

Healthy Eating Shopping Guide



Introduction

Welcome to the 2017 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 2017 literature review on food labelling, comparatively healthier options were determined. The foods listed in this shopping guide are available from any of the major supermarkets chains in South Australia - Coles, Woolworths and/or Foodland/Drake/IGA.

Nutrition Information	
Nutrient	Per 100g
Fat	<i>- Total</i> 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
	<i>- Saturated</i> Aim for less than 3g or as low as possible
	<i>- Trans</i> Less than 1g for margarine
Sodium	Aim for less than 400mg and if possible less than 120mg Look for ‘no added salt’, ‘salt reduced’ and ‘low salt’ varieties
Sugar	Aim for less than 10g or Less than 25g if food product contains fruit
Per serve:	
Fibre	Aim for 3g or more per serve

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

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BREAD



1st Choice

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

Abbotts

- Country Grain
- Grainy Wholemeal
- Harvest Seeds & Grains
- Country Grain Rolls
- Oats, Grain, Sunflower Seeds

Australia's Own

- Organic Multigrain Wraps

Baker's Delight

- Wholemeal Country Grain
- Cape Seed
- Soy & Linseed
- Wholemeal Chia & Omega-3
- Lekkerbrot Roll/ Loaf

Benefit Food

- Wholegrain/ Chia

BFree

- Light & multigrain wrap

Brumby's

- Wholegrain; Mega Grain; Swiss Seed; Swiss Soy & Linseed; Wholemeal Grain

Burgen

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

Gluten Free -

- Soy-Lin
- Sunflower & Chia Seed

Coles

- Soy & Linseed
- Multigrain
- Seeded Rolls

Gluten Free –

- Chia & Seed

Country Life Bakery

- Country Grain
- Organic Rye

Drake

- Multigrain

Flinders Bread

- Multigrain

Foodland

- Grain Bread & Rolls

Fresh Choice

- Multigrain

Goodness Super Foods

- Wholegrain Barley Wraps

Helga's

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

BREAD

Helga's (cont.)

Gluten Free -

- Sunflower & Red Quinoa Bread
- Soy & Linseed
- 5 seeds

Lower Carb Varieties -

- 5 Seeds
- Sunflower & Golden Linseed
- Soy & Toasted Sesame
- Wholemeal & Seed

HermanBrot

- Low Carb Bread

IGA Bakers Oven

- Mixed Grain

Lawson's Traditional Bread

- Settler's Grain
- Homestead Seed & Grain

Lifestyle Bakery

- Sprouted Grain -
 - *Rye & Spelt*
 - *Spelt & Chia*
 - *Ancient Grain Loaf*
- All Natural Spelt –
 - *Chia & Quinoa Seed*
 - *Linseed & Rye*
- Soft 'n' Light (Gluten Free)
 - *Soy Linseed*
 - *Chia & Quinoa*
 - *Multigrain*
 - *Super seed*

Macro

- Wholemeal Spelt & Seeds

Mission Wraps

- Wholegrain

Molenburg

- 12 Grains & Seeds
 - *Toast/ Original*

Paolo's

- Grain Vienna Loaf

PureBred Bakery

Gluten Free -

- Multigrain Farmhouse Loaf
- Quinoa & Linseed Loaf
- Poppy Seed Bagel
- 3 seeded wholegrain sandwich rolls

Tip Top

- 9 Grain -
 - *Original*
 - *9 Seeds*
 - *Wholemeal*
 - *Pumpkin Seed*
- Multigrain English Muffins
- Sunblest Soft Multigrain

Woolworths Homebrand

- Multigrain (*Sandwich*)

Woolworths Select

- Oat & Wholegrain
- Soy & Linseed
- Chia
- Mixed Wholegrain
- Free from gluten – seeds & grains

