

# ‘Have Plenty’



Encourage and promote these foods and drinks.

These foods and drinks:

- are excellent sources of important nutrients
- are low in saturated fat and/or added sugar and/or salt
- help to avoid an intake of excess energy (kilojoules or calories)

# ‘Select carefully’



Do not let these foods and drinks dominate the choices and avoid large serving sizes.

These foods and drinks:

- have some nutritional value
- have moderate amounts of saturated fat and/or added sugar and/or salt
- can, in large serve sizes, contribute excess energy (kilojoules or calories)

# ‘Occasionally’

These foods and drinks are to be supplied on no more than two occasions per term.

These foods and drinks:

- lack adequate nutritional value
- are high in saturated fat and/or sugar and/or salt
- can contribute excess energy (kilojoules or calories)

