

## National Food and Drink Policy

# Compliant drinks

March 2026

### This document provides examples of:

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

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

### Criteria

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

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

## Examples of water and coconut water

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

### Stock most

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




### Stock some

- Almighty Sparkling Water No Sugar – assorted flavours 330ml
- Aqa Lite No Sugar Sparkling Water – assorted flavours 330ml
- Chi Forest Sparkling Water – Lychee/White Peach 330ml
- La Croix Sparkling Water – assorted flavours 355ml
- NZ Natural Sparkling Water 500ml
- Pumped Sparkling No Sugar water – Pure/Lime/Berry 650ml
- Schweppes Diet Indian Tonic Water 250ml
- Vista Sparkling Water – assorted flavours 330ml
- Powerade Active Water Peach & Apple/ Orange Mandarin 750ml

### Don't stock (not compliant)

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

## Examples of milk-based drinks

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

### Stock most

- Anchor Milk
  - Dairy Dale Milk
  - Fresha Valley Milk
  - Meadow Fresh Milk
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- All Good Good Oat Barista/Original
  - Boring Oat Milk Barista/Original
  - Macro Wholefoods Market Organic Unsweetened Almond Milk/Oat Milk/Rice Milk
  - Otis Oat Milk High Fibre+Low Fat/The Barista One/The Everyday One
  - Plant Projects No Ordinary Oat Milk
  - Real Foods Organic Oat Barista Milk
  - Sanitarium So Good Almond Unsweetened/Almond Coconut Unsweetened/High Protein Almond/Oat No Added Sugar/High Protein Oat/Barista Oat
  - The Alternative Dairy Co Barista Oat
  - Vitasoy Almond Milk Original/Almond Milk Unsweetened/Oat Milky/Oat Milk Unsweetened/Rice Milk Unsweetened/Soy Milk Protein Plus

## Stock some

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




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- Alpro Soy Milk Barista/Coconut Barista
  - Macro Wholefoods Market Organic Soy Milk/Lite Soy Milk
  - Plant Projects No Ordinary Plant Milk
  - Sanitarium So Good Almond Original/Barista Almond/Soy Regular/Barista Soy/Extra Creamy Oat
  - Vitasoy Almond Milky/Coconut Milk Unsweetened/Soy Milk Calci-Plus/Soy Milk Original/Soy Milky Lite/ Soy Milky Regular

## Don't stock (not compliant)

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

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- All Good Good Coconut Barista
  - Macro Wholefoods Market Organic Almond Milk
  - Minor Figures Barista Oat
  - Pureharvest Organic Almond Unsweetened
  - Real Foods Coconut Barista Milk
  - Sanitarium So Good Coconut Milk Unsweetened/Chocolate Oat/Vanilla Almond 1L/Vanilla Soy 1L
  - The Alternative Dairy Co Barista Almond/Barista Coconut/Barista Soy

## Examples of cold drinks

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

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

### Stock most

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

### Stock some

- '73 Citrus Lemon, Lime and Betters / Ruby Red Grapefruit 300ml
- Ārepa Blackcurrant/Ginger Peach 250ml
- Ārepa The Brain Drink for Calm & Clarity 250ml
- Charlie's Apple Juice Drink with Water 200ml
- Chia Sisters Brain Boost 200ml
- Chia Sisters Immunity Ginger & Turmeric Sparkling Drink 250ml
- Coca-Cola Zero Sugar/Diet soft drink 250ml

- Frutee Fabulous Fruits Sparkling Fruit Drink – assorted flavours 330ml
- Good Sh\*t Citrus/Ginger/Tropical 300ml
- Just Juice Bubbles 50% Less Sugar Tropical 250ml
- Just Juice Splash Blackcurrant & Apple/Orange & Mango/Tropical 125ml/300ml
- Keri Fruity Drink Apple/Apple & Blackcurrant 250ml
- Lo Bros Not Soda Lemon/Orange/Raspberry/Pink Grapefruit 250ml
- Moodi Pre + Probiotic Soda Pink Lemonade / Lemon Lime / Blackcurrant Apple 250ml
- Naked Life Sparkling Nootropics Calm/Focus/Glow/Immunity 250ml
- No Ugly Focus/Hydrate/Sleep/Sport 250ml
- Pepsi Max Mini soft drink 250ml
- Remedy Sodaly – assorted flavours/Switchel Blood Orange 250ml
- Sprite Zero Sugar soft drink 250ml
- The Real McCoy Sparkling Water & Fruit Juice 330ml

