

**National Food and Drink Policy**

Including criteria on food and drink options for Health New Zealand | Te Whatu Ora and associated providers and partners

3rd edition – May 2025

**Contents**

1. [**About the National Food and Drink Policy 3**](#_bookmark0)
   1. [Introduction | He Kupu Whakataki 3](#_bookmark0)
   2. [Background | Te Ōrokohanganga Mai 3](#_bookmark0)
   3. [Application | Te Whakamahinga 4](#_bookmark1)
   4. [Pae ora | healthy futures 4](#_bookmark1)
   5. [Staff and visitor considerations 5](#_bookmark3)
   6. [Purpose 6](#_bookmark4)
   7. [Considerations 6](#_bookmark4)
   8. [What has informed the update of the policy 6](#_bookmark4)
2. [**Definitions** **8**](#_bookmark5)
3. [**Roles and responsibilities 10**](#_bookmark9)
4. [**Health and wellness measures 11**](#_bookmark10)
5. [**Criteria 12**](#_bookmark11)
6. [**Guidelines 13**](#_bookmark13)
   1. [Sandwiches, sushi and salads 13](#_bookmark13)
   2. [Hot meals prepared on site 17](#_bookmark14)
   3. [Commercial ready to eat meals 22](#_bookmark16)
   4. [Bakery 24](#_bookmark17)
   5. [Packaged snack foods 26](#_bookmark21)
   6. [Drinks, ice blocks and smoothies 28](#_bookmark23)
   7. [Vending, trolleys and pharmacies 31](#_bookmark25)
7. [**Index of ingredients 33**](#_bookmark26)
   1. [Index of ingredients: Vegetables and fruit 34](#_bookmark27)
   2. [Index of ingredients: Grain foods 35](#_bookmark28)
   3. [Index of ingredients: Dairy and dairy alternatives 36](#_bookmark29)
   4. [Index of ingredients: Plant-based protein foods 37](#_bookmark30)
   5. [Index of ingredients: Animal-based protein foods 38](#_bookmark31)
   6. [Index of ingredients: Fats, oils, spreads, sauces, dips, dressings and condiments 39](#_bookmark32)
8. [**Related documentation** **40**](#_bookmark33)
   1. [Guidance and resources 40](#_bookmark33)
   2. [References 41](#_bookmark34)
   3. [Acknowledgements 42](#_bookmark35)
   4. [Policy administration](#_bookmark36) 43

# About the National Food and Drink Policy

### **Nau mai e ngā hua o**

### **Papa-Ahurewa,**

### **o Ranginui-Kete-Kai Whītiki kia ora, Haumi ē, Hui ē**

### **Tāiki ē!**

#### I welcome the bounty of Earth Mother, of Sky Father and his baskets of sustenance

#### These gifts that bring us life United as one

#### Confirmed

#### Sustained!

* 1. Introduction |

He Kupu Whakataki

Food and drink have the potential to improve our health and wellbeing (1,2) and are more than just sustenance.

They reaffirm our innate connection to our whānau and environment and can be a bridge between cultures.

Diets higher in wholegrains, fruit, vegetables, nuts and seeds that are also lower in salt, saturated fat and added sugars keep us well, reduce disease and support mental health (3).

Food is a human right (4). Access to affordable, nutritious, culturally

appropriate food is therefore the right of all who are part of Aotearoa New Zealand (5,6). This technical advice enables organisations to provide nourishing food and drink options where adults live, learn, work and play.

* 1. Background |

Te Ōrokohanganga Mai

The health sector has led by example over the last decade. The National Healthy Food and Drink Policy (the Policy) was introduced in 2016 and updated in 2019. Health New Zealand implemented the Policy in 2023 and supported this Policy update.

Health New Zealand | Te Whatu Ora and partners have an opportunity to improve food environments through providing a variety of nourishing, accessible, familiar and affordable options that staff and visitors can choose from.

The National Food and Drink Environments Network (the Network) developed and updated the Policy. The Network includes nutrition and public health representatives from all 19 Health NZ districts, the Ministry of Health, the University of Auckland and the National Heart Foundation of New Zealand.

Why are healthy food and drink policies important? | He aha te take i pēnei ai?

Several countries and territories worldwide, including Australia, have implemented healthy food and drink policies to improve food environments in various settings such as healthcare organisations, schools and recreation centres

(7, 8). This initiative is driven by compelling evidence demonstrating the significant impact of food environments – including the availability, promotion, acceptability, affordability and access to food and drink – on individuals’ dietary choices and overall health and wellbeing (9).

* 1. Application |

Te Whakamahinga

The policy applies to all food and drink provided by or able to be purchased from Health NZ and Ministry of Health | Manatū Hauora facilities that is for employees, contractors, subcontractors, volunteers, students, visitors and the general public. This includes internal and external parties that provide food and drink on site or off site, for example:

* + - any retailer selling food or drink such as cafés, coffee carts, pharmacies and sushi stores
    - vending machines
    - snack boxes, volunteer and food delivery services such as lunch trolleys
    - catering and fundraising
    - gifts, rewards and incentives offered to staff and visitors on behalf of the organisation
    - Health NZ-funded partners providing food or drinks

The policy does not apply to inpatient meal services, Meals on Wheels or self-funded food and drink brought into facilities by staff and visitors, for example:

* + - bringing in food for whānau or gifts

for staff

* + - food that staff bring in to eat such as a packed lunch
    - food brought in that staff have purchased to share with colleagues such as birthday celebrations and shared meals.

In addition to this policy, it is essential that the tikanga policies and guidance of Health NZ and Ministry

of Health locations are upheld to demonstrate culturally safe and responsive practices regarding food and drink.

## Pae ora | healthy futures

The Pae Ora (Healthy Futures) Act 2022 establishes a set of health system principles, aligned with Te Tiriti o Waitangi, to provide common expectations across the health system.

The principles require the health system to:

* + - be equitable
    - engage with Māori, population groups, and others to reﬂect their needs and aspirations
    - provide opportunities for Māori to

exercise decision-making authority

* + - provide choice of quality services to Māori and other population groups
    - protect and promote people’s health and wellbeing.

The Health Charter | Te Mauri o Rongo also guides how Health NZ employees relate to each other to serve our whānau and communities, to continually improve health outcomes and contribute to Pae Ora for all. This informs the purpose of this Policy.

The National Food and Drink Policy has the potential to inﬂuence and enhance the wider food environment across Aotearoa. This policy is one component of a multi-faceted approach required to protect and promote wellbeing and achieve equitable health outcomes in relation to nutrition.

## Staff and visitor considerations |

Te whaiwhakaaro ki ngā kaimahi me ngā whānau

Drinking water | Wai Māori

He pūkenga wai, he nōhonga tāngata, he nōhonga tāngata, he putanga kōrero!

Where waters meet, people meet,

where people meet, knowledge ﬂows!

To Māori, water is the essence of all life. Wai is a taonga (treasure) and of huge importance (10).

The organisation will provide public access to drinking water for all staff, visitors and the general public on site that is easy to find with clear signage.

Wherever possible, this should be tap water or water fountains, with staff encouraged to bring their own water bottle.

Where water coolers are provided, each service must ensure they are replenished, cleaned and serviced on a regular basis.

Consider environmentally friendly and recyclable options when purchasing cups for water dispensing.

Catering to allergies and cultural and personal choices | Ngā mate pāwera, ahurea me te whakaaro nui ki ngā whānau

We encourage food providers to foster an inclusive environment by providing meals that accommodate a range of dietary needs, including pregnancy, allergies, cultural practices, and personal preferences such as vegan and vegetarian. See section 8.1 for ideas on celebrating cultural diversity.

Storing and preparing own meals |

Te whakarite i tō ake kai

Provide staff with access to food storage facilities such as fridges, lockers or cupboards. Wherever possible, this also includes reasonable access to a microwave oven.

Provide visitors with information on accessibility to heat and eat meals.

Breastfeeding | Te Whāngai Ū

Breastfeeding is supported in all health sector settings as the

optimum infant and young child feeding practice. The organisation will promote and support breastfeeding by:

* encouraging and supporting breastfeeding within the workplace and visitor areas
* providing suitable areas that may be used for breastfeeding and for expressing and storing breast milk
* providing suitable breaks for staff who wish to breastfeed during work where this is reasonable and practicable.

Visit [Women’s Health Action website](https://www.womens-health.org.nz/breastfeeding-friendly-workplaces/)

for breastfeeding support.

## Purpose

**Staff and visitors/whānau** Providing manaaki (bespoke care) and hospitality by providing nourishing food and drink to help make staff and whānau feel valued and respected



**Community health**

Acting as a role model to the community by promoting healthy food and drink

**The food system in Aotearoa**



Having one mandatory policy across Aotearoa New Zealand can create consistency and enhance our food system.

