



Making the Healthy Choice the Easy Choice

How we are making the Healthy Choice the Easy Choice

Participating businesses are committed to supporting their customers and wider community to easily identify and choose healthy options when eating at their establishment.

Making the Healthy Choice the Easy Choice uses the Victorian Government's Healthy Choices guidelines. These guidelines ensure healthy food and drinks are offered and promoted, using a traffic light system to classify food and drink.

Traffic Light System



Green - best choice

Green food and drinks are:

- A good source of important nutrients
- Lower in saturated fat, sugars and salt/sodium
- Lower in kilojoules
- Higher in fibre



Amber - choose carefully and consume in moderation

Amber food and drinks:

- May provide some valuable nutrients, but can contribute to excess energy intake
- Contain moderate amounts of saturated fat and added sugar and salt/sodium



Red – limit consumption and only in small amounts

Red food and drinks:

- Are not essential in a balanced diet
- Are high in energy, saturated fat and added sugar and salt/sodium
- Lack important nutrients