www.foodstandards.gov.au/_srcfiles/Food%20labelling%20issues.pdf

2 – Food Standards Australia New Zealand. 2003, 'Labelling survey for consumers', *Food Standards News*, vol. 46 no.1, pp. 2.

Beyond canteens, kiosks and cafes

The following section outlines additional settings where *A Better Choice* principles should be applied to create a healthier environment within all Queensland Health facilities.

Vending machines

Vending machines must stock and actively promote GREEN foods and drinks at all times

Foods and drinks from the **GREEN** category should be:

- always available
- placed on prominent shelves and/or at eye-level
- actively advertised or promoted.

Don't let AMBER foods and drinks dominate

AMBER foods and drinks should be supplied in small quantities and should not be actively promoted. These products should not dominate the choices available at the expense of healthier options. Use the *Commonly supplied food and drinks guide* on pages 37 – 51 and read nutrition information panels to select better options.

Vending machines must not stock, promote or advertise foods and drinks from the RED category

Under *A Better Choice* foods and drinks from the **RED** category:

- are not be placed in vending machines
- are not be represented in any associated advertising or promotion materials on the sides, top, front or internal shelves of the machine.

For further details regarding vending machines please refer to the *A Better Choice Tool Kit*.

Tea trolleys

Tea trolleys that supply foods and/or drinks to staff and/or the general public are required to comply with *A Better Choice*. Those trolleys that supply foods and/or drinks exclusively to in-patients are not required to comply with this strategy however the provision of healthier options to all Queenslanders is encouraged.

Encourage and actively supply a variety of GREEN foods and drinks

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, displayed on the top shelf of the trolley and try to provide better options using the tables on pages 37 – 51.

Don't let AMBER foods and drinks dominate

AMBER foods and drinks should be supplied in small quantities and should not be actively promoted. These products should not dominate the choices available at the expense of healthier options. Use the *Commonly supplied food and drinks guide* on pages 37 – 51 and read nutrition information panels to select better options.

Limit RED foods and drinks to no more than 20 per cent of choices

Under *A Better Choice* **RED** foods and drinks should be limited to no more than 20 per cent of the products displayed. **RED** choices are not to be promoted or displayed in prominent areas (i.e. placed on the top shelf of trolley; stocked in excessive quantities on the trolley).

Catering for meetings and functions

As part of the *A Better Choice* strategy, *Catering Guidelines for Meetings and Functions* have been developed to ensure foods and drinks of good nutritional quality are prepared, supplied and/or purchased by Queensland Health for staff, visitors and the general public.

These guidelines apply to all instances where foods and/or drinks are provided and purchased by Queensland Health including:

- conferences, exhibitions or symposiums
- staff training courses
- meetings or forums
- special events such as awards nights, official announcements, celebratory or fundraising breakfasts, lunches or dinners.

All Queensland Health food services that provide catering at meetings, activities and/or events for Queensland Health staff, visitors and/or the general public are also required to comply. For more details refer to the *A Better Choice Catering Guidelines for Meetings and Functions* available at <http://qheps.health.qld.gov.au/abetterchoice/>

Encourage and actively supply a variety of GREEN foods and drinks

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 using the tables on pages 37 – 51.

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 bun with added fruit and nuts 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. Provide alternate ingredients such as reduced-fat, reduced-sugar and/or reduced-salt options, or different cooking techniques to help increase the proportion of healthier options available.

Where Queensland Health facilities are licensed to provide alcohol to staff, visitors and/or the general public 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)*.¹ When providing alcohol to staff, visitors and/or the general public, no greater than two standard drinks for men and one standard drink for women should be supplied.²

Alcoholic drinks are not essential to provide the nutrients the body needs.³ They should only be consumed sometimes, in small amounts or not at all.³ Alcohol is not recommended for children, pregnant or breast feeding women.³ 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.^{2, 3}

A Better Choice does not apply to the foods and/or drinks that staff bring from home (eg. birthday cake) or instances where foods and/or drinks are purchased and provided by external agencies such as:

- an external dinner or function at a private venue
- external fundraising events or activities
- an external conference or meeting.

