

# How to set up the fridge

## HEALTHY CHOICES GUIDELINES



### Green

At least 50% needs to be green and at eye level

- Waters
- Plain mineral waters
- Soda waters
- Reduced-fat plain milk
- Reduced-fat flavoured milk, small (250mL-300mL)

### Amber

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

### Red

No more than 20% to be red and below eye level

- Soft drinks
- Sports drinks
- Energy drinks
- Flavoured waters
- Flavoured milks (above 500mL)
- Fruit drinks and fruit juices (above 250mL)