

healthyfood.com Supermarket shopping guide



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 Flavourful 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 Flavourful 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 Flavourful 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



GRAINS AND CEREALS

Brown rice, arborio rice, wholemeal pasta, egg noodles, bean noodles, wholegrain couscous, quinoa, microwaveable rice pots/pouches

Opt for the wholegrain version of these where you can. They have more fibre, which helps you feel fuller and is important for a healthy digestive system. Noodles and pasta made from beans (eg, black or edamame beans) are a great way to boost the protein in a meal and good for kids.

Having a few pouches or pots of pre-cooked rice (brown or the mixes with quinoa) on hand is ideal for when you're short on time. Just mix with canned fish and salad or frozen veges.

Oats (wholegrain and rolled)

Oats make a quick and easy breakfast. Try porridge, bircher muesli or overnight oats, or you can add them to smoothies. They are also great to use in baking.

Breakfast cereals

Look for cereals that meet these criteria:

- 15g or less of sugar (25g or less if contains dried fruit)
- 5g or more of fibre (5g-15g for children)
- 3g or less of saturated fat (6g or less if it contains coconut)

Flour (wholemeal, cornflour and alternative flours, such as buckwheat, brown rice, spelt or quinoa)

Wholemeal flour is higher in fibre and B vitamins than white flour, so is a better choice, and cornflour helps thicken sauces without needing to make a roux with butter and plain flour. Alternative flours can be nice to use if you have a good recipe that you know works well with them. If you're a baker, you'll need some white flour too.

Popping corn

Making your own popcorn is very easy. It's also cheaper and healthier as you don't have the added salt and sugar.



CRACKERS

Wholegrain crackers

Crackers can make a quick and easy snack or lunch option. Top with canned fish, cottage cheese or avocado and tomato.

When choosing an everyday cracker, per 100g look for:

- 1800kJ or less
- 10g fat or less - 5g fat or less is even better.
- 2g of saturated fat or less. 1g or less is best.
- 5g or more of fibre but 10g or more is ideal.
- 800mg or less of sodium, 500g or less is best.



CANS AND CARTONS

Fish (tuna, salmon and sardines)

Canned fish is a quick and easy way to add protein to breakfast (on toast), lunch (sandwich, wrap or salad) or dinner (fish pie, fish cakes or in a frittata).

Vegetables and fruit

Canned tomatoes are incredibly versatile and can be used in anything from homemade pasta sauces and soups to casseroles. Canned beetroot is also a great way to add interest to any salad. Canned fruit (in juice) is great for smoothies, to enjoy on top of yoghurt or cereal and makes a quick and easy dessert

Reduced-salt stock and tomato paste

Choose low-salt or no-salt versions. Most of us have too much salt and this is an easy way to have less.

Canned legumes (no-added-salt chickpeas, kidney beans, black beans and reduced sugar-and-salt baked beans)

Legumes are low GI, packed with fibre and cheap. They can be used to make delicious meat-free meals, as the basis of salads and casseroles or to bulk out mince dishes. Legumes are also the perfect base for healthy dips. If you have unexpected guests, grab a can of white beans, blend with a little olive oil and season to make a creamy dip - serve with veges and wholegrain crackers.

Dried lentils, split peas and legumes (if you have time to soak and cook your own)

Red or yellow lentils are great in a dhal. Brown or Puy (French green) lentils hold their shape so are perfect cooked, then used as the base for a filling salad.

Curry pastes and reduced-fat coconut milk (canned or powdered)

Use curry pastes and coconut milk to quickly create a vegetable curry. Compare nutrition labels to choose products lower in sodium and saturated fat.

Long-life milk (or milk powder)

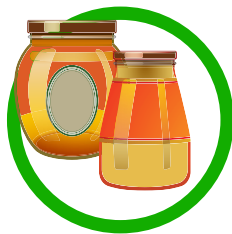
It's always good to have a backup for this essential.



SPICES, HERBS AND SEASONING

Mixed herbs, mixed spice, cinnamon, cumin, curry powder, paprika and chilli flakes

These are good staples that add flavour with less salt. Keep stock of your favourites, and remember they don't keep their flavour forever. Check the ingredients list on spice mixes. For some, salt is the first ingredient, meaning the product has more salt than anything else.



SPREADS AND SWEETENERS

Nut and seed butters

These have all the benefits of nuts and seeds, ready to spread on toast. Choose products with no added sugar or salt.

Honey and maple syrup

Honey and maple syrup are useful for baking and making the occasional sweet treat, but they are still 'free sugars' so limit the total amount you have.

Reduced-sugar jams

There are jams available now with a higher proportion of fruit to sugar. These are a better choice as most people have more sugar than they need. An easy swap for jam lovers.



OILS

Extra virgin olive oil

A flavoursome oil, especially useful in salads.

Rice bran or canola oil

Good value oils that are incredibly versatile. Their high smoke point means they are ideal to use in cooking. Their subtle taste also makes them great to use to dress salads too when you don't want to add too much additional flavour.

Sesame oil

Adds an Asian flavour to dressings and stir-fries.

Oil spray (or in a pump bottle)

This helps you control how much you use.



NUTS, SEEDS AND DRIED FRUIT

Nuts (unsalted almonds, peanuts, cashews, walnuts, Brazils and pine nuts)

Nuts are packed with healthy fats, fibre and a variety of vitamins and minerals. Add a few to your breakfast, smoothies and salads, or sprinkle them over stir-fries.

Seeds (pumpkin, sunflower, sesame and linseeds/flaxseeds)

Seeds are a healthy snack, just be mindful of your portion size as they are very energy dense. A tablespoon or two is enough for most people. You can also make your own nut and seed butters if you have a good blender.

Dried fruit (figs, apricots, dates and prunes)

Use dried fruit in baking or have a small serving with breakfast or as a snack. Keep in mind, dried fruit is a concentrated source of sugar. Dried fruit can be easy to graze on, so avoid making it too accessible in the pantry if you're tempted to keep nibbling.



SAUCES AND CONDIMENTS

Vinegars (red, white and balsamic)

Vinegars are perfect for dressing your salads.

Mustard, wasabi and horseradish

Best kept in the fridge once open, these are great flavour boosters.

Reduced-salt soy sauce and fish sauce

Soy sauce is very high in sodium, so choose the reduced-salt option and use small amounts. Fish sauce is commonly used in Thai cooking, but is also very high in sodium, so use sparingly.

Reduced-fat mayonnaise

Lower in kilojoules and saturated fat than standard versions.



DRINKS

Tea, coffee and herbal teas

Stock decaf options for those who can't tolerate caffeine or for that afternoon or evening hot drink.

Hot and cold brew teas

There are lots of delicious tea bags available, which have no added sugar, that can be made into hot or iced tea.