Queensland Health employees are encouraged to influence external agencies to provide nutritious healthier options and promote safe alcohol drinking practices where possible.

Meals supplied by in-patient food services to staff and/or carers

If meals are provided for staff (as part of award or through a staff canteen) from in-patient food services, meal options and choices will be determined by the organisation in accordance with the *Queensland Health Food Service Policy, Guidelines and Standards (1998)*. The level of choice and options offered should be appropriate for the facility and consistent with the food service's Healthy Eating Policy.⁴ Where possible, offer healthier items from the general menu to staff members and carers when required.

For further details please refer to *Queensland Health Food Service Policy, Guidelines and Standards (1998)*.

1 – 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.

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

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

4 – Queensland Health. 1998, *Queensland Health Food Service Policy, Guidelines and Standards*, Queensland Government, Brisbane.

Fundraising, Sponsorship, Donations, Gifts and Prizes

RED foods and drinks must not be used for fundraising purposes, gifts, give-aways or prizes

In accordance with the *Fundraising and Donations for Charitable and/or Not-for-profit purposes* policy food- and/or drink-based fundraising drives, activities and/or products must be consistent with the values, purpose and goals of Queensland Health and the Queensland Government – to promote a healthier Queensland.¹

Sponsors of fundraising campaigns or events are required to demonstrate that the intended activities are consistent with the values, purpose and goals of Queensland Health and the Queensland Government – to promote a healthier Queensland.^{1, 2}

Under *A Better Choice* strategy foods and drinks from the **RED** category must not be used in fundraising activities such as:

- raffles
- static displays including fundraising chocolates and confectionery
- fundraising BBQs, breakfasts or morning teas
- bake sales
- special interest events such as awareness weeks, competitions and/or give-aways.

A Better Choice also recommends that alcohol is not used as a gift or fundraising prize. 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}

Where Queensland Health facilities are licensed to provide alcohol to staff, visitors and/or the general public 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)*.⁵ Refer to *Catering for meetings and functions* (page 57 – 58) for additional details.

1 – Corporate Office Services Unit. 2005, *Fundraising and Donations for Charitable and Non-profit purposes policy*, Queensland Government, Brisbane.

2 – Queensland Health. 2005, *Queensland Health Sponsorship policy*, 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.

5 – 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.

Queensland Health facilities are encouraged to consider fundraising drives, gifts, prizes, activities and/or products that promote health and well-being to complement *A Better Choice* strategy. These could include:

- healthier food options such as seasonal or dried fruit drives
- spring flower drives
- toothbrushes
- healthy food cookbooks
- sunscreen
- garden tools
- physical activity events such as fun runs or ride-to-work day
- healthy BBQ.

For additional details on healthier fundraising ideas refer to the *A Better Choice Tool Kit*.

Encourage and support breastfeeding

A Better Choice promotes the supply of healthier foods and drinks to breastfeeding and pregnant mothers to facilitate optimal maternal and infant nutrition. *A Better Choice* also encourages and supports breastfeeding in accordance with the *Dietary Guidelines for Children and Adolescents*.¹

Breast milk is the optimal source of infant nutrition and provides all the nutrients needed for normal growth and development in the first six months of life.^{1, 2} It is the ultimate **GREEN** food for infants and will be promoted through *A Better Choice*.

The World Health Organisation (WHO) and the National Health and Medical Research Council (NHMRC) recommend feeding infants breast milk only for the first six months, introducing solids at around six months of age and continued breastfeeding until at least 12 months of age.^{3, 4}

Optimal infant nutrition through breastfeeding and the appropriate introduction of solid food can protect against infection and prevent overweight and obesity and other diet-related diseases throughout the life cycle.^{1, 2} There are also health advantages for mothers who choose to breastfeed.²

Given the improved health outcomes for both infants and mothers, the promotion and support of breastfeeding and appropriate introduction of solids, is an effective primary prevention strategy to improve the health and wellbeing of Queenslanders.²

