

Healthy Eating Shopping Guide



Introduction

Welcome to the 2020 edition of the “Healthy Eating Shopping Guide”.

This guide aims to assist shoppers to identify healthier food products during grocery shopping. Based on the Australian Dietary Guidelines and recommendations from a 2020 literature review on food labelling, comparatively healthier options were determined.

The foods listed in this shopping guide are available from major supermarkets chains in South Australia such as Coles, Woolworths, ALDI and/or Foodland/Drake/IGA.

***please note: the COVID-19 pandemic in 2020 may have impacted the availability of some foods & the accuracy of those items in stock.*

Nutrition Information	
Nutrient	Per 100g
Fat	<p>- Total Aim for less than 10g For milk and yoghurt less than 2g is best Oils and margarines are high in total fat, choose poly or mono-unsaturated varieties</p> <p>- Saturated Aim for less than 3g or as low as possible</p> <p>- Trans Less than 1g for margarine</p>
Sodium	<p>Aim for less than 400mg and if possible less than 120mg Look for '<i>no added salt</i>', '<i>salt reduced</i>' and '<i>low salt</i>' varieties</p>
Sugar	<p>Aim for less than 10g or Less than 25g if food product contains fruit</p>
Per serve:	
Fibre	Aim for 3g or more per serve

Glossary:
<p>GI Glycaemic Index</p> <p>< less than (e.g. Fat <10g, less than 10g of fat)</p> <p>> more than (e.g. Fibre >3g, more than 3g of fibre)</p> <p>/ per (e.g. per serve or per 100g)</p>

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BREAD



1st Choice

Bread with large amounts of whole grains & fibre >3g/serve

Abbotts

- Country Grain
- Grainy Wholemeal
- Harvest Seeds & Grains

Gluten-free

- Mixed Seed
- Soy and Linseed

Abe's Bagels

- Multigrain Bagels

Baker's Delight

- Cape Seed
- Hi-Protein Wholegrain block
- Wholemeal Chia & Omega-3

Bakers Life

- 85% Lower Carb, Higher Protein
- Bakehouse Mixed Grain
- Bakehouse Soy & Linseed
- Grain Wise Original with 9 Grains & Seeds
- Kornig 14 Seeds & Grains
- Kornig Soy & Linseed
- Multigrain Sliced Bread

BFree (Gluten Free)

- Light & Multigrain Wrap
- Quinoa and Chia Seed Wrap
- Sweet Potato

Brumby's

- Ancient Grain Sourdough roll
- Mega Grain roll
- Quinoa & Linseed Low FODMAP loaf/roll
- Wholemeal Grain roll

Burgen

- Pumpkin Seeds
- Soy & Linseed
- Wholegrain & Oats
- Wholemeal & Seeds

Gluten Free:

- Soy-Lin
- Sunflower & Chia Seed

Coles

- Coles Smart Buy Multigrain
- High Fibre Low GI Harvest Grain
- High Fibre Low GI 7 Seeds & Grains
- Mixed Grain
- Multigrain
- Soy & Linseed

Gluten Free:

- Five Seed Rolls
- Sunflower & Chia Seeds Bread

Country Life Bakery

- Gluten Free Grains & Seeds Bread

Drake

- Multigrain

Foodland

- Grain Bread & Rolls

Freedom Foods

- Wholegrain Barley Wraps

Healthy Bake

- Organic Superfoods Sourdough -Quinoa & Chia
- Organic Wholegrain Spelt

BREAD

Helga's

- Mixed Grain
- Mixed Grain Wraps
- Pumpkin Seed & Grain
- Quinoa & Flaxseed
- Soy & Linseed
- Wholemeal Grain

Gluten free:

- 5 Seeds Rolls
- Soy and Linseed

Lower Carb Varieties:

- 5 Seeds
- Soy & Toasted Sesame
- Wholemeal & Seed

HermanBrot

- Low Carb Bread

IGA Bakers Oven

- Mixed Grain

Lawson's Traditional Bread

- Settler's Grain

Lifestyle Bakery

- Multigrain
- Soy Linseed

Mission Wraps

- Multigrain Tortilla
- Wholegrain

Molenburg

- 12 Grains & Seeds
(*Toast/Original*)

Paolo's

- Grain Vienna Loaf

PureBred Bakery

- Poppy Seed Bagel

Romeo's

- Multigrain Bread

Schwobs Swiss Bakery

- Multigrain Cobb

Simson's Pantry

- Wholegrain Wraps

Tip Top

- 9 Grain
 - 9 Seeds
 - Original
 - Pumpkin Seed
 - Wholemeal
- Multigrain English Muffins
- Sunblest Soft Multigrain
- The One Kids' Grains

Woolworths Homebrand

- Bread Roll Grain Jumbo Lunch
- Four Seed loaf
- Multigrain Sandwich
- Multigrain Sandwich Hi-Fibre

