

## **‘A Healthy Choice’ Supermarket Product Guide**

Last updated May 2019

### **Inclusion Criteria**

Products are considered according to the following standards:

<b>Per 100g</b>	
<b>Sugar</b>	Less than 10g
<b>Total Fat</b>	Less than 10g
<b>Saturated Fat</b>	Less than 5g
<b>Sodium / Salt</b>	Less than 400mg
<b>Fibre (if applicable)</b>	More than 4g

Exceptions to the above will be made using my professional judgement of a product depending on its ingredients eg. a product made from 100% natural almonds will exceed the fat content however it is a healthy, whole food.

The ingredients list will also be assessed, giving preference to choose products that have minimal artificial additives and contain minimally processed, whole food ingredients.

Some preference will be given to local products (Australian, South Australian or Barossa) if there are two similar products.

Companies can change the ingredients of their products without notifying consumers, therefore it should be made known that products were chosen given information available at the time of assessment.

There may also be other suitable healthy products not on this list however given it is a time consuming task to assess every product available, I have limited to a set number of products as examples of healthy choices within a variety of food groups.

## General grocery items and whole foods in any brand:

1. All fresh fruit and vegetables (preferably local)
2. Frozen, dried or tinned fruit and vegetables with no added salt or sugar
3. All fresh or dried herbs and spices with no added salt or sugar
4. Whole, fresh, lean cuts of beef, lamb, pork, poultry, kangaroo and venison with no added salt or sugar
5. All whole, fresh or frozen seafood with no added crumbs, batters, salt or sugar
6. Tinned fish and seafood with no added salt or sugar
7. Fresh eggs (preferably local and free range)
8. Whole, raw, unsalted nuts and seeds - any variety (particularly almonds, walnuts, brazil nuts), including LSA
9. Whole, raw, unsalted seeds - any variety
10. Whole grains (eg. plain rolled oats, basmati rice, brown rice, black rice, red rice, wild rice, pearl barley, quinoa, buckwheat, burghul, freekeh)
11. All varieties of dried or tinned legumes with no added salt or sugar
12. Plain, unflavoured cow's milk - skim or full cream (preferably local)

## Dairy & Alternatives

(reduced fat and lowest sugar / salt options, significant source of calcium)

### Yoghurt & Kefir

13. Chobani Plain Greek Yoghurt: Low Fat or Whole Milk
14. Chobani FIT Yoghurt range (eg. mango, vanilla, passionfruit, strawberry, blueberry - in 170g pots or 140g pouches)
15. Danone YoPRO yoghurt range (eg. mango, blueberry, vanilla, passionfruit, banana, strawberry - in 160g or 700g pots, or 150g pouches)
16. Jalna Pot Set Plain Greek Yoghurt: Low Fat or Whole Milk
17. Jalna Pot Set Biodynamic Organic Whole Milk Yoghurt
18. Jalna Pot Set Sweet and Creamy Strawberry Yoghurt
19. Vaalia No Added Sugar My First Yoghurt range (vanilla, blueberry - 90g pots)
20. Farmers Union Greek Style All Natural Yoghurt Lite
21. Farmers Union Natural Pot Set
22. Tamar Valley Kids Yoghurt range (eg. strawberry, blueberry, tropical, raspberry - 110g pouch)
23. Rafferty's Garden No Added Sugar yoghurt pouch 70g (eg. Strawberry flavour)
24. Procal Authentic Greek Yoghurt Plain
25. Babushka's Kefir Natural Probiotic Kefir
26. Made By Cow Cold Pressed Raw Probiotic Kefir
27. The Milk Thief Organic Blueberry Probiotic Kefir
28. The Milk Thief Organic Natural Probiotic Kefir
29. The Culture Co Probiotic Kefir Natural

### Cheese

30. Perfect Italiano Ricotta Cheese (Light or Regular)
31. Paris Creek Farms Bio-Dynamic Low Fat Quark
32. Philadelphia Light Spreadable Cream Cheese (\*fat 13.7g/100g, saturated fat 9.6g/100g)
33. Philadelphia Protein Extra Light Spreadable Cream Cheese
34. Bulla Cottage Cheese High Protein

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35. Dairy Farmers Cottage Cheese
36. Brancourts Cottage Cheese Classic
37. Bega 50% Less Fat range (\*fat 15.3g/100g, saturated fat 9.8g/100g, sodium 570mg/100g however much lower than alternatives)
38. Jarlesberg Lite Cheese Slices (\*fat 16g/100g, saturated fat 10g/100g)

