



## The Hamilton International School Student Cafeteria Nutrition Guidelines



# TRAFFIC LIGHTS



Take at least two servings of green code food items at each meal to maintain good health

Healthiest food options - Good source of nutrients - High in fiber, vitamins and minerals - Low in calories from added fats, sugar and salt.



Consume food items with the amber code in moderation

Good source of energy - High nutritional value - Excessive intake will contribute to weight gain



Limit the intake of red code food items during meals

Food items to be consumed sparingly - High in saturated fat, sugar and salt - High calories with low nutritional value