

# Healthy choices Drinks summary

## 'GREEN DRINKS' – BEST CHOICES

Aim for at least half of the drinks on display in fridges/vending machines to be **green**.  
Place **green** drinks at eye level on shelves in fridges and vending machines.

- Water (tap, spring, mineral, soda)
- Flavoured water (no added sugar)
- Reduced-fat plain milk
- Reduced-fat flavoured milk – small (250–300ml)
- Tea/coffee (no added sugar)

## 'AMBER' DRINKS – CHOOSE CAREFULLY

- Full-fat plain milk
- Reduced-fat flavoured milk – medium (350–500ml)
- Full-fat flavoured milk (up to 500ml)
- Fruit juice (>99% juice, no added sugar, up to 250ml)
- Slurpees/slushies (>99% juice, no added sugar, up to 250ml)
- Diet/artificially-sweetened soft drinks
- Diet/artificially-sweetened sports drinks
- Diet/artificially-sweetened energy drinks (no added sugar, up to 250ml)

## 'RED' DRINKS – LIMIT

Aim for less than 20% of drinks on display in fridges and vending machines to be **red**.  
Take all of the following drinks with added sugar off display during a 'limit **red** drinks' trial period.

- Soft drinks
- Energy drinks
- Cordials
- Slurpees/slushies (with added sugar)
- Flavoured iced tea
- Flavoured water
- Flavoured mineral water
- Fruit drinks
- Fruit juice (with added sugar)
- Fruit juice (no added sugar, 250ml or more)
- Large reduced-fat flavoured milk (500ml or more)
- Large flavoured milk (500ml or more)

Source: Adapted from *Healthy choices: food and drink classification guide – A system for classifying food and drinks*, State of Victoria, Department of Health and Human Services.

Healthy choice  
the easy choice



With:

**VICSPORT**