










## National Food and Drink Policy

## Example GREEN/AMBER fresh-made smoothies ≤330ml

<p><b>Chocolate peanut butter smoothie</b> </p> <ul style="list-style-type: none"> <li>• Milk</li> <li>• Medjool dates</li> <li>• Peanut butter (no added sugar)</li> <li>• Cocoa powder</li> <li>• Vanilla essence</li> </ul> 	<p><b>Super berry smoothie</b>  </p> <ul style="list-style-type: none"> <li>• Frozen mixed berries</li> <li>• Frozen banana</li> <li>• Water</li> <li>• Greek yoghurt</li> <li>• Vanilla extract</li> </ul> 	<p><b>Chocolate hazelnut smoothie</b> </p> <ul style="list-style-type: none"> <li>• Cocoa powder</li> <li>• Hazelnut chocolate spread</li> <li>• Chia seeds</li> <li>• Milk</li> <li>• Vanilla essence</li> </ul> 	<p><b>Green machine smoothie</b>   </p> <ul style="list-style-type: none"> <li>• Pineapple</li> <li>• Apple</li> <li>• Spinach</li> <li>• Kale</li> <li>• Chia seeds</li> </ul> 
<p><b>Red velvet beet and berries smoothie</b>   </p> <ul style="list-style-type: none"> <li>• Canned beetroot</li> <li>• Frozen mixed berries</li> <li>• Cocoa powder</li> <li>• Unsweetened soy milk</li> <li>• Vanilla essence</li> </ul> 	<p><b>Apple pie smoothie</b>  </p> <ul style="list-style-type: none"> <li>• Apples</li> <li>• Frozen banana</li> <li>• Greek yoghurt</li> <li>• Cinnamon and nutmeg</li> <li>• Quick-cook oats</li> <li>• Vanilla extract</li> </ul> 	<p><b>Kiwi-ginger zinger smoothie</b>   </p> <ul style="list-style-type: none"> <li>• Coconut water</li> <li>• Cucumber</li> <li>• Kiwifruit</li> <li>• Spinach</li> <li>• Ginger</li> <li>• Lemon juice</li> </ul> 	<p><b>Tropical smoothie</b>   </p> <ul style="list-style-type: none"> <li>• Banana</li> <li>• Frozen mango</li> <li>• Frozen pineapple</li> <li>• Orange</li> <li>• Coconut milk</li> </ul> 
<p><b>Pina colada smoothie</b>   </p> <ul style="list-style-type: none"> <li>• Canned pineapple</li> <li>• Frozen banana</li> <li>• Vanilla extract</li> <li>• Oat milk</li> <li>• Light coconut milk</li> </ul> 	<p><b>Strawberry smoothie</b> </p> <ul style="list-style-type: none"> <li>• Frozen strawberries</li> <li>• Frozen banana</li> <li>• Milk</li> <li>• Vanilla extract</li> <li>• Top with sliced almonds</li> </ul> 	<p><b>Carrot coconut cake smoothie</b>  </p> <ul style="list-style-type: none"> <li>• Carrot</li> <li>• Frozen banana</li> <li>• Medjool dates</li> <li>• Vanilla extract</li> <li>• Cinnamon, ginger, nutmeg</li> <li>• Coconut milk</li> </ul> 	<p><b>Coffee tiramisu smoothie</b>  </p> <ul style="list-style-type: none"> <li>• Brewed or instant coffee</li> <li>• Greek yoghurt</li> <li>• Milk</li> <li>• Cocoa powder</li> <li>• Vanilla extract</li> <li>• Topping &lt;1Tbs whipped cream</li> </ul> 

**GREEN:** No added sugar smoothies must be made with milk, milk alternatives or yoghurt (<10g sugar per 100g) and/or fresh, frozen, canned fruit in juice.

**AMBER:** May contain milk/milk powder, fresh yoghurt (≤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/canned fruit, ≥99% fruit juice (no added sugar and ≤200ml portion), chocolate powder, no added sugar iced tea or iced coffee.



Dairy free



Peanut free



Tree nut free