

# HEALTHY SPORTS CLUBS

## Healthy Food & Beverages



### Healthy Changes Menu Swaps

Use the tables on the following pages to make healthy swaps to the food at your canteen.

If you're viewing this document digitally, use the links below to navigate to the different categories:

1. [Drinks](#)
2. [Snacks](#)
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**Green** = best options. Foods and drinks are usually: good sources of important nutrients; lower in saturated fat, added sugar and/or salt; lower in energy; higher in fibre.

**Amber** = good options but should be selected carefully and consumed in moderation. Although amber items may provide some valuable nutrients they can: contribute to excess energy intake; contain moderate amounts of saturated fat, added sugar and/or salt.



= options that align with the climate change lens of Healthy Sports Clubs (e.g. plant-based alternatives).

DRINKS	
Category	Options
WATER	<p><b>Green</b></p> <p>All plain water is green</p>
NATURALLY FLAVOURED, UNSWEETENED STILL AND SPARKLING WATER	<p><b>Green</b></p> <p><b>Cool Ridge</b> lightly sparkling waters (500ml bottles) – all flavours</p> <p><b>Cool Ridge</b> still water “with a hint of” varieties (750ml bottles) – all flavours</p> <p><b>Frantelle</b> sparkling water (375ml cans) – all flavours</p> <p><b>Mount Franklin</b> lightly sparkling waters (250ml and 450ml bottles) – all flavours</p> <p><b>Mount Franklin</b> still water “with a hint of flavour” varieties (600ml bottles) – all flavours</p> <p><b>Schweppes</b> infused natural mineral water (300ml bottles) – all flavours</p> <p><b>Waterfords</b> lightly sparkling mineral water (500ml) – lime</p> <p><b>Amber</b></p> <p><b>Lipton</b> infused water (500ml bottles) – cucumber and mint; watermelon</p> <p><b>Waterfords</b> diet natural mineral water (500ml bottles) – all flavours</p> <p><b>Waterfords</b> lite and fruit sparkling natural mineral water (475ml bottles) – blackcurrant; raspberry</p>

<p><b>FRUIT JUICE</b></p>	<p><b>Amber</b></p> <p><b>Berri</b> pop tops (250ml bottles) – all flavours</p> <p><b>Coles</b> no added sugar juices (250ml cartons) – apple blackcurrant; orange</p> <p><b>Emma and Tom’s</b> juices (250ml bottles) – cloudy apple; orange</p> <p><b>Golden Circle</b> popper juices (150 and 250ml cartons) – all flavours</p> <p><b>Golden Circle</b> no added sugar juices (200ml cartons) – all flavours</p> <p><b>Golden Circle</b> Healthylife juices (200ml bottles) – apple carrot ginger; apple orange beetroot passionfruit; prune</p> <p><b>Just Juice</b> no added sugar juices (200ml cartons) – all flavours</p> <p><b>Ribena</b> no added sugar juices (250ml cartons) – blackcurrant; strawberry</p> <p><b>Woolworths</b> no added sugar juices (250ml cartons) – apple blackcurrant; tropical</p>
<p><b>PLAIN MILK</b></p>	<p><b>Green</b></p> <p>All plain, reduced fat milk is green</p>
<p><b>FLAVOURED MILKS</b></p>	<p><b>Green</b></p> <p><b>Barista Bros</b> iced coffee (500ml bottle) – double espresso</p> <p><b>Big M</b> original flavoured milks (300ml bottles) – all flavours</p> <p><b>Breaka</b> flavoured milks (250ml cartons) – all flavours</p> <p><b>Emma and Tom’s</b> no added sugar flavoured milks (250ml cartons and 350ml bottles) – all flavours</p>


