

# Nutrition Guidelines

## Food Classification Guide

The following table supports the *Nutrition Guidelines for the Food Relief Sector in South Australia*. It is designed to help food relief providers classify foods and drinks as GREEN, AMBER or RED.

### GREEN FOODS

Everyday foods and drinks recommended to provide

At least 70% of total stock (volume)

Everyday nutritious foods and drinks as described in the *Australian Guide to Healthy Eating*.\* Foods and drinks include those from the five food groups, healthy spreads and oils, and water.

#### Vegetables and legumes/beans

- > all fresh, frozen (including baked oven chips) or plain canned vegetables (preferably no added salt)
- > 100% juice

#### Grain (cereal) foods

- > include mostly wholegrain varieties of breakfast cereals, breads, couscous and pasta/noodles
- > also offer wholegrains or plain flakes such as wheat, oats, rice, barley, millet, spelt, quinoa, corn and plain air popped popcorn

#### Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans

- > include nuts and seeds (preferably no added salt) and legumes/beans (dry or canned, eg baked beans, chickpeas, preferably no added salt)
- > fresh, frozen or canned meat, poultry and fish (preferably no added salt) eg chicken, turkey, beef, lamb, pork, kangaroo, tuna, salmon
- > eggs
- > legume and vegetable patties
- > tofu

### AMBER FOODS

Other foods available

Up to 20% of total stock (volume)

These are mixed foods, ready-to-eat meals or items used for cooking and meal preparation. They have variable nutrient content.

#### Vegetable based foods

- > vegetable based dips

#### Grain based foods

- > bread products with added garlic, cheese or bacon
- > instant noodle meals

#### Meat/meat substitute based foods

- > any crumbed meats, poultry, vegetarian options or fish
- > ham

### RED FOODS

Discretionary foods and drinks not recommended to provide

0 -10% of total stock (volume)  
Should not be provided in bulk or promoted

These are foods or drinks of poor nutrition quality and are considered discretionary foods. They are high in saturated fat and/or added sugars and/or salt. They often displace more nutritious foods in the diet.

#### Vegetable based foods

- > hot potato chip products eg hot chips, hash browns

#### Grain based foods

- > flavoured savoury biscuits
- > flavoured popcorn
- > sugary type breakfast cereals and those with added confectionary
- > iced buns, sweet biscuits, cakes, cake like muffins, puddings, sweet pastries, doughnuts

#### Meat/meat substitute based foods

- > processed meats – salami, mettwurst, regular sausages, bacon, and frankfurts
- > savoury or sweet coated nut snack combinations

### **Milk, yoghurt, cheese and/or alternatives, preferably reduced fat**

- > fresh, canned (preferably no added sugar), powdered or UHT milk
- > plain or fruit flavoured yoghurt
- > alternatives to dairy milk, cheese or yoghurt, eg soy or nut milks, should be calcium enriched
- > flavoured milk
- > plain custard

### **Fruit**

- > all fresh, frozen, dried (no added sugar or confectionery) or canned (preferably in juice)
- > 100% juice
- > pureed fruit (preferably no added sugar)

### **Healthy spreads and oils**

- > made from sunflower, safflower, corn, soybean, macadamia, peanut, almond, linseed, walnut, grapeseed, canola, rice bran or olive oil

### **Water**

- > bottled, still or sparkling, including coconut water (no added sugar or intense sweeteners)

### **Miscellaneous healthy options**

- > baked beans (preferably salt reduced)
- > lemon and lime juice, vinegar
- > fresh, dried or frozen herbs and spices (preferably no added salt varieties)
- > tomato paste (preferably no added salt)
- > prepared sandwiches, wraps, rolls, sushi or cold rolls made with GREEN ingredients
- > legume snacks (preferably low salt), eg roasted chickpeas

### **Milk based foods**

- > dairy desserts
- > dairy based dips

### **Drinks**

- > tea
- > coffee

### **Miscellaneous foods**

- > ready to eat meals (frozen, chilled, shelf stable or canned) ie complete meals of all cuisines based on meat, poultry, fish, meat substitute, tofu, vegetables (these may require re-heating, and may include, or require adding, accompaniments such as potato, rice, noodles, pasta, eg chicken curry, spaghetti bolognese, Irish stew, dahl, Quorn lasagne)
- > chilled/frozen pizza, dim sims, dumplings
- > soups (chilled, canned, shelf stable, dry packet)
- > canned spaghetti
- > items used for cooking and meal preparation (eg pasta sauces, curry or meal bases, condiments, sauces, dressings, flour, sugar, honey, yeast spread, seasoning mixes, pesto, chutneys, pickles, mustards, artificial or natural sweeteners)

### **Milk based foods**

- > ice cream or frozen yoghurt
- > cream
- > sweetened condensed milk
- > custard or yoghurt with added chocolate or confectionery

### **Fruit based foods**

- > glace fruit
- > any fruit coated with chocolate or yoghurt type coating
- > fruit drinks

### **Spreads and oils**

- > coconut oil, palm oil
- > animal fats eg lard, dripping, ghee and butter

### **Drinks**

- > sugar sweetened drinks eg soft drink, cordial, fruit drink, energy and sports drinks, or coconut water
- > alcohol
- > artificially sweetened or naturally sweetened drinks
- > ice blocks or confections

### **Discretionary foods**

- > potato and corn crisps, savoury snack foods, savoury pies and pasties
- > toppings and syrups, desserts, jelly
- > confectionery, lollies, chocolate, muesli bars