

Tips and Tricks for healthy eating

Here are some strategies for providing healthy options. These strategies support purchasing food from local food stores, supermarkets and catering companies.

- Always provide water as an option to drink
- Offer reduced-fat milk as an option with tea or coffee and herbal tea
- Include fruit and vegetables in the majority of options
- Limit processed meats (e.g. Salami, bacon, corned beef)
- Serve spreads and condiments separately and use salt reduced condiments
- Use multigrain, whole meal and rye breads
- Avoid added sugar and salt and avoid over catering by determining number of people and discussing serving amounts with caterers
- Provide small serves where possible e.g. ask for mini muffins, provide pre-cut serves and half serves



THE TRAFFIC LIGHT CLASSIFICATION SYSTEM categorises foods and drinks as **GREEN**, **AMBER** or **RED** based on their nutritional value. When staff are buying or ordering food they should predominately come from the green category, some can be from the amber category and foods from the red category should be limited.

The GREEN category Best Choices

These foods and drinks are the healthiest choices and should be included as the main choice. They are good sources of important nutrients and lower in saturated fats, added sugar and salt. Actively promote and encourage GREEN foods and drinks.

Examples include;

- Grain (cereal) foods, mostly wholegrain
- Vegetables and legumes/beans
- Fruit and water always
- Milk, yoghurt, cheese, mostly reduced-fat
- Lean meat and poultry, fish, eggs, tofu, nuts and seeds

The AMBER category Choose Carefully

They should be chosen less often than foods in the green category. Amber foods often contain important nutrients; they can have moderate levels of sugar, fat and/or salt.

Examples include;

- Meat or poultry with visible skin or fat
- Salted nuts and seeds
- Steamed dim sims and spring rolls
- Lean processed meats
- Fruit leathers and dried fruit
- Savoury-topped breads and pizzas with wholemeal flour and reduced-fat cheese

The RED category Limit

These foods should be limited and only consumed in small amounts. These foods and drinks are low in essential nutrients and high in saturated fat, sugar and salt.

Examples include;

- Fried foods
- Sugar sweetened drinks
- Savoury pastries such as pies, sausage rolls and pasties
- Cakes, slices and sweet pastries
- Processed meats, such as Devon, Strasburg, salami, kabana and bacon

For ordering catering in;

Wodonga, please refer to the Wodonga Healthy Catering Guide.

Wangaratta, please refer to the Traffic Light classification system as above.