**Devondale** 3D flavoured milks (250ml cartons) – all flavours


**Nippy's** flavoured milks (250ml cartons) – all flavours

**Nippy's** lactose free no added sugar flavoured milks (250ml cartons) – all flavours

**Nippy's** lactose free no added sugar flavoured milks (500ml bottles) – all flavours

**Oak** light flavoured milks (300ml cartons) – all flavours

**Vitasoy** almond milk (330ml bottle) – double espresso; iced chocolate 

**Vitasoy** oat milk (330ml bottle) – café latte 

**Yoplait** yoghurt smoothies (300ml bottles) – all flavours

**Amber**

**Big M** (500ml bottles) – all flavours

**Breaka** flavoured milks (300ml bottles) – all flavours

**Breaka** flavoured milks (500ml bottles) – banana; lime; strawberry

**Nippy's** flavoured milks (375ml cartons) – all flavours

**Nippy's** flavoured milks (500ml bottles) – all flavours




**Devondale** Moo flavoured milks (200ml cartons) – all flavours

<p><b>ARTIFICIALLY SWEETENED, DIET, NO-ADDED-SUGAR AND LOW-JOULE DRINKS</b></p>	<p><b>Amber</b></p> <p><b>Soft drinks</b></p> <p>200-375ml serve sizes of:</p> <ul style="list-style-type: none"> <li>• <b>Coca Cola</b> diet, zero and no sugar varieties</li> <li>• <b>Fanta</b> zero and no sugar varieties</li> <li>• <b>Kirks</b> sugar free varieties</li> <li>• <b>Pepsi</b> max</li> <li>• <b>Schweppes</b> zero sugar lemonade</li> <li>• <b>Sprite</b> and <b>Sprite Lemon+</b> zero sugar</li> </ul> <p><b>Iced teas</b></p> <ul style="list-style-type: none"> <li>• <b>Lipton</b> light iced teas (500ml bottles) – all flavours</li> </ul>
<p><b>ARTIFICIALLY SWEETENED SPORTS DRINKS</b></p>	<p><b>Amber</b></p> <p><b>Gatorade</b> G-Active no sugar electrolyte water (600ml bottles) – all flavours</p> <p><b>Gatorade</b> no sugar (600ml bottles) – all flavours</p> <p><b>Powerade</b> Active Water (600ml bottles) – all flavours</p> <p><b>Powerade</b> zero sugar (600ml bottles) – all flavours</p>
<p><b>KOMBUCHA AND FERMENTED SOFT DRINKS</b></p>	<p><b>Amber</b></p> <p><b>Remedy</b> kombucha (250 and 330ml bottles) – all flavours</p>

<p><b>COCONUT WATER</b></p>	<p><b>Amber</b></p> <p><b>Cocobella</b> coconut waters (250ml cartons and 425ml bottles) – straight up (plain)</p> <p><b>Emma and Tom’s</b> Life Juice varieties (350ml bottles) – coconut water; coconut water and pineapple</p> <p><b>H2 Coco</b> coconut waters (200ml and 330ml cartons) – pure (plain); troperiffic; wildberry; pineapple</p> <p><b>Raw C</b> coconut waters (300ml cartons) - pure (plain)</p> <p><b>Raw C</b> sparkling coconut waters (400ml bottles) – all flavours</p>
<p><b>SLUSHIES</b></p>	<p><b>Amber</b></p> <p><b>ICM8</b> FRUCHILLA Natural 99% Slush Juice Concentrates* – all flavours are <b>Amber</b> as long as serve is 250mL or less (would be <b>Red</b> if over 250mL)</p> <p>*Other slushie concentrates by this brand are not AMBER (sports slush and premium slushie concentrate)</p> <p><a href="http://www.icm8.com/about-juice.aspx#Fruit">http://www.icm8.com/about-juice.aspx#Fruit</a></p>

