

# HEALTHY CHOICES



This suppliers list has been developed to assist individuals/clubs/workplaces in locating local suppliers that offer GREEN and AMBER drink options.

The Healthy Choices Guidelines<sup>1</sup> use a traffic light system to classify food and drinks based on their nutritional value, in line with Australian Dietary Guidelines<sup>2</sup> recommendations. This simplifies the process of offering and choosing healthy food and drink options by classifying items as:

**GREEN - Best Choice** | **AMBER - Choose Carefully** | **RED - Limit**

## The Healthy Choices guidelines for drinks

| GREEN<br>BEST CHOICES                                 | AMBER<br>CHOOSE CAREFULLY  | RED<br>LIMIT  |
|---|--|---|
| Water (tap, still, sparkling, soda)                   | Full-fat plain milk  | Soft drinks<br>Sports and energy drinks<br>Cordials               |
| Flavoured water with natural essence (no added sugar) | Flavoured milk, medium size (350-500ml)  | Flavoured iced teas, waters and mineral waters (with added sugar) |
| Reduced-fat plain milk                                | Diet/artificially sweetened drinks including soft drinks, iced teas, sports drinks | Fruit drinks  |
| Reduced-fat flavoured milk, small (up to 300ml)       | Diet/artificially sweetened energy drinks (250ml or less)                          | Fruit juices (with added sugar or over 250ml)                     |
| Tea/coffee (no added sugar)                           | Fruit juices (>99% juice, no added sugar, 250ml or less)                           | Flavoured milk, large (500ml or more)                             |
|   | Coconut water (no added sugar, >99% coconut water, up to 300kj/bottle)             | Coconut water (with added sugar or over 300kj/bottle)             |

Source: Adapted from *Healthy choices: food and drink classification guide*

Many of the following drinks listed in this document are also available in **local and major supermarkets** throughout Victoria.

### References

1. Department of Health and Human Services. (2016). *Healthy choices: food and drink classification guide – A system for classifying food and drinks*. Victoria, Australia: Department of Health and Human Services.
2. National Health and Medical Research Council. (2013). *Australian Dietary Guidelines*. Canberra, Australia: National Health and Medical Research Council.

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## Drink Suppliers\*

| Supplier:                     | Products:  | Contact:   |
|-------------------------------|--|--|
| <b>Coca Cola Amatil</b>       | Supply a range of water brands including 'Pump', 'Mount Franklin' & 'Mount Franklin lightly sparkling' with natural essence (GREEN). A range of 'Diet' and 'Zero' soft drinks/sports drinks including 'Powerade Zero' (sugar free) are also available (AMBER).   | <a href="http://www.mycca.com.au">www.mycca.com.au</a><br>13 26 53                           |
| <b>Emma &amp; Toms</b>        | Includes a range of items including flavoured 350ml low fat milk drinks (no added sugar) (GREEN). Other items include 'Life Juices' with flavours including coconut, apple and orange (100% juice, no added sugar) as well as a range of sparkling juices that contain fruit juice, sparkling water and stevia leaf extract (AMBER). G&K Fine Foods are the chosen Melbourne distributor for this company. | <a href="http://www.emmaandtom.com">www.emmaandtom.com</a><br>1800 112 889                   |
| <b>Fonterra</b>               | Dairy company supplying reduced fat (GREEN) and full fat (AMBER) 'Anchor' branded UHT plain milk.  | <a href="http://www.fonterrafoods.com">www.fonterrafoods.com</a><br>1300 738 484             |
| <b>Fresh Food Enterprises</b> | Wholesale distributors of natural and allergen friendly beverages including 'Fangks' sugar free and allergy friendly flavoured milk mixes (GREEN when mixed with low fat milk and AMBER with full-fat milk). An extensive range of 'Higher Living' organic tea is also available (GREEN).  | <a href="http://www.freshfood.net.au">www.freshfood.net.au</a><br>1800 731 845               |
| <b>G&amp;K Fine Foods</b>     | National distributor of Emma & Toms beverages.   | <a href="http://www.gkfinefoods.com.au">www.gkfinefoods.com.au</a><br>1800 626 368           |
| <b>Heinz</b>                  | Supply 'Popper Juice' Fruit Juice with no added sugars or preservatives (AMBER). Another available product is 'LOL' 250ml carbonated fruit juice with 99% fruit juice, no added sugar (AMBER).   | <a href="http://www.heinzfoodservice.com.au">www.heinzfoodservice.com.au</a><br>1800 037 058 |
| <b>Juice and Co</b>           | Supply a range of flavoured 110ml juice cups and 250ml 'Just Fruit' bottles with 100% fruit juice, no added sugar (AMBER).   | <a href="http://www.juiceandco.com.au">www.juiceandco.com.au</a><br>1800 99 87 52            |
| <b>Lion Foodservices</b>      | Distribute Pura and Dairy Farmers reduced (GREEN) and full fat (AMBER) milk products. 250ml 'Big M' reduced fat flavoured milk is available and categorised as GREEN. 'Summit' spring water is also available (GREEN).   | <a href="http://www.lionfoodservice.com.au">www.lionfoodservice.com.au</a><br>1800 000 570   |