## Considerations

**Pae Ora - achieving equitable health outcomes** Creating a food environment responsive to the needs and aspirations of Māori and all cultures in Aotearoa New Zealand



**Health and affordability** Balancing the nutritional value of food with the cost to provide healthy and affordable food

**Environmental sustainability** Acknowledging the connection between our natural environments and our wellbeing both now and for future generations



**Economic sustainability** Offering food that is appealing to encourage staff and visitors to purchase within the facility (a viable business).

## What has informed the update of the policy

Several working groups reviewed and updated the 2019 Policy from February 2023 to June 2024.

The third policy working group comprised 10 members from Health NZ, including the National Public Health Service regions, with support from the Heart Foundation and the

University of Auckland. The working group undertook a range of tasks and activities, consulted with various stakeholders and met regularly online to discuss progress and make decisions. This included:

* + - reviewing HealthY Policy Evaluation (HYPE) study results and recommendations (11,12,13)
    - completing a literature review of relevant resources and publications – this included sustainability documents such as the EAT-Lancet reports (14) and Māori literature on kai and food systems
    - completing a policy comparison between the 2019 Policy and other food and drink policies across New Zealand and Australia
    - completing a survey with retailers
    - gathering stakeholder feedback from Health NZ National Foodservice Working Group, National Public Health Service, Ministry of Health,

[Ka Ora, Ka Ako](https://kaorakaako.education.govt.nz/) Healthy School Lunches Programme, [Healthy](https://heas.health.vic.gov.au/about-us/)  [Eating Advisory Service](https://heas.health.vic.gov.au/about-us/) (Victoria,

Australia), National Bipartite Action Group (Health NZ and health sector unions) and Bidfood (a food wholesaler)

* + - holding consultative hui with Health NZ food providers
    - testing products and recipes and weighing and photographing products.

A group of 10 volunteer nutrition and dietetic students:

* + - reviewed and compared the nutritional content and cost of over 1,000 food and drink products from Health NZ suppliers, retailers outside Health NZ premises and supermarkets
    - reviewed suitable foodservice recipes to provide examples of how to follow the policy.

Key Māori stakeholders across Health NZ were consulted and a Whānau Voice survey was completed.

# Definitions

|  |  |
| --- | --- |
| **Term** | **Definition** |
| **Added sugar** | Sugar, sugar syrup, glucose syrup, honey, maple syrup, invert sugar, starch hydrolysate, maltodextrin, brown sugar, molasses, raw sugar, golden syrup, treacle, icing sugar, malt, malt extract, hexose monosaccharides and disaccharides, concentrated fruit or vegetable juice\*, concentrated fruit or  vegetable juice\*. |
| **Confectionery** | Items predominantly made from sugar such as candy and lollies, e.g. marshmallow, pebbles, liquorice, toffee, fudge, gummies, chewing gum,  mints. |
| **Health Star**  **Rating (HSR)** | HSR is a government product labelling initiative that assigns health ratings  to packaged foods and beverages. |
| **Home compostable** | Some plastics are compostable, which means they will break down into water, carbon dioxide and biomass over a comparatively short period of time. Home compostable packaging must have a recognised  compostability certification, e.g. AS 5810, NF T51-800, EN 13432. |
| **Wholegrains, fruits, vegetables, nuts, seeds, legumes (WFVNSL)** | [Whole and high-fibre grains](https://www.glnc.org.au/resource/types-of-grains/), e.g. multigrain, wholegrain, wheatmeal, wholemeal ﬂour, bread, crackers and pasta, oats, brown rice, barley, rye, buckwheat, quinoa, bran.  [Fruits](https://5aday.co.nz/assets/site/resources/Whats-Available-Chart.pdf), e.g. apples, oranges, bananas.  [Vegetables](https://www.vegetables.co.nz/assets/Vegetables-co-nz/resources/Posters/A2-Classification-poster-WEB.pdf) – tuber vegetables (grow underground), e.g. kūmara, potato; non-tuber vegetables, e.g. avocado, broccoli, tomato, pumpkin, cabbage, beetroot, carrot, corn, celery.  [Nuts](https://www.heartfoundation.org.nz/wellbeing/healthy-eating/nutrition-facts/nuts-and-seeds-for-heart-health#types-of-nuts), e.g. almonds, Brazil nuts, hazelnuts, cashews, coconut, macadamias, pecans, pine nuts, pistachios, walnuts, peanuts.  [Seeds](https://www.heartfoundation.org.nz/wellbeing/healthy-eating/nutrition-facts/nuts-and-seeds-for-heart-health#types-of-nuts), e.g. chia, ﬂax, poppy, pumpkin, sesame, sunﬂower.  [Legumes](https://www.glnc.org.au/resource/types-of-legumes/), e.g. black beans, butter beans, cannellini beans, haricot beans,  red kidney beans, soy beans, chickpeas, peas, lentils. |
| **PCU** | Portion control unit |
| **MPFS** | Meat, poultry, fish and seafood |
| **Lean and unprocessed MPFS** | Meat, poultry, fish and seafood, whole or cut, chilled or frozen, without added salt or oil, with relatively low fat content, fat trimmed off or fat drained, e.g. prime mince, chicken breast. |

\* These items are not considered added sugar when in juice form.

|  |  |
| --- | --- |
| **Term** | **Definition** |
| **Canned or ready to heat/ eat pre- packaged MPFS** | Ready to heat/eat commercially prepared, canned, packaged or reconstituted meat, poultry, fish and seafood products, e.g. canned tuna, crumbed fish, chicken nuggets. |
| **Processed MPFS** | Meat, poultry, fish and seafood that has been salted, cured/pickled, fermented or smoked, e.g. ham, bacon, salami, chorizo, prosciutto, jerky, sausages, frankfurters, luncheon, liver pâté, corned silverside, corned beef,  smoked chicken, smoked fish. |
| **Ready to eat** | A meal or food product prepared or cooked in advance, with no further  cooking or preparation required before being eaten |
| **Recyclable** | Items that are accepted for [council kerbside recycling](https://environment.govt.nz/what-you-can-do/campaigns/recycle/) include tins, cans, glass bottles, jars, paper, cardboard and plastic bottles, trays and containers that are numbered 1, 2 and 5. |

# Roles and responsibilities

|  |  |
| --- | --- |
| **Role** | **Responsibility** |
| **Health New Zealand National Food and Drink Environments Network** | The development and subsequent updates of the National Food and Drink Policy. |
| **Health New Zealand National Public Health Service** | Supporting the Network with the development and subsequent updates of the National Food and Drink Policy and Health NZ implementation. Advising partners. |
| **Ministry of Health** | Supporting the Network with the development and subsequent updates of the National Food and Drink Policy and Ministry of Health implementation. |
| **Foodservice staff** | Adhering to the National Food and Drink Policy. |
| **Anyone providing or selling food and drink to staff and visitors in Health NZ and Ministry of Health facilities** | Adhering to the National Food and Drink Policy See exclusions in [section](#_bookmark2) 1.3. |
| **Health New Zealand-funded food and drink provision** | Adhering to the National Food and Drink Policy See exclusions in [section](#_bookmark2) 1.3. |

# Health and wellness measures

These health and wellness measures ensure those selling food and drink are in line with Health NZ priorities to support health, wellbeing and environmental sustainability.

|  |  |
| --- | --- |
| **Area** | **Standard** |
| **Health and affordability** | Follow the [criteria](#_bookmark12) and offer **≥55% GREEN**, **≤45% AMBER** and **0% RED** food and drinks. |
| For those selling fresh food, have fresh or canned fruit available daily, e.g. fruit bowl, fruit salad. |
| Only GREEN items to be displayed at register/point of sale where possible (depending on shop/outlet size and space available). GREEN items to be displayed at eye level where possible. |
| Only GREEN items are to be used in marketing promotions, e.g. deals, combos, specials. |
| Sweet, packaged foods to be displayed on the bottom rows of the shelf or vending machine and take up <20% of total space. |
| For vending machines offering food items, have at least three different ready to eat meal options available and at eye level. |
| Provide access to drinking water in a public area with clear signage to access it. |
| **Sustainability** | For those selling fresh food, serve legumes twice per week, e.g. chicken and chickpea curry, hummus sandwich. This is in addition to a daily vegetarian meal offered. For à la carte, at least 20% of the menu should contain legumes. |
| Have nuts or seeds available for sale either in products or stand alone (packaged). |
| For those selling more than one hot meal option per day, have a vegetarian option available. |
| For those offering packaging, it must be reusable (can be returned for cleaning and reuse), accepted for [council kerbside recycling](https://environment.govt.nz/what-you-can-do/campaigns/recycle/) or [home compostable](https://www.wasteminz.org.nz/our-work/our-guidelines). |
| For those offering food and drinks in takeaway containers, allow customers to bring their own reusable containers and cups. |