SNACKS	
Category	Options
<b>MUSELI BARS</b>	<p><b>Amber</b></p> <p><b>Carman's</b> muesli bars – Greek style yoghurt, fig and honey flavour</p> <p><b>Carman's</b> nutty delights muesli bars – dark choc, cherry and coconut flavour</p> <p><b>Carman's</b> protein muesli bars – dark choc and cranberry flavour</p> <p><b>Food for Health</b> bars – cacao vanilla chia; cinnamon hazelnut chia; coconut almond chia; coconut cacao chia; gluten free bar with fruit; vanilla apple cranberry; vanilla blueberry teff</p> <p><b>Goulburn Valley</b> fruit and cereal bars – all flavours</p> <p><b>Uncle Toby's</b> chewy muesli bars – all flavours</p> <p><b>Uncle Toby's</b> yoghurt muesli bars – all flavours</p> <p><b>Uncle Toby's</b> oat slice – apple and cinnamon flavour</p>
<b>CHEESE AND CHEESE SNACK PACKS</b>	<p><b>Green</b></p> <p>All reduced-fat cheeses are green</p> <p><b>Snack packs:</b></p> <p><b>Coles</b> cheese and crackers packs – light tasty</p> <p><b>Mainland</b> 'on the go' packs – light tasty</p>

	<p><b>Woolworths</b> cheese and crackers packs – light tasty</p> <p><b>Amber</b></p> <p><b>Snack packs:</b></p> <p><b>Coles</b> cheese and crackers packs – vintage</p> <p><b>Mainland</b> ‘munchables’ packs – all varieties</p> <p><b>Mainland</b> ‘on the go’ cheese and crackers packs – Colby; edam; extra tasty; special reserve; tasty</p> <p><b>Mainland</b> ‘on the go’ cheese and artisan crackers packs – all varieties</p> <p><b>Woolworths</b> cheese and crackers packs – tasty</p>
<p><b>TUNA SNACK PACKS</b></p>	<p><b>Green</b></p> <p><b>John West</b> Protein+ tuna snack packs (220g) – capsicum, sweetcorn, chilli and red kidney bean; sea salt, black pepper, and three bean</p> <p><b>John West</b> Protein+ Wholegrains tuna snack packs (220g) – brown and red rice, lime, lemongrass and chickpeas flavour</p> <p><b>John West</b> tuna and beans (185g) – three beans flavour</p> <p><b>John West</b> tuna bowls (170g) – brown rice, chargrilled corn, black beans, lime and chilli; capsicum, sweetcorn, chilli and red kidney bean mix; roasted capsicum and three bean mix</p> <p><b>Sirena</b> tuna and beans (185g) – original</p> <p><b>Amber</b></p> <p><b>John West</b> Protein+ Wholegrains tuna snack packs (220g) – pearl couscous, brown rice, oven roasted tomato and onion flavour</p>

	<p><b>John West</b> tuna bowls (170g) – brown and red rice, lime, lemongrass and chickpeas; pearl couscous, brown rice, oven roasted tomato and onion; risoni pasta, brown rice, corn, cherry tomato and lemon</p> <p><b>John West</b> tuna lunch kits (108g) – all varieties</p> <p><b>Sirena</b> ready to eat tuna meals (170g) – all varieties</p> <p><b>Sirena</b> tuna and beans (185g) – Mexican style</p>
<b>LEGUME SNACK PACKS</b> 	<p><b>Green</b></p> <p><b>Edgell</b> ‘Nourish Bowl’ legume-based meals – all varieties</p> <p><b>Edgell</b> ‘Snack Time’ tinned flavoured legume snacks – all varieties</p>
<b>DIP AND CRACKER PACKS</b>	<p><b>Green</b></p> <p><b>Obela</b> hummus to go dip and crackers pack (125g) – all flavours </p> <p><b>Obela</b> tzatziki to go dip and crackers pack (125g) – all flavours</p>
<b>SAVOURY SNACKS</b> 	<p><b>Green</b></p> <p>All plain, unsalted nuts are green (30g serve)</p> <p><b>Sakata</b> wholegrain rice crackers – original</p> <p><b>Harvest Box</b> (50g) – BBQ Crunch</p> <p><b>Amber</b></p> <p><b>SunBites</b> popcorn (28g) – sea salt</p>

