

Shopping Guide

This shopping guide provides general dietary information only. For individualised dietary advice make an appointment to see an Accredited Practising Dietitian.

Use this guide to help identify healthy food choices when you are shopping. Please note the products listed are **examples only**.

To manage your weight and blood glucose control it is important to observe appropriate serving sizes for each food.

BREAD

Choose **high-fibre** varieties of:

- Multigrain, preferably Wholemeal Grain
- Sourdough and Sourdough Rye
- Grainy Fruit Breads
- Wholemeal Pita or Mountain Breads
- Soy and Linseed or Pumpnickel
- Multigrain or Fruit English Muffins



Examples:

- Burgèn Range
- Helga's Wholemeal Grain
- Tip Top Sunblest Multigrain
- Tip Top 9 Grain Bread & Muffins
- Bakers Delight Capeseed Loaf
- Bakers Delight Hi Fibre, Low GI
- Alpine Sourdough
- Abbotts Village Country Grain
- Norganic Multigrain Wrap
- Mountain Bread: Oat
- Bazaar Pita Pocket Wholemeal
- Tip Top Spicy Fruit Loaf

BREAKFAST CEREALS

Choose **low-fat, high fibre** varieties containing:

- Untoasted Muesli
- Oats, Bran, Wholegrains, Dried Fruits (small amounts), Nuts and Seeds



Examples:

- Kelloggs Guardian
- Uncle Toby Oatbribs/Traditional Oats
- Morning Sun Muesli
- Kelloggs All Bran Original, Wheat Flakes & Dual
- Vogels Bran, Wheat Soy & Linseed
- Burgen Fruit and Muesli
- Kelloggs Sustain
- Kelloggs Special K Advantage

Extra Bran or Psyllium Husks can be added to increase dietary fibre in breakfast cereals

DRY BISCUITS

Choose **low fat, high fibre, salt-reduced** varieties containing:

▪ Wholegrains

Examples:

- Vita Weat 9 Grain
- Ryvita Multigrain



RICE, PASTA, NOODLES & GRAINS

Choose varieties of:

Rice:

- CleverRice (Doongara)
- SunRice Premium White Long Grain
- Riviana Basmati White
- Tilda Rice Basmati White and Brown
- Mahatma Brown Long Grain
- Wild Rice
- SunRice Medium Grain Brown Rice in 90 sec



Pasta: Dried or Fresh Unfilled Varieties

Noodles: Dried or Fresh. Singapore, Hokkien, Egg and Rice Vermicelli

Other Grains: Barley, Quinoa, Buckwheat, Bulgur (cracked wheat), Polenta, Cous Cous including Gourmet Pearl Cous Cous

FRUIT

Choose varieties of:

- Fresh Fruit
- Frozen Berries (no added sugar)
- Canned Fruit in natural juice (no added sugar)
- Dried Fruit



Choose whole fresh fruit over fruit juices or dried fruit

VEGETABLES

Choose varieties of:

- Fresh Vegetables
- Frozen Vegetables
- Canned /Jar Vegetables (no added salt or salt reduced with little or no added oils or fats)
- Fresh, Frozen and Dried Herbs



Steaming, stir frying and microwaving vegetables are the most nutritious cooking methods

LENTILS & LEGUMES

Choose varieties of:

- Baked Beans (salt-reduced)
- Dried Lentils and Legumes
- Canned Lentils and Legumes (no added salt or salt reduced)
- Split Peas
- Firm or Silken Tofu



Examples:

- Edgel Kidney Beans
- Edgel Four Bean Mix
- Annalissa Lentils
- Bionature Beans
- La Nova Kidney Beans
- Edgel Chickpeas
- SPC Salt Reduced Baked Beans
- Heinz Salt Reduced Baked Beans

Add legumes and lentils to salads, soups and sauces to increase fibre

MEAT, POULTRY & EGGS

Choose lean or low-fat varieties of:

- Beef, Lamb, Pork, Kangaroo, Venison fillets with fat removed before cooking
- Heart Smart or Premium / Extra Lean Mince
- Skinless Chicken or Turkey
- Lean shaved Roast Beef, Skinless Chicken or Turkey, Low Fat Ham
- Fresh Whole Eggs



Examples:

- Inghams 97% Fat Free Shaved Chicken Breast Supreme
- Woolworths Sliced Turkey 97% Fat Free
- Don 97% Fat Free Lite Leg Ham

*Limit high fat processed meats such as salami, bacon, traditional sausages and chicken loaf.
The Peppercorn range of sausages and burgers and Inghams Turkey Sausages may be included.*

FISH & SEAFOOD

Choose varieties of:

Fresh Fish

- Atlantic and Australian Salmon, Blue Eye Trevalla, Blue Mackerel And Gem Fish



Canned Fish

- Greenseas Tuna
- John West Tuna
- John West Pink & Red Salmon
- Salco Premium Salmon
- John West Sardines



Frozen Fish

- Birds Eye Steamed Lemon and Parsely Fish Fillets
- Birds Eye Oven Baked Original
- Birds Eye Smart Choice Omega 3
- I & J Flame Grills
- Seaways Lite Crumbed Fish
- Tassal Smoked, Roasted Atlantic Salmon Fillets



MILK & YOGHURT

Choose **low fat** or **skim** varieties, especially products with **higher calcium**:



Dairy Milk

- Physical No Fat or Low Fat
- Anlene No Fat or Low Fat
- Pura Tone and Lite Start
- Zymil No Fat or Low Fat Lactose Free