# Criteria

|  |  |  |
| --- | --- | --- |
| **Green** | **Amber** | **Red** |
| Make up at least 55% of daily options on offer for the food and drinks category.\* | Make up less than 45% of daily options on offer for the food and drinks category.\* | Not provided. |
| Nutrition criteria set for each food group to reﬂect the best choice within the category, aiming to provide important nutrients. | Nutrition criteria set for each food group to reﬂect the best choice within the category, often with a minimum HSR\*\* and/or maximum portion size\*\*\* aiming to provide some sources of nutrients. | Have poor nutritional value and can contribute to chronic disease if consumed frequently in large amounts. |
| Mostly whole and less processed. Some processed foods have a maximum portion limit. | Can enhance ﬂavour and add variety to a meal and menu. | Often highly processed foods and drinks. |
| Generally lower in saturated fat, added sugar and/  or salt and higher in fibre compared to AMBER and RED products. | Generally lower in saturated fat, added sugar and/or salt compared to RED products. | Generally high in saturated fat, added sugar and/or salt. |

\* Percentage of GREEN/AMBER foods are calculated on each type of option,

e.g. if 6 cheese scones are displayed, this is counted as one option.

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.

\*\* If the Health Star Rating (HSR) isn’t displayed on a product, it is the foodservice provider’s responsibility to calculate it. See the Ministry for Primary Industries [tool and instructions](https://www.mpi.govt.nz/food-business/labelling-composition-food-drinks/health-star-ratings-food-labelling/health-star-ratings-for-manufacturers/).

\*\*\* A 5% margin of error when weighing items can be allowed.

National Food and Drink Environments Network 13

# Guidelines

## Sandwiches, sushi and salads

*NOTE: Images removed to reduce file size*

|  |  |  |  |
| --- | --- | --- | --- |
| **Food category** | **Green** | **Amber** | **Red** |

**Prepared with GREEN items and up to one AMBER sauce/condiment**

**Prepared with GREEN and/ or AMBER items**

**Not provided**

|  |  |  |  |
| --- | --- | --- | --- |
| **Bread-based items**  e.g. sandwiches, wraps, filled rolls, buns, pita, bagels, English muffins, mousetraps | **Bread**  Brown/grainy breads, e.g. wholegrain, wheatmeal, wholemeal, multigrain, soy and linseed  **Vegetables**  Must include non-tuber vegetables  **Protein**   * Lean unprocessed MPFS and egg, e.g.   egg, shredded chicken or beef   * Canned, ready to heat/eat and processed MPFS with ≥3.5 HSR, e.g. canned tuna; ham, bacon ≤50g; smoked chicken, corned beef ≤120g * Plant-based meat alternatives ≥4 HSR and legume-based products, e.g. hummus, falafel   **Cheese**  Edam, reduced-fat cheddar, Swiss, lite cream cheese, cottage cheese  **Spreads**   * Margarine, avocado, hummus * Lite mayonnaise * Nut/seed butters with no added sugar * Reduced-sugar jam * Pesto, guacamole, salsa, relish, chutney | **Bread**   * Plain white bread, e.g. bagels, rēwena, wraps, buns, pita, Turkish bread, ciabatta, panini * High-fat bread, e.g. brioche,   croissant ≤80g portion/serve  **Vegetables**  No minimum requirement  **Protein**   * Unprocessed MPFS with small amounts of visible fat, e.g. chicken with skin * Canned, ready to heat/eat and   processed MPFS with 2-3 HSR,  e.g. pork riblet; ham, bacon ≤50g; corned beef, smoked salmon/ chicken ≤120g   * Plant-based meat alternatives 3-3.5 HSR and legume-based products   **Cheese**  Tasty, colby, cheddar, mild, standard cheese blend, gouda, cream cheese, blue cheese, brie, camembert  **Spreads**   * Yeast spread * Butter, jam, honey, added sugar   nut spreads ≤15g per serve | **Bread**   * High-fat breads, e.g. brioche   >80g portion  **Protein**   * Deep-fried items, e.g. karaage chicken, tofu * Fatty meats, e.g. pork belly * Canned, ready to heat/eat and processed MPFS with ≤1.5 HSR and/or portion limit for processed meats   + >50g ham, bacon, salami, chorizo, prosciutto per serve   + >120g corned beef/ silverside, smoked chicken, smoked fish per serve   + >150g sausages, frankfurters * Plant-based meat   alternatives ≤2.5 HSR  **Spreads**  Butter, jam, honey, added sugar nut spreads >15g per serve |

|  |  |  |  |
| --- | --- | --- | --- |
| **Food category** | **Green** | **Amber** | **Red** |

**Prepared with GREEN items and up to one AMBER sauce/condiment if mixed into product**

**Prepared with GREEN and/or AMBER items – must contain at least one WFVNSL**

**Not provided**

|  |  |  |  |
| --- | --- | --- | --- |
| **Sushi, rice bowls and rice paper rolls** | **Vegetables**  Must contain at least one non-tuber vegetable either in the product or as a side salad, e.g. lettuce, cabbage,  cucumber, edamame, avocado, carrot  **Grains**  Rice, rice paper  **Protein**   * Lean unprocessed MPFS and eggs, e.g. skinless chicken, prawn, fresh salmon, beef, egg * Canned, ready to heat/eat and processed MPFS with ≥3.5 HSR, e.g. canned tuna/salmon, baked crumbed chicken; smoked chicken/salmon ≤120g * Plant-based meat alternatives ≥4 HSR   and legume-based products, e.g. tofu  **Other**   * Soy sauce single serve ≤10ml or low- salt variety ≤15ml * Lite cream cheese * Lite mayonnaise drizzle is allowed upon request * Reduced-sugar sauces, e.g. sweet chilli, BBQ | **Vegetables**  No minimum requirement; seaweed  salad, seafood salad  **Grains**  Rice, rice paper  **Protein**   * Unprocessed MPFS with small amounts of visible fat, e.g. chicken with skin * Canned, ready to heat/eat and processed MPFS with 2-3 HSR, e.g. crumbed/katsu chicken, surimi, crab nuggets; smoked salmon/ chicken ≤120g * Plant-based meat alternatives 3-3.5 HSR and legume-based products, e.g. filled inari pockets   **Other**   * Soy sauce ≤15ml * Drizzle of mayonnaise is allowed upon request * Cream cheese * BBQ, curry sauce * Mochi balls | **Protein**   * Items deep-fried on site,   e.g. tempura fried tofu, fish/ prawn/calamari, katsu chicken, fried crab nuggets   * Canned, ready to heat/eat and processed MPFS with ≤1.5 HSR and/or portion limit for processed meats   + >50g ham, bacon, salami, chorizo, prosciutto per serve   + >120g corned beef/ silverside, smoked chicken, smoked fish per serve   + >150g sausages, frankfurters * Plant-based meat   alternatives ≤2.5 HSR  **Other**   * Mayonnaise drizzle topping   on display   * Soy sauce >15ml |

|  |  |  |  |
| --- | --- | --- | --- |
| **Food category** | **Green** | **Amber** | **Red** |

