

green light, eat right.™



red

Less Healthy Choice

amber

OK Choice

green

Healthiest Choice



What is the **green light, eat right**[™] program?

green light, eat right[™] is a program aimed at improving the range and access to nutritious food in the City of Melbourne. The program enables consumers to make more informed food choices.

A criteria is used for classifying and labelling food according to a traffic light system.

green

Healthiest Choice

These foods are the best choice for everyday because they:

- Are often high in nutrients and fibre
- Are low in saturated fat and/or sugar and/or salt
- Help to avoid an excess kilojoule intake

The majority of your daily food intake should comprise these foods.

amber

OK Choice

These foods should be selected carefully because they:

- Are moderate in added fat and/or sugar and/or salt
- Contribute to excess kilojoules if consumed in large serving sizes
- Provide limited nutritional value

The foods in this category are mainly processed foods and therefore should be consumed in moderation.

red

Less Healthy Choice

These foods are the least suitable as, generally, they:

- Are very low in nutritional value
- Are high in saturated fat and/or sugar and/or salt
- Provide excess kilojoules

Essentially, the consumption of these foods should be restricted.

The **green light, eat right**[™] program also refers to the *Department of Health, Healthy Choices: Food and Drink guidelines for Victorian Hospitals, Go For Your Life - Healthy Canteen Kit* and *Healthy Kids Products: School Canteen Buyers Guide*

For more information on the **green light, eat right**[™] program visit: www.melbourne.vic.gov.au/publichealth