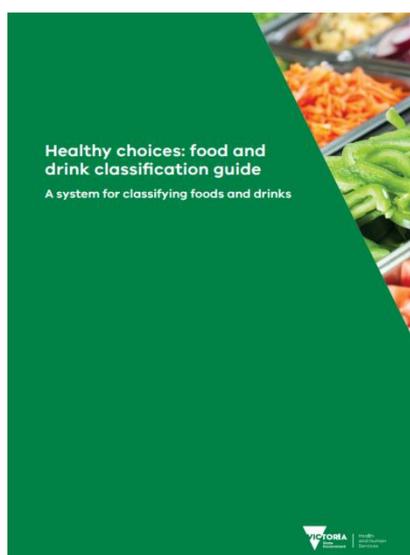


The Healthy choices: food and drink classification guide was updated in 2020 to more accurately reflect the current food supply



The *Healthy choices: food and drink classification guide* was updated at the end of 2020. The information below outlines the differences between this updated classification guide and the previous version from 2016.

Changes/additions to existing criteria

Breakfast cereals

Previously breakfast cereals were only classified as **GREEN** or **AMBER**, however additional sugar criteria (per 100g) now provides cut offs to classify breakfast cereals as **RED**.

For breakfast cereals not containing dried fruit:

- 20-25g sugar per 100g = **AMBER**
- Greater than 25g sugar per 100g = **RED**

For breakfast cereals containing dried fruit:

- 25-30g sugar per 100g = **AMBER**
- Greater than 30g sugar per 100g = **RED**

Beans and legumes

Legume snack tins with added oil are **AMBER**, otherwise **GREEN**.

Cakes and muffins (made on site)

The recommended portion size for cakes and muffins made on site is now 80g (previously 150g). The description 'the size of a tennis ball as maximum portion size' has been included.

Crackers

Crackers can now be **GREEN** if they meet the 'Savoury snack foods, biscuits, crispbreads and crisps' **AMBER** criteria AND have 2g fibre or more per serve.

Ice creams

Ice creams are now automatically classified **RED** if chocolate coated.

Ice creams and other dairy desserts based on milk alternatives can also be **AMBER** if meeting current NIP criteria and milk alternative is listed as first ingredient (or second after water)

Yoghurt products with added toppings/ingredients are **RED** if they contain confectionary or sweet biscuits, otherwise **AMBER**.

Pasta and simmer sauces

Previously pasta and simmer sauces were only classified as **GREEN** or **AMBER**, however additional **RED** criteria is now included.

Pasta and simmer sauces with greater than 5g saturated fat and/or greater than 700mg sodium per 100g are classified **RED**.

Popcorn

Popcorn products are classified according to the 'Savoury snack foods, biscuits, crispbreads and crisps' criteria, however lightly salted popcorn products are now allowed up to 2,000kj per 100g to be **AMBER** (as long as they also meet the existing 'per serve' criteria).

All other flavoured popcorn products must be classified by the existing 'Savoury snack foods, biscuits, crispbreads and crisps' criteria.

Ready-to-eat meals

Previously ready-made meals were only classified as **AMBER** or **RED** however additional **GREEN** criteria is now included.

A ready-made meal can be **GREEN** if it meets the following criteria: 2000kJ or less per serve, 2g sat fat or less per 100g, 250mg sodium or less per 100g, 750mg sodium or less per serve, 5g or more fibre per serve

Soups

Dried instant soups are now automatically classified **AMBER**.

Tuna and cracker packs

Crackers no longer assessed within criteria for tuna and cracker packs, with classification based on tuna only (in springwater = **GREEN**, otherwise **AMBER**). Qualitative advice is included to encourage choosing products with wholemeal or multigrain crackers where possible.

Yoghurts

Previously only yoghurts labelled 'low/reduced fat' could be **GREEN**. Yoghurts not labelled 'low/reduced fat' but that have 2g total fat or less can now also be **GREEN**.

Drinks

Flavoured milks:

Previously only flavoured dairy milks labelled 'low/reduced fat' and with 900kj or less per serve could be **GREEN**. Flavoured dairy milks not labelled 'low/reduced fat' but that have 2g total fat or less can now also be **GREEN**, if they also have 900kj or less per serve.

Juices:

Drinks made from a combination of water and juice can be **AMBER** if the juice is at least 99% fruit juice and is diluted with water only, and if the amount of juice in the bottle is 250ml or less.