**Prepared with GREEN items and <2 AMBER vegetables and up to one AMBER sauce/ condiment**

**Prepared with GREEN and/ or AMBER items**

**Not provided**

|  |  |  |  |
| --- | --- | --- | --- |
| **Salads** | **Vegetables**  Must contain non-tuber vegetables, e.g. lettuce, cucumber, avocado, tomato, carrot, canned/drained beetroot/corn  **Grains and tuber vegetables**  Unﬂavoured grains, e.g. pasta, couscous, quinoa; tuber vegetables, e.g. potato, kūmara  **Protein**   * Lean unprocessed MPFS and eggs, e.g.   chicken, beef, egg   * Canned, ready to heat/eat and processed MPFS with ≥3.5 HSR, e.g. tuna; ham, bacon ≤50g; smoked chicken/ salmon ≤120g * Plant-based meat alternatives ≥4 HSR   and legume-based products, e.g. falafel   * Unsalted nuts and seeds   **Cheese**  Parmesan, edam, Swiss, goat’s cheese, feta, ricotta, cottage cheese, paneer  **Other**   * Vinaigrette dressings, e.g. vinegar and lemon juice-based * Lite mayonnaise * Pesto, relish, chutney, salsa | **Vegetables**  No minimum requirements; pickled or marinated vegetables, e.g. sun-dried tomatoes, gherkins, olives  **Grains**  Commercially manufactured ﬂavoured rice, pasta and noodles with ≥3.5 HSR  **Protein**   * Unprocessed MPFS with small amounts of visible fat, e.g. chicken with skin * Canned, ready to heat/eat and processed MPFS with 2-3 HSR, e.g. ham, bacon ≤50g; corned beef, smoked salmon/chicken ≤120g * Plant-based meat alternatives 3-3.5 HSR and legume-based products * Salted nuts ≤50g portion   **Cheese**  Tasty, colby, cheddar, mild, standard cheese blend, gouda, cream cheese, blue cheese, brie, camembert  **Other**  Creamy salad dressings and standard mayonnaise | **Grains**  Commercially manufactured ﬂavoured rice, pasta and noodles with  <3.5 HSR  **Protein**   * Deep-fried items, e.g. deep-fried chicken schnitzel or strips, battered calamari * Canned, ready to heat/ eat and processed MPFS with ≤1.5 HSR and/or portion limit for processed meats   + 50g ham, bacon, salami, chorizo, prosciutto per serve   + 120g corned beef/ silverside, smoked chicken, smoked fish per serve   + >150g sausages, frankfurters * Plant-based meat   alternatives ≤2.5 HSR   * Salted nuts >50g portion |

## Hot meals prepared on site

|  |  |  |  |
| --- | --- | --- | --- |
| **Food category** | **Green** | **Amber** | **Red** |

**Prepared with GREEN items Prepared with GREEN and/or AMBER**

**items – must contain at least one WFVNSL**

**Not provided**

|  |  |  |  |
| --- | --- | --- | --- |
| **Soup and boil up** | **Vegetables**  Must contain vegetables, tuber vegetables and/or legume-based protein, e.g. kūmara, watercress, pumpkin, chickpeas, beans, lentils  **Grains**  Unﬂavoured grains, e.g. barley, noodles, bulgur wheat, quinoa – if offered, serve brown/grainy bread  **Protein**   * Lean unprocessed MPFS and eggs,   e.g. egg, skinless chicken, fish,  mussels, lean beef, pork   * Canned, ready to heat/eat and processed MPFS with ≥3.5 HSR, e.g. ham, bacon ≤50g; smoked chicken   ≤120g   * Plant-based meat alternatives ≥4   HSR and legume-based products,  e.g. split peas, lentils, chickpeas, beans, tofu  **Other**   * Milk, evaporated milk, lite sour   cream, lite cooking cream   * Lite coconut milk ≤40ml per serve | **Grains**   * If offered, can serve with white bread or doughboys * High-fat bread, e.g. fry bread, garlic bread, paratha ≤80g portion/serve   **Protein**   * Unprocessed MPFS with small   amounts of visible fat, trimmed,  e.g. mutton   * Fattier meats with fat skimmed off,   e.g. ham hock, pork bones, chicken with skin   * Canned, ready to heat/eat and   processed MPFS with 2-3 HSR,  e.g. ham, bacon ≤50g; smoked chicken ≤120g   * Plant-based meat alternatives 3-3.5 HSR and legume-based products   **Other**   * Coconut milk ≤40ml per serve * Cream, sour cream, reduced   cream, butter ≤15g (1Tbs) | **Grains**  High-fat bread, e.g. fry bread, garlic bread >80g portion/serve  **Protein**   * Fatty meats that haven’t had fat skimmed off soup * Canned, ready to heat/eat and processed MPFS with ≤1.5 HSR and/or portion limit for processed meats   + >50g ham, bacon, salami, chorizo, prosciutto per serve   + >120g corned beef/silverside, smoked chicken, smoked fish per serve   + >150g sausages, frankfurters * Plant-based meat alternatives   ≤2.5 HSR   * Fried legume-based products   **Other**   * Coconut milk/cream >40ml per serve * Cream, sour cream, reduced cream, butter >15g (1Tbs) per serve |

|  |  |  |  |
| --- | --- | --- | --- |
| **Food category** | **Green** | **Amber** | **Red** |

**Prepared with GREEN items Prepared with GREEN and/or AMBER**

**items – must contain at least one WFVNSL**

**Not provided**

|  |  |  |  |
| --- | --- | --- | --- |
| **Eggs**  e.g. quiches, frittata, omelettes, scrambled  Also see [Pies, quiches](#_bookmark20)  [and sausage rolls](#_bookmark20) | **Vegetables**   * Must contain non-tuber vegetables,   e.g. mushrooms, carrot, spinach   * May contain tuber vegetables, e.g. potato, kūmara   **Protein**   * Lean unprocessed MPFS and eggs, e.g. skinless chicken, fresh salmon, beef, pork, eggs * Canned, ready to heat/eat and processed MPFS with ≥3.5 HSR, e.g. canned tuna/salmon; ham, bacon ≤50g; smoked chicken, corned beef ≤120g * Plant-based meat alternatives ≥4 HSR   and legume-based products  **Base**  Pastry-less or filo pastry allowed, e.g.  frittata, slice, crustless quiche, egg cup  **Cheese**  Edam, reduced-fat cheddar, parmesan, Swiss, feta, ricotta, cottage cheese  **Fats**  Prepared with oil, margarine, milk or lite cooking cream | **Vegetables**   * Olives, sundried tomatoes   **Protein**   * Unprocessed MPFS with small amounts of visible fat, e.g. chicken with skin * Canned, ready to heat/eat and   processed MPFS with 2-3 HSR,  e.g. canned tuna/salmon; ham, bacon ≤50g; corned beef, smoked salmon/chicken ≤120g; sausage  ≤150g   * Plant-based meat alternatives 3-3.5 HSR and legume-based products   **Base**  Pastry, e.g. puff, ﬂaky, short crust pastry – maximum portion ≤210g for items using pastry  **Cheese**  Cheddar, colby, cream cheese, brie  **Fats**  Cream or butter – maximum portion 15g (1Tbs) | **Protein**   * Contain fatty meats or deep- fried items * Canned, ready to heat/eat and processed MPFS with ≤1.5 HSR and/or portion limit for processed meats   + >50g ham, bacon, salami, chorizo, prosciutto per serve   + >120g corned beef/ silverside, smoked chicken, smoked fish per serve   + >150g sausages, frankfurters * Plant-based meat   alternatives ≤2.5 HSR  **Base**  Savoury pies and quiches >210g  **Fats**  >1Tbs cream or butter per serve |

|  |  |  |  |
| --- | --- | --- | --- |
| **Food category** | **Green** | **Amber** | **Red** |

**Prepared with GREEN items and up to two AMBER sauces/condiments**

**Prepared with GREEN and/or AMBER items**

**Not provided**

|  |  |  |  |
| --- | --- | --- | --- |
| **Hot meals**  e.g. casseroles, stews, curries, rice, noodles, pasta, roasts, nachos, tacos, pizza, burgers | **Vegetables**  Must contain non-tuber vegetables within  a meal or as a side, e.g. tomato, carrot  **Grains and tuber vegetables**   * Unﬂavoured grains, e.g. vermicelli, egg   noodles, udon, pasta   * Tuber vegetables, e.g. kūmara, potato – can be mashed with milk, lite cooking cream and/or margarine * Taco shells * Wholemeal or grainy wraps, pizza   bases, ﬂatbread, pita  **Protein**   * Lean unprocessed MPFS and eggs, e.g. skinless chicken, beef, pork, fish, prawns, mussels – trim visible fat and drain fatty drippings * Canned, ready to heat/eat and processed MPFS with ≥3.5 HSR, e.g. canned tuna/salmon, seafood mix; ham, bacon ≤50g; smoked chicken   ≤120g   * Plant-based meat alternatives ≥4 HSR, legume-based products, e.g. tofu, falafel | **Vegetables**  Must contain at least one WFVNSL  **Grains and tuber vegetables**   * Tuber vegetables mashed with cream or butter <1Tbs per serve * Nacho chips, white bread, doughboys, wraps, pizza bases * High-fat bread, e.g. fry bread, garlic bread, paratha ≤80g portion/serve   **Protein**   * Unprocessed MPFS with small amounts of visible fat, e.g. drained standard mince, chicken with skin, chops, ribs * Canned, ready to heat/eat and processed MPFS with 2-3 HSR, e.g. meatballs, patties; ham, bacon   ≤50g; corned beef, smoked chicken ≤120g; sausage ≤150g   * Air fried and pan-fried meats * Plant-based meat alternatives 3-3.5 HSR and legume-based products | **Grains and tuber vegetables**   * Tuber vegetables prepared with cream or butter >15ml (1Tbs) per portion/serve * Commercially manufactured ﬂavoured rice, pasta, noodles with <3.5 HSR * High-fat bread >80g portion   **Protein**   * Fatty meats, e.g. pork belly, pork crackling, chicken wings, undrained standard mince * Deep-fried meats, e.g. crumbed/katsu meats * Canned, ready to heat/eat and processed MPFS with ≤1.5 HSR and/or portion limit:   + >50g ham, bacon, salami, chorizo, prosciutto per serve   + >120g corned beef/ silverside, smoked chicken, smoked fish per serve   + >150g sausages, frankfurters * Plant-based meat alternatives   ≤2.5 HSR   * Deep-fried legume-based products, e.g. fried falafel |

