



National Food and Drink Policy

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

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1. 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!*

1.1 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.

1.2 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).

1.3 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.

1.4 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.

1.5 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](#) for breastfeeding support.

1.6 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.

1.7 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).

1.8 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](#) Healthy School Lunches Programme, [Healthy Eating Advisory Service](#) (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.

2. 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 (WVFNLS)	<p><u>Whole and high-fibre grains</u>, e.g. multigrain, wholegrain, wheatmeal, wholemeal flour, bread, crackers and pasta, oats, brown rice, barley, rye, buckwheat, quinoa, bran.</p> <p><u>Fruits</u>, e.g. apples, oranges, bananas.</p> <p><u>Vegetables</u> – tuber vegetables (grow underground), e.g. kūmara, potato; non-tuber vegetables, e.g. avocado, broccoli, tomato, pumpkin, cabbage, beetroot, carrot, corn, celery.</p> <p><u>Nuts</u>, e.g. almonds, Brazil nuts, hazelnuts, cashews, coconut, macadamias, pecans, pine nuts, pistachios, walnuts, peanuts.</p> <p><u>Seeds</u>, e.g. chia, flax, poppy, pumpkin, sesame, sunflower.</p> <p><u>Legumes</u>, e.g. black beans, butter beans, cannellini beans, haricot beans, red kidney beans, soy beans, chickpeas, peas, lentils.</p>
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 include tins, cans, glass bottles, jars, paper, cardboard and plastic bottles, trays and containers that are numbered 1, 2 and 5.

3.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 1.3 .
Health New Zealand-funded food and drink provision	Adhering to the National Food and Drink Policy See exclusions in section 1.3 .



4. 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 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 or home compostable .
	For those offering food and drinks in takeaway containers, allow customers to bring their own reusable containers and cups.

5. 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](#).

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

6. Guidelines

6.1 Sandwiches, sushi and salads



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
<p>Bread-based items</p> <p>e.g. sandwiches, wraps, filled rolls, buns, pita, bagels, English muffins, mousetraps</p>	<p>Bread</p> <p>Brown/grainy breads, e.g. wholegrain, wheatmeal, wholemeal, multigrain, soy and linseed</p> <p>Vegetables</p> <p>Must include non-tuber vegetables</p> <p>Protein</p> <ul style="list-style-type: none"> 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 <p>Cheese</p> <p>Edam, reduced-fat cheddar, Swiss, lite cream cheese, cottage cheese</p> <p>Spreads</p> <ul style="list-style-type: none"> Margarine, avocado, hummus Lite mayonnaise Nut/seed butters with no added sugar Reduced-sugar jam Pesto, guacamole, salsa, relish, chutney 	<p>Bread</p> <ul style="list-style-type: none"> Plain white bread, e.g. bagels, rēwena, wraps, buns, pita, Turkish bread, ciabatta, panini High-fat bread, e.g. brioche, croissant ≤ 80g portion/serve <p>Vegetables</p> <p>No minimum requirement</p> <p>Protein</p> <ul style="list-style-type: none"> 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 <p>Cheese</p> <p>Tasty, colby, cheddar, mild, standard cheese blend, gouda, cream cheese, blue cheese, brie, camembert</p> <p>Spreads</p> <ul style="list-style-type: none"> Yeast spread Butter, jam, honey, added sugar nut spreads ≤ 15g per serve 	<p>Bread</p> <ul style="list-style-type: none"> High-fat breads, e.g. brioche > 80g portion <p>Protein</p> <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> > 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 <p>Spreads</p> <p>Butter, jam, honey, added sugar nut spreads > 15g per serve</p>

Food category	Green	Amber	Red
	<p>Prepared with GREEN items and up to one AMBER sauce/condiment if mixed into product</p>	<p>Prepared with GREEN and/or AMBER items – must contain at least one WFFVNSL</p>	<p>Not provided</p>
<p>Sushi, rice bowls and rice paper rolls</p>	<p>Vegetables</p> <p>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</p> <p>Grains</p> <p>Rice, rice paper</p> <p>Protein</p> <ul style="list-style-type: none"> 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 <p>Other</p> <ul style="list-style-type: none"> 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 	<p>Vegetables</p> <p>No minimum requirement; seaweed salad, seafood salad</p> <p>Grains</p> <p>Rice, rice paper</p> <p>Protein</p> <ul style="list-style-type: none"> 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 <p>Other</p> <ul style="list-style-type: none"> Soy sauce ≤ 15ml Drizzle of mayonnaise is allowed upon request Cream cheese BBQ, curry sauce Mochi balls 	<p>Protein</p> <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> > 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 <p>Other</p> <ul style="list-style-type: none"> Mayonnaise drizzle topping on display Soy sauce > 15ml

