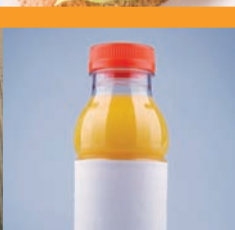


# A guide to making healthy food and drink choices

## Best choices: GREEN category

Choose **GREEN** category foods and drinks as they are the most nutritious choices.



## Choose carefully: AMBER category

Choose **AMBER** category foods and drinks sometimes as they are mainly processed and have some sugar, salt and/or fat added to them.

## Limit: RED category

Choose **RED** category foods and drinks rarely as they are not an essential part of a balanced diet. It is recommended that these foods and drinks are only consumed occasionally and in small amounts.