|  |  |  |  |
| --- | --- | --- | --- |
| **Food category** | **Green** | **Amber** | **Red** |
|  | **Cheese**  Edam, reduced-fat cheddar, mozzarella, parmesan, pizza cheese blend, Swiss, lite cream cheese, goat’s cheese, feta, halloumi, ricotta, cottage cheese  **Other**   * Vegetable oil * Lite sour cream, lite reduced cream, lite cooking cream or evaporated milk or plain yoghurt * Pre-made sauces that contain vegetables in ingredients, e.g. tomato, capsicum-based sauces * Reduced-salt soy sauce <10ml * Reduced-sugar sauces, e.g. sweet chilli, tomato sauce, BBQ * Lite coconut milk ≤40ml per serve | **Cheese**  Tasty, colby, cheddar, cream cheese, brie, camembert  **Other**   * Coconut milk maximum portion   size ≤40ml per serve   * Cream, sour cream, reduced cream, butter maximum portion size ≤15g (1Tbs) per serve * Pre-made sauces, e.g. curry, white and cheese sauce * Gravy <60ml   **Sauces/condiments**   * Soy sauce, oyster sauce, fish sauce ≤15ml (1Tbs) per serve * Standard table sauces, e.g. sweet chilli, tomato sauce, BBQ sauce * [Added sugar](#_bookmark6) ≤15g per serve | **Other**   * Coconut milk/cream >40ml per serve * Cream, sour cream, reduced cream, butter >15g (1Tbs) per serve * Gravy >60ml * Soy sauce, oyster sauce, fish   sauce >15ml (1Tbs) per serve |

## Commercial ready to eat meals

|  |  |  |  |
| --- | --- | --- | --- |
| **Food category** | **Green** | **Amber** | **Red** |
| **Single hot items**  e.g. dumplings, samosas, spring rolls, steamed buns | Includes non-tuber vegetable within  pack or served on the plate and ≥4 HSR,  e.g. dim sum, steamed buns, spring rolls, dumplings | 3.5 HSR with or without non-tuber vegetables but encouraged, e.g. BBQ pork steamed buns, mini pizza, lasagne toppers | ≤3 HSR, e.g. wontons, money  bags, spring rolls |
| **Chilled or frozen commercial/ packaged ready to eat meals** | Must include non-tuber vegetables, within product and ≥4 HSR, e.g. pre-packed salad, curry and rice | 3.5 HSR with or without non-tuber vegetables but encouraged, e.g. pasta salad | ≤3 HSR |
| **Ambient commercial/ packaged ready to eat packaged meals** | ≥4 HSR, e.g. vegetable-based soups, rice,  beans, pasta packs | 3.5 HSR, e.g. curry and rice, fried rice, heat and eat pastas, instant noodles | ≤3 HSR, e.g. instant noodle cups,  creamy pastas |

## Bakery

|  |  |  |  |
| --- | --- | --- | --- |
| **Food category** | **Green** | **Amber** | **Red** |
| **Baked items, pastry items and high-fat breads**  e.g. scones, cakes,  muffins, slices | Uniced/unfilled scones, scrolls, muffins, loaves, cakes, bliss balls, biscuits containing at least two WFVNSLs  Maximum portion sizes:   * Scone/scroll, pancake, cake, dessert   ≤120g   * Muffin, loaf ≤100g * Biscuit/bliss ball ≤60g | Thin or drizzled icing and chocolate within product allowed  Maximum portion sizes:   * Scone/scroll, pancake ≤120g * Cake, dessert, pudding ≤120g * Muffin, loaf, slice ≤100g * Danish, tart, donut, croissant,   brioche, cupcake ≤80g   * Biscuit, bliss ball, biscotti ≤60g   If offering, make margarine or yoghurt default option over butter or cream | Thick icing  Chocolate covered or contains [confectionery](#_bookmark7), e.g. rocky road, lolly slice, pebbles  Overportion restriction:   * Scone/scroll, pancake >120g * Cake, dessert, pudding >120g * Muffin, loaf, slice >100g * Danish, tart, sweet pie, shortcake, donut, croissant, brioche, cupcake >80g * Biscuit, bliss ball, biscotti >60g |
| **Specialty breads** | Uniced breads containing at least one WFVNSL, e.g. fruit bread/buns, hot cross buns, vegetable pizza bread, spinach and feta bread twist | Thin or drizzled icing and chocolate within product allowed  Maximum portion sizes:   * Bread bun, scroll ≤120g * Pretzel ≤100g | Thick icing  Chocolate covered or contains confectionery  Overportion restriction:   * Bread bun, scroll >120g * Pretzel >100g |
| **Pies, quiches and sausage rolls**  Also see [Eggs](#_bookmark15) | * Crustless quiche, vegetable slice or egg cups – must contain vegetables * Bread case pie or filo pastry * Potato top pies ≤210g | Maximum portion sizes:   * Savoury pie, quiche, vegan roll   ≤210g   * Sausage roll ≤120g | Overportion restriction:   * Savoury pie, quiche >210g * Sausage roll >120g |

## Packaged snack foods

*Health New Zealand Te Whatu Ora does not endorse, or recommend any specific food or drink brands. Products shown are examples only.*

|  |  |  |  |
| --- | --- | --- | --- |
| **Food category** | **Green** | **Amber** | **Red** |
| **Cracker combinations** | ≥4 HSR and ≤120g per unit, e.g.  cheese, tuna, hummus and  crackers | 3.5 HSR and ≤120g per unit | ≤3 HSR or >120g per unit |
| **Savoury packaged snacks** | <800kj and ≤50g per unit, e.g. crisps, pretzels, seaweed, fava beans, corn chips, popcorn | 800-1,000kj and ≤50g per unit, e.g. corn  nibbles, bhuja mix, chips | >1,000kj or >50g per unit |
| **Sweet packaged snacks**  ≤20% total snacks | ≤800kj and ≤60g per unit with no chocolate allowed, e.g. bars, bliss balls, biscuits | ≤850kj and ≤60g per unit with chocolate as  an ingredient allowed, e.g. bars, milk bites | >850kj or >60g per unit Contains [confectionery](#_bookmark7)  or artificially sweetened  alternative  100% chocolate products |
| **Yoghurt/dairy food** | <10g sugar per 100g and ≤200g  per unit | 10-15g sugar per 100g and ≤200g per unit Coconut yoghurt ≤50g | >15g sugar per 100g and/or  >200g per unit  Coconut yoghurt >50g |
| **Packaged fruit** | Fruit in juice, e.g. peaches in juice pottle | * Fruit in syrup, light syrup, custard or no added sugar jelly * No added sugar fruit puree ≤100g per unit * No added sugar dried/processed/baked   fruits ≤30g, e.g. sultanas, baked mango | Fruit in added sugar jelly  Candied and crystallised fruits,  e.g. crystallised ginger and sugar-coated dried fruits |
| **Nuts, seeds and dried fruit mixes** | Unsalted or lightly salted No added sugar | Maximum unit size ≤50g  With chocolate/cacao nibs allowed, e.g. trail mix | >50g per unit  Contains confectionery or candy coated |
| **Processed, canned or ready to heat/eat MPFS** | ≥3.5 HSR, e.g. canned or  packaged tuna/chicken | 2-3 HSR  Processed [MPFS](#_bookmark8) ≤ 50g unit size | ≤1.5 HSR and/or >50g per unit,  e.g. salami, chorizo, jerky |