Woolworths

- Country Loaf
- Wholegrain
- Wholegrain Wrap

Woolworths Select

- Mixed Wholegrain

2nd Choice

*Rye, wholemeal or white bread
>3g fibre/serve*

Abbotts

- Farmhouse Wholemeal rolls/loaf
- Light Rye
- Olive Oil, Herb & Garlic
- Pumpkin, Sunflower Seeds & Caramelised Onion
- Sundried Tomato & Basil
- Toasted Soy, Chickpea & Quinoa

Atlantic

- Dark Rye Bread
- Light Rye Bread

BREAD

Bakers Delight

- Chia Omega-3 White
- Chia & Fruit High Tin Loaf
- Country Grain White Loaf
- High Fibre Lo-GI White
- Hi Fibre Tiger Loaf
- Wholemeal Loaf/roll

Bakers Life

- Bakehouse Light Rye
- Bakehouse Wholemeal
- Lebanese Bread Wholemeal
- Viva Plus White High Fibre
- Viva Plus Wholemeal Smooth
- Wholemeal Sandwich Sliced

Bazaar

- Turkish Roll
- Wholemeal Lebanese Bread
- Wholemeal Pita Bread

Brumbys

- Wholemeal
- Hi Fibre Lower GI Loaf

Burgen

- Traditional Rye

Buttercup

- Wholemeal

Coles Bakery

- High Fibre Wholemeal Sandwich
- High Fibre White Sandwich/toast
- Wholemeal Sandwich

Coles Smart Buy

- Wholemeal

Drake

- Wholemeal

Flinders Bread

- Sourdough Rye Bread

Foodland

- Wholemeal

Genius (Gluten Free)

- Soft Brown Bread loaf
- Triple Seeded Bread loaf

Healthy Bake

- Organic Khorasan
- Organic Protein
- Organic Rye
- Spelt
- Wholemeal Spelt

Helga's

- Gluten Free 5 Seeds Rolls
- Light Rye
- Low Carb Wholemeal Wrap
- Traditional Wholemeal
- Wholemeal Square Loaf

IGA Bakers Oven

- High Fibre White Bread
- Hi Fibre Wholemeal

Knead It Bakery

- Turkish Wholemeal Bread Roll
- Turkish White Bread Roll

Lawson's Traditional

- Stone Mill Wholemeal

Lifestyle Bakery

- Soft 'n' Light (*Gluten Free*)
White Rolls/ Loaf

M.E.B. Foods Vitastic

- Khobz Lebanese bread
(Wholemeal Lite)

Mighty Soft

- Burger Bun
- Wholemeal Bread

Mission

- Low GI Wraps
- Pita Pocket Wholemeal (low in fat)

BREAD

Mountain Bread

- White Wrap

Old Time

- Certified Organic Gluten Free Wrap

Paolo's

- Wholemeal Vienna Loaf

Purebred Bakery

- Gluten Free Bioche Style Hamburger Buns

Romeo's

- Wholemeal

Swiss Natural

- Dark Rye
- Khorasan

Tip Top

- English Muffins Wholemeal
- Sandwich Thins Wholemeal
- Sunblest – Wholemeal (Thick Sandwich/Mini Loaf)
- Texas Toast
- The One - + Omega 3 or White (Sandwich/Toast) or Wholemeal (Sandwich/Toast)

Wonder White

- Low GI High Protein
- Smooth Wholegrain
- White Hi Fibre (Sandwich, Toast, Vitamins & Minerals)
- Wholemeal + Iron
- Wonder Wraps -
 - High Fibre Plus
 - Wholegrain Wrap

Woolworths Homebrand

- Wholemeal Jumbo Roll
- Wholemeal
- Wholemeal Sandwich Hi-fibre

Woolworths

- Country Loaf Wholemeal

FRUIT LOAF

Look for fibre content >3g/serve & sugar <25g/100g

Bakers Delight

- Chia & Fruit Loaf
- Cinnamon & Fruit Loaf
- Coffee & Date Loaf

Coles

- Café Style Raisin Toast

Lifestyle Bakery

- Soft 'n' Light Spicy Fruit Loaf (Gluten Free)

Tip Top

- English Spicy Fruit Muffins
 - Fruit & Grains
 - Wholemeal Raisin Toast
 - Café Range -Fruit & Grains
-

CRACKER BISCUITS



1st Choice

*High fibre >3g/serve, low fat
<10g/100g & sodium
<400mg/100g*

Mary's Gone Crackers (GF)

- Original
- Super-seed

Orgran

- Essential Fibre Crispbread

Ryvita

- Crunch Multigrain
- Crunch Original Rye
- Crunch Sesame Rye

Sunrice

- Rice Cakes Multigrain
- Rice Cakes Original (thick, thin choices)
- Rice & Quinoa Cakes