BREAD

2nd Choice

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

Abbotts

- Farmhouse Wholemeal

Atlantic

- Light dark rye bread

Bagel House

- Plain Bagels
- Poppy Seed Bagels

Bakers Delight

- High Fibre Lo-GI White
- Chia Omega-3 White
- Wholemeal
- Sunflower Rye Loaf
- Rye Loaf
- Hi Fibre Tiger Loaf

Bazaar

- Wholemeal -
 - *Lebanese Bread*
 - *Pita Bread*
- Turkish Roll

Brumbys

- Wholemeal
- Hi Fibre Lower GI Loaf

Burgen

- Rye
- Gluten Free -*
- White

Coles Bakery

- High Fibre -
 - *Wholemeal Sandwich*
 - *White (Sandwich & Toast)*

Coles Smart Buy

- Wholemeal

Country Life

- Organic Rye
- White Low GI Bread (*Gluten Free*)

Drake

- Wholemeal
- Minerals & Vitamins
- Café Toast

Flinders Bread

- Sourdough Rye Bread
- Dark Rye Cob

Foodland

- Wholemeal
- Fibre White

Fresh Choice

- Hi Fibre wholemeal
- Hi Fibre White

Helga's

- Traditional Wholemeal
- Wholemeal (gluten free)

IGA Bakers Oven

- High Fibre White Bread
- Hi Fibre Wholemeal

Lawson's Traditional

- Stone Mill Wholemeal
- Original White

Lifestyle Bakery

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

M.E.B. Foods Vitastic

- Turkish Rolls
- Khobz Lebanese bread (wholemeal lite)

Mighty Soft

- Wholemeal Muffins
- Wholemeal Bread

BREAD

Mission

- Pita Pocket Wholemeal (low in fat)

Old Time

- Certified Organic Gluten Free Wrap

Purebred Bakery

Gluten Free -

- White Farmhouse Loaf

Romeo's

- Wholemeal

Tip Top

- Sunblest -
 - *Wholemeal (Thick, Sandwich & Mini Loaf)*
- English Muffins -
 - *Wholemeal*
 - *Original*
- The One -
 - *Wholemeal (Sandwich & Toast)*
 - *+ Omega 3*
 - *White (Sandwich & Toast)*

Wattle Valley

- Soft Wraps -
 - *Sourdough*
 - *Wheat & Rye*
 - *Lite White*

Wonder White

- White Hi Fibre (*Sandwich, Toast, Vitamins & Minerals*)
- Wholemeal + Iron
- Wonder Wraps -
 - *High Fibre Plus*
 - *Smooth Wholemeal*

Woolworths Homebrand

- Wholemeal

Woolworths Select

- Wholemeal
- White High Fibre (*Toast, Sandwich*)
- Wholemeal Spelt & Seeds
- Seeded Rye & Quinoa

FRUIT LOAF

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

Bakers Delight

- Cranberry & Fruit Loaf
- Chia & Fruit Loaf (*Chia Seeds, Sunflower Seeds*)
- Cinnamon & Fruit Loaf

Benefit Bread

- With fruit

Burgen

- Fruit + Muesli
- Fruit (gluten free)

Lifestyle Bakery

- Soft 'n' Light (*Gluten Free*)
 - *Spicy fruit loaf*

Purebred

- Raisin Toast (gluten free)

Tip Top

- English Spicy Fruit Muffins
- Breakfast Toast Wholemeal & Fruit
- Café Range -
 - *Breakfast Toast (Wholegrain)*

CRACKER BISCUITS



1st Choice

High fibre (>3g/serve), low fat (<10g/100g) and sodium (<400mg/100g)

Kavli

- Crispy Thin

Ryvita

- Crunch Original Rye
- Crunch Multigrain
- Crunch Sesame Rye

Tuckers

- Multi Fibre Quinoa

2nd Choice

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

Abe's Bagel Bakery

- Bagel Crisis Roasted Garlic

Arnotts Vita-Weat

- Cracker Pepper
- Sesame
- 9 Grain
- Original
- Ancient grains & seeds
- 5 super seeds
- Water Crackers
(Cracked Pepper)
- Lunch Slices
(All varieties)

