

Healthy food and drink choices in WA schools

Fill the menu

Green food and drinks

- at least 60% of the menu
- form the basis of a healthy diet
- good source of nutrients
- should be promoted

Select carefully

Amber food and drinks

- no more than 40% of the menu
- have some nutritional value
- should be selected carefully

Off the menu

Red food and drinks

- must not be sold or provided
- lack nutritional value
- can contribute excess energy



Department of **Health**
Department of **Education**

det.wa.edu.au/healthyfoodanddrink



waschoolcanteens.org.au