Food category	Green	Amber	Red
	<p>Prepared with GREEN items and <2 AMBER vegetables and up to one AMBER sauce/condiment</p>	<p>Prepared with GREEN and/or AMBER items</p>	<p>Not provided</p>
<p>Salads</p>	<p>Vegetables</p> <p>Must contain non-tuber vegetables, e.g. lettuce, cucumber, avocado, tomato, carrot, canned/drained beetroot/corn</p> <p>Grains and tuber vegetables</p> <p>Unflavoured grains, e.g. pasta, couscous, quinoa; tuber vegetables, e.g. potato, kūmara</p> <p>Protein</p> <ul style="list-style-type: none"> 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 <p>Cheese</p> <p>Parmesan, edam, Swiss, goat's cheese, feta, ricotta, cottage cheese, paneer</p> <p>Other</p> <ul style="list-style-type: none"> Vinaigrette dressings, e.g. vinegar and lemon juice-based Lite mayonnaise Pesto, relish, chutney, salsa 	<p>Vegetables</p> <p>No minimum requirements; pickled or marinated vegetables, e.g. sun-dried tomatoes, gherkins, olives</p> <p>Grains</p> <p>Commercially manufactured flavoured rice, pasta and noodles with ≥ 3.5 HSR</p> <p>Protein</p> <ul style="list-style-type: none"> 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 <p>Cheese</p> <p>Tasty, colby, cheddar, mild, standard cheese blend, gouda, cream cheese, blue cheese, brie, camembert</p> <p>Other</p> <p>Creamy salad dressings and standard mayonnaise</p>	<p>Grains</p> <p>Commercially manufactured flavoured rice, pasta and noodles with < 3.5 HSR</p> <p>Protein</p> <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> 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

6.2 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	<p>Vegetables</p> <p>Must contain vegetables, tuber vegetables and/or legume-based protein, e.g. kūmara, watercress, pumpkin, chickpeas, beans, lentils</p> <p>Grains</p> <p>Unflavoured grains, e.g. barley, noodles, bulgur wheat, quinoa – if offered, serve brown/grainy bread</p> <p>Protein</p> <ul style="list-style-type: none"> • 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 <p>Other</p> <ul style="list-style-type: none"> • Milk, evaporated milk, lite sour cream, lite cooking cream • Lite coconut milk ≤ 40ml per serve 	<p>Grains</p> <ul style="list-style-type: none"> • If offered, can serve with white bread or doughboys • High-fat bread, e.g. fry bread, garlic bread, paratha ≤ 80g portion/serve <p>Protein</p> <ul style="list-style-type: none"> • 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 <p>Other</p> <ul style="list-style-type: none"> • Coconut milk ≤ 40ml per serve • Cream, sour cream, reduced cream, butter ≤ 15g (1Tbs) 	<p>Grains</p> <p>High-fat bread, e.g. fry bread, garlic bread > 80g portion/serve</p> <p>Protein</p> <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> – > 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 <p>Other</p> <ul style="list-style-type: none"> • 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
<p>Eggs</p> <p>e.g. quiches, frittata, omelettes, scrambled</p> <p>Also see Pies, quiches and sausage rolls</p>	<p>Vegetables</p> <ul style="list-style-type: none"> • Must contain non-tuber vegetables, e.g. mushrooms, carrot, spinach • May contain tuber vegetables, e.g. potato, kūmara <p>Protein</p> <ul style="list-style-type: none"> • 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 <p>Base</p> <p>Pastry-less or filo pastry allowed, e.g. frittata, slice, crustless quiche, egg cup</p> <p>Cheese</p> <p>Edam, reduced-fat cheddar, parmesan, Swiss, feta, ricotta, cottage cheese</p> <p>Fats</p> <p>Prepared with oil, margarine, milk or lite cooking cream</p>	<p>Vegetables</p> <ul style="list-style-type: none"> • Olives, sundried tomatoes <p>Protein</p> <ul style="list-style-type: none"> • 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 <p>Base</p> <p>Pastry, e.g. puff, flaky, short crust pastry – maximum portion ≤ 210g for items using pastry</p> <p>Cheese</p> <p>Cheddar, colby, cream cheese, brie</p> <p>Fats</p> <p>Cream or butter – maximum portion 15g (1Tbs)</p>	<p>Protein</p> <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> – > 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 <p>Base</p> <p>Savoury pies and quiches > 210g</p> <p>Fats</p> <p>> 1Tbs cream or butter per serve</p>