The *Optimal Infant Nutrition: Evidence-Based Guidelines* outline Queensland Health's aims to improve the healthy growth and development of infants and children.² *A Better Choice* strategy aims to support these guidelines by ensuring Queensland Health facilities create environments that promote and support optimal infant nutrition by:

- Providing suitable, smoke-free, hygienic private areas which may be used for breastfeeding or expressing breast-milk
- Providing suitable signage identifying these areas
- Providing adequate workplace facilities and time breaks for Queensland Health employees who choose to express breast-milk or breastfeed their babies consistent with Queensland Health's *Work and Breastfeeding Policy*.⁵

1 – National Health and Medical Research Council. 2003, *Food for health – Dietary Guidelines for Children and Adolescents in Australia*, Commonwealth of Australia, Canberra.

2 – Queensland Health. 2003, *Optimal Infant Nutrition: Evidence-Based Guidelines 2003-2008*. Queensland Government, Brisbane.

3 – World Health Organisation. 2002, *Infant and Young Child Nutrition: Global Strategy on Infant and Young Child Feeding*. World Health Organisation, Fifty-two World Health Assembly.

4 – National Health and Medical Research Council. 2003, *Infant Feeding Guidelines for Health Workers*, Commonwealth of Australia, Canberra.

5 - Queensland Health. 2006, *Work and Breastfeeding Policy*, Queensland Government, Brisbane.

For more information refer to:

- Queensland Health Optimal Infant Nutrition: Evidence-based Guidelines 2003-2008
http://www.health.qld.gov.au/publications/childhealth/Optimal_Infant_Nutrition.pdf
- Queensland Health Work and Breastfeeding Policy
http://www.health.qld.gov.au/industrial_relations/Masters/SECT2/lrm2_5_22.pdf
- Queensland Health Work and Breastfeeding Website
<http://qheps.health.qld.gov.au/breastfeeding/>
- Australian Breastfeeding Association (ABA)
<http://www.breastfeeding.asn.au/default.htm>

Useful Websites

Australian Council for Health and Physical Education and Recreation (ACHPER) Queensland

<http://www.achperqld.org.au/>

Australian Council for Health and Physical Education and Recreation (ACHPER) Queensland is a national, not-for-profit professional association representing people who work in the areas of Health Education, Physical Education, Recreation, Sport, Dance, Community Fitness or Movement Science. The mission of the Council is to promote healthy lifestyles for all Australians and to study and promote its areas of focus.

The ACHPER QLD website includes information about:

- a. events, such as the ACHPER QLD Women in Sport breakfast
- b. programs, such as Schools Network
- c. conferences, such as the ACHPER QLD State HPE Conference
- d. resources, such as the ACHPER Advocacy Kit

There is also a Members-only section including member benefits and presentations.

Australian Medical Association (AMA) Queensland

AMA Queensland is the peak medical body for doctors in Queensland and is committed to bettering public health in the State through a range of different initiatives.

One of these is AMA Queensland's *Kids GP* campaign, which is aimed at providing an effective public health contribution towards the spiralling rates of overweight and obese children in Queensland.

For more information about AMA Queensland's *Kids GP* campaign please visit the KIDS GP website <http://www.kidsgp.com.au/>

Commonwealth Department of Health and Ageing

<http://www.healthyactive.gov.au/internet/healthyactive/publishing.nsf/Content/eating>
Developed by the Commonwealth Department of Health and Ageing, *The Australian Guide to Healthy Eating (AGTHE)* provides information on the types and amounts of foods that need to be eaten each day to get enough of the nutrients essential for good health and well-being. The *AGTHE* aims to encourage the consumption of a variety of foods from each of the five food groups every day in proportions that are consistent with the *Australian Dietary Guidelines*.

Background information, posters, brochures and leaflets for consumers are available online.

