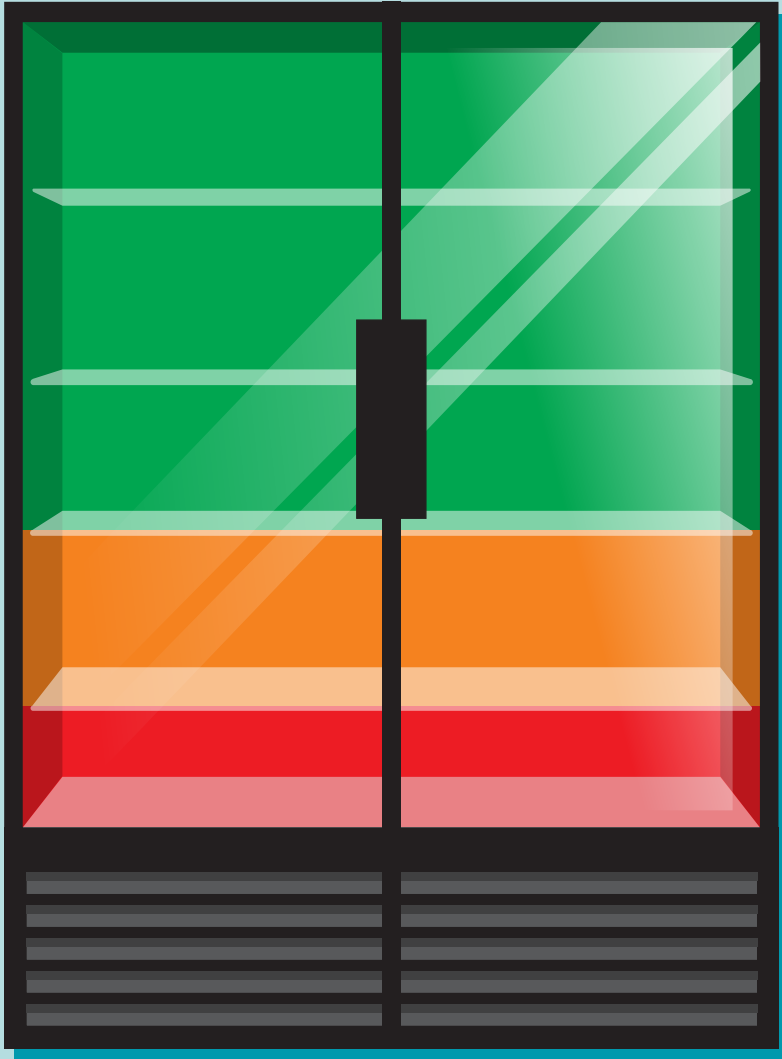


# HOW TO SET UP THE FRIDGE

## Healthy Choices Guidelines



### AT LEAST **HALF** NEEDS TO BE **GREEN** AND AT EYE LEVEL

- Water
- Plain mineral water
- Soda water
- Reduced fat plain milk
- Reduced fat flavoured milk – small (250ml - 300ml)



### **AMBER**

- At least 99% fruit juice – small (up to 250ml)
- Full-fat plain milk
- Reduced-fat flavoured milk – medium (350–500ml)
- Full-fat flavoured milk – small and medium (up to 500ml)
- Artificially sweetened beverages  
e.g. zero sugar and diet sport drinks and soft drinks



### NO MORE THAN **20%** TO BE **RED** AND IS BELOW EYE LEVEL

- Soft drinks
- Energy drinks
- Flavoured teas
- Cordials
- Flavoured milks above 500ml
- Sports drinks
- Flavoured water
- Ice crushes
- Fruit drinks and fruit juice above 250ml