**Harvest Box** Snack Packs We Love Nuts (45g) – Roasted Cashews, Almonds, Brazils & Peanuts

**Harvest Box** snack packs (45g) – Power Mix, Super Mix, Almond Latte

**Nobby's** Beer Nuts Salted (50g)

**Nobby's** Cashews Salted (50g)

**Nobby's** On The Go Peri Peri Peanuts (45g)

**Nobby's** Cashews Salted (150g)

**Nobby's** Loaded Snack Mix Spicy Buffalo Wings (110g)

**Nobby's** Mixed Nuts Salted (150g)

**Nobby's** On The Go Salt & Vinegar Peanuts (45g)

**Nobby's** On The Go Salted Peanuts (45g)

**Nobby's** Peanut & Cashew Nut Mix Chilli & Lime

**Nobby's** Peanut & Cashew Nut Mix Smokey BBQ (200g)

**Nobby's** Peanuts Salted (50g)

**Nobby's** Peanuts Salted (170g)



**Coles** popcorn lightly salted (100g) – sea salt

**Healtheries** potato stix (20g) – chicken; roast potato

**Peckish** rice crackers – all flavours

**Sunrice** wholegrain mini bites – all flavours






**Sakata** 'stars' rice crackers (13g) – plain, cheese

	<p><b>Sakata</b> rice crackers – chicken; barbecue; plain; sour cream and chives; with beetroot; with pumpkin; with spinach</p> <p><b>The Happy Snack Company</b> crunchy roasted chickpeas (25g) – lime and cracked pepper</p> <p><b>The Happy Snack Company</b> roasted fava beans (25g) – all flavours</p> <p><b>Woolworths</b> Macro Popcorn Air Popped Light (20g)</p> <p><b>Woolworths</b> Popcorn Lightly Salted (80g)</p>
<p><b>YOGHURT</b></p>	<p><b>Green</b></p> <p>All low- or reduced-fat yoghurts are green</p> <p><b>Chobani</b> FiT (140g pouches and 170g tubs) – all flavours</p> <p><b>Chobani</b> Greek yoghurt (100g tubs, 170g tubs and 140g pouches) – all flavours</p> <p><b>Five:am</b> 98% fat free organic yoghurt (170g tubs) – blueberry flavour</p> <p><b>Five:am</b> organic yoghurt ‘powerpaks’ (200g pouches) – all flavours</p> <p><b>Ski D’Lite</b> (100g tubs and 200g tubs) – all flavours</p> <p><b>Soy Life</b> reduced fat soy yoghurt (175g tubs) - all flavours </p> <p><b>Soy Life</b> soy yoghurt (175g tubs) – all flavours </p> <p><b>Tamar Valley Dairy</b> Greek style no added sugar yoghurt (125g tubs and 170g tubs) – mango; mixed berry; passionfruit; strawberry</p> <p><b>Vaalia</b> no added sugar 99% fat free yoghurt (150g) – all flavours</p> <p><b>Yoplait</b> yoghurt (100g tubs, 160g tubs and 175g tubs) – mango; raspberry; strawberry; vanilla</p> <p><b>YoPRO</b> high protein yoghurts (160g tubs) – all flavours</p>



	<p><b>Amber</b></p> <p><b>Activia</b> dairy free oat yoghurt (160g tubs) – passionfruit flavour </p> <p><b>Chobani</b> oat yoghurts – all varieties </p> <p><b>Vitasoy</b> Greek style soy yoghurts – all varieties </p>
<p><b>MUSELI</b></p>	<p><b>Green</b></p> <p><b>Carman’s</b> deluxe muesli (1200g) – gluten free</p> <p><b>Carman’s</b> untoasted muesli (500g) – apple, date and cinnamon flavour</p> <p><b>Freedom Foods</b> barley+ muesli (400g and 500g boxes) – all flavours</p> <p><b>Freedom Foods</b> muesli ancient grains (300g) – fruit free</p> <p><b>Uncle Toby’s</b> natural style muesli (525g and 1000g) – apple and cranberry; Swiss blend</p> <p><b>Uncle Toby’s</b> plus muesli flakes (475g, 750g and 1000g) – all flavours</p> <p><b>Amber</b></p> <p><b>Carman’s</b> muesli (500g, 875g, 1500g) – classic fruit and nut; bircher; fruit free</p> <p><b>Carman’s</b> toasted muesli (400g) – macadamia and raspberry</p> <p><b>Carman’s</b> super berry muesli (500g) – cranberry, blueberry and goji</p> <p><b>Freedom Foods</b> muesli (500g) – fruit and seeds</p> <p><b>Freedom Foods</b> probiotic muesli (250g) – all flavours</p> <p><b>Uncle Toby’s</b> natural muesli (1000g) – summer fruits</p>