Dairy Yoghurt - Natural, Greek or Fruit Flavoured

- Tamar Valley No Fat or Low Fat Varieties
- Jalna No Fat or Low Fat Varieties
- Vaalia Low Fat Varieties
- Ski D'Lite Low Fat Varieties
- Black Swan No Fat Greek Style Natural Yoghurt
- Nestle Diet
- Yoplait Forme
- Dairy Farmers Thick & Creamy Light 99% Fat Free, 60% Less Sugar

Soy Milk and Yoghurt

- Soy Life High Calcium
- Vita Soy Low Fat products
- So Good Low Fat Products
- So Natural Low Fat Products

CHEESE

Choose **low fat** varieties:

- Cottage Cheese#
- Ricotta Cheese#
- Extra Light Philadelphia Cream Cheese#
Lower calcium than other cheeses



Jarlsberg

Example:

Jarlsberg Lite Cheese Slices

Cheddar

Examples:

Bega So Extra Light 50% Reduced Fat
Coon Extra Light & Tasty
Kraft Singles 97% Fat Free
Bega Super Slim Slices

Fetta

Examples:

Mainland Fetta Light Crumble
South Cape Reduced Fat Fetta

OILS & MARGARINES

Choose varieties of **monounsaturated** and **polyunsaturated** plant based oils:

Examples: Olive, Canola, Sunflower and Peanut oils



Reduced Fat and **Reduced Salt Margarines**

Examples:

- Meadow Lea Extra Light
- Flora Light
- Olive Grove Light
- Flora Pro-active Extra Light*
- Logical Extra Light*
- Bertolli Light

* contains plant sterols, which can help reduce cholesterol absorption

Limit use of low fat cream, regular cream and coconut milk. Carnation Light and Creamy Plain or Coconut Evaporated Milk can be used to replace cream and cocounut milk in recipes.

NUTS

Choose varieties of:

- Raw or Dry Roasted Unsalted Nuts

Limit to a small handful as nuts are high in energy



FROZEN MEALS AND SOUPS

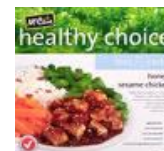
Choose low fat, lower sodium varieties:

Frozen Meal Examples:

- McCains Healthy Choice
- Weight Watchers Range
- Heinz Steam Fresh Range
- Lean Cuisine

Soup Examples:

- Vedish Range
- Campbells Country Ladle with Vegetables and Wholegrains



BEVERAGES

Choose varieties of:

- Water, Soda Water, Plain Mineral Water
- Green, Black, Herbal Teas
- All Coffee (with skim milk, no added sugar)
- Diet / Low Joule / Lite: Soft drink, Cordial, Flavoured Mineral Water
- Low Fat Hot Chocolate with Jarrah 99% Fat Free Chocolate Powder

Examples:

- Coke Zero, Pepsi Max, Sprite Zero
- Waterfords Diet Range
- Cottee's Diet Cordial
- Bundaberg Diet Drinks



SWEET BISCUITS & BARS

Choose low fat varieties:

Examples:

- Arnott's Snack Right Pillow and Fruit Slice Biscuits
- Uncle Tobys Body Wise Bars
- Be Natural Trail Bars: Honey & Nut, Fruit & Nut, Cranberry
- Carman's Muesli Bites (20g)



ICE CREAM AND FROZEN YOGHURT

Choose **low fat** varieties:



Examples:

- Skinny Cow Range
- Peters Light & Creamy / No Added Sugar Varieties
- Bulla Fruit n Yoghurt

ARTIFICIAL SWEETENERS

Examples:

- Equal#
- Splenda (suitable for cooking)#
- Hermesetas Stevia Sweet Tablets and Powder#



suitable for consumption during pregnancy

CONDIMENTS & SPREADS

Choose varieties of:

Jam : 100% Fruit Spreads



Examples

- St Dalfour 100% Fruit Spreads
- IXL Spreadable Fruit 50% Less Sugar

Salad Dressings: Low fat or Fat-free varieties

Examples

- Kraft 97% or 99% Fat Free Dressings
- Praise 99% Fat Free Coleslaw Dressing / 97% Dijonnaise



Sauce/Stock/Gravy/ Paste/Condiments: Salt-reduced varieties

Examples

- Heinz Big Red Lite Tomato Sauce
- Fountain No Added Salt Tomato Sauce
- White Crow Salt Reduced Tomato Sauce
- Campbells Liquid Stock Salt Reduced
- GravoX Lite Supreme Gravy
- Leggo's No Added Salt Tomato Paste
- Fountain No Added Salt Tomato Paste

Miscellaneous

- | | |
|------------------------|-----------|
| • Tomato Salsa | • Herbs |
| • Lemon / Lime Juice | • Spices |
| • Garlic and Ginger | • Pepper |
| • Chutney / Relish | • Vinegar |
| • Curry Powder / Paste | |



SHOPPING TIPS

- Plan meals and snacks in advance by writing a shopping list and sticking to it. Better planning often leads to better food choices.
- To increase variety in your meals, generate ideas from cook books from the local library, the internet or food and health magazines.
- Try not to go shopping on an empty stomach or when you are exhausted. You are more likely to impulse buy.
- Avoid aisles and check outs that have confectionary, soft drinks, crisps or other temptations.
- Check your trolley! Your trolley should reflect balanced meals and snacks - plenty of vegetables, fruit, high fibre cereals and grains, low fat dairy and lean meat, poultry and fish.
- Check out you local green grocer or fresh food market. They have a greater emphasis on seasonal produce than supermarkets and competitive pricing.
- For people with limited time, try home-prepared or low-fat commercial frozen meals to reheat and serve such as Mc Cain's Healthy Choice or Lean Cuisine.
- Look at the ingredients list and nutrition information panel to help select the healthiest options.
- To learn more about nutrition label reading, make an appointment to see an Accredited Practising Dietitian or join a Baker IDI Supermarket Tour.

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