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
<p>Hot meals</p> <p>e.g. casseroles, stews, curries, rice, noodles, pasta, roasts, nachos, tacos, pizza, burgers</p>	<p>Vegetables</p> <p>Must contain non-tuber vegetables within a meal or as a side, e.g. tomato, carrot</p> <p>Grains and tuber vegetables</p> <ul style="list-style-type: none"> • 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 <p>Protein</p> <ul style="list-style-type: none"> • 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 	<p>Vegetables</p> <p>Must contain at least one WFVNSL</p> <p>Grains and tuber vegetables</p> <ul style="list-style-type: none"> • 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 <p>Protein</p> <ul style="list-style-type: none"> • 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 	<p>Grains and tuber vegetables</p> <ul style="list-style-type: none"> • 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 <p>Protein</p> <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> – > 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
	<p>Cheese</p> <p>Edam, reduced-fat cheddar, mozzarella, parmesan, pizza cheese blend, Swiss, lite cream cheese, goat's cheese, feta, halloumi, ricotta, cottage cheese</p> <p>Other</p> <ul style="list-style-type: none"> • 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 	<p>Cheese</p> <p>Tasty, colby, cheddar, cream cheese, brie, camembert</p> <p>Other</p> <ul style="list-style-type: none"> • 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 <p>Sauces/condiments</p> <ul style="list-style-type: none"> • Soy sauce, oyster sauce, fish sauce ≤15ml (1Tbs) per serve • Standard table sauces, e.g. sweet chilli, tomato sauce, BBQ sauce • Added sugar ≤15g per serve 	<p>Other</p> <ul style="list-style-type: none"> • 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

6.3 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

6.4 Bakery



Food category	Green	Amber	Red
<p>Baked items, pastry items and high-fat breads</p> <p>e.g. scones, cakes, muffins, slices</p>	<p>Uniced/unfilled scones, scrolls, muffins, loaves, cakes, bliss balls, biscuits containing at least two WFNLS</p> <p>Maximum portion sizes:</p> <ul style="list-style-type: none"> • Scone/scroll, pancake, cake, dessert ≤120g • Muffin, loaf ≤100g • Biscuit/bliss ball ≤60g 	<p>Thin or drizzled icing and chocolate within product allowed</p> <p>Maximum portion sizes:</p> <ul style="list-style-type: none"> • Scone/scroll, pancake ≤120g • Cake, dessert, pudding ≤120g • Muffin, loaf, slice ≤100g • Danish, tart, donut, croissant, brioche, cupcake ≤80g • Biscuit, bliss ball, biscotti ≤60g <p>If offering, make margarine or yoghurt default option over butter or cream</p>	<p>Thick icing</p> <p>Chocolate covered or contains confectionery, e.g. rocky road, lolly slice, pebbles</p> <p>Overportion restriction:</p> <ul style="list-style-type: none"> • 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
<p>Specialty breads</p>	<p>Uniced breads containing at least one WFNLS, e.g. fruit bread/buns, hot cross buns, vegetable pizza bread, spinach and feta bread twist</p>	<p>Thin or drizzled icing and chocolate within product allowed</p> <p>Maximum portion sizes:</p> <ul style="list-style-type: none"> • Bread bun, scroll ≤120g • Pretzel ≤100g 	<p>Thick icing</p> <p>Chocolate covered or contains confectionery</p> <p>Overportion restriction:</p> <ul style="list-style-type: none"> • Bread bun, scroll >120g • Pretzel >100g
<p>Pies, quiches and sausage rolls</p> <p>Also see Eggs</p>	<ul style="list-style-type: none"> • Crustless quiche, vegetable slice or egg cups – must contain vegetables • Bread case pie or filo pastry • Potato top pies ≤210g 	<p>Maximum portion sizes:</p> <ul style="list-style-type: none"> • Savoury pie, quiche, vegan roll ≤210g • Sausage roll ≤120g 	<p>Overportion restriction:</p> <ul style="list-style-type: none"> • Savoury pie, quiche >210g • Sausage roll >120g