Tuckers

- Multi Fibre Quinoa

2nd Choice

*These varieties are low fat
(<10g/serve) & higher in sodium
(400mg-600mg/100g)*

Arnotts Vita-Weat

- 5 Super Seeds
- 9 Grain
- Ancient Grains & Seeds
- Cracker Pepper
- Original
- Sesame

Coles

- Brown Rice Crackers (plain & seeds + grains)
- Corn Cakes
- Crispbread
- Rice Cakes
- Plain Rice Crackers

Damora

- BBQ Flavoured Rice Crackers
- Brown Rice Crackers (multigrain & original)
- Cheese Rice Crackers
- Emmental & Pumpkin Seed Artisan Style Crispbreads
- Eton Original Cracker Biscuits
- Oat & Chia Artisan Style Crispbreads
- Original Rice Crackers
- Oven Baked Garlic Wheaten Crackers
- Prista Crispbread Original
- Vita Grain Original

Eat Rite

- Wholegrain Brown Rice with Tamari Seaweed

Fantastic

- Rice Crackers
 - BBQ
 - Chicken
 - Original
 - Seaweed

Mini Toasts

- Albatros Always Fresh

Orgran (Gluten-free)

- Buckwheat Crispbread
- Corn Crispbread
- Multigrain & Chia Crispbread
- Quinoa Crispbread

CRACKER BISCUITS

Peckish

- Brown Rice Crackers – no salt/lightly salted
- Puff Bites
- Rice Crackers

Kraft Premium

- 98% Fat Free

Pure Harvest

- Corn Cakes
- Organic Rice Cakes
- Quinoa Rice Cakes
- Sesame Rice Cakes

Real Foods

- Corn Thins
 - Multigrain
 - Original
 - Sesame
 - Soy Linseed & Chia
 - Rice Thins Wholegrain

Ryvita

- Crackerbread (*Original*)

Sakata

- Rice Crackers (*except seaweed & sour cream/chive*)
- Wholegrain Rice Crackers (*except roast tomato & basil*)

Tasty Valley Snakz

- Original Crackers

Tuckers

- Bites Strawberry/Blueberry

Water Crackers-

 Carr's

Waterthins-

 Fine Wafer crackers

Woolworths Homebrand

- Brown Rice Crackers (Multigrain/sea salt)
- Original/tangy/BBQ/seaweed

RICE & NOODLES



Low GI (<56) rice and noodles

Basmati Rice-

 all brands

Rice Noodles

 (dried or fresh)

Rice Vermicelli Noodles

Instant 2 Minute Noodles or

Rice Noodles

 (95 - 99% Fat Free)

SunRice

- Doongara
 - Low GI Brown Rice
 - Low GI Clever White Rice

Uncle Bens Express Rice

 (Ready) Whole Grain

- Brown Rice

PASTA



Any type of unfilled pasta.

Limit filled pastas e.g. tortellini, these are higher in fat and salt.

BREAKFAST CEREAL



1st Choice

Cereals with high fibre (>3g/serve) or low GI (<56), low fat (<10g/100g) and low sugar (<10g/100g or <25g/100g if contains fruit)

Porridge, Traditional Oats

Any brand of:

- Rolled Oats
- Unprocessed Oat Bran
- Unprocessed Wheat Bran

Arnold's Farm

- Full o' Fruit Muesli
- Strawberry & Yoghurt Muesli

Be Natural

- Organic Wholegrain Mini Bites Original
- Pink Lady Apple & Flame Raisin

Carman's

- Traditional Australian Oats
- Gourmet Porridge Oats
 - Natural 5 Grain & Super Seed
- Porridge Sachets
 - Super Berry & Coconut

Coles

- Whole Wheat Biscuits

Community Co

- Fruit & Seed Muesli
- Wheat Biscuits

Dorset Cereals

- High Fibre Muesli
- Really Nutty Muesli

Food for Health

- Gluten Free Muesli with Apple & Cranberries

Freedom Foods

- Ancient Grain Flakes
- Barley +
 - Apple & Sultana Muesli
- Cornflakes
- Crunchola Ancient Grains & Oats Porridge
- Prebiotic Berry Almond Muesli
- Rice Puffs

Golden Vale

- Wheat Biscuits

Heritage Mill

- Colonial Fruit & Nut Natural Muesli

Kellogg's

- Special K -
 - Fruit & Nut (not Original)

Morning Sun

- Natural Style Muesli:
 - 97% Fat Free Fruit Muesli
 - Apricot & Almond
 - Peach & Pecan

Red Tractor

- Australian Instant Oats
- Omega 3 Instant Oats

Sanitarium Weetbix

- Cholesterol Lowering
- Kids
- Original
- Organic

BREAKFAST CEREAL

Weetbix Blends

- Apple & Cinnamon
- Cranberry & Coconut
- Hi Bran + Honey
- Multigrain

Seven Sundays

- Berry Muesli
- Bircher & Quinoa Muesli

Sunsol

- 10+ Muesli
 - Apricot, Almonds, Dates & Macadamias
 - Orchard Fruits & Almond Natural