<b>FRUIT AND FRUIT SALAD</b>	<p><b>Green</b></p> <ul style="list-style-type: none"><li>• All fresh and frozen fruits, including avocado, are green</li><li>• Fruit purée or canned fruit in natural juice or water with no added sugar are green</li><li>• Stewed fruit with no added sugar are green</li></ul>
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HOT FOODS	
Category	Options
<b>PRE-MADE MEALS</b>	<p>Healthy ready meals that are aligned with Healthy Choices are available from Health Link Crew  <a href="https://thehealthlinkcrew.com.au/pages/ready-meals">https://thehealthlinkcrew.com.au/pages/ready-meals</a></p> <p>My Muscle Chef has ready-made meals (ensure any meal ordered includes vegetables)  <a href="https://www.mymusclechefretail.com">https://www.mymusclechefretail.com</a></p>
<b>MEAT AND/OR EGG SANDWICH OR ROLL</b>	<p><b>Green</b></p> <p><i>Combination of any or all of the following:</i></p> <ul style="list-style-type: none"> <li>• Wholemeal, wholegrain or high-fibre bread or roll</li> <li>• Egg prepared with minimal salt and fat/oil</li> <li>• Lean beef/chicken/pork/lamb/turkey prepared using low-fat cooking techniques (e.g. oven bake/roast, grill, steam or use non-stick cookware). Prepared with minimal salt and fat/oil</li> <li>• Fresh or cooked vegetables (e.g. tomato, mushroom, lettuce, spinach, onion, beetroot, cucumber)</li> <li>• Low-fat or reduced-fat cheese</li> <li>• 'Green' sauce or spread (see Sauces, Condiments, Dressings, Fats and Oils section below)</li> </ul> <p><b>Amber</b></p> <p><i>Combination of any or all of the following:</i></p> <ul style="list-style-type: none"> <li>• Wholemeal, wholegrain or high-fibre bread or roll</li> <li>• Egg prepared with minimal salt and fat/oil</li> <li>• 50g of bacon with visible fat removed (ideally reduced-fat and reduced-salt varieties)</li> <li>• Fresh or cooked vegetables (e.g. tomato, mushroom, lettuce, spinach, onion, beetroot, cucumber)</li> </ul>

	<ul style="list-style-type: none"> <li>• Low-fat or reduced-fat cheese</li> <li>• 'Green' or 'Amber' sauce or spread (see Sauces, Condiments, Dressings, Fats and Oils section below)</li> <li>• Margarine</li> </ul>
<b>ROAST MEAT AND GRAVY ROLL</b>	<p><b>Amber</b></p> <p><i>Combination of any or all of the following:</i></p> <ul style="list-style-type: none"> <li>• Wholemeal, wholegrain or high-fibre bread or roll</li> <li>• Lean beef/chicken/pork/lamb/turkey oven roasted with minimal salt and fat/oil</li> <li>• Reduced salt instant gravies (e.g. Gravox Traditional Salt Reduced Gravy Mix)</li> <li>• Onion</li> </ul>
<b>BURGER</b>	<p><b>Amber</b></p> <p><i>Combination of any or all of the following:</i></p> <ul style="list-style-type: none"> <li>• Wholemeal, wholegrain or high-fibre bread or roll</li> <li>• Meat or chicken patty: <ul style="list-style-type: none"> <li>○ <b>Woolworths</b> macro grass fed beef burgers</li> <li>○ <b>Steggles</b> crumbed chicken burgers</li> </ul> </li> <li>• Fish patty: <ul style="list-style-type: none"> <li>○ <b>Tassal</b> salmon burgers – lemon and cracked pepper</li> </ul> </li> <li>• Vegetable patty: <ul style="list-style-type: none"> <li>○ <b>Quorn</b> chicken-style burgers </li> <li>○ <b>Quorn</b> southern-style burgers </li> <li>○ <b>Yumi's</b> black bean and beetroot burgers </li> <li>○ <b>Yumi's</b> lentil and zucchini burgers </li> <li>○ <b>Woolworths</b> macro chickpea veggie burgers </li> </ul> </li> <li>• Fresh or cooked vegetables (e.g. tomato, mushroom, lettuce, spinach, onion, beetroot, cucumber)</li> <li>• Low-fat or reduced-fat cheese</li> <li>• 'Green' or 'Amber' sauce or spread (see Sauces, Condiments, Dressings, Fats and Oils section below)</li> </ul>