Diabetes Australia Queensland

<http://www.diabetesqld.org.au/>

Diabetes Australia - Queensland is a not-for-profit organization dedicated to improving the lives of people with diabetes. Diabetes Australia - Queensland is a member-based association and is part of the national organization, Diabetes Australia Ltd. Diabetes Australia - Queensland was formed in 1968 and currently has over 44,000 Members. The organisation's vision is an Australian community free from diabetes and its impacts.

Dietitians Association of Australia Queensland Branch

<http://www.daa.asn.au/>

Dietitian Association of Australia is the largest professional nutrition organization in Australia with over 3000 members. Accredited Practising Dietitians (APDs) are university-qualified professionals committed to quality service and the DAA Code of Professional Practice. The DAA website gives practical, up-to-date information on nutrition and healthy eating and provides an online 'Find an APD' service.

Eat Well Be Active

<http://www.eatwellbeactive.qld.gov.au/>

The interactive Eat Well Be Active (EWBA) website has been developed by the Queensland Government to provide practical handy tips and information to help Queenslanders to make healthier eating choices and be more active every day.

The EWBA website includes food and activity tips and myth busters, national guidelines for nutrition and physical activity, fun activities for kids, healthy weight information, motivation tools and much more. It also contains other useful resources, fact sheets and links.

The EWBA website is part of the Queensland Government's three-year Eat Well Be Active campaign, launched in February 2007.

Food Standards Australia and New Zealand

<http://www.foodstandards.gov.au/>

Food Standards Australia New Zealand (FSANZ) is an independent statutory agency established by the *Food Standards Australia New Zealand Act 1991*. This site contains information, fact sheets and publications about food safety, food standards, food labelling and nutrient analysis.

Food Safety Policy and Regulation Unit

<http://www.health.qld.gov.au/phs/ehu/food.asp>

The Food Safety Policy and Regulation Unit (FSPRU) is the lead agency in Queensland for food safety, responsible for developing food safety policy and regulation for Queensland (*Food Act 2006* and *Food Regulation 2006*). As part of Queensland Health's Environmental Health Unit, FSPRU role includes:

- developing whole of government Queensland contribution and position to the development of national food policy and standards
- consistent implementation and enforcement of policy, standards and legislation
- coordinating food recalls, Prescribed Pathogen Notifications and AQIS failed food reports
- coordinating regulatory surveillance compliance and monitoring
- providing guidelines, policies, procedures and other advice on the implementation and enforcement of the *Food Act 2006*
- providing technical and interpretation advice on food safety matters to key stakeholders such as community, industry, other departments and Queensland Health Population Health Units.

This site contains information and resources regarding food safety for the food industry and health professionals.

Go for 2 and 5

<http://qheps.health.qld.gov.au/gofor2and5/>

Queensland Health launched the *Go for 2&5*[®] campaign to increase awareness of the need to eat more fruit and vegetables; and to encourage all Queenslanders to increase their intake of fruit and vegetables by one serve per day. This site provides a range of resources and tools to promote the consumption of fruit and vegetables to help reduce the risks of obesity, poor nutrition and chronic disease.

National Health and Medical Research Council

<http://www.nhmrc.gov.au/publications/synopses/dietsyn.htm>

The Commonwealth Department of Health and Ageing funded the National Health and Medical Research Council (NHMRC) to produce several publications based on the best scientific evidence, to improve the health of Australians and reduce the burden of preventable diet-related disease. Jointly known as the *Australian Dietary Guidelines* they include the *Dietary Guidelines for Australian Adults* and the *Dietary Guidelines for Children and Adolescents in Australia* (incorporating the *Infant Feeding Guidelines for Health Workers*).

To download or print copies of these guidelines visit NHMRC website.

Nutrition Australia

<http://www.nutritionaustralia.com.au/>

Nutrition Australia, (the registered business name for the Australian Nutrition Foundation Inc.) is a non-government, non-profit community based organisation that aims to provide scientifically based nutrition information to encourage all Australians to achieve optimal health through food variety and physical activity.

Queensland Divisions of General Practice

<http://www.qdgp.org.au/>

The Queensland Divisions of General Practice is the peak representative body for divisions of general practice in Queensland. Queensland Divisions of General Practice promotes the central role of general practice in primary health care by ensuring that key stakeholders and general practice work together in a supported environment.