Uncle Toby's

- Oatbribs
- Oats Quick Sachets Hi Fibre with Oat & Linseed; Steel Cut/ Traditional; Super Blends
- Shredded Wheat
- Original Weeties
- Plus Cereals
 - Antioxidants
 - Fibre (Apple & Sultanas)
 - Muesli Flakes
 - Protein
- Vitabribs (No Added Sugar)

Weight Watchers

- Fruit & Fibre (Tropical)
- Oven Baked Fruit Muesli
- Oven Baked Nutty Muesli

Woolworths Homebrand

- Traditional Muesli
- Wheat Biscuits

Woolworths Select

- Apricot, Almond & Date Muesli
- Great Start: Cranberry & Strawberry

- Swiss Style Bircher Muesli
- Summer Fruits Muesli

Woolworths

- Bran Flakes & Sultanas
- Wheat Biscuits

2nd Choice

Cereals with high fibre (>3g/serve), moderate fat (10g-15g/100g) and moderate sugar (10g-15g/100g or 25-30g/100g if containing fruit)

Plain Quick Oats & Most Plain Sachets, Semolina

Be Natural

- 5 Whole Grain Flakes
- Be Natural Low Sugar Granola – Honey Blossom Flavour
- Cashew Almond Hazelnut & Coconut
- Golden Wholegrain Bites Cinnamon

Carman's

- Crunchy Clusters (Cranberry, Apple & Nut)
- Fibre Rich Probiotic Porridge Sachets
 - Super Seed & Vanilla Bean
 - Creamy Honey & Almond
- Gourmet Porridge Oats/ sachets
 - Almond, Pecan, Hazelnut
 - Apple, Sultana Cinnamon
 - Almond, Coconut, Chia
 - Honey Roasted Nut
 - Honey, Vanilla, Cinnamon

BREAKFAST CEREAL

Coles

- Summer Fruits Muesli
- Right Start - Fruit & Fibre

Freedom Foods

- Barley +
 - Cranberry, Almond, Cinnamon Muesli
 - Barley Clusters
- Prebiotic Honey Almond Muesli
- Prebiotic Pear Almond Clusters
- Prebiotic Maple Almond Clusters

Hubbard's

- Light & Right Hazelnut & Almond

Kellogg's

- All-Bran -
 - Original
 - Wheat Flakes
- Guardian
- Just Right (Original)
- Sultana-Bran
 - Buds
 - Original

Lowan - All Varieties of Muesli

Sunsol

- 10+ Natural Muesli
 - Blueberries, Chia, Goji Berries & Coconut

Table of Plenty

- Nicely Nutty Crunchy Fruit Muesli
- Nicely Nutty Clusters
- Protein + Porridge-Chocolate & Coconut
- Macadamia Cranberry & Coconut Muesli

Thankyou.

- Apple & Apricot Clusters
- Fig & Pear Clusters

Uncle Toby's

- Bran Plus

Woolworths

- Reduced Sugar Multigrain Cereal
- High Fibre Bran

Woolworths Essentials

- Traditional Muesli

Woolworths Macro

- Honey Toasted Muesli with Seeds
- Coconut and Almond Muesli
- Fruit, Nuts & Seeds Muesli with Protein Crunch

VEGETABLES



All fresh, frozen or canned vegetables (low salt varieties)

FROZEN POTATO PRODUCTS

Bake in oven without adding oil.
Look for lower fat <10g per 100g

LEGUMES

All dried and canned legumes e.g. Baked Beans, Butter Beans, Red Kidney Beans, Lentils, 3 or 4 Bean Mix, Dried Peas, Frozen Broad Beans.

FRUIT



Fresh Fruit - Any Type

Dried Fruit - In Small Amounts

Canned Fruit – Any canned fruit in natural juice (drained)

Fruit Juice (No Added Sugar)

Limit to 1 small glass (150ml)/ day

YOGHURT



Yoghurt that is low fat (<2g/100g) and low sugar (<10g/100g)

LOW FAT & ARTIFICIALLY SWEETENED

Chobani

- Fit 15g Protein No Added Sugar
- Flavoured Greek Yoghurt
- Pouches: Strawberry/Mixed Berry/Blueberry/Peach Mango/Banana Maple with Steel Cut Oats & Ancient Grains, Vanilla

Tamar Valley

- Greek Style Low Fat Yoghurt & No Added Sugar (Various)