These drinks are also classified as **AMBER** if they meet the above criteria and are artificially sweetened.

Diluted fruit juice and water beverages are classified as **RED** if they contain any added sugar and/or if the amount of juice in the bottle is greater than 250mL.

New criteria added

Dip and cracker packs

Classification is based on the dip only (vegetable, legume or yoghurt dip = **GREEN**, otherwise **AMBER**). Qualitative advice is included to encourage choosing products with wholemeal or multigrain crackers where possible.

Trail mixes

Trail mixes are classified according to their ingredients using the mixed meal criteria on page 27 of the classification guide.

Tuna and legume ready-to-eat products

Assess as **GREEN** if 2g saturated fat or less and 400mg sodium or less per 100g, otherwise **AMBER**. Examples of these products include shelf-stable tuna and bean snacks or bean and rice tubs with vegetables.

Drinks

High protein drinks

High protein milks and protein shakes that are 300ml or less per bottle are **AMBER**. Those over 300ml are **RED**.

This includes protein-energy supplements and formulated supplementary sports drinks that are designed to supplement a person's diet or enhance performance.

Protein waters (plain or flavoured waters that contain added protein) over 300ml or that have added sugar are **RED**. Those under 300ml are **AMBER** if they are artificially sweetened with no added sugar.

Kombucha and fermented soft drinks

Kombucha and other fermented soft drinks are classified as **AMBER** if they have less than 1g of sugar per 100mL and the alcohol content is equal to or less than 0.5%.

These drinks are classified as **RED** if they contain 1g or more of sugar per 100mL and/or if alcohol content is greater than 0.5%.

Coconut water

Coconut water is classified as **AMBER** if it contains no added sugar and contains 300kJ or less per serve.

Coconut water that contains 99% fruit juice is also classified as **AMBER** as long as it has less than 300kJ per serve and contains no added sugar.

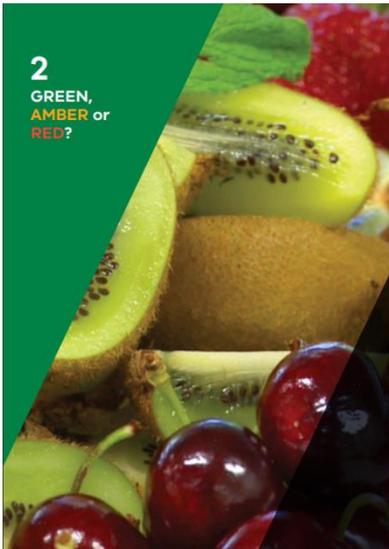
Coconut water with added sugar or greater than 300kJ per serve is classified **RED**.

Bottled coffee drinks

Black coffee drinks that are canned or bottled are classified:

- **GREEN** if they have 0g of sugar per serve
- **AMBER** if they have 0.1g – 5g of sugar per serve
- **RED** if they have more than 5g of sugar per serve.

Milk-based canned and bottled coffee drinks are classified using the flavoured milk criteria.



Updated wording

Definition of 'RED' foods and drinks

The overall definition of **RED** foods or drinks has been updated to include: 'foods and drinks that are not recommended for consumption by the general population as part of a normal diet and are for special purposes only. This includes high protein drinks and formulated supplementary sports drinks.

Advice is also included that formulated meal replacements are not to be sold in retail food outlets and vending machines.

Mixed meal criteria

The description of a major or minor ingredient has been made clearer in the classification guide. Emphasis has also been provided in the guide that the mixed meal criteria is only to be used when there is no nutrition information panel (NIP) available.

(Note: the HEAS FoodChecker tool will also be adapted to no longer require quantities of ingredients, and allocate ingredients to major or minor only based on how they are used in a recipe rather than the specific amount used)

Common foods and drinks

Various wording in section 5 of the guide (known as the *Common foods and drinks classification guide*) has been updated for greater clarity and simplicity, with updated examples of foods and drinks to more accurately reflect the foods and drinks that certain criteria applies to.

You can access the updated version of the classification guide, and further information on Healthy Choices through the HEAS website:

<http://heas.health.vic.gov.au/healthy-choices/guidelines>

To receive this document in an accessible format phone 1300 22 52 88 or email heas@nutritionaustralia.org

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