

# 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

- off the menu
- lack nutritional value
- can contribute excess energy



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

[det.wa.edu.au/healthyfoodanddrink](http://det.wa.edu.au/healthyfoodanddrink)



[waschoolcanteens.org.au](http://waschoolcanteens.org.au)