Yoplait

- Formé Zero

LOW FAT NATURAL Barambah Organics

- Low Fat Natural Yoghurt

B.-d. Farm Paris Creek Low Fat

Blackswan

- Greek Style, No Fat
- Greek Style, Low Fat
- Naturally Sweet Greek Style

Brooklea

- Brooklea Natural Pot Set Yoghurt 99% Fat Free

YOGHURT

Chobani

- Greek Style No Fat
- Greek Style Low Fat

Coles

- Light Greek Style Yoghurt

Dairy Dream

- Greek Style Yoghurt- No Added Sugar

Farmers Union

- Pot Set Natural Yoghurt

Jalna

- Fat Free (Natural)

Paul's

- Natural 99.8% Fat Free

Tamar Valley

- 99.8% Fat Free Greek Style

The Margaret River

- 99% Fat Free Creamy Pot Set Natural

Vaalia

- Plain Yoghurt Low Fat

Yoplait

- Yoplus Natural Yoghurt

Yoguri

- Greek Style Strained Yogurt

Yo Pro

- No Added Sugar (Yoghurt Drink)

LOW FAT FLAVOURED OR FRUIT

Yoghurt that is low fat (<2g/100g) and low sugar (<10g/100g or <25g/100g if contains fruit)

Coles

- 98% Fat Free yoghurt

The Margaret River

- 97-98% Fat Free Creamy Pot Set (All varieties)

The Yoghurt Factory

- 98% Fat Free (All varieties)

Vaalia

- Low Fat – Lactose Free (All varieties)

Yoplait

- Petit Miam Squeeze
- Yoplait Yoghurt Smoothie

Yoguri

- Greek Style Strained Yogurt

MILK



SKIM MILK

Any brand of skim milk that has <0.1g of fat/100ml

Australia's Own

- Skim Milk

Black & Gold

- Skim Milk

Coles

- Skim Milk

Devondale

- Our 'Lightest' One - Skim Milk
- Point One Long Life Milk

Farmdale Fresh

- Milk – Skim 99.9% Fat Free
- Skim Long Life Milk
- Skim Milk Powder

Foodland

- Skim Milk

Liddells Lactose Free

- Skim milk

Paul's

- Skinny Milk
- Zymil (Skim Milk)

Pura

- Tone

Woolworths

- Skim Milk

SKIM MILK POWDER

Any brand of skim milk powder that has <0.1g of fat/100ml (made up)

A2 instant skim milk powder

Black & Gold

Coles Fat free instant skim milk

Devondale Lightest – instant skim

Diploma

Woolworths Skim milk powder

LOW FAT MILK

Any brand of low fat milk that has <2g of fat/100ml

a2

- Light Milk

Australia's own

- A2 Protein Low Fat Milk
- Low Fat Milk

B.-d. Farm Paris Creek

- Biodynamic Light Milk

Black & Gold

Carnation Evaporated Milk

- Light & Creamy

Coles

- Lactose Free Lite Milk
- Lactose Free Low Fat Long Life Milk

Dairy Farmers

- Buttermilk

Devondale

- Vitamin Plus Reduced Fat Milk Powder
- Smart Plus

MILK

Drake

- Reduced Fat

Farmdale Fresh

- Butter Milk 99% Fat Free
- Light Long Life Milk
- Low Fat Lactose Free Milk
- Milk - Light

Farmers' Own

- Reduced Fat Milk

Fleurieu Milk Company

- Jersey Premium Low Fat
- Low Fat

Foodland

- Reduced Fat

IGA Signature

- Lite Milk

Jersey Fresh

- Low Fat Milk

Just Organic

- Reduced Fat Milk

Liddells

- Lactose Free Low Fat

Macro Organic

- Low Fat Milk

Pauls

- Buttermilk 99% Fat Free
- Physical (Low Fat)
- Smarter White
- Zymil Light Lactose Free Milk
- Zymil Low Fat Lactose Free Long Life Milk

Procal

- Lactose Free Low Fat Milk

Pura

- Light Start
- Skimmer

Sada

- Fresh Low Fat Milk

Tweedvale

- Reduced Fat Milk

Woolworths

- Hi-Lo milk

LOW FAT COWS MILK ALTERNATIVES

*Note that products are ranked on a scale of * (lowest calcium content) to *** (highest calcium content). Look for calcium fortified varieties.*

Australia's Own

- Rice Milk***
- Unsweetened Organic Almond
- Unsweetened Organic Coconut

Blue Diamond

- Almond Breeze -
 - Unsweetened**
 - Original**
 - Vanilla

Coles

- Almond Milk**
- Rice Milk***

Inner goodness

- Almond Milk
- Oat milk
- Rice milk
- Light soy milk

Macro Organics

- Rice Milk***

Pure Harvest

- Oat Milk*
- Aussie Dream Rice Milk***
- Soy Low Fat Lite with Added Calcium

MILK

Sanitarium So Good

- Almond Milk**
- Soy Milk Lite***
- Almond & Coconut Milk**

Soul Fresh

- Nutty Bruce Almond & Coconut Milk
- Nutty Bruce Unsweetened Activated Almond Milk
- **Vitasoy**
- Soy Milky Lite***
- Rice Milk Unsweetened***
- Oat Milk Unsweetened***
- Almond Milk Unsweetened***