Established in 1997 and representing 18 Divisions in Queensland, Queensland Divisions of General Practice aims to influence and implement primary health care reform in Queensland.

Queensland Health

<http://www.health.qld.gov.au/>

Information and resources are available regarding healthy living, including nutrition, physical activity, oral health and food safety.

Smart Choices – Healthy Food and Drink Supply Strategy for Queensland Schools

<http://education.qld.gov.au/schools/healthy/food-drink-strategy.html>

Smart Choices is all about supplying healthy food and drink choices to students in Queensland schools. It applies to all areas of the school where food and drink is supplied including tuckshops, fundraising, vending machines, excursions, camps, classroom rewards, sports days and curriculum activities.

Smart Choices is mandatory for all Queensland state schools from January 2007. The Smart Choices website contains a resource package and tool kit that has been developed to help schools implement the strategy.

The Cancer Council Queensland

<http://www.qldcancer.com.au/>

The Cancer Council Queensland was established in 1961 and is the state's foremost anti-cancer organization. It is an independent, community-based charity and is not government funded. The Cancer Council aims to reduce the impact of cancer - particularly the suffering it causes - and ultimately to eliminate the disease, by raising funds to advance cancer research; improve cancer treatment; support people with cancer, their family and friends; and increase community awareness of cancer, its prevention and early detection.

The Heart Foundation

<http://www.heartfoundation.com.au/>

The Heart Foundation, Australia's leading heart health organization, has developed the Walk of Life - for all walks of life campaign and a booklet called Losing Weight the Healthy Way, with easy and clear tips to help you achieve and maintain a healthy weight and a healthy lifestyle.

The Heart Foundation saves lives by funding world-class research, guidelines for health professionals, informing the public and assisting people with cardiovascular disease. As a charity, the Heart Foundation relies on donations and gifts in wills to continue its lifesaving research, education and health promotion work. For further information visit Heart Foundation <http://www.heartfoundation.com.au/> or call 1300 36 27 87.

Useful Resources

Australian Guide to Healthy Eating

To obtain copies of the booklet and poster contact the Australian Government Department of Health and Ageing on 1800 020 103 extension 8654 (free call) or email nmm@nationalmailing.com.au

Eat well, be active – healthy kids for life

The Queensland Government's first action plan 2005 – 2008, eat well be active healthy kids for life aims to achieve a healthier weight in Queensland children and young people. This plan seeks to create an environment that better enables children and young people to be active everyday and to eat well.

Copies may be downloaded or printed from QHEPS website
<http://www.health.qld.gov.au/phs/Documents/shpu/29187.pdf>

Eat Well Queensland 2002-2012: Smart Eating for a Healthier State

The first public health food and nutrition strategy developed for all Queenslanders. Eat Well Queensland provides a framework for action and identifies priorities with the potential to achieve health gains.

Copies may be downloaded or printed from QHEPS website
<http://www.health.qld.gov.au/QPHF/Documents/30434.pdf>

Food for Health – Dietary Guidelines for Australian Adults

To obtain copies of the booklet, pamphlet and poster produced by the National Health and Medical Research Council contact National Mail and Marketing on 1800 020 103 ext 8654 (free call) or email phd.publications@health.gov.au

Food for Health – Dietary Guidelines for Children and Adolescents in Australia

To obtain copies of the booklet, pamphlet and poster produced by the National Health and Medical Research Council contact National Mail and Marketing on 1800 020 103 ext 8654 (free call) or email phd.publications@health.gov.au

Food Safety for Fundraising Events

A pocket book guide to assist charities and community organisations meet their legal obligations under Queensland food safety laws. Copies can be obtained from local Public Health Units. See below for locations and contact numbers.