	<ul style="list-style-type: none"> <li>• Margarine</li> </ul>
<b>INSTANT NOODLE CUPS</b>	<p><b>Amber</b></p> <p><b>Fantastic</b> instant noodle cups (70g) – BBQ beef; chicken chow mein; oriental; chicken</p> <p><b>Fantastic</b> instant gluten-free rice noodle cups (45g) – all flavours</p> <p><b>Maggi</b> 2 minute instant noodle cups (60g) – oriental; beef</p> <p><b>Suimin</b> instant noodle cups (70g) – chicken and prawn; hot and spicy</p>
<b>HOT POTATO CHIPS, WEDGES AND FRIES</b>	<p><b>Amber</b></p> <p><i>The below chips/fries/wedges only stay <b>amber</b> if they are oven baked or air fried with no/minimal oil, no salt is added, and serve size is <u>150g or less</u></i></p> <p><i>If serving with sauce, choose ‘Green’ or ‘Amber’ options (see Sauces, Condiments, Dressings, Fats and Oils section below)</i></p> <p><b>McCain</b> quick cook shoestring fries</p> <p><b>McCain</b> quick cook straight cut chips</p> <p><b>McCain</b> ‘Superfries’ chips and fries – all varieties</p> <p><b>McCain</b> pub style chips, fries and wedges – all varieties</p>
<b>POTATO CAKES</b>	<p><b>Amber</b></p> <p><i>The below potato cakes only stay <b>amber</b> if they are oven baked or air fried with no/minimal oil, no salt is added, and serve size is <u>150g or less</u></i></p>

	<p><i>If serving with sauce, choose 'Green' or 'Amber' options (see Sauces, Condiments, Dressings, Fats and Oils section below)</i></p> <p><b>Edgell</b> potato cakes (available through wholesale suppliers)</p>
<b>DIM SIMS</b>	<p><b>Amber</b></p> <p><i>The below dim sims only stay amber if they are steamed, oven baked or air fried with no/minimal oil, no salt is added, and serve size is <u>200g or less</u></i></p> <p><i>If serving with sauce, choose 'Green' or 'Amber' options (see Sauces, Condiments, Dressings, Fats and Oils section below)</i></p> <p><b>Coles</b> 'Nature's Kitchen' vegetable dim sims </p> <p><b>Harry Hoo &amp; Co</b> dim sims – chicken</p> <p><b>Harry Hoo &amp; Co</b> gluten free dim sims – beef</p>
<b>SPRING ROLLS AND CHIKO ROLLS</b>	<p><b>Amber</b></p> <p><i>The below chiko rolls/spring rolls only stay amber if they are steamed, oven baked or air fried with no/minimal oil, no salt is added, and serve size is <u>200g or less</u></i></p> <p><i>If serving with sauce, choose 'Green' or 'Amber' options (see Sauces, Condiments, Dressings, Fats and Oils section below)</i></p> <p><b>Chiko</b> original rolls</p> <p><b>Harry Hoo &amp; Co</b> spring rolls – chicken</p> <p><b>Pacific West</b> cocktail spring rolls</p> <p><b>Woolworths</b> cocktail spring rolls – vegetable </p>
<b>PIES</b>	<p><b>Amber</b></p>