6.5 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, bhujia 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 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	<ul style="list-style-type: none"> • 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 ≤ 50g unit size	≤1.5 HSR and/or >50g per unit, e.g. salami, chorizo, jerky

6.6 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)	<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
Milk/yoghurt-based drinks	<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, no added sugar 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
Cold drinks	Iced tea and coffee with no added sugar	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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	<p>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</p>	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Tea, herbal teas • Coffee, e.g. instant, long black, flat white 	<ul style="list-style-type: none"> • Hot chocolate powder • No added sugar syrups and powders, e.g. sugar-free caramel latte, chai latte, matcha • Sugar sachet available on request 	<ul style="list-style-type: none"> • Syrups or powders with added sugar, e.g. chai or matcha green tea beverage powder • Marshmallows/chocolate

6.7 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, bhujia 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 or artificially sweetened alternative
Packaged fruit	Fruit in juice, e.g. peaches in juice pottle	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • Commercially prepared, packaged and canned MPFS, e.g. tuna • MPFS that has been salted, cured, fermented or smoked ≤50g per unit 	2-3 HSR <ul style="list-style-type: none"> • Commercially prepared, packaged and canned MPFS, e.g. tuna • Processed MPFS ≤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

7. Index of ingredients



7.1 Index of ingredients: Vegetables and fruit

Ingredient	Green	Amber	Red
Vegetables	Fresh, frozen, canned (drained) and dried plain vegetables, preferably in season Non-tuber vegetables , e.g. green beans, leafy salad greens, mushrooms, corn Tuber vegetables , 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 , e.g. apples, bananas, oranges	No added sugar fruit puree maximum portion size ≤ 100 g, e.g. puree fruit squeezies	Fruit puree with added sugar > 100 g 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 ≤ 30 g, e.g. sultanas, freeze dried fruit, fruit jerky, gently baked mango	Dried/processed fruit with added sugar > 30 g 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

7.2 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 for portion limits	Savoury pie/quiche >210g, sausage roll >120g, sweet pastry >80g

7.3 Index of ingredients: Dairy and dairy alternatives

Ingredient	Green	Amber	Red
Milk Also see Drinks, ice blocks and smoothies	Reduced, low-fat or full-fat plain cow's milk, e.g. lite, trim, calci-trim or standard.	Flavoured milk and liquid breakfast with $\leq 7\text{g}$ sugar per 100ml and $\leq 250\text{ml}$ per unit For iced/flavoured coffees, see Drinks, ice blocks and smoothies	Flavoured milk, liquid breakfasts with $> 7\text{g}$ sugar/100ml and/or $> 250\text{ml}$ per unit
Cow's milk alternatives	Plain or flavoured no added sugar cow's milk alternatives with $\geq 100\text{mg}$ calcium/100ml, e.g. soy, oat, rice, almond milk	Plain or flavoured cow's milk alternatives with $\leq 7\text{g}$ sugar per 100ml and $\geq 100\text{mg}/100\text{ml}$ calcium	Cow's milk alternatives with $> 7\text{g}$ sugar/100ml and/or $> 250\text{ml}$ per unit
Cheese and cheese alternatives	$\leq 18\text{g}$ 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	$> 18\text{g}$ 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 $\leq 15\text{g}$ (1Tbs)	Cream, sour cream, reduced cream, sweetened condensed milk $> 15\text{g}$ (1Tbs)
Dairy and alternative yoghurts and desserts	$\leq 10\text{g}$ sugar per 100g and $\leq 200\text{g}$ per unit, e.g. yoghurt, dairy food, custard, brûlée, mousse	$10\text{--}15\text{g}$ sugar per 100g and $\leq 200\text{g}$ per unit Coconut yoghurt $\leq 50\text{g}$ per unit	$> 15\text{g}$ sugar per 100g and/or $> 200\text{g}$ per unit Coconut yoghurt $> 50\text{g}$
Frozen dairy and alternative yoghurts and desserts		$\leq 20\text{g}$ sugar and $\leq 5\text{g}$ saturated fat per 100g, maximum portion size 60g, e.g. frozen yoghurt and lite ice cream	Contains confectionery $> 20\text{g}$ sugar, $> 5\text{g}$ saturated fat per 100g and/or $> 60\text{g}$ per unit