## Drinks, ice blocks and smoothies

*Health New Zealand Te Whatu Ora does not endorse, or recommend any specific food or drink brands. Products shown are examples only.*

|  |  |  |  |
| --- | --- | --- | --- |
| **Food category** | **Green** | **Amber** | **Red** |
| **Water and coconut water** | Plain, unﬂavoured water (tap,  spring, mineral) | * Sparkling/soda and ﬂavoured water with   0g sugar and <750ml per unit   * Still or sparkling no added sugar coconut   water ≤250ml per unit | * Water with sugar added * Sparkling/soda water >750ml per unit * Coconut water >250ml or   with added sugar |
| **Milk/yoghurt-based drinks** | * 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 | * 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, no  added sugar liquid breakfasts | * 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 |
| **Cold drinks** | Iced tea and coffee with no added sugar | * Artificially sweetened soft drinks ≤300ml * Drinks with no added sugar ≤6g/100ml sugar and ≤330ml per unit, e.g. still/ carbonated or ﬂavoured drinks with or without artificial sweeteners, diluted juices, immunity shots, commercially prepared smoothies | * Diet soft drinks >300ml * Added sugar drinks, e.g. soft drinks, teas, fruit drinks, cordials * Kombucha, alcoholic drinks, formulated caffeinated beverages (energy drinks)\* * Drinks with >6g sugar per 100ml or >330ml per unit |
| **Juice** |  | 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 |
| **Ice blocks** |  | ≥99% fruit juice with no added sugar and  ≤200ml per unit | <99% fruit juice, added sugar and/or >200ml per unit |

\* A ﬂavoured, non-alcoholic beverage containing >14.5mg/100ml caffeine, often labelled as an ‘energy drink’.

|  |  |  |  |
| --- | --- | --- | --- |
| **Food category** | **Green** | **Amber** | **Red** |
| **Fresh made smoothies, milkshakes, frappes and iced drinks** | No added sugar smoothies, must be made with milk or milk alternatives or yoghurt (<10g sugar per 100g) and/or fresh/ frozen or canned fruit in juice  ≤330ml per unit | * Maximum unit size 330ml – may contain milk/milk powder, fresh yoghurt (10-15g sugar per 100g and ≤200g portion) * Frozen yoghurt or ice cream ≤20g sugar per 100g, ≤5g saturated fat per 100g and   ≤60g portion   * Fresh/frozen and canned fruit * ≥99% fruit juice with no added sugar and   ≤200ml per unit   * Chocolate powder * No added sugar iced tea or iced coffee | * Prepared with concentrate, fruit juice or added sugar (including honey or syrup) and >330ml per unit * Fresh yoghurt >10-15g sugar per 100g and/or >200g portion * Frozen yoghurt or ice cream   >20g sugar per 100g, >5g saturated fat per 100g and/ or >50g portion   * ≥99% fruit juice with added   sugar and/or >200ml per unit   * Syrups or powders with added sugar |
| **Hot drinks** | * Tea, herbal teas * Coffee, e.g. instant, long black,   ﬂat white | * Hot chocolate powder * No added sugar syrups and powders,   e.g. sugar-free caramel latte, chai latte, matcha   * Sugar sachet available on request | * Syrups or powders with added sugar, e.g. chai or matcha green tea beverage powder * Marshmallows/chocolate |

## Vending, trolleys and pharmacies

*Health New Zealand Te Whatu Ora does not endorse, or recommend any specific food or drink brands. Products shown are examples only.*

|  |  |  |  |
| --- | --- | --- | --- |
| **Food category** | **Green** | **Amber** | **Red** |
| **Cracker combinations** | ≥4 HSR and ≤120g per unit, e.g. cheese,  tuna or hummus and crackers | ≥3.5 HSR and ≤120g per unit, e.g. peanut  butter and rice crackers | ≤3 HSR or >120g |
| **Savoury packaged food** | <800kj and ≤50g per unit, e.g. chips,  pretzels, seaweed, popcorn | 800-1,000kj and ≤50g per unit, e.g. corn  nibbles, bhuja mix, chips | >1,000kj or >50g per unit |
| **Sweet packaged food**  ≤20% total snacks | ≤800kj and ≤60g per unit with no chocolate allowed, e.g. bars, bliss balls, biscuits | ≤850kj and ≤60g per unit with chocolate allowed, e.g. muesli bar, 25g dark chocolate bar, milk bites | >850kj or >60g per unit Contains [confectionery](#_bookmark7)  or artificially sweetened  alternative |
| **Packaged fruit** | Fruit in juice, e.g. peaches in juice pottle | * Fruit in syrup, light syrup, custard or no added sugar jelly, e.g. fruit and custard pottle * No added sugar fruit puree ≤100g, e.g.   puree fruit squeezies   * No added sugar dried/processed/   baked fruits ≤30g per unit, e.g. sultanas,  freeze dried, jerky, gently baked fruit | * Fruit in added sugar jelly * Candied and crystallised fruits, e.g. crystallised ginger and sugar-coated dried fruits |
| **Nuts, seeds and dried fruit mixes** | Unsalted or lightly salted and no added sugar, e.g. nuts | ≤50g per unit  Chocolate/cacao nibs can be part of the  mix, e.g. trail mix | >50g per unit  Contains confectionery or  candy coated |
| **Canned, processed and ready to eat meat, poultry, fish and seafood MPFS** | ≥3.5 HSR   * Commercially prepared, packaged and canned MPFS, e.g. tuna * MPFS that has been salted, cured,   fermented or smoked ≤50g per unit | 2-3 HSR   * Commercially prepared, packaged and   canned MPFS, e.g. tuna   * [Processed MPFS](#_bookmark8) ≤50g per unit, e.g. jerky,   salami | ≤1.5 HSR and/or >50g per unit MPFS that has been salted, cured, fermented or smoked |
| **Ambient ready to eat meals**  Minimum of 3 options | ≥4 HSR, e.g. vegetable-based soups,  rice and beans, pasta packs | 3.5 HSR, e.g. curry and rice, fried rice, heat and eat pastas, instant noodles | ≤3 HSR, e.g. instant noodle cups,  steamed rice, creamy pastas |

National Food and Drink Environments Network 33

# Index of ingredients

*IF THIS DOCUMENT IS PRINTED, IT IS VALID ONLY FOR THE DAY OF PRINTING*

## Index of ingredients: Vegetables and fruit

|  |  |  |  |
| --- | --- | --- | --- |
| **Ingredient** | **Green** | **Amber** | **Red** |
| **Vegetables** | Fresh, frozen, canned (drained) and dried plain vegetables, preferably in [season](https://5aday.co.nz/assets/site/resources/Whats-Available-Chart.pdf) [Non-tuber vegetables](https://www.vegetables.co.nz/in-the-kitchen/vegetable-classification/), e.g. green beans, leafy salad greens, mushrooms, corn  [Tuber vegetables](https://www.vegetables.co.nz/in-the-kitchen/vegetable-classification/), e.g. kūmara, taro,  potatoes | Processed vegetables and potato- based products with ≥3.5 HSR, e.g. corn fritters, cauliﬂower bites, onion rings, potato chips, wedges, hash browns | Processed vegetables and potato-based products with  <3.5 HSR  Vegetables deep-fried on site |
| **Fruit** | Whole or cut fresh and frozen fruit, preferably in [season](https://5aday.co.nz/assets/site/resources/Whats-Available-Chart.pdf), e.g. apples, bananas, oranges | No added sugar fruit puree maximum portion size ≤100g, e.g. puree fruit squeezies | Fruit puree with added sugar  >100g portion  Candied and crystallised fruits,  e.g. crystallised ginger and sugar-coated dried fruits |
| Stewed or cooked fruit with no added sugar | No added sugar dried/processed fruit and commercially baked fruit maximum portion size ≤30g, e.g. sultanas, freeze dried fruit, fruit jerky, gently baked mango | Dried/processed fruit with added sugar >30g portion |
| Fruit in juice or drained fruit in syrup, e.g. peaches in juice pots, drained canned peaches in syrup | Fruit in syrup, light syrup, custard, no added sugar jelly, e.g. undrained peaches in syrup | Fruit with added sugar jelly |