	<p><i>If serving with sauce, choose 'Green' or 'Amber' options (see Sauces, Condiments, Dressings, Fats and Oils section below)</i></p> <p><b>Coles</b> pies (175g) – chicken and vegetable</p> <p><b>Four'n Twenty</b> pies (175g) – chicken and vegetable</p> <p><b>Four'n Twenty</b> 'Traveller Hi-Protein' pies (160g) – beef</p> <p><b>Garlo's</b> pies (200g) – lean beef; chicken breast; chunky steak; curry beef; beef and mushroom</p> <p><b>Garlo's</b> junior beef party pies (<i>amber if serve size is <u>200g or less</u>, or 3 pies</i>)</p> <p><b>Woolworths</b> pies (200g) – caramelised onion and slow braised beef</p>
<p><b>CHICKEN NUGGETS</b></p>	<p><b>Amber</b></p> <p><i>The below chicken nuggets only stay amber if they are oven baked or air fried with no/minimal oil, no salt is added, and serve size is <u>150g or less</u></i></p> <p><i>If serving with sauce, choose 'Green' or 'Amber' options (see Sauces, Condiments, Dressings, Fats and Oils section below)</i></p> <p><b>Coles</b> chicken breast nuggets – crumbed; tempura</p> <p><b>Coles</b> 'I'm Free From' gluten and wheat chicken nuggets</p> <p><b>Ingham's</b> original chicken nuggets</p> <p><b>Ingham's</b> free range chicken breast ciabatta nuggets</p> <p><b>Ingham's</b> 'Airmazing' chicken nuggets</p> <p><b>Ingham's</b> turkey breast nuggets</p> <p><b>Steggles</b> chicken breast nuggets boosted with veggies</p>

	<p><b>Quorn</b> vegan nuggets </p> <p><b>Woolworths</b> chicken breast nuggets – crumbed; tempura </p> <p><b>Woolworths</b> ‘Plantitude’ chicken-free crumbed nuggets</p>
<b>SOUP</b>	<p><b>Green</b></p> <ul style="list-style-type: none"> <li>• Use reduced-salt or homemade stock</li> <li>• Include plenty of vegetables and legumes</li> <li>• Use natural yoghurt, milk or evaporated milk instead of cream</li> <li>• Avoid deep-fried croutons</li> <li>• Avoid fatty, processed meats (e.g. bacon, ham) – opt for lean meat such as chicken breast</li> <li>• Serve with wholemeal, wholegrain or high-fibre bread</li> </ul>
<b>TOASTED SANDWICHES AND JAFFLES</b>	<p><b>Green</b></p> <p><i>Combination of any or all of the following:</i></p> <ul style="list-style-type: none"> <li>• Wholemeal, wholegrain or high-fibre bread</li> <li>• Low-fat or reduced-fat cheese</li> <li>• Salt-reduced baked beans </li> <li>• Cooked vegetables (e.g. tomato, mushroom, spinach, onion)</li> <li>• ‘Green’ sauce or spread (see Sauces, Condiments, Dressings, Fats and Oils section below)</li> </ul>

COLD FOODS	
Category	Options
PRE-MADE ITEMS	<p>Clover Fresh <a href="https://thehealthlinkcrew.com.au/">https://thehealthlinkcrew.com.au/</a></p> <p>Health Link Crew <a href="https://www.cloverfresh.com.au">https://www.cloverfresh.com.au</a></p> <p>Big Crunch <a href="https://www.bigcrunchsushi.com/">https://www.bigcrunchsushi.com/</a></p>
WRAPS, SANDWICHES AND ROLLS	<p><b>Green</b></p> <p><i>Combination of any or all of the following:</i></p> <ul style="list-style-type: none"> <li>• Unflavoured wholemeal, wholegrain or high-fibre wrap</li> <li>• Wholemeal, wholegrain or high-fibre roll</li> <li>• Wholemeal, wholegrain or high-fibre bread</li> <li>• Low-fat or reduced-fat cheese</li> <li>• Fresh or cooked vegetables (e.g. tomato, mushroom, lettuce, spinach, onion, beetroot, cucumber)</li> <li>• Lean beef/chicken/pork/lamb/turkey prepared using low-fat cooking techniques (e.g. oven bake/roast, grill, steam or use non-stick cookware). Prepared with minimal salt and fat/oil</li> <li>• 'Green' sauce or spread (see Sauces, Condiments, Dressings, Fats and Oils section below)</li> </ul> <p><b>Amber</b></p> <p><i>Combination of any or all of the following:</i></p> <ul style="list-style-type: none"> <li>• Unflavoured wholemeal, wholegrain or high-fibre wrap</li> <li>• Wholemeal, wholegrain or high-fibre roll</li> <li>• Wholemeal, wholegrain or high-fibre bread</li> <li>• Low-fat or reduced-fat cheese</li> </ul>