\*list is current as of May 2017.

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|                          |  |  |
|--------------------------|--|--|
| <b>Nudie Foods</b>       | Juice company that offer 'Nudie Water' that has a hint of flavour (GREEN). Other items consist of 100% juices with no added sugar including 250ml varieties of 'Kid's Nudie', 'Super Nudie' and 'Crushies' (AMBER). 330ml 100% coconut water (AMBER).                        | <a href="http://www.nudie.com.au">www.nudie.com.au</a><br>1800 466 8343                          |
| <b>Parmalat</b>          | Dairy company offering a range of brands including Pauls 'Smarter White Milk', 'Zymil' lactose free low fat milk & 'Milky Max' 250 ml reduced fat flavoured milk (GREEN). Full cream milk products are also available including 'Farmhouse Gold' and 'Pure Organic' (AMBER). | <a href="http://www.parmalat.com.au">www.parmalat.com.au</a><br>(03) 9215 6111                   |
| <b>PFD</b>               | This distributor stocks an extensive range of drink brands.  | <a href="http://www.pfdfoods.com.au">www.pfdfoods.com.au</a><br>131 733                          |
| <b>Sanitarium</b>        | Stock a variety of items that include 'Up and Go' Liquid Breakfast, 'So Good' Soy milk in fat free, light and regular and 'So Good' unsweetened Almond milk (GREEN).   | <a href="http://www.sanitarium.com.au">www.sanitarium.com.au</a><br>(03) 9877 3957               |
| <b>Schweppes</b>         | Schweppes Australia is part of the Asahi Beverages Group and sells 'Cool Ridge' water (GREEN), and 'Schweppes Soda Water' (GREEN) as well as an extensive range of other drinks and brands including 'Pop-tops' 99% juice (AMBER) and 'Pepsi Max' (AMBER).                   | <a href="http://www.schweppesaustralia.com.au">www.schweppesaustralia.com.au</a><br>1800 244 054 |
| <b>Sipahh</b>            | Flavoured drinking straws with less than half a teaspoon of sugar (GREEN with low fat milk and AMBER with full-fat milk)   | <a href="http://www.sipahh.com.au">www.sipahh.com.au</a><br>1300 188 900                         |
| <b>Zole Distribution</b> | Supply healthy snacks and drinks including Nippy's 250ml flavoured milk (GREEN) and 200ml Sunraysia organic juice pouches (AMBER).   | <a href="http://www.zoledistribution.com.au">www.zoledistribution.com.au</a><br>(03) 9870 4433   |

**Want to check the classification of a particular drink? You can look up classifications of drinks and other products or assess new products using FoodChecker – [www.foodchecker.heas.health.vic.gov.au](http://www.foodchecker.heas.health.vic.gov.au)**

*Disclaimer: Products, services and brands that are mentioned or appear in this publication are owned by and/or registered trademarks of their respective proprietors. This guide is not an exhaustive list and whilst certain suppliers may be recorded as having GREEN or AMBER products, they may also stock RED products. Listings shall not be taken as an endorsement of any kind by Vicsport, VicHealth or Nutrition Australia as we do not endorse any individual vendors, products or services mentioned in this document.*

*If in doubt about categorising a product, please contact Belinda Buck (Vicsport Healthy Choices Coordinator) ph. 9698 8111 or email: [belindab@vicsport.com.au](mailto:belindab@vicsport.com.au) or alternatively you can contact the Healthy Eating Advisory Service ph. 1300 22 52 88 or email: [heas@nutritionaustralia.org](mailto:heas@nutritionaustralia.org)*