

National Food and Drink Policy

Compliant drinks

January 2025

This document provides examples of:

- water and coconut water
- milk-based drinks
- cold drinks
- juice

Always check the nutrition information panel to ensure the product is compliant. Health New Zealand Te Whatu Ora does not endorse, or recommend any specific food or drink brands. Products shown are examples only.

Criteria

Green	Amber	Red
Make up at least 55% of daily options on offer for the drinks category.*	Make up less than 45% of daily options on offer for the drinks category.*	Are not permitted.

** Percentage of GREEN/AMBER drinks are calculated on each line displayed, e.g. if there are 4 lines of bottled water, this is counted as 4 options.*

Examples of water and coconut water

Green	Amber	Red
Plain, unflavoured water (tap, spring, mineral)	<ul style="list-style-type: none"> Sparkling/soda and flavoured water with 0g sugar and <750ml per unit Still or sparkling no added sugar coconut water ≤250ml per unit 	<ul style="list-style-type: none"> Water with sugar added Sparkling/soda water >750ml per unit Coconut water >250ml or with added sugar
		

Stock most

- H2Go still water, plain – any size
- Kiwi Blue still water, plain – any size
- NZ Natural still water, plain – any size
- Pump still water, plain – any size
- Pure NZ still water, plain – any size

Stock some

- Almighty Sparkling Water No Sugar – assorted flavours 330ml
- Aqa Lite No Sugar Sparkling Water – assorted flavours 330ml
- Chi Forest Sparkling Water – Lychee/White Peach 330ml
- Frutee Fabulous Fruits Sparkling Fruit Drink – assorted flavours 330ml
- La Croix Sparkling Water – assorted flavours 355ml
- Lo Bros Not Soda Lemon/Orange/Raspberry/Pink Grapefruit 250ml/375ml
- Naked Life Sparkling Nootropics Calm/Focus/Glow/Immunity 250ml
- NZ Natural Sparkling Water 500ml
- Pumped Sparkling No Sugar water – Pure/Lime/Berry 650ml
- Remedy Sodaly – assorted flavours/Switchel Blood Orange 250ml
- Schweppes Diet Indian Tonic Water 250ml
- Vista Sparkling Water – assorted flavours 330ml

Don't stock (not compliant)

- Ch'i Herbal Rejuvenation Sparkling Water 250ml
- NZ Natural Sparkling Water 1L
- Pumped Low in Sugar NZ Spring Water – assorted flavours 750ml
- UFC Refresh Coconut Water 500ml

Examples of milk-based drinks

Green	Amber	Red
<ul style="list-style-type: none"> • Reduced, low-fat or full-fat plain cow's milk • Plain, no added sugar cow's milk alternatives with ≥ 100mg calcium/100ml, e.g. soy, oat, rice, almond milk 	<ul style="list-style-type: none"> • Cow's milk alternatives with ≤ 7g sugar and ≥ 100mg calcium per 100ml • Flavoured milk ≤ 7g sugar per 100ml and ≤ 250ml per unit, e.g. chocolate milk, liquid breakfasts 	<ul style="list-style-type: none"> • Cow's milk alternatives with > 7g sugar per 100ml and/or < 100mg/100ml calcium • Flavoured milk > 7g sugar per 100ml or > 250ml per unit, e.g. chocolate milk
		

Stock most

- Anchor Blue Milk UHT 250ml
- Meadow Fresh Milk UHT 250ml

Stock some

- Anchor CalciYum Flavoured Milk Banana/Chocolate/Strawberry 250ml
- Meadow Fresh Quick Brekkie Chocolate/Strawberry/Vanilla 250ml
- Nestlé Milo Original Chocolate Flavoured Milk 240ml can
- Sanitarium Up&Go Liquid Breakfast No Added Sugar Choc Ice/Vanilla Ice 250ml

Don't stock (not compliant)

- Meadow Fresh Calci Strong Choc-o-block/Strawberry 250ml
- Meadow Fresh Yoghurt Smoothie 300ml
- Musashi High Protein 375ml
- Nippy's Iced Chocolate Flavoured Milk 375ml
- Sanitarium Up&Go 350ml/500ml