	<ul style="list-style-type: none"> <li>• Fresh or cooked vegetables (e.g. tomato, mushroom, lettuce, spinach, onion, beetroot, cucumber)</li> <li>• 50g processed meat (e.g. ham, silverside, sliced chicken or turkey, pastrami)</li> <li>• 'Green' or 'Amber' sauce or spread (see Sauces, Condiments, Dressings, Fats and Oils section below)</li> <li>• Margarine</li> </ul>
<p><b>EGG AND LETTUCE ROLL OR SANDWICH</b></p>	<p><b>Green</b></p> <p><i>Combination of any or all of the following:</i></p> <ul style="list-style-type: none"> <li>• Unflavoured wholemeal, wholegrain or high-fibre wrap</li> <li>• Wholemeal, wholegrain or high-fibre roll</li> <li>• Wholemeal, wholegrain or high-fibre bread</li> <li>• Boiled egg</li> <li>• <b>Praise</b> Traditional Mayonnaise 99% Fat Free</li> <li>• Lettuce</li> </ul>

## SAUCES, CONDIMENTS, DRESSINGS, FATS AND OILS

Menu item	Proposed change/description of new menu item
<b>SAUCES</b>	<p><b>Green</b></p> <p>Reduced salt tomato sauces (e.g. Masterfoods Reduced Salt and Sugar Tomato Sauce)</p> <p>Reduced salt barbecue sauces (e.g. Masterfoods Reduced Salt and Sugar Barbecue Sauce)</p> <p><b>Amber</b></p> <p>Reduced salt soy sauces (e.g. Kikkoman Less Salt Soy Sauce)</p> <p>Reduced salt sweet chilli sauces (e.g. Ayam Thai Sweet Chilli Sauce Light)</p> <p>Reduced salt instant gravies (e.g. Gravox Traditional Salt Reduced Gravy Mix)</p>
<b>MAYONNAISE AND AIOLI</b>	<p><b>Green</b></p> <p><b>Praise</b> Traditional Mayonnaise 99% Fat Free</p> <p><b>Amber</b></p> <p><b>Heinz</b> Seriously Good Mayonnaise Lite</p> <p><b>Praise</b> Deli Style Light Aioli</p>
<b>CONDIMENTS</b>	<p><b>Green</b></p> <p>All varieties of vinegar</p>

	<p><b>Amber</b></p> <p>All varieties of mustards</p>
<p><b>SALAD DRESSINGS</b></p>	<p><b>Green</b></p> <p><b>Coles</b> Simply Less 97% fat free dressings – Asian, mango chilli, coleslaw, balsamic</p> <p><b>Praise</b> Deli Style Balsamic &amp; Roasted Garlic Vinaigrette</p> <p><b>Amber</b></p> <p><b>Coles</b> Simply Less 97% fat free dressings – Caesar, balsamic honey mustard, French, Italian</p>
<p><b>FATS AND OILS</b></p>	<p><b>Amber</b></p> <p>Mono- or poly-unsaturated oils (e.g. canola, sunflower, safflower, olive, soybean, sesame, peanut or flaxseed oils)</p> <p>Mono- or poly-unsaturated and reduced salt margarines (e.g. Flora Salt Reduced Margarine)</p> <p>Reduced fat sour cream</p>