

## Supermarket shopping guide

Your expert guide to the healthiest options in the supermarket



### Shop with Healthy Food Guide

These are not 'rules', these are guidelines to help you choose. There will often be compromises. Use the guidelines to compare nutrition labels for different products.

### Vegetables

In an 'ideal plate', half the plate will be filled with non-starchy vegetables, a quarter with protein, and a quarter with starchy vegetables or other carbohydrate.

#### Non-starchy, low-energy vegetables

- Asian greens
- asparagus
- beans
- beetroot
- broccoli
- Brussels sprouts
- cabbage
- capsicums
- carrots
- cauliflower
- celery
- courgettes
- cucumbers
- leeks
- lettuce
- mushrooms
- rocket
- silver beet
- spinach
- parsnip
- tomatoes
- turnips

#### High-carbohydrate vegetables

- kumara
- potatoes
- sweetcorn
- taro
- yams



- Find out what's in season – it's cheaper.
- Frozen and canned vegetables are just as good.

### Meat

- Buy 100 -150g raw meat per person.
- When buying beef or lamb mince, look to see how much white (fat) is marbled through it. Choose the leanest option with the least amount of white.
- Always trim visible fat, and remove skin from poultry.
- If you add legumes such as lentils or chickpeas to a recipe, you can reduce the amount of meat.

### Drinks

Compare the kilojoules in a 250ml glass\*:

Water	0kJ
Diet carbonated soft drink	0kJ
Vegetable/tomato juice	190-310kJ
Sugar-sweetened carbonated soft drink	420-490kJ
Fruit drink (contains 5% or more fruit juice or pulp)	100-500kJ
Fruit juice (contains undiluted fruit juice)	360-530kJ

\*Note: brands will vary

### Breads and cereal products

#### Bread

Aim to make your daily bread dense with visible grains.

#### Look for these words early in the ingredients list:

barley, brown rice, granary, kibbled (grain), millet, mixed grain, multigrain, oats, rye, seeded, stoneground (grain), whole grain, whole wheat.

**More fibre**      **Good:** 5g or more per 100g  
**Better:** 7g or more per 100g

**Less sodium**      400mg or less per 100g



- Fresh, unwrapped breads are not required to carry nutrition information, but you can always ask for it.

#### Breakfast cereals

**Sugar**      15g or less per 100g  
**Cereals with dried fruit:** 25g or less per 100g

**Sodium**      400mg or less per 100g

**Fibre**      more than 5g per 100g

#### Snack bars

**Fruits, nuts, seeds, or whole grains**      Aim for more than 50% from these ingredients

**Energy**      Aim for less than 600kJ per bar if you are watching your weight

**Fibre**      More than 1.5g per bar

**Saturated fat**      **Good:** less than 2g saturated fat per bar  
**Better:** less than 1g saturated fat per bar

**Sugars**      Less than 10g sugars per bar

#### Crackers

It can be difficult to find crackers which meet our top criteria, so think about what you can compromise on.

**Energy**      We recommend less than 1800kJ per 100g

**Fibre**      **Good:** more than 5g per 100g  
**Better:** more than 10g per 100g

**Sodium**      **Good:** less than 800mg per 100g  
**Better:** less than 500mg per 100g

**Saturated fat**      **Good:** less than 2g per 100g  
**Better:** less than 1g per 100g

## Fats

We need fats but aim to limit saturated fats and use more unsaturated fats. All fat is high in energy (kilojoules).

### COOKING AND SALAD OILS

• One tablespoon = 500-550kJ

HFG recommends these oils for their balance of unsaturated fats

**Avocado oil** Versatile and flavoursome; use for frying and dressing

**Canola oil** Economical and versatile with a mild flavour; suitable for cooking, stir-frying, baking and salads

**Flaxseed oil** Flavoursome oil; best for dressing and finishing. Should not be heated

**Hazelnut oil** Versatile and flavoursome; use for cooking and dressing

**Macadamia nut oil** Versatile and flavoursome; use for cooking and dressing

**Olive oil** Flavoursome oil; use for dressing and finishing, especially extra-virgin olive oil

**Peanut oil** Distinctive flavour; good for stir-frying (be mindful of those with a peanut allergy)

**Rice bran oil** Versatile with a mild flavour; suitable for cooking, stir-frying, baking and salads

**Safflower oil** Versatile oil with mild flavour; good for stir-frying

**Sesame oil** Distinctive flavour; good for stir-frying

**Soy oil** Versatile oil; best for cooking, frying and salads

**Sunflower oil** Versatile oil with mild flavour; good for stir-frying

**Walnut oil** Flavoursome oil; good for dressing and finishing. Should not be heated



• Olive oils labelled 'pure' or 'light' are usually lower quality than 'extra virgin' olive oil. All olive oils have the same fat content.

### Spreads

**Lower fat** Less than 55g fat per 100g

**Lower saturated fat** Less than 15g per 100g

**Low trans fat** Less than 1g per 100g.  
Do not accept any higher

### High monounsaturated fats

Aim for a third or more of total fat to be monounsaturated fat  
At 50g total fat per 100g, aim for 17g+ monounsaturated fat

Example:

**Sodium** Less than 400mg per 100g

## Dairy

Fat in dairy products is high in saturated fat – the one we want to limit – so choose lower-fat options for everyday use.

### Milk

**Fat** Aim for 1.5% total fat or less per 100ml

**Calcium** At least 120mg per 100mls

**Protein** At least 3g per 100ml

**Budget** Consider powdered milk. It's just as good and very economical

**Non-dairy** Always choose a calcium-fortified option

Type of cow's milk	Usual label colour	Fat %*	Sat fat %*	Energy in 250ml glass %*
Trim	green	0.2%	0.1%	410kJ
Reduced fat/light	light blue	1.5%	0.9%	500kJ
Standard	dark blue	3.3%	2.1%	660kJ

### Cheese

Type of cheese*	Fat %	Type of cheese*	Fat %
Reduced-fat cottage cheese	1%	Camembert	25%+
Cottage cheese	5%	Edam	
Quark	10%+	Parmesan	
Ricotta		Blue vein	30%+
Haloumi	15%+	Colby	
Reduced-fat cream cheese		Emmental	
Feta	20%+	Gouda	
Mozzarella		Cheddar	35%+
Reduced-fat cheddar		Cream cheese	
		Havarti	
		Mascarpone	

\*Note: brands will vary



• Use a lower-fat cheese such as cottage cheese, and add a small amount of a strong-flavoured cheese (eg. parmesan) to boost flavour.

### Yoghurt

For a snack choose a filling, low-energy yoghurt

**Saturated fat** Everyday use: 1.3g or less per 100g

For a dessert or treat: 3.5g or less per 100g

**Calcium** 150mg or more per 100g

**Sugars** For plain yoghurt: no added sugars (see ingredients list); for flavoured yoghurt: 10g or less per 100g

**Energy** If watching your weight: for plain yoghurt – 300kJ or less per 100g; for flavoured yoghurt – 400kJ or less per 100g

For dessert, where using a small amount, a higher-fat yoghurt is much better than cream with 40% fat and 25% saturated fat.

### Frozen desserts

Remember these are treats, not everyday foods.

**Frozen yoghurt** Tends to be higher in sugar

**Ice cream and gelato** Made from cream or milk products

**Sorbet** Uses water instead of dairy so it's naturally low fat