## Index of ingredients: Grain foods

|  |  |  |  |
| --- | --- | --- | --- |
| **Ingredient** | **Green** | **Amber** | **Red** |
| **Breads** | Brown/grainy breads, buns, wraps, pitas,  e.g. wholegrain, wheatmeal, wholemeal, multigrain, soy and linseed, oat, rye from commercial or local bakery  Gluten free breads, choose brown/grainy varieties if possible | White breads, e.g. muffin splits, roti, rēwena, crumpet, wraps, naan, buns, rolls, pita, Turkish, ciabatta, panini  High-fat breads, e.g. paratha, garlic bread, garlic naan, fry bread, maximum portion size ≤80g and served as part of a mixed meal | High-fat breads, e.g. paratha, garlic bread, garlic naan and fry bread >80g portion and/or served on its own |
| **Breakfast cereals** | Hot and cold breakfast cereals with <15g sugar/100g, e.g. porridge, wheat biscuits | Hot and cold breakfast cereals with 15-20g sugar/100g, e.g. muesli | Breakfast cereals with sugar content >20g/100g |
| **Rice, pasta, noodles and other grains** | Plain pasta, rice, noodles and other grains – include wholegrain and brown varieties where possible, e.g. oats, rye, spaghetti, noodles, vermicelli, soba, quinoa, buckwheat, polenta, couscous | Commercially manufactured ﬂavoured rice, pasta and noodles with ≥3.5 HSR, e.g. canned spaghetti, ﬂavoured noodle packs, creamy rice | Commercially manufactured  ﬂavoured varieties with <3.5 HSR |
| **Crackers and crispbreads** | Wholegrain, multigrain, wheatmeal and wholemeal plain or ﬂavoured and ≥3.5 HSR, e.g. five-grain, brown rice  Cracker combinations ≥4 HSR and maximum portion size ≤120g, e.g. cheese, tuna, hummus and crackers | All other crispbreads and crackers with ≥3.5 HSR, e.g. white or grainy crackers, rice crackers, ﬂavoured crackers  Cracker combinations ≥3.5 HSR and maximum portion size ≤120g, e.g. cheese and crackers | Crispbreads and crackers with  <3.5 HSR  Cracker combinations with <3.5 HSR and/or >120g |
| **Pastry** | Filo pastry | Other pastry, e.g. puff, ﬂaky, shortcrust pastry – see [Bakery](#_bookmark18) for portion limits | Savoury pie/quiche >210g, sausage roll >120g, sweet pastry  >80g |

## Index of ingredients: Dairy and dairy alternatives

|  |  |  |  |
| --- | --- | --- | --- |
| **Ingredient** | **Green** | **Amber** | **Red** |
| **Milk**  Also see [Drinks, ice](#_bookmark24)  [blocks and smoothies](#_bookmark24) | Reduced, low-fat or full-fat plain cow’s milk, e.g. lite, trim, calci-trim or standard. | Flavoured milk and liquid breakfast  with ≤7g sugar per 100ml and  ≤250ml per unit  For iced/ﬂavoured coffees, see  [Drinks, ice blocks and smoothies](#_bookmark24) | Flavoured milk, liquid breakfasts with >7g sugar/100ml and/or  >250ml per unit |
| **Cow’s milk alternatives** | Plain or ﬂavoured no added sugar cow’s milk alternatives with ≥100mg  calcium/100ml, e.g. soy, oat, rice, almond  milk | Plain or ﬂavoured cow’s milk alternatives with ≤7g sugar per 100ml and ≥100mg/100ml calcium | Cow’s milk alternatives with >7g sugar/100ml and/or >250ml per unit |
| **Cheese and cheese alternatives** | ≤18g saturated fat per 100g, e.g. edam, reduced-fat cheddar, mozzarella, parmesan, pizza cheese blend, Swiss, lite cream cheese, ricotta, goat’s cheese, feta, cottage cheese, paneer | >18g saturated fat per 100g, e.g. yellow/hard cheese, tasty, colby, cheddar, mild, standard cheese blend, gouda, cream cheese, haloumi, blue cheese, Egmont, brie  and camembert, vegan mozzarella |  |
| **Cream and condensed milk** | Evaporated milk, lite sour cream, lite cooking cream | Cream (including whipped), sour cream, reduced cream, sweetened condensed milk, maximum portion size ≤15g (1Tbs) | Cream, sour cream, reduced cream, sweetened condensed milk >15g (1Tbs) |
| **Dairy and alternative yoghurts and desserts** | ≤10g sugar per 100g and ≤200g per unit,  e.g. yoghurt, dairy food, custard, brûlée, mousse | 10-15g sugar per 100g and ≤200g per  unit  Coconut yoghurt ≤50g per unit | >15g sugar per 100g and/or  >200g per unit  Coconut yoghurt >50g |
| **Frozen dairy and alternative yoghurts and desserts** |  | ≤20g sugar and ≤5g saturated fat per 100g, maximum portion size 60g, e.g. frozen yoghurt and lite ice cream | Contains confectionery  >20g sugar, >5g saturated fat per 100g and/or >60g per unit |

## Index of ingredients: Plant-based protein foods

|  |  |  |  |
| --- | --- | --- | --- |
| **Ingredient** | **Green** | **Amber** | **Red** |
| **Plant-based meat alternatives\*** | ≥4 HSR, e.g. plant-based sausages,  patties, mince | 3-3.5 HSR, e.g. plant-based sausages, patties, mince | ≤2.5 HSR |
| **Legumes and legume-based foods\*\***  Also see [Savoury](#_bookmark22)  [packaged snacks](#_bookmark22) | Fresh, dried, boiled, roasted, canned (drained) beans, peas, pulses, e.g. black beans, red beans, kidney beans, butter beans, cannellini beans, lentils, chickpeas, split peas  Commercially prepared legume-based foods, e.g. hummus, falafel, tempeh, tofu | Filled inari pockets | Deep-fried legume-based products, e.g. fried tofu or falafel |
| **Nuts, seeds and dried fruit mixes** | Unsalted or lightly salted, e.g. nuts No added sugar | Maximum portion size ≤50g  Chocolate/cacao nibs can be part of the mix, e.g. trail mix | >50g portion  Contains confectionery or candy coated |

\* Plant-based meat alternatives are processed food products made from plant-based ingredients, typically eaten as a replacement for meat, e.g. plant-based sausages, tenders, meat balls, patties, mince.

\*\* Legumes and legume-based foods are minimally processed foods based mostly on legumes, e.g. canned baked beans, chilli beans, dressed bean mixes, tempeh, marinated or plain tofu, hummus, falafel, tahini.

## Index of ingredients: Animal-based protein foods

|  |  |  |  |
| --- | --- | --- | --- |
| **Ingredient** | **Green** | **Amber** | **Red** |
| **Eggs**  Also see [Pies, quiches](#_bookmark20)  [and sausage rolls](#_bookmark20) | Fresh and liquid eggs  Cooked with milk, lite cooking cream or oil | Eggs cooked with high-fat items,  e.g. butter or cream ≤15g/ml (1Tbs)  per serve | Eggs cooked with >1Tbs butter or cream per serve |
| **Meat, poultry, fish and**  **seafood** | Lean and unprocessed MPFS chilled or frozen without added salt or oil, skinless and fat trimmed off, e.g. roast or diced/ stir-fry beef, pork or lamb, premium or prime mince, skinless chicken breasts and thighs, unbattered fish fillets, mussels, shrimp. | Unprocessed MPFS chilled or frozen without added salt or oil or visible fat and/or fat drained, e.g. roast chicken with skin, standard mince, chops, ribs, pork bones | MPFS with high amounts of salt, oil added, visible fat or a high skin to meat ratio, e.g. chicken wings, undrained standard mince, crackling, pork belly |
| **Canned or ready to heat/eat pre- packaged meat, poultry, fish and seafood** | ≥3.5 HSR  Canned or ready to heat/eat commercially prepared, packaged or reconstituted MPFS products, e.g. canned tuna/chicken, pulled pork, prepared meatballs, patties, kebab meat, crumbed fish, chicken schnitzel, nuggets | 2-3 HSR  Canned or ready to heat/eat commercially prepared, packaged or reconstituted MPFS products,  e.g. pork riblet, prepared meatballs, patties, nuggets, kebab meat, crumbed/schnitzel, canned MPFS | ≤1.5 HSR  Deep-fried |
| [**Processed meat**](#_bookmark8)**, poultry, fish and seafood** | ≥3.5 HSR  Salted/pickled, cured, fermented or  smoked MPFS  Maximum portion size per serve:   * ≤50g ham, bacon, light canned ham * ≤120g corned beef/silverside, smoked chicken, smoked fish | 2-3 HSR  MPFS that has been salted, cured,  fermented or smoked  Maximum portion size per serve:   * ≤50g ham, bacon, luncheon,   salami, chorizo, prosciutto, jerky   * ≤120g corned beef/silverside, smoked chicken, smoked fish * ≤150g sausages, frankfurters | ≤1.5 HSR and/or deep-fried   * >50g ham, bacon, salami, chorizo, prosciutto, jerky, luncheon per serve * >120g corned beef/silverside, smoked chicken, smoked fish per serve * >150g sausages, frankfurters per serve |