Examples of cold drinks

Green	Amber	Red
<ul style="list-style-type: none"> Iced tea and coffee with no added sugar 	<ul style="list-style-type: none"> Artificially sweetened soft drinks $\leq 300\text{ml}$ Drinks with no added sugar $\leq 6\text{g}/100\text{ml}$ sugar and $\leq 330\text{ml}$ per unit, e.g. still/carbonated or flavoured drinks with or without artificial sweeteners, diluted juices, immunity shots, commercially prepared smoothies 	<ul style="list-style-type: none"> Diet soft drinks $>300\text{ml}$ Added sugar drinks, e.g. soft drinks, teas, fruit drinks, cordials Kombucha, alcoholic drinks, formulated caffeinated beverages (energy drinks)* Drinks with $>6\text{g}$ sugar per 100ml or $>330\text{ml}$ per unit
		

* A flavoured, non-alcoholic beverage containing $>14.5\text{mg}/100\text{ml}$ caffeine, often labelled as an 'energy drink'.

Stock most

- Allpress Espresso Black Iced Coffee 240ml
- BOS Sugar Free Rooibos Ice Tea Peach 300ml
- Boss Coffee Iced Long Black 237ml
- Flight Coffee Straight Up Cold Brew 240ml
- Innerbloom Cold Brew Coffee Protein/Straight Up 240ml
- Lipton No Sugar Ice Tea Lemon/Peach 240ml/500ml

Stock some

- '73 Citrus Ruby Red Grapefruit 330ml
- Ārepa Blackcurrant/Ginger Peach 250ml/300ml
- Charlie's Apple Juice Drink with Water 200ml
- Chia Sisters Brain Boost 200ml
- Coca-Cola Zero Sugar/Diet soft drink 250ml
- Good Sh*t Ginger 330ml
- Just Juice Bubbles 50% Less Sugar Tropical 250ml

- Just Juice Splash Blackcurrant & Apple/Orange & Mango/Tropical 125ml/300ml
- Keri Fruity Drink Apple/Apple & Blackcurrant 250ml
- No Ugly Focus/Hydrate/Sleep/Sport 250ml
- Pals Zero Alcohol Peach Yuzu/Passionfruit & Soda 330ml
- Pepsi Max Mini soft drink 250ml
- Sprite Zero Sugar soft drink 250ml
- The Real McCoy Sparkling Water & Fruit Juice 330ml

Don't stock (not compliant)

- '73 Citrus Pink Lemonade 330ml
- Allpress Espresso Mocha Iced Coffee 240ml
- Almighty Active Pineapple Sparkling Water + Caffeine 330ml
- BOS Rooibos Ice Tea Berry/Lemon/Peach 300ml
- Boss Coffee Iced Double Espresso/Latte 237ml
- Bundaberg Ginger Beer 375ml
- Chia Sisters Gut Health 200ml/Immunity Tropical Smoothie 250ml
- Flight Coffee Sparking Cold Brew/Frappe/Iced Latte/Iced Mocha/Oat Milk 240ml
- Gatorade No Sugar 1L
- Innerbloom Cold Brew Coffee Maca Mocha/Oat Milk 240ml
- Just Juice Bubbles Carbonated Fruit Drink 250ml
- Lipton Iced Tea Lemon/Peach 500ml
- Meadow Fresh Yoghurt Smoothie 300ml
- Most Organic Juice Sparkling Apple & Blackcurrant 275ml
- Red Bull Sugarfree Energy Drink 250ml
- Remedy Kombucha 250ml
- Remedy Shots Immune+/Energy 60ml
- The Homegrown Juice Company Winter Triple Shot 195ml
- V Sugar Free Energy Drink 250ml

Examples of juice

Green	Amber	Red
	Fruit and/or vegetable juices (fresh or from concentrate/reconstituted) with no added sugar, ≤200ml per unit	Fruit and/or vegetable juices (fresh or reconstituted) with added sugar and/or >200ml per unit
		

Stock some

- Mill Orchard Juicery Apple/Black Currant/Boysen Berry/Orange (with water) 200ml
- The Homegrown Juice Company Apple/Orange/Berry Anti-ox Smoothie 200ml
- The Homegrown Juice Company Immune Mega Shot/Immunity 195ml
- The Homegrown Juice Company Probio Mega Shot Kiwi Fruit/Mango 195ml

Don't stock (not compliant)

- Just Juice Fruit Juice Orange & Mango/Tropical 250ml
- Most Organic Juice 275ml
- Phoenix Organic Fruit Juice 275ml
- The Homegrown Juice Company Fruit/Vege Juice 400ml
- The Real McCoy Organic Juice 275ml
- Woolworths Fruit Juice/Fruit Drink 250ml