



Healthier vending suggestions

Under *A Better Choice* all vending machines within Queensland Health facilities must not stock, promote or advertise foods and drinks from the **RED** category. **GREEN** choices should be always available, placed at eye-level and actively promoted. Foods and drinks from the **AMBER** category can be displayed and stocked in machines however these products are not to be actively promoted or advertised eg. two for one offers.

Use the Food and Drink Guide on pages 27 – 39 of the *A Better Choice* strategy and read nutrition information panels on products to select better options.

Suggestions for suitable drinks

Hot beverages:

- Offer reduced-fat, low-fat and/or skim milk options
- Offer reduced-fat chocolate flavourings
- Offer sugar alternatives ie. artificial sweetener

Cold beverages:

- Plain unflavoured water
- Plain unflavoured mineral or soda water
- Some flavoured waters*
- All plain regular full cream, reduced-fat, low-fat and/or skim milk and milk alternatives
- Artificially sweetened reduced-fat flavoured milks
- 300mL flavoured milk and milk alternatives as sold
- 300mL fruit juice (96 – 100%) as sold
- Artificially sweetened, low-joule, and/or sugar-free soft drinks and flavoured mineral waters

Suggestions for suitable snack options

- Tuna or salsa with plain crackers
- cheese with crackers (reduced-fat cheese and reduced salt crackers better option)
- Some flavoured rice crackers*
- Plain air-popped popcorn
- Plain crispbreads, crackers, rice or corn cakes (offer reduced salt where possible)
- Reduced-fat, reduced salt re-constituted soups
- Reduced-fat, reduced salt noodle bowls or cups
- Cereal-based or fruit-filled bars* ie. muesli bars
- Sliced or chopped fruit ie. fruit salad in tubs or sliced apple in a bag
- Packaged salads (offer dressing separate where possible)
- Packaged sandwiches, rolls or wraps**
- Packaged ready-to-eat-meals*
- Dried fruit
- Dried fruit and plain nuts
- Plain or salted dry roasted nuts (offer reduced salt where possible)
- Reduced-fat plain sweet biscuits*
- Reduced-fat fruit- or vegetable-based muffins*

* = check label against nutrient criteria for **RED** foods and drinks on pages 18 – 19 of the *A Better Choice* strategy

** = use the Food and Drink Guide on pages 27 – 39 of the *A Better Choice* strategy for appropriate fillings