## Index of ingredients: Fats, oils, spreads, sauces, dips, dressings and condiments

|  |  |  |  |
| --- | --- | --- | --- |
| **Ingredient** | **Green** | **Amber** | **Red** |
| **Fats and oils** | Margarine and vegetable oils, e.g. canola, olive, rice bran, sunﬂower, ﬂaxseed, peanut, sesame  Make margarine the default option for  single-serve spreads | Coconut oil and butter in main meals, sandwiches and PCUs maximum portion size ≤15g (1Tbs) per serve  Butter in baking allowed – see [sizes for](#_bookmark19) [individual baked products](#_bookmark19) | * Butter in main meals, sandwiches and PCUs >15g * Coconut oil, palm oil >15g (1Tbs) per serve * Dripping/lard |
| **Spreads, condiments and dips** | * No added sugar nut/seed butters * Reduced-sugar varieties of jam * Mustard * Herbs and spices * Guacamole, salsa, chutney, relish, pesto * If using salt, used iodised salt | Marmite, Vegemite  Maximum portion size ≤15g (1Tbs):   * Added sugar, e.g. white/brown sugar, maple syrup, standard variety jam, honey * Nut/seed butters with added sugar,   e.g. chocolate hazelnut spread | * Thick layer of confectionery- based sauces and syrups,   e.g. chocolate topping, caramel sauce   * Jam, honey, chocolate spread or maple syrup >15g per serve. |
| **Cooking sauces** | * Vegetable, legume or nut-based cooking sauces, e.g. tomato pasta sauce, vegetable-base curry sauce, bolognaise sauce * Soy sauce single serve ≤5ml or low-salt variety ≤10ml * Lite coconut milk maximum portion size   ≤40ml per serve | * Other meal-based cooking sauces   e.g. white sauce, cheese sauce, creamy sauce, stir-fry/teriyaki sauce, pasta bake sauce, stocks   * Soy sauce, oyster sauce, fish sauce   ≤15ml (1Tbs) per serve   * Coconut milk maximum portion size   ≤40ml per serve | * Coconut milk/cream >40ml per serve * Soy sauce, oyster sauce, fish   sauce >15ml per serve |
| **Table sauces and dressings** | * Vinaigrette dressings, e.g. vinegar or lemon juice-based * Lite/low-fat mayonnaise * Reduced-sugar sauces, e.g. sweet chilli, tomato sauce, BBQ | * Gravy ≤60ml per serve * Creamy salad dressings, standard mayonnaise * Standard table sauces, e.g. sweet chilli, tomato sauce, BBQ sauce | * Gravy >60ml per serve |

# Related documentation

## Guidance and resources

National Food and Drink Policy 2025

* + - 6.2 Hot meals prepared on site – example weekly menu
    - 6.2 Hot meals prepared on site – example vegan and vegetarian recipes
    - 6.2 Hot meals prepared on site – example recipes
    - 6.3, 6.5, 6.7 Compliant packaged meals and snacks
    - 6.4 Bakery guide
    - 6.4 Example bakery cabinet
    - 6.4 Example GREEN baked items
    - 6.4 Bakery portion control guide
    - 6.4 Bakery – example GREEN recipes
    - 6.4 Compliant pre-prepared baked items
    - 6.6 Compliant drinks
    - 6.6 Example GREEN/AMBER fresh-made smoothies <330ml
    - 6.7 Example vending machine drinks
    - 6.7 Example vending machine snack foods
    - Celebrating cultural diversity
      * Karakia mō te kai (to bless food)

For those offering a seating environment, consider displaying a karakia in the dining room (examples provided or choose one you are familiar with).

* + - * Cultural festivals and celebrations

For those offering hot meals, consider offering cultural celebratory meals (examples provided).

## References

1. Ministry of Health. (2020) *Longer, healthier lives: New Zealand’s Health 1990– 2017*. Wellington, Ministry of Health.
2. Hale, T. (2019) Kai and hauora hinengaro. *Psychology Aotearoa*, 11 (2), 117-119.
3. Ministry of Health. (2020). *Eating and activity guidelines for New Zealand adults.* Wellington, Ministry of Health.
4. United Nations. (1948) *Universal Declaration of Human Rights. Article 25*. Available from: [https://www.un.org/en/about-us/universal-declaration-of-](http://www.un.org/en/about-us/universal-declaration-of-) human-rights [Accessed November 2024].
5. Public Health Advisory Committee. (2024) *Rebalancing our food system*.

Wellington, Ministry of Health.

1. Kore Hiakai | Zero Hunger Collective. (2021) *Mana to mana: Principles of ‘mana to mana’ practice in community food distribution*. Wellington, Kore Hiakai | Zero Hunger Collective
2. World Cancer Research Fund International. (n.d.) *NOURISH and MOVING policy databases*. [Online] Available from: https://policydatabase.wcrf.org/ [Accessed April 2024].
3. Rosewarne, E., Hoek, A. C., Sacks, G. et al. (2020) A comprehensive overview and qualitative analysis of government-led nutrition policies in Australian institutions. *BMC Public Health*, 20, 1038.
4. World Health Organization. (2021) *Action framework for developing and implementing public food procurement and service policies for a healthy diet*. Geneva, World Health Organization.
5. Tātai Aho Rau | LEARNZ. The importance of awa to Māori. Available from: [https://www.learnz.org.nz/rivers211/discover/importance-of-awa-to-māori](http://www.learnz.org.nz/rivers211/discover/importance-of-awa-to-māori) [Accessed April 2024].
6. Gerritsen, S., Kidd, B., Rosin, M. et al. (2022) 2021 assessment of New Zealand district health boards’ institutional healthy food and drink policies: The HealthY Policy Evaluation (HYPE) study. *New Zealand Medical Journal*, 135 (1560), 67-76.
7. Rosin, M., Mackay, S., Gerritsen, S. et al. (2024) Barriers and facilitators to implementation of healthy food and drink policies in public sector workplaces: A systematic literature review. *Nutrition Reviews*, 82 (4), 503-535.
8. Rosin, M., Mackay, S. & Ni Mhurchu, C. (2023) Tools and resources used to support implementation of workplace healthy food and drink policies: A scoping review of grey literature. *Nutrition and Dietetics*, 80 (5), 452-462.
9. Willett, W., Rockström, J., Loken, B. et al. (2019) Food in the Anthropocene: The EAT-Lancet Commission on healthy diets from sustainable food systems. *The Lancet*, 393 (10170), 447-492.

## Acknowledgements

**Third policy update project manager/lead author**

Amanda Buhaets

**Third policy working group**

Amanda Buhaets (Chair), Kai Hong, Magda Rosin, Louise Mainvil, Emma Barraclough, Nicky Moore, Philippa McLachlan, Reishma Edwards, Rupthi Hermes, Sally Darragh, Tegan McGowan, Eliot Fenton

Key Māori stakeholders from across Health NZ

**Volunteer nutrition and dietetic students**

Alexandria Curran, Anita Olmstead, Arna Howard, Ayesha Mushtaq Ahmed, Emily Zeng, Maggie Copeland, Olivia Young, Pardeep Kaur, Sophia Luo

**National Food and Drink Environments Network members past and present**

***Health NZ members***

Alex Govan, Bek Parry, Breanna Edge-Woodall, Brenda Szabo, Danielle Griffioen, Deborah Chettleburgh, Dipti Pandrangi, Eliot Fenton, Emma Barraclough, Franica Yovich, Grace Watts, Hayley Adamson, Heather Fleming, Helen Sharples, Jane Wyllie, Jessica Trew, Kate Harington, Lauren Ensor, Lauren Piercy, Leigh Neville, Louise Mainvil, Melanie Davis, Nicky Moore, Nicole McHaffie, Reishma Edwards, Rob Beaglehole, Rupthi Hermes, Sally Darragh, Sarah Agar, Sigrid Lindbom, Simon Bowen, Stephanie Shen, Susie Konijn, Teresa Stanbrook, Tessa Acker, Vicky Stedman, Vicky Youngman, Wendy Dodunski

***Ministry of Health members***

Anna Jackson, Emma Whalley, Harriette Carr, Mary-Ann Carter

***University of Auckland members***

Cliona Ni Mhurchu, Magda Rosin, Bruce Kidd, Stephanie Shen

***Heart Foundation members***

Kai Hong Tan, Judith Morley-John

I would like to thank the people named in this section for helping to review and update the policy.

Thanks also to all the retailers, whānau, unions and other stakeholders we

consulted with.



Amanda Buhaets, NZ registered dietitian | Mātanga Kai

Chair of the National Food and Drink Environments Network.

## Policy administration

Citation: National Food and Drink Environments Network. (2025). National food and drink policy (3rd ed.). Wellington, Health New Zealand.

Available from: <https://www.tewhatuora.govt.nz/publications/national-food-and-drink-policy>. ISBN: 978-1-991139-40-5

National Food and Drink Policy email: [HNZfoodpolicy@TeWhatuOra.govt.nz](mailto:HNZfoodpolicy@TeWhatuOra.govt.nz)

Policy review: April 2027