Coles

- Rice Cakes
- Corn Cakes
- Plain Rice Crackers
- Water Crackers
- Simply less crispbread

Fantastic

- Rice Crackers -
 - Original
 - Seaweed
- Crisp'ns -
 - Original
- Thinner Bite
- Black Rice crackers

Mini Toasts

- Pride of France & Albatros

Naturally Good

- Kusha Toasted Buckwheat

Orgran

- Buckwheat crispbread (gluten free)

Peckish

- Rice Crackers
- Rice Snackers
(All varieties)
- Brown rice crackers – no salt

Premium

- 98% Fat Free Varieties

Pure Harvest

- Organic Rice Cakes
- Corn cakes

CRACKER BISCUITS

Real Foods

- Corn Thins
 - *Original*
 - *Multigrain*
 - *Sesame*
 - *Soy & Linseed*
- Rice Thins
 - *Wholegrain*
 - *Ancient grains*

Ryvita

- Crackerbread (*Original*)

Sakata

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

Simply Fine food

- Sesame & poppy lavoche crispbread

Sunrice

- Rice Cakes Original
- Rice & Grain Squares
(*All varieties*)
- Rice & Corn Rice Cakes

Tuckers

- Multifibre Natural Snacks
(*Capsicum & Feta, Chilli, Caramelised Onion & Cheddar*)

Water Crackers

- Arnott's
- Captain's Table
- Carr's
- Tasty
- Dick Smith's

Waterthins

- Fine Wafer crackers

Woolworths Homebrand

- Plain/ BBQ flavoured Rice Cracker Squares

Woolworths Select

- Wheat Crisps (*Original*)
- Wheat Crisps -
 - *Grains & Seeds*
- Brown Rice Crackers
(*All varieties*)
- Cracker Selection
- Classic water crackers
- Cracked pepper crackers

Veri Deli

- Fig & Mixed Grain Crackers

Vilmas

- Rosemary crackers

RICE & NOODLES



Low GI (<56) rice and noodles

Basmati Rice

Brown Rice

Sunrice

- Doongara -
 - *Clever Rice*
 - *Low GI Brown Rice*
- Rice & Quinoa
- Rice & Lentils

Uncle Bens Express Rice

- Brown Rice

Rice Noodles (Dried or Fresh)

Rice Vermicelli Noodles

Instant 2 Minute Noodles or Rice Noodles (95 - 99% Fat Free):

Maggi

Woolworths Select

PASTA



Any type of unfilled pasta.

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

Choose tomato-based pasta sauces with a lower sodium and sugar content.

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,
Rolled Oats,
Unprocessed Oat Bran,
Unprocessed Wheat Bran**

Arnold's Farm

- Strawberry & Yoghurt Muesli
- Full o' Fruit Muesli
- Toasted Farmhouse
- Clusters with Fruit

Be Natural

- Australian lemon myrtle & pepper berry cluster with flakes & cranberries
- Pink Lady Apple & Flame Raisin

Black & Gold

- Wheat biscuits
- Muesli
 - *Toasted*
 - *Tropical*

Brookfarm Macadamia Muesli

- Apricot & Apple

Carmans

- Traditional Australian Oats

Coles

- Whole Wheat Biscuits
- Low Fat Muesli
- Vanilla flavoured oat clusters
- Cranberries & blackcurrant clusters

Coles Smart Buy

- Wheat Biscuits
- Muesli

Dick Smith's

- Australian Bush Foods Breakfast 97% Fat Free

Foodland

- Natural Muesli
- Toasted Muesli

Food for Health

- Gluten Free Muesli with Cranberries

Freedom Foods

- Berry Good Morning
- Rice Puffs
- Sultana flakes
- Active Balance -
 - *Multi Grain & Cranberry*
 - *Buckwheat & Quinoa*

