

## Making the **HEALTHY** Choice the **EASY** Choice

The Phillip Island RSL is participating in a health promotion project promoting healthy eating in your community. This traffic light guide has been applied to meals from our seniors and children menus.



### **Double thumbs up...**

- ⇒ Delicious and nutritious
- ⇒ Low in saturated fat, sugar & salt
- ⇒ Lower in kilojoules
- ⇒ Higher in fibre



### **Sitting on the fence...**

- ⇒ May provide some valuable nutrients but
- ⇒ can contribute to excess energy intake
- ⇒ contains moderate amounts of saturated fat, added sugar and salt



### **Easy does it...**

- ⇒ high in energy (kilojoules)
- ⇒ high in saturated fat, added sugar and/or salt
- ⇒ lacking in important nutrients such as fibre

Within a healthy, balanced diet, a man needs around 10,500kJ (2,500kcal) a day to maintain his weight. For a woman, that figure is around 8,400kJ (2,000kcal) a day. These values can vary depending on age, metabolism and levels of physical activity, among other things. These healthy eating suggestions are recommendations only and do not take into consideration food intolerances or special dietary requirements. The RSL meals classified using this colour code system have been assessed using Australian Healthy Eating Advisory Service guidelines.