Brisbane North side 3624 1111	Mt Isa and Gulf 4744 4846
Brisbane South 3000 9148	Redcliffe 3897 6480
Bundaberg 4150 2780	Rockhampton 4920 6980
Cairns 4050 3600	South West 4656 8100
Central West 4658 0859	Sunshine Coast 5409 6600
Darling Downs 4631 9888	Townsville 4753 9000
Gold Coast 5509 7222	Wide Bay 4120 6000
Mackay 4968 6611	West Moreton 3810 1500

Infant and Young Child Nutrition: Global Strategy on Infant and Young Child Feeding

Developed by the World Health Organisation (WHO) and United Nations Children's Fund (UNICEF), this strategy is based on evidence regarding the importance of nutrition, particularly breast feeding, in the early years for optimal growth and development. Copies can be downloaded or printed from the WHO website <http://www.who.int/publications/en/>

Infant Feeding Guidelines for Health Workers

The National Health and Medical Research Council (NHMRC) released these guidelines in order to help health workers provide consistent information on breastfeeding and infant feeding to new mothers. The Infant Feeding Guidelines were developed by the Infant Nutrition Panel of the NHMRC's Environmental Health and Nutrition Standing Committee. These guidelines clarify the responsibilities of health workers in relation to implementing the World Health Organisation's (WHO) International Code for the Marketing of Breastmilk Substitutes (The WHO Code) in Australia.

The NHMRC is currently reviewing this document. Copies of the original guidelines can be downloaded or printed from the NHMRC website <http://www.nhmrc.gov.au/>

Optimal Infant Nutrition: Evidence-Based Guidelines 2003-2008

Aiming to enhance infant and child health through the promotion of support of optimal infant nutrition, these guidelines have been developed as part of the *Strategic Policy Framework for Children's and Young People's Health 2003 – 2008*. The Optimal Infant Nutrition Guidelines also aim to ensure that pregnant women, mothers, families, carers, health care workers and the wide community are aware of the health benefits of optimal infant nutrition.

Copies may be downloaded or printed from QHEPS website at: <http://www.health.qld.gov.au/publications/childhealth/>

Queensland Health Food Service Policy, Corporate Guidelines and Standards

This manual provides guidance on the management of all aspects of food services from production through to the delivery of service that applies to all Queensland Health healthcare facilities. Copies may be downloaded or printed from QHEPS website <http://qheps.health.qld.gov.au/ibm/css/ssrp/documents/foodstan.pdf>

Queensland Health Healthy Lifestyle Resources

Titles include Better Eating for a Healthier Lifestyle, Great Lunches and Snacks for Hungry Kids, and Facts on Fat. Contact Queensland Health publications on 07 3234 1053.

Safe Food Australia – A Guide to the Food Safety Standards 2nd edition

This guide has been prepared to help with the interpretation of the three mandatory food safety standards. The guide was prepared primarily for use by government agencies responsible for the enforcement of the standards. Businesses may also find it offers guidance that will help them to comply with the standards.

If you wish to obtain a hard copy of Safe Food Australia download and print from Food Standards Australia New Zealand website <http://www.foodstandards.gov.au/>

Appendix 1

Healthy Food Choices in Queensland Health Facilities Steering Group (December 2005 – June 2006)

Full members

Dr Amanda Lee, Manager Nutrition and Physical Activity, Health Promotion Unit, Population Health Branch (Chair)

Bronwyn Ashton, Senior Public Health Nutritionist, Health Promotion Unit, Population Health Branch (Secretariat)

Rhiannon Gibbs, Dietitian, The Park: Centre for Mental Health

Natalie Obersky, Dietitian, Royal Brisbane and Women's Hospital

Don Bambry, Acting Manager Food and Retail Services, Royal Brisbane and Women's Hospital

Denise Cruickshank, Manager Nutrition and Foodservice, Redcliffe-Caboolture Health Service District

Troy Litzow, Catering Manager, Toowoomba Hospital

Fiona Florakx, Dietitian, Prince Charles Hospital

Linda Morris, Acting Director, Dietetics and Food Service, The Townsville Hospital

Jeff Allen, Principal Policy Officer, Workplace Health and Safety Reform Unit

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A Better Choice Strategy Steering Group (October 2006 – April 2007)

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