7.4 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 packaged snacks	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.

7.5 Index of ingredients: Animal-based protein foods

Ingredient	Green	Amber	Red
Eggs Also see Pies, quiches and sausage rolls	Fresh and liquid eggs Cooked with milk, lite cooking cream or oil	Eggs cooked with high-fat items, e.g. butter or cream $\leq 15\text{g/ml}$ (1Tbs) per serve	Eggs cooked with $>1\text{Tbs}$ 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, poultry, fish and seafood	≥ 3.5 HSR Salted/pickled, cured, fermented or smoked MPFS Maximum portion size per serve: <ul style="list-style-type: none"> $\leq 50\text{g}$ ham, bacon, light canned ham $\leq 120\text{g}$ corned beef/silverside, smoked chicken, smoked fish 	2-3 HSR MPFS that has been salted, cured, fermented or smoked Maximum portion size per serve: <ul style="list-style-type: none"> $\leq 50\text{g}$ ham, bacon, luncheon, salami, chorizo, prosciutto, jerky $\leq 120\text{g}$ corned beef/silverside, smoked chicken, smoked fish $\leq 150\text{g}$ sausages, frankfurters 	≤ 1.5 HSR and/or deep-fried <ul style="list-style-type: none"> $>50\text{g}$ ham, bacon, salami, chorizo, prosciutto, jerky, luncheon per serve $>120\text{g}$ corned beef/silverside, smoked chicken, smoked fish per serve $>150\text{g}$ sausages, frankfurters per serve

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

Ingredient	Green	Amber	Red
Fats and oils	<p>Margarine and vegetable oils, e.g. canola, olive, rice bran, sunflower, flaxseed, peanut, sesame</p> <p>Make margarine the default option for single-serve spreads</p>	<p>Coconut oil and butter in main meals, sandwiches and PCUs maximum portion size ≤15g (1Tbs) per serve</p> <p>Butter in baking allowed – see sizes for individual baked products</p>	<ul style="list-style-type: none"> • Butter in main meals, sandwiches and PCUs >15g • Coconut oil, palm oil >15g (1Tbs) per serve • Dripping/lard
Spreads, condiments and dips	<ul style="list-style-type: none"> • 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 	<p>Marmite, Vegemite</p> <p>Maximum portion size ≤15g (1Tbs):</p> <ul style="list-style-type: none"> • Added sugar, e.g. white/brown sugar, maple syrup, standard variety jam, honey • Nut/seed butters with added sugar, e.g. chocolate hazelnut spread 	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Vegetable, legume or nut-based cooking sauces, e.g. tomato pasta sauce, vegetable-base curry sauce, bolognese sauce • Soy sauce single serve ≤5ml or low-salt variety ≤10ml • Lite coconut milk maximum portion size ≤40ml per serve 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Coconut milk/cream >40ml per serve • Soy sauce, oyster sauce, fish sauce >15ml per serve
Table sauces and dressings	<ul style="list-style-type: none"> • Vinaigrette dressings, e.g. vinegar or lemon juice-based • Lite/low-fat mayonnaise • Reduced-sugar sauces, e.g. sweet chilli, tomato sauce, BBQ 	<ul style="list-style-type: none"> • Gravy ≤60ml per serve • Creamy salad dressings, standard mayonnaise • Standard table sauces, e.g. sweet chilli, tomato sauce, BBQ sauce 	<ul style="list-style-type: none"> • Gravy >60ml per serve

8. Related documentation

8.1 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).

8.2 References

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8.4 Policy administration

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