FLAVOURED MILK

Flavoured milk should be limited to an occasional choice. Select a milk that is low in fat (<2g/100ml) and low sugar

Blue Diamond Almond Breeze

- Chocolate 98% Fat Free

Emma & Tom's

- Milk No Added Sugar
(all flavours)

Farmdale Fresh

- RAM Banana Flavoured Milk

Farmer's Union

- Feel Good- Chocolate & Iced Coffee
- Iced Coffee One
- Iced Coffee Strong

Ice Break

- Iced Coffee Stripped
- Iced Coffee Extra Shot
- Regular Strength Iced Coffee

Liddells

- Lactose Free 99% Fat Free Chocolate Milk

Nippy's

- Flavoured Milk -
 - Iced Coffee
 - Iced Chocolate
 - Iced Strawberry
 - Iced Honeycomb

Paul's

- Breaka
 - Iced Coffee
 - Strawberry

Rokey Farms

- Breakfast Smoothie Banana
- Breakfast Smoothie Dutch Chocolate

Sanitarium So Good

- Almond Vanilla Flavour
- Soy Vanilla

Vitasoy Soy

- Soy Milk
 - Vanilla Chai
 - Vanilla
 - Chocolate
 - Coffee
- Almond Milk
 - Chocolate
 - Double Espresso

Woolworths

- Kids Flavoured Milk
 - Banana
 - Strawberry

CHEESE

Cheese can be high in sodium aim for <400mg/100g and if possible <120mg/100g for sodium



LOW FAT
(<10g/100g fat)

COTTAGE CHEESE

Brancourts

- Classic
- Protein +

Bulla

- Low Fat Original; Onion & Chives

Coles

- Low Fat Creamed; Original

Dairy Farmers

- Low Fat

Manhattan

- Low Fat

Woolworths Select

- Creamed 97% Fat Free

RICOTTA CHEESE

Coles

- Smooth Ricotta
- Light Smooth Ricotta

La Casa Del Formaggio

- Smooth Ricotta Light
- Smooth Ricotta
- Ricotta

La Vera

- Fresh Ricotta

Perfect Italiano

- Ricotta
- Smooth Ricotta

Woolworths Select

- Smooth Light Ricotta

MODERATE FAT

(10g-20g fat/100g)

LIGHT MOZZARELLA

Coles

- Lite Shredded Mozzarella

CHEDDAR CHEESE

Bega

- Country Light Tasty 50% Less Fat

Cowbelle

- Light Cheese Slices

Emporium Selection

- Goats Cheese (Herb, Original, Ash)

Hillwood

- Reduced Fat Cheese Slices

Jarlsberg

- Lite

La Casa Del Formaggio

- Italian Style Bocconcini

Udder Delights

- Goats Curd

Woolworths Select

- Swiss Light Cheese Slices
- Bocconcini

CHEESE

REDUCED FAT FETA

Coles

- Low Fat Australian Fetta

Elco

- Danish Feta

Emporium Selection

- Danish Style Feta

Lemnos

- Reduced Fat
- Paneer

Minerva

- Greek Light White Cheese

Riverina

- Reduced Fat Fetta

South Cape

- Reduced Fat
 - Danish Style
 - Greek Style

CREAM CHEESE

Bel

- Mini Dairy Cheese Babybel Light

Cowbelle

- Cheese Triangles Light
- Cheese Triangles

The Laughing Cow (Light)

Woolworths

- Spreadable Light Cream Cheese

FISH & SEAFOOD, MEAT, NUTS & SEEDS

FISH & SEAFOOD

Any fresh seafood or canned in spring water, or tomato sauce. If the fish is in oil, drain the oil off.



MEAT

Choose cuts with smallest amount of visible fat. Trim fat before cooking. Be aware of added salt in processed meats. Processed meats should be consumed in small amounts.



NUTS & SEEDS

Any raw or dry-roasted nuts or seeds in small amounts (unsalted).



FATS & OILS

(Use Sparingly)



Any mono-unsaturated or polyunsaturated oil.

Try oil sprays for frying, roasting & greasing. Avoid “Blended Vegetable Oils” without the Heart Tick (they may contain palm oil).

MARGARINE

Margarines that contain plant sterols that may reduce cholesterol.

Choose light mono or poly unsaturated margarines (trans fat <1g/100g).

FROZEN OR INSTANT MEALS



Choose any frozen or instant meals with <10g fat/100g (best choices <5g/100g fat) and low in sodium (<400mg/100g).

Add extra salad or vegetables to increase fibre in the meal.

