



Healthy Options WA

MAKING HEALTHY CHOICES EASIER

Healthy Options WA Food and Nutrition Policy serving sizes

This factsheet provides guidance on serving sizes according to the Healthy Options WA: Making Healthy Choices Easier: How to classify food and drinks guide (the Guide).

The classification and serve size for food and drinks listed in the Guide are outlined in [Table 1](#). Food serving sizes and [Table 2](#). Drinks serving sizes below.

In line with the Healthy Options WA Nutrient Criteria, serving sizes are based on the amount of nutrients per 100g or 100mL of food/drink.

Table 1. Food serving sizes

Item	Serving size	Classification
Dried fruit		
with no added sugar	Maximum serve size 40g	Green
with no added sugar	Or any serve size greater than 40g	Amber
with added sugar		Red
Dried fruit and nut packets and trail mixes		
products containing no added sugar or salt	Maximum serve size 40g	Green
products containing no added sugar or salt	Or any serve size greater than 40g	Amber
with added sugar or salt and/or products containing confectionery including yoghurt coating, chocolate coating or added chocolate/confectionery		Red
Bread with added dried fruit		
with added dried fruit	Maximum serve size 40g	Green
with added dried fruit	Or any serve size greater than 40g	Amber
containing icing or confectionery		Red
Savoury muffins and scones		
containing vegetables and/or cheese and/or nuts/seeds, and do not contain processed meats *Refer to allowances for products served with toppings or spreads.	Maximum serve size 60g	Amber
containing red meats (e.g., bacon, chorizo, or ham) *Refer to allowances for products served with toppings or spreads.	Or any serve size greater than 60g	Red
Banana bread, sweet muffins, and scones		
products that contain fruit and/or vegetables and no confectionery *Refer to allowances for products served with toppings or spreads.	Maximum serve size 60g	Amber
products that contain confectionery (including crumble) *Refer to allowances for products served with toppings or spreads.	Or any serve size greater than 60g	Red

Table 2. Drinks serving sizes

Item	Serving size	Classification
Commercial flavoured milks		
with no added cream, ice-cream or confectionery and dairy free milks that have calcium added	Maximum serve size 300mL	Green
with no added cream, ice-cream or confectionery and dairy free milks that do not have calcium added	Serve size between 300mL – 500mL	Amber
all products that contain added cream, ice-cream, or confectionery	Or any serve size greater than 500mL	Red
Iced tea		
with added intense sweetener, but no added sugar	Maximum serve size 600mL	Amber
with added sugar	Or any serve size greater than 600mL	Red
Juice		
all 96-100% vegetable juice with no added sugar	Maximum serve size 300mL	Green
96-100% fruit, or mixed fruit and vegetable juices with no added sugar, and all products with added intense sweetener	Maximum serve size 300mL	Amber
96-100% fruit, or mixed fruit and vegetable juices with added intense sweeteners, and all products with added sugar	Or any serve size greater than 300mL	Red
Sugar sweetened and intensely sweetened drinks		
no added sugar	Maximum serve size 600mL	Amber
no added sugar	Or any serve size greater than 600mL	Red
with added sugar	All sizes	Red

Water, flavoured		
with natural flavouring, no added sugar, or intense sweeteners	N/A	Green
with intense sweetener, no added sugar	Maximum serve size 600mL	Amber
with intense sweetener, no added sugar	Or any serve size greater than 600mL	Red
with added sugar	Or any serve size greater than 600mL	Red
Coffee		
without milk	N/A	Green
with milk that is classified Green	Maximum serve size 400mL	Green
with milk that is classified Amber	Or any serve size 400mL or greater	Amber
*Coffee made with milk that is classified Red, or with added cream or flavouring (syrops toppings, sweetened coffee sachets) with added or intense sweeteners		Red
Hot flavoured milk drinks		
no added cream, ice-cream or confectionery	Maximum serve size 300mL	Green
no added cream, ice-cream or confectionery	Serve size between 300mL – 500mL	Amber
with added cream, whipped cream, ice-cream or confectionery	Or any serve size greater than 500mL	Red

Mixed drinks made on site – Smoothies, milkshakes and iced coffees/chocolate/mocha or frappe – including milk drinks flavoured with powders containing added sugar. Refer to the Guide for a list of examples of separate ingredients that may be added to mixed drinks and their classification – each ingredient used in the drink is classified individually.

Allowances are applied also to determine the overall classification, refer to section 1 – cooking and allowances within the Guide.

Serving size	Classification
Maximum serve size 300mL	Green
Serve size between 300mL – 500mL	Amber
Any serve size greater than 500mL	Red

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