#### *Dairy Free Alternatives*

39. Vitasoy Soy Milky (\*contains added sugar but only 2.5g/100g)
40. Sanitarium So Good Soy Milk (\*contains added sugar but only 2g/100g)
41. Sanitarium So Good Unsweetened Almond Milk
42. Sanitarium So Good Unsweetened Almond Coconut Milk
43. Blue Diamond Unsweetened Almond Breeze Milk
44. Australia's Own Organic Original Rice Milk, No Added Sugar

#### **Bread, Wraps, Crackers etc.**

(high fibre, minimally processed and lower salt options)

45. Burgen Bread: Pumpkin Seeds / Wholegrain and Oats / Wholemeal and Seeds
46. Tip Top Bread 9 Grain Wholemeal
47. Helga's Bread: Wholemeal and Grain / Ancient Grains with Quinoa / Soy and Linseed
48. Abbott's Grainy Wholemeal
49. Cucina Classica Seeded Dark Rye Sourdough
50. Mountain Bread Rice Wraps
51. Tip Top Sandwich Thins Wholemeal
52. Mission Corn Tortilla
53. BFree Quinoa and Chia Seed Wraps (\*sodium 450mg)
54. Helga's Mixed Grain Mini Wraps (\*sodium 450mg)
55. Ryvita: Multigrain / Original Rye
56. Carman's Super Seed and Grain Crackers - Ancient Grain & Cracked Pepper (\*fat 35.9g/100g but saturated fat only 3.3g/100g)
57. Tuckers Multifibre Chia, Linseed & Freekeh Crackers
58. Real Foods Corn Thins (Original, Soy & Linseed, Multigrain)
59. Arnott's Vita-Weat: 9 Grains (\*sodium 452mg/100g) / Ancient Grains and Seeds (\*sodium 470mg/100g) / Five Super Seeds (\*sodium 459mg/100g)

#### **Breakfast Cereals, Muesli etc.**

(high fibre, minimally processed, lowest sugar and low salt options)

60. Freedom Foods Active Balance Buckwheat & Quinoa
61. Freedom Foods Ancient Grains Muesli Fruit Free
62. Carmen's Original Fruit Free Muesli (\*fat 19.2g/100g but saturated fat only 2.4g/100g)
63. Sanitarium Weet-Bix Original
64. Sanitarium Weet-Bix Cholesterol Lowering
65. Uncle Toby's Oat Brits
66. Uncle Toby's Vita Brits
67. Goodies and Grains Chia & Flaxseed Sprinkle (\*fat 31.7g/100g but unsaturated fat only 3.2g/100g)
68. Fleming & Ware Market Blend Muesli

69. Uncle Toby's Oats Quick Sachets Original (no added sugar)
70. Carman's Gourmet Porridge Oats Natural 5 Grain & Super Seed

### **Pasta, Rice, Noodles etc.**

(high fibre, minimally processed, low fat and low salt options)

71. San Remo Wholemeal Pasta range (eg. Penne, Spiral, Lasagne sheets, Spaghetti)
72. San Remo Pulse Pasta range (eg. Penne, Spaghetti, Chickpea Spirals)
73. Slendier Pasta range (eg. Black Bean Fettuccine, Edamame Bean Spaghetti, Soy Bean Fettuccine, Black Bean Spaghetti)
74. Explore Organic Pasta range (eg. Edamame Spaghetti, Black Bean Spaghetti)
75. San Remo Wholemeal Cous Cous
76. Ceres Organic Wholemeal Spelt Cous Cous
77. Pandaroo Bean Thread Vermicelli
78. Hakubaku Organic Soba Noodles
79. S Organic Buckwheat & Sweet Potato Noodles
80. ZERO Konjac Noodles range

### **Snacks**

(high fibre, minimally processed, low fat, sugar & salt options)