FROZEN MEALS

Amy's Kitchen (All varieties)

Buona Pasta (All varieties)

Coles (All varieties)

Gourmet Meals

- Gluten Free Meals

Haldiram's

- Dal Tadka

Health and Vitality Meals (All varieties)

International Cuisine

- Beef Lasagne
- Spaghetti Bolognese
- Macaroni Cheese
- Bloke Size Chicken Kiev
- Lamb Cutlet Dinner
- Roast Beef meal
- Lamb Shank
- Chicken Parmigiana
- Butter Chicken

La Triestina (All varieties)

Lean Cuisine 97% Fat Free
(All varieties)

McCain

- Healthy Choice Meals (97% Fat Free)
- Red Box (All varieties)

On The Menu (All varieties)

Sanitarium Vegie Delights
(All varieties)

Sara Lee

- Beef Lasagne

Simply Super

- Split Pea Lentil Dhal
- Chicken Pad Thai
- Wholegrain Chicken
- Korean Style BBQ Beef
- Bowl of Goodness
 - Chicken Satay
 - Butter Chicken

Super Nature

- Super Foods
(All varieties except Miso Salmon; Middle Eastern Chicken)

Tutto

- Pasta Meals
(Gluten Free)

Weight Watchers Meals
(All varieties)

Woolworths Homebrand

- Lasagne

Woolworths Select Meals
(various)

INSTANT MEALS & SOUPS

Banquet

- Lasagne
- Vegetable Quiche
- Shepherd's Pie
- Chicken Peri Peri
- Mexican Beef Chilli
- Pasta in a Box

FROZEN OR INSTANT MEALS

Beyond India

- Curries(Various)

Campbell's

- Gourmet Soups

Coles

- Fresh Soups

(All varieties)

Continental

- Rice Meals
- Pasta Meals

(All varieties except Macaroni & Cheese)

Cucina

- Pasta with Beef Ragu
- Pasta with Crab & Chili
- Roasted Pumpkin & Sage Risotto
- Pasta with Tomato, Capsicum, Olive & Chili

Darikay

- Soups *(All varieties)*

Delicious Nutritious

- Vegetable and Ricotta Lasagne

Deluca's

- Meals *(All varieties)*

Fray Bentos

- Steak & Kidney Pie

Foodland

- Beef Lasagne

Hormel Compleats

- 98% Fat Free Meals

IGA

- Lasagne

Kitchenhand

- Soups
- Salad
- Curry
(All varieties)

Latina Fresh

- Beef Lasagne
- Beef & Vegetable
- Pasta *(All varieties)*

La Zuppa

- 99% Fat Free Soups

Leggo's

- Pasta Meals
(Fresh Tortellini & Ravioli)

Maggie Beer

- Soups *(All varieties)*

Momo's Meal

- Soups
- Meals
(All varieties)

Pasta Master

- Fresh Lasagne
- Fresh Lean Beef Lasagne

Pitango

- Organic Soup Range

Ready Chef

- Beef Lasagne
- Cottage Pie

St Dalfours

- Healthy French Bistro
- Street Snack *(All varieties)*

Sunrice

- Foil Fresh Meals -
 - Rice Meals

Sue Shepherd

- Soups *(All varieties)*

Taylors

- Soups *(All varieties)*

Tinned Spaghetti

- Salt Reduced Varieties

Tutto Pasta

- All varieties except Tortellini & Chicken Mushroom Ravioli

FROZEN OR INSTANT MEALS

Wild Foodies

- Soups (*All varieties*)

Woolworths Emily's Kitchen

- All varieties (*except Slow Cooked Pork & Atlantic Salmon*)

Woolworths

- Angus Beef Lasagne
 - Beef Lasagne
-

FROZEN PIZZA

Black & Gold

- Ham & Pineapple
- Supreme

Casa Barelli

- Thin Crust: Mozzarella Gourmet, Spinach, Bolognese

International Cuisine

- Family Pizza : Hawaiian, Supreme, Meat Lovers
- Pizza Slices: Hawaiian, Beef Lasagne, Spaghetti Bolognese, Macaroni Cheese

McCain

- Ham & Pineapple
 - Margherita
 - Supreme
-

CANNED MEALS & SOUPS

Tinned Soup (select reduced salt varieties where possible)

Amy's Kitchen Soups (*All varieties*)

Campbells

- Chunky Meals
- Country Ladle Soups
- Condensed Soup

Fray Bentos

- Steak & Kidney Pie

Hart & Soul- All Natural

- Three Bean Soup
- Cauliflower Cashew Soup
- Super Grain & Veg Soup Cup
- Pho
- Tom Yum

Harvest Canned Meals

- All varieties except Mild Curry; Braised Steak

Heinz

- Big'n Chunky
- Classic Soups
- Soups for One
- Big Red
- Soup of the day (*All varieties*)

Rosella Soups (*All varieties*)

Stagg Chili

- Canned Meals (various)