Goodness Superfoods

- Digestive 1st
- Heart 1st
- Protein 1st
- Barley & Oats (*Quick & Traditional*)
- Better for you – Barley cluster

BREAKFAST CEREAL

Health Food Co. Monster

- Sports Muesli
- Multi Grain Porridge
- High Fibre Muesli
- Tropical
- Berry

Heritage Mill

- Colonial 5 Grains with Fruit

Hubbards

- Bran Berry
- Toasted muesli

Kellogg's

- Sultana Bran Buds
- Sultana Bran
- Special K -
 - *Fruit & Nut*
 - *Nourish*
 - Whole Grain Clusters - Flaked Almonds, Cranberries & Pepitas
 - Whole Grain Clusters - Flame Raisin & Red Apple
- Wholegrain Muesli
 - Sun dried apricot, cranberries & pepitas
 - Roasted almonds coconuts & flame raisins
- All-Bran High Fibre Muesli
 - *Cranberry & Pink Lady Apple*
- All-Bran *Apple Flavoured Crunch*

Morning Sun

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

No Frills

- Wheat Biscuits

Quaker

- Quick Oats Big Start (*Original*)

Red Trader

- Omega 3 instant oats

Sanitarium Weetbix

- Original
- Organic
- Multigrain
- Hi Bran
- Kids
- Energize protein

Seven Sundays

- Berry Muesli Bircher & Quinoa muesli

Sunsol

- Fruit lover's blend
- Orchard fruits & almond natural
- Apple & Berry Muesli (*97% Fat Free*)
- Classic Fruit and nuts

Thankyou

- Almond & cranberry muesli

BREAKFAST CEREAL

Uncle Tobys

- Oats -
 - Quick Sachets (*Hi Fibre with Oat & Linseed*); steel cut/traditional
- O&G -
 - Cranberry, strawberry & sliced almond
 - *Honey, Fig & Macadamia*
- Original Weeties
- Vitabrits (*No Added Sugar*)
- Natural Swiss Style Muesli
- Shredded Wheat
- Oatbribs
- Plus Cereals –
 - *Fibre*
 - *Muesli Flakes*
 - *Antioxidants*
 - *Protein*
 - *Omega 3*

Weight Watchers

- Fruit & Fibre (Tropical)
- Fruity Muesli
- Nutty Muesli
- Berry Flakes

Woolworths Homebrand

- Wheat Biscuits

Woolworths Select

- Apricot, Almond & Date Muesli
- Summer Fruits Muesli

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

- Manuka Honey, Spice Clusters & Flakes
- 5 Whole Grain Flakes
- Cashew Almond Hazelnut & Coconut

Brookfarm

- Power Porrij (*excluding Gluten Free Variety*)

Carman's

- Crunchy Clusters (*Cranberry, Apple & Nut*)

Coles

- Summer Fruits Muesli
- Right Start - Fruit & Fibre

Five:Am

- Apple Crumble Granola

Freedom Foods

- Ancient Grain Flakes
- Rice Flakes
- Free Oats Crunchola -
 - *Berry & Vanilla Clusters*
 - *Apples & Cinnamon Clusters*
 - *Apples & Blueberry Clusters*

BREAKFAST CEREAL

Heritage Mill

- Natural Muesli
(*Settlers Natural Grains with Fruits*)

IGA Signature

- Wheat Flakes

Kellogg's

- Guardian
- Mini Wheats Original
- All-Bran -
 - *Original*
 - *Wheat Flakes*
 - *High Fibre Apricot & Almond Muesli*
- Sustain
- Sultana Bran Extra with Crunchy Oat Clusters
- Just Right (*Original*)

Kez's

- GF cereal original

Lowan (*All varieties*)

Sanitarium

- Wild Berry Bites
- Apricot Bites

Sunsol

- Ancient grains & superfruit

Table of Plenty

- Nicely Nutty Crunchy Fruit Muesli
- Velvety Vanilla Muesli
- Fig & plum muesli
- Berry basket
- Classic Bircher

Thankyou.