81. Cobs Natural Popcorn Sea Salt 13g (\*fat 24.6g/100g but saturated fat only 2.3g/100g)
82. Messy Monkeys Lightly Salted Popcorn 13g (\*fat 21.5g/100g but saturated fat only 2.2g/100g)
83. Carman's Fruit Free Muesli Bar (\*sugar 13.6g/100g, fat 16.5g/100g but saturated fat only 2.3g/100g)
84. Mayvers Peanut Butter (\*fat 49.3g/100g but saturated fat only 6.8g/100g and all from peanuts)
85. Mayvers Tahini (\*fat 60.6g/100g but saturated fat only 9.4g/100g and all from sesame seeds)
86. Melrose 100% Nut Butter ABC (\*fat 58g/100g but saturated fat only 10.4g/100g and all from natural nuts)
87. Nocelle Nature's Delight Almond Butter (\*fat 55.8g/100g but saturated fat only 3.7g/100g)
88. The Happy Snack Company Roasted Fav-va Beans Lightly Salted (\*fat 18.3g/100g but saturated fat only 1.8g/100g)
89. The Happy Snack Company Roasted Chic Peas Lightly Salted (\*fat 11.6g/100g but saturated fat only 1.5g/100g)
90. The Happy Snack Company Kids Roasted Fav-va Beans Salt & Vinegar or Pizza flavour (\*fat 17.9g/100g but saturated fat only 1.8g/100g)
91. True Fruit Bars 100% Tropical Fruit NAS (\*sugar 59.3g/100g but all from fruit)
92. Messy Monkeys Fruit Bars Strawberry Apple (\*sugar 33.5g/100g but all from fruit)
93. Kez's Kitchen Free & Naked Gluten Free Choc Mud Bars (\*sugar 49.3g/100g but all from fruit)
94. Bear Nibbles Real Fruit YoYo's (\*sugar 42g/100g but all from fruit)
95. CrispyFruits Pure Freeze Dried Fruit range (\*sugar ~76g/100g but all from fruit)

96. Fifya Middle Eastern Hommus Dip (\*sodium 543mg/100g, fat 16.2g/100g but saturated fat only 2g/100g and all natural ingredients)
97. Fifya Greek Tzatziki Dip
98. Fresh Fodder Moroccan Carrot Dip

### Other

99. Maggie Beer Fresh Soup: 'Mushroom, Lentil & Miso Soup'
100. Darikay Fresh Soup: 'Italian Minestone'
101. The Olive Branch Fresh Soup: 'Green Pea & Vegetable'
102. Crudo Super Foods fresh salad: 'Vegan Buddha Bowl'
103. La Zuppa Soup range (eg. 'Minestrone', 'Kale, Quinoa & Vegetable', 'Creamy Chicken & Vegetable')
104. Sunfresh Down to Earth Warm Salads: 'Quinoa Chicken with Pumpkin' / 'Roasted Vegetable'
105. Sunfresh Fresh Salads: 'Tabouleh' / 'Lentil & Chickpea with Freekeh' / 'Pumpkin, Brown Rice & Fetta'
106. Edgell Ready to Eat: 'Lentil Salad' / 'Red Kidney Bean Salad'
107. John West Tuna and Beans range (eg. 'Tuna & 3 Beans 185g', 'Tuna Beans Capsicum Corn & Chilli 185g')
108. Birds Eye Steam Fresh: Plus Quinoa with Brown Rice / Plus Pearl Couscous with Chickpeas / Fish Fillets with Parsley & Citrus Sauce / Fish Fillets with Thai Red Curry Sauce
109. Birds Eye Ocean Selections Fish Fillets range / Atlantic Salmon (Natural, Lemon Pepper, Spring Herb) / Deli New Zealand Hoki: Wholegrain and Sea Salt
110. Soyco Tofu range (eg. Plain, Malaysian Satay, Japanese Teriyaki)
111. Nutrisoy Tempeh range (eg. Plain, Tasty)
112. Maggie Beer's Stock range (Beef, Chicken and Vegetable)
113. Campbell's Premium 100% Natural Stock 500mL (Grass Fed Beef Stock, Free Range Chicken Stock and Australian Vegetable Stock)
114. The Stock Merchant Stock range
115. Momo's Meals Stock range
116. Spiral Foods Organic Tomato Passata
117. K-Roo range (eg. Kanga Bangas Sausages / Bush Tomato Kangaroo Meatballs)
118. Jersey Fresh Milk (Barossa) Cold Broo Iced Coffee
119. Pandaroo Yaki Sushi Nori (\*sodium 530mg/100g but per serving only ~14mg)
120. Obento Yaki Nori for Sushi (\*sodium 515mg/100g but per serving only ~13mg)