

(Reference <https://www.qld.gov.au/recreation/sports/club-support/food-for-sport/about-the-food-for-sport-guidelines>)

Good Sport Healthy Eating

The food for Sport healthy food and drink guidelines have been used as a basis for the ‘[Good Sports Healthy Eating](http://goodsports.com.au/programs/healthy-eating)’ (<http://goodsports.com.au/programs/healthy-eating>) program, designed to assist sporting clubs to introduce healthier food and drink choices in to their club.

About Food for Sport guidelines

Pony Club Queensland plays a vital role in providing opportunities for Queenslanders of all ages to lead healthy active lifestyles.

Our clubs already support active lifestyles through horse riding, so why not combine that with the provision and promotion of healthier food and drink choices, and help build a culture that supports fun, safe and healthy active environments.

Working out what is required to introduce healthier food and drink choices in your club is easier than you think.

Healthy food and drink guidelines

These guidelines have been developed to reflect that sporting clubs’ canteens serve adults and children and show you how to provide and promote healthy food and drinks. This includes:

- offering plenty of fruit and vegetables
- plenty of water
- limiting the intake of foods or drinks high in saturated fat, salts and/or sugars.

To learn more about how to provide and promote healthier food and drink, [follow our step-by-step healthy food and drink guidelines](#):

- [Step 1: Starting off](#)
- [Step 2: Taking stock](#)
- [Step 3: Planning for change](#)
- [Step 4: Making the change](#)
- [Step 5: Assessing your progress](#)
- [Step 6: Beyond the canteen](#)

Green, Amber, and Red classifications

The Food for Sport guidelines classifies food and drinks as Green, Amber and Red, according to their nutritional value:

- Green food and drinks are healthy choices because they are excellent sources of important nutrients, are low in saturated fat and/or added sugar and/or salt and help avoid intake of excess energy (kilojoules). Provide plenty of Green food and drinks – at least 50% of food and drinks.
- Amber food and drinks have some nutritional value and moderate amounts of saturated fat and/or added sugar and/or salt and can contribute to excess energy intake when consumed in large amounts. Choose carefully from Amber food and drinks – a maximum of 30% of food and drinks.
- Red food and drinks are the unhealthiest choices because they lack adequate nutritional value, are high in saturated fat and/or added sugar and/or salt and can contribute to excess energy intake. Limit availability of Red food and drinks – a maximum of 20% of food and drinks.

These resources will help you to classify different food and drinks:

- [Resource 1: Quick guide to healthy changes](#)
 - URL: <https://www.publications.qld.gov.au/dataset/81dceaa9-c0af-4f83-aaf5-5015b2ecf964>
A list of simple ways you can start making healthy options available.
- [Resource 2: Commonly supplied food and drink guide](#)
 - URL: <https://www.publications.qld.gov.au/dataset/81dceaa9-c0af-4f83-aaf5-5015b2ecf964>
A guide to common canteen menu items, and whether they are classified as Red, Amber, or Green.
- [Resource 3: Quick guide to assessing food and drink](#)
 - URL: <https://www.publications.qld.gov.au/dataset/81dceaa9-c0af-4f83-aaf5-5015b2ecf964>
Step-by-step guide to assessing whether food or drinks are Red, Amber, or Green.
- [Resource 4: Red food and drink nutrient criteria](#)
 - URL: <https://www.publications.qld.gov.au/dataset/81dceaa9-c0af-4f83-aaf5-5015b2ecf964>
These tables list the criteria to define whether a food or drink item falls into the Red category.
- [Resource 5: Reading food labels](#)
 - URL: <https://www.publications.qld.gov.au/dataset/81dceaa9-c0af-4f83-aaf5-5015b2ecf964>
How to read and understand the nutritional information on food labels.

See the full list of [all Food for Sport resources](#) to help you get started.

Good Sports Healthy Eating Resources

Find resources to help you incorporate healthy food and drink into your organisation on the [Good Sports Resources website](#).

More information

- [Healthier. Happier](#)
- [Australian Dietary Guidelines](#)