### **Don't stock (not compliant)**

- '73 Citrus Sparkling Gisborne OJ 330ml
- Ārepa The Brain Drink for Uplift 300ml
- Allpress Espresso Mocha Iced Coffee 240ml
- Almighty Active Pineapple Sparkling Water + Caffeine 330ml
- BOS Rooibos Ice Tea Berry/Lemon/Peach 300ml
- Boss Coffee Iced Double Espresso/Latte 237ml
- Bundaberg Ginger Beer 375ml
- Chia Sisters Gut Health 200ml/Immunity Tropical Smoothie 250ml
- Flight Coffee Sparking Cold Brew/Frappe/Iced Latte/Iced Mocha/Oat Milk 240ml
- Gatorade No Sugar 1L
- Innerbloom Cold Brew Coffee Maca Mocha/Oat Milk 240ml
- Just Juice Bubbles Carbonated Fruit Drink 250ml
- Lipton Iced Tea Lemon/Peach 500ml
- Meadow Fresh Yoghurt Smoothie 300ml
- Powerade Zero Sports Drink Mountain Blast/ Berry Ice/ Blackcurrant 750ml

- Red Bull Sugarfree Energy Drink 250ml
- Remedy Kombucha 250ml
- Remedy Shots Immune+/Energy 60ml
- V Sugar Free Energy Drink 250ml

## Examples of juice

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



### Stock some

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

### Don't stock (not compliant)

- Barkers everyday + Blackcurrant, Blueberry & Ginseng Energy/ Orange, Carrot & Ginger Immunity/Kiwifruit Green Apple & Matcha Gut Health RTD 275ml
- Just Juice Fruit Juice Orange & Mango/Tropical 250ml
- Most Organic Juice 275ml
- Most Organic Juice Sparkling Apple & Blackcurrant 275ml
- Phoenix Organic Fruit Juice 275ml
- The Homegrown Juice Company Fruit/Vege Juice 400ml
- The Real McCoy Organic Juice 275ml
- Woolworths Fruit Juice/Fruit Drink 250ml
- The Homegrown Juice Company Winter Triple Shot 195ml

## Examples of hot drinks

Green	Amber	Red
<ul style="list-style-type: none"> <li>• Coffee, e.g. instant, long black, flat white</li> <li>• Black tea, e.g. Earl Grey, English breakfast</li> <li>• Herbal tea, e.g. chamomile, ginger, peppermint</li> <li>• Green tea, e.g. 100% matcha powder, pure green tea</li> </ul>	<ul style="list-style-type: none"> <li>• Hot chocolate powder</li> <li>• 'No added sugar' syrups and powders, e.g. sugar-free caramel latte, chai latte</li> <li>• <math>\leq 20</math>ml/g 'added sugar' syrup or powder (maximum 2 flavours)</li> <li>• Sugar sachet or 1-2 marshmallows available on request</li> </ul>	<ul style="list-style-type: none"> <li>• <math>&gt;20</math>ml/g 'added sugar' syrup or powder (<math>&gt;2</math> flavours)</li> <li>• <math>&gt;2</math> marshmallows</li> <li>• Chocolate/confectionery</li> </ul>
		

### Stock most (added water/milk only)

- Black tea, e.g. Earl Grey, English breakfast
- Herbal tea, e.g. chamomile, ginger, peppermint
- Green tea, e.g. Ceres Organics Matcha Powder, Happy Way Matcha Green Tea Powder, Matakana Superfoods Organic Matcha Tea Powder, Nature's Way Matcha Green Tea [powder], T2 Matcha Powdered Green Tea
- Coffee, e.g. instant, long black, flat white

### Stock some

- Arkadia 99% Sugar Free Syrup – Vanilla/Caramel
- ChocZero Sugar Free Syrup – Vanilla/French Vanilla/Caramel/Salted Caramel/Hazelnut/Coconut/Cupcake/Irish Cream/Toasted Marshmallow
- Emporium Zero Sugar Coffee Syrup – Vanilla/Caramel/Salted Caramel/Hazelnut
- Monin Sugar Free Syrup – Vanilla/Caramel/Hazelnut
- Torani Sugar Free Syrup – Vanilla/Vanilla Bean/Caramel (Classic, Salted)/Hazelnut/Almond/Chocolate/Brown Sugar Cinnamon/Chocolate Chip Cookie Dough/Coconut/Irish Cream/Peanut Butter Cup/Pumpkin Pie/S'mores
- Arkadia Chai Spice 99% Sugar Free [powder]

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- Chai Guy Chai Concentrate [paste] – Rooibos/Turmeric
  - Eve Wellness Matcha Latte [powder]
  - Nib+Noble Sugar Free Spiced Chai Powder
  - The Bell Tea Company Chai Latte Spiced 99% Sugar Free [powder]
  - Vedic Golden Milk Turmeric Powder