Veggie delights (*All varieties except casserole minute in gravy*)

Tom Piper Meals (*All varieties*)

Woolworths Select

- Home Style Soups
- Chunky Meals

Woolworths Homebrand soups

FROZEN OR INSTANT MEALS

FROZEN FISH/SEAFOOD

Bake in oven rather than frying

Birds Eye

- Oven Bake
 - Original
 - Lightly Battered
- Steam Fish Fillets
- Salmon Cakes
- Fresh Caught
 - *Southern Blue Whiting, Flathead*
 - *New Zealand Hoki, Deli Flavours*

Coles

- Crumbed Fish Fillets
- Battered Fish Fillets
- Crumbed Pollock Fillets
- Skin on Pollock Fillets

I & J

- Crumbed (original & lemon)
- Crispy Batter (lemon & tempura)
- The Finest
 - Flathead Fillets
 - Tuna Portions

Jamie Oliver

- Fish Cakes (*All varieties*)

Ocean Chefs

- Salmon Portions
- Tuna Steak
- Barramundi
- Hoki Fillets
- Flathead Fillets
- Steamed Fish Fillets

Sealord

- Simply Crumbed
- Hoki Fillets

Woolworths

- Crumbed Fish Fillets

FRUIT SPREADS, JAMS, TOPPINGS



FRUIT SPREADS/JAMS

*Look for 50-100% fruit content.
Limit any jams, marmalade or honey to a thin spread.*

TOPPINGS

*Choose low fat (<10g/100g)
and low sugar (<10g/100g)*

Natvia

- Smooth Choc Chocolate topping
- Salty Caramel Topping

Queen

- Sugar Free Maple Flavoured Syrup
 - Blueberry Flavour

ICE-CREAM & DESSERTS



LOW FAT & LOW SUGAR

These have <10g of fat/100g and <10g of sugar/100g

Blue Ribbon

- 308 & 316 Calories per tub

Fropro

- All varieties except 'dairy free'

Halo Top

- Chocolate, Mint Chip

Peters

- No Sugar (Vanilla & Salted Caramel)

The Skinny Cow

- Double Chocolate icecream sundaes
- Vanilla Caramel

Twisted Healthy Treats

- Lite icecream & probiotic powder chocolate & vanilla bean, salted caramel & vanilla



DIET JELLIES

These have <10g of sugar/100g

Aeroplane

- Jelly Lite

Weight Watchers (All varieties)

OTHER DESSERTS

These have <10g of fat/100g and <10g of sugar/100g

Angel Delight

- Chocolate

Aunty Betty

- 98% Fat Free Creamy Rice with vanilla, apple & cinnamon

Coles

- Custard Vanilla Flavoured (Long Life)

Easiyo

- Natural Unsweetened Yoghurt Mix

Farmdale

- Vanilla Pouring Custard

Foster Clark's

- Custard

Heinz

- 99% Fat Free Vanilla Creamed Rice (Canned)

DESSERTS

Homebrand

- Rice Cream (canned)

Nanna's

- Lite Snack Pies (Frozen)

Parsons

- 98% Fat Free Creamed Rice (Canned)

Paul's

- Low Fat Custard (30% Less Sugar)

Weight Watcher's

- Desserts – Mousse

LOLLIES & CHEWING GUM



Aim for <10g of fat/100g and <10g of sugar/100g

SOFT DRINKS & CORDIALS



Any diet or low joule drink, plain mineral/soda water or diet cordial.

SALAD DRESSING



Choose no or low fat (<10g/100ml) dressings, mayonnaise & sauces. Look for salt reduced options and use sparingly.

FLAVOURED DRINK POWDERS



Aim for <10g of fat/100g and <10g of sugar/100g, <5g of sugar/serve

Moccona

- Café Classics Double Shot Latte
- Café Classics Flat White
- Cappuccino
- Latte
- Skim Cappuccino
- Strong Cappuccino

Nescafe

- Cappuccino
- Strong

Alcafe

- Cappuccino
- Skinny Cappuccino
- Strong Cappuccino

Avalanche

- Sugar Free Drinking Chocolate

Coles

- Coffee Café Latte (sachet)
- Gluten Free Strong Cappuccino (sachet)

Jarrah

- Choc O'Lait Drinking Chocolate
- Classic Hot Chocolate Sachets
- Mint Drinking Chocolate Sachets
- Salted Caramel Hot Chocolate
- White Hot Chocolate Sachets

Jarrah Coffee Sensations

- Brazil Café Latte Brazil Delight
- French Vanilla Latte
- Italian Hazelnut Latte
- Salted Caramel Latte
- Vienna Cinnamon Latte

Acknowledgements:

CALHN, SALHN, NALHN
dietitians

The information contained within this publication does not constitute medical advice, and is for general information only. Readers should always seek independent medical advice where appropriate

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SA Health

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