- Apple & Apricot Clusters
- Fig & Pear clusters

Uncle Toby's

- Bran Plus
- Health Wise For Heart Wellbeing
- Plus Calcium
- Oat Crisp (*Blueberry*)
- O&G crunchy granola cranberry & hazelnut

Vogels

- Ultra Bran
- Oven Crisp Muesli Fruit & Nut

Woolworths Homebrand

- Traditional Muesli

Woolworth's Select

- Muesli -
 - *Berry Bircher*
 - *Low Fat Untoasted*
 - *Fruit & Nut*

VEGETABLES, LEGUMES, DRIED PEAS & PULSES



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

FROZEN VEGETABLES

Birds Eye

- Stir-Fry
- Country Harvest
- Create A Meal
(Honey Soy)
- Field Fresh
- Steam Fresh
- Oven Roast
- Seasoned sides
- Chopped Spinach
- Chopped Kale

Coles (All varieties)

Coles Smart Buy (All varieties)

Heinz

- Regular Vegetables
(All varieties)
- Mixed Vegetables
(All varieties)
- Steam Fresh
(All varieties)

IGA (All varieties)

Logan Farm (All varieties)

Macro Organic

- Frozen Vegetables

McCain

- Regular Vegetables
(All varieties)
- Mixed Vegetables
(All varieties)

Natures Nutrients

- Chopped Spinach

No Frills

Vadilal

Woolworths Homebrand

- Frozen Vegetables

Woolworths Select

- Frozen Vegetables

FROZEN POTATO PRODUCTS

Bake in oven without adding oil
(low fat <10g/100g)

Birds Eye

- Golden Crunch -
 - Chips
 - Wedges
 - Gems
 - Curly Fries
 - Hash Browns
 - Scalloped Potatoes
- Pommes
- Hash Browns
- Oven Roast Potatoes
- Hot Chips (All varieties)
- Deli Seasoned Chips
(Sea salt rosemary)

Black & Gold

- Frozen Chips

VEGETABLES, LEGUMES, DRIED PEAS & PULSES

Coles

- Chunky Wedges
- Chips (*All varieties*)
- Potato Royals
- Hash Browns

Logan Farm

- Fries

McCain

- Original Fries & Wedges
- Hot Banditos Wedges
- Potato Wedges
- Healthy Choice
- Beer Batter
(*Chips & Wedges*)
- Mini Oven Roast Potatoes
- Superfries (*All varieties*)
- Hash Browns
- Potato Nuggets
- Roasted Traditional Potatoes
- Sweet Potato
(*Superfries/Straight Cut/Wedges*)

Woolworths Homebrand

- Chips (*All varieties*)

Woolworths Select

- 97% Fat Free Chunky Cut
- Chips (*All varieties*)
- Potato Mini's
- Hash Browns
- Wedges

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.

Note: *The list above is not extensive, when choosing frozen or canned vegetables check for the lower salt and fat content.*

FRUIT



Fresh Fruit - Any Type

Dried Fruit - In Small Amounts

Fruit Juice (*No Added Sugar*)

Limit to 1 Small Glass
(150ml) Daily

CANNED & PACKAGED FRUIT

*Any canned/package fruit in
natural juice.*

Admiral

Autumn Field

Coles

D'oro

Dole

Foodland

Golden Circle

Goulburn Valley

- Canned Fruit
(*Including Snack Packs*)

IGA Signature

- Canned Fruit in Juice
(*All varieties*)

Macro Organic

- Snack Packs In Juice

SPC

Tasty Valley

Thaipine

Weight Watchers

- Canned Fruit In
Sweetened Water
(*All varieties*)

Woolworths Select

- Canned Fruit
(*Including Snack Packs*)

FRUIT PUREES

(*Choose Smaller Package Size*)

Coles

- Apple Fruit Puree

Heinz

Golden Circle

Macro Organic

Raffertys Garden

SPC

- Fruit Crush-Ups
- Little Tub of Puree

Spiral (organic)

Why

Woolworths Select

PIE FRUIT

Ardmona

- Apple
- Apricot

Woolworths Select

- Pie Fruit In Juice

YOGHURT



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

LOW FAT & ARTIFICIALLY SWEETENED

Nestle Ski Soleil

- No Fat & No added sugar
(*All varieties*)

Tamar Valley

- No Added Sugar Greek Style (*All varieties*)

Yoplait

- Formé No Fat & No Added Sugar

LOW FAT NATURAL

Barambah Organics

- Low Fat Natural Yoghurt

B.-d. Farm Paris Creek Low Fat

Blackswan

- Greek Style, No Fat
- Vanilla Bean Greek Style Natural Yoghurt

Chobani

- Greek Style Fat Free
- Greek Style Low Fat

Coles

- Natural Set Yogurt
- Light Greek Style

Jalna

- a2 Low Fat (*Natural*)
- Fat Free (*Natural*)
- Greek fat free (*Natural*)

Paul's

- Natural 99.8% Fat Free

Tamar Valley

- No Fat (*Natural*)

The Margaret River

- 99% Fat Free Creamy Pot Set Natural

Vaalia Low Fat

- Natural
-

Yoplait

- Yoplus Natural Yoghurt
- Bon Appetit - no fat

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 yogurt
(*All varieties*)

Danone

- Activia (*All varieties*)

Jalna

- Low Fat (*Berry Fruit*)

Moo

- 98% Fat Free Yoghurt
(*All varieties*)

YOGHURT

Nestle Ski

- D'lite (*All varieties*)

Soy Life

- Flavoured Yogurt

The Margaret River

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

The Yoghurt Factory

- 98% Fat Free (*All varieties*)

Vaalia

- Low Fat Flavoured (*All varieties*)
- Low Fat – Lactose Free (*All varieties*)
- Natural yoghurt with fruit layer

Yoplait

- 98% Fat Free
- Petit Miam Squeeze

MILK



SKIM MILK

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

a2

- Zero Fat Milk

B.-d. Farm Paris Creek

- Zero Fat Milk

Black & Gold

Coles

Devondale

- Our 'Lightest' One Skim Milk
- Point One

Foodland

Harvest Fresh (Lactose free)

Liddells Lactose Free

- Skim milk
- Hi Calcium skim milk

Paul's

- Physical (*No Fat*)
- Zymil (*Skim Milk*)
- Skinny

Pura

- Tone

Woolworths Select

MILK

SKIM MILK POWDER

Black & Gold

Coles

Devondale

- Lightest

Diploma

Organic

Woolworths Select

LOW FAT MILK

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

a2

- Light Milk

Anlene

B.-d. Farm Paris Creek

- Fat Reduced

Black & Gold

Carnation Evaporated Milk

- Light & Creamy
- Light & Creamy Coconut

Coles

- Lite
- Lactose free long life milk (low fat)

Dairy Choices

Dairy Farmers

- Buttermilk
- Take Care 99% Fat Free

Devondale

- Smart Calcium
- Smart Plus
- Our 'Light' One Semi Skim
- Baristas Own Frothing Skim Milk

Drake

- Reduced Fat

Fleurieu Milk Company

- Low Fat
- Jersey Premium Low Fat

Foodland

- Reduced Fat

Golden North Country Fresh

- Fat Reduced

Harvest Fresh

IGA Signature

Jersey Fresh

Liddells

- Lactose Free Low Fat

Mooloo Mountain

Pauls

- Buttermilk 99% Fat Free
- Physical (*Low Fat*)
- Pure Organic Low Fat
- Smarter White
- Trim low fat
- Zymil Lactose free

Procal

- Lactose Free Low Fat Milk

MILK

Pura

- Light Start
- Skimmer

Sada

- Fresh Low Fat Milk

Tweedvale

- Reduced Fat Milk

Woolworths Select

- Semi Skim
- Lite Milk

LOW FAT MILK WITH PLANT STEROLS

Pura

- Heart Active

Devondale

- Heart Active

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***
- Almond & cashew blend
- Almond milk blends organic coconut (no calcium)

Blue Diamond

- Almond Breeze -
 - Unsweetened**
 - 98% Fat Free**

Coles

- Lite Soy Milk***
- Almond Milk**
- Rice Milk***

Freedom Foods

- Rice Milk***

Macro Organics

- Rice Milk***
- Almond milk
- Soy Milk

Pure Harvest

- Almond Milk*
- Oat Milk*
- Rice Milk***
- Soy Lite with Added Calcium

Sanitarium So Good

- Almond Milk**
- Soy Milk Lite***
- Almond & Coconut Milk**
- 99.9% Fat Free***

Soul Fresh

- Nutty Bruce Activated Almond Milk**

Vitasoy

- Soy Milky Lite***
- Rice Milk***
- Oat Milk***
- Coconut Milk*** (unsweetened)
- Almond Milk*** (unsweetened)

Woolworths Select

- Almond Milk* unsweetened

MILK

FLAVOURED MILK

Flavoured milk that is low in fat (<2g/100ml) and low sugar (<10g/100ml)

B.-d. Farm Paris Creek

- Choco-Lat
- Cafe-Latte

Blue Diamond Almond Breeze

- Chocolate 98% fat free

Devondale

- Low In Fat -
 - *Coffee Milk*
 - *Chocolate Milk*
 - *Strawberry Milk*
- Smoothies (*All flavour*)
- *Milk Shake (various)*

Emma & Tom's

- Milk no added sugar (all flavours)

Farmer's Union

- Feel Good
- Iced Coffee One

Ice Break

- 30% Stripped less sugar
- Extra Shot
- Real 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
- Just Natural 98% Fat Free
 - *Iced Coffee*
 - *Malt, Honey & Chocolate*
 - *Chocolate*

Rush

- 99% Fat Free & 30% Less Sugar

Sanitarium So Good

- Almond Vanilla Flavour
- Vanilla Bliss

Vitasoy Soy

- Soy Milky Iced Coffee
- Soy Milky Chocolate

CHEESE



LOW FAT
(*<10g/100g fat*)

COTTAGE CHEESE

B.-d. Farm Paris Creek

- 99.8% Fat Free Quark Cottage Cheese

Bulla

- Low Fat -
 - *Original*
 - *Onion & Chives*

Coles

- Low Fat -
 - *Creamed*
 - *Original*

Coles Simply Less

- Light Cottage Cheese

Dairy Farmers

- Low Fat

Weight Watchers

- 97% Fat Free Cottage Cheese

Woolworths Select

- Creamed 97% Fat Free

RICOTTA CHEESE

Coles

- Smooth Ricotta
- Light Smooth Ricotta

La Casa Del Formaggio

- Ricotta Cheese

Pantalica (*Light*)

Perfect Italiano (*Light*)

Woolworths Select

- Smooth Light Ricotta

CHEDDAR CHEESE

Bega

- Super Slim Slices

Kraft

- 97% Fat Free Singles
- Light Dairylea slices

CREAM CHEESE

Barambah Organics

- Quark European

Coles

- Lite Spreadable Cream Cheese

Kraft

- Philadelphia Extra Light Cream Cheese

Woolworths Select

- Light Cream Cheese

CHEESE

MODERATE FAT

(10g-20g fat/100g)

LIGHT MOZZARELLA

Coles

- Lite Shredded Mozzarella

CHEDDAR CHEESE

Bega

- So Extra Light 50% Less Fat

Coles

- Cheese slices

Country Light

- Tasty Grated Cheese 50% Less Fat

Devondale

- Reduced Fat Sandwiches slices

Foodland

- Reduced Fat Cheese slices

Jarlsberg

- Lite (16% Fat)

Kraft

- Live Active Cheese Slