



# HEALTHY CHOICES CATERING GUIDE

Selecting healthy supermarket snacks for morning or afternoon tea

The food and drink in this resource have been classified using the traffic light system, into green, amber and red categories based on their nutrient content. Classifications have been based on the *Healthy Choices: Food and Drink classification guide*.

This guide provides options for food and drink choices from the **green** and **amber** categories.



## **GREEN - Best choice.**

**Ensure green food and drinks are always available and make up the majority of available choices**

- Good sources of important nutrients
- Lower in saturated fat, added sugar and/or salt
- Lower in energy
- Higher in fibre



## **AMBER - Choose carefully.**

**Amber foods and drinks should not dominate the available choices**

- Can contribute to excess energy
- Can contain moderate amounts of saturated fat, added sugar and/or added fat.



## **RED - Limit consumption.**

**Limit the availability of red food and drinks**

- High in energy
- High in saturated fat, added fats, added sugar and/or added salt
- Lacking in important nutrients such as fibre

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## Healthy supermarket snack ideas for morning or afternoon tea



As health professionals it is important we role model a healthy lifestyle to our clients and community. Monash Health has developed this guide as a way of helping staff to add healthy food options when providing morning or afternoon tea for a group, meeting or event.

This guide lists a selection of brands that are commonly available in leading supermarkets. There may be other brands that are suitable that do not appear in this guide.

More information about the *Healthy Choices: Food and Drink classification guide* can be found on the Healthy Eating Advisory Service website <https://heas.health.vic.gov.au/>

To find out what category a food or drink that's not on this list fits into you can use the FoodChecker website. Simply enter a few details and FoodChecker will do the rest <http://foodchecker.heas.health.vic.gov.au/>



	Cheese	Dips	Vegetables	Miscellaneous	Baked Goods	Fruit	Drinks
GREEN (Best Choice)	<ul style="list-style-type: none"> <li>• <b>Reduced fat</b> cheese eg:                             <ul style="list-style-type: none"> <li>◦ Cream cheese</li> <li>◦ Feta cheese</li> <li>◦ Cheddar</li> <li>◦ Tasty</li> </ul> </li> <li>• Cottage cheese</li> <li>• Ricotta</li> </ul>	<ul style="list-style-type: none"> <li>• Chris' Dips                             <ul style="list-style-type: none"> <li>◦ Eggplant</li> <li>◦ Beetroot</li> <li>◦ Hommus</li> </ul> </li> <li>• Yumi's                             <ul style="list-style-type: none"> <li>◦ Eggplant</li> <li>◦ Moroccan pumpkin</li> </ul> </li> <li>• Black Swan                             <ul style="list-style-type: none"> <li>◦ Skinny hommus</li> <li>◦ Skinny tzatziki</li> <li>◦ Tzatziki</li> </ul> </li> <li>• Obela                             <ul style="list-style-type: none"> <li>◦ Beetroot hommus</li> <li>◦ Guacamole</li> <li>◦ Pinenut hommus</li> <li>◦ Garlic hommus</li> </ul> </li> <li>• Tomato salsa                             <ul style="list-style-type: none"> <li>◦ All brands</li> </ul> </li> <li>• Coles                             <ul style="list-style-type: none"> <li>◦ Beetroot</li> <li>◦ Hommus</li> <li>◦ Sweet potato</li> <li>◦ Tzatziki</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Broccoli</li> <li>• Capsicum</li> <li>• Carrot</li> <li>• Celery</li> <li>• Cherry Tomatoes</li> <li>• Cucumber</li> <li>• Snow peas/ Green beans</li> <li>• Or any other fresh vegetable which would be suitable to serve as finger food.</li> </ul> <p>Serve as a vegetable platter or part of a nibble platter including dips and crackers.</p>	<ul style="list-style-type: none"> <li>• Nuts (Plain, Dry roasted)</li> <li>• Mountain bread</li> <li>• Pita bread</li> <li>• Sushi rolls (vegetables/ un-crumbed fillings and minimal mayonnaise)</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit bread</li> <li>• Raisin toast</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh fruit</li> <li>• Fresh fruit platter</li> </ul>	<ul style="list-style-type: none"> <li>• Tap water</li> <li>• Plain mineral water</li> <li>• Coffee and tea</li> <li>• Plain low fat milk</li> </ul>

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## Choose Carefully

	Cheese	Dips	Biscuits	Miscellaneous	Fruit	Drinks
AMBER (Choose Carefully)	<ul style="list-style-type: none"> <li>• <b>Full fat</b> cheese eg:                             <ul style="list-style-type: none"> <li>◦ Cream cheese</li> <li>◦ Feta cheese</li> <li>◦ Cheddar</li> <li>◦ Tasty</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Chris' Dips                             <ul style="list-style-type: none"> <li>◦ Avocado</li> <li>◦ Tomato, cashew &amp; parmesan</li> <li>◦ Cheese &amp; chive</li> <li>◦ French onion</li> <li>◦ Spicy Capsicum</li> <li>◦ Spring onion</li> <li>◦ Sundried tomato</li> <li>◦ Three olive</li> <li>◦ Tzatziki</li> </ul> </li> <li>• Yumi's                             <ul style="list-style-type: none"> <li>◦ Green olive</li> <li>◦ Hommus</li> <li>◦ Beetroot hommus</li> <li>◦ Chipotle hommus</li> <li>◦ Spinach</li> <li>◦ Sweet potato &amp; cashew</li> </ul> </li> <li>• Black Swan                             <ul style="list-style-type: none"> <li>◦ Avocado</li> <li>◦ Basil &amp; cashew</li> <li>◦ Beetroot tzatziki</li> <li>◦ Caramelised onion</li> <li>◦ Guacamole</li> <li>◦ Roast garlic hommus</li> <li>◦ Spicy capsicum</li> </ul> </li> <li>• Obela                             <ul style="list-style-type: none"> <li>◦ Hommus</li> <li>◦ Jalapeno hommus</li> <li>◦ Tzatziki</li> </ul> </li> <li>• Coles                             <ul style="list-style-type: none"> <li>◦ Avocado</li> <li>◦ Basil pesto</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Rice &amp; corn cakes                             <ul style="list-style-type: none"> <li>◦ All Plain &amp; Flavoured</li> </ul> </li> <li>• Cruskits</li> <li>• Premium 98% fat free</li> <li>• Rice crackers                             <ul style="list-style-type: none"> <li>◦ All Plain &amp; Flavoured</li> </ul> </li> <li>• Vitaweets                             <ul style="list-style-type: none"> <li>◦ All varieties</li> </ul> </li> <li>• Woolworths                             <ul style="list-style-type: none"> <li>◦ Water crackers plain</li> <li>◦ Water crackers cracked pepper</li> </ul> </li> <li>• Water Thins                             <ul style="list-style-type: none"> <li>◦ Natural</li> <li>◦ Pepper &amp; chive</li> <li>◦ Fig lavosh</li> </ul> </li> <li>• Orgran                             <ul style="list-style-type: none"> <li>◦ Quinoa wafer thins</li> <li>◦ Buckwheat wafer thins</li> </ul> </li> <li>• Arnotts                             <ul style="list-style-type: none"> <li>◦ Snack right fruit slice sultana</li> <li>◦ Spicy fruit roll</li> <li>◦ Shredded wheatmeal</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Dried fruit and nut mix</li> <li>• Nuts (salted, roasted in oil)</li> <li>• Sushi rolls (with crumbed fillings)</li> <li>• Happy Snack Co.                             <ul style="list-style-type: none"> <li>◦ Roasted chic peas</li> <li>◦ Roasted Fav-va beans</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Dried Fruit</li> <li>• Avoid banana chips &amp; dried fruit coated with sugar, chocolate or yoghurt</li> </ul>	<ul style="list-style-type: none"> <li>• No added Sugar Fruit Juice</li> <li>• Plain full fat milk</li> </ul>

## Limit

<b>RED (Limit)</b>	<p>Tips for when red items are served :</p> <ul style="list-style-type: none"> <li>• Consider buying items available in small portion sizes ie. mini muffins</li> <li>• Consider slicing food items into smaller portions to serve</li> <li>• Consider buying fruit based cakes, muffins or biscuits instead of chocolate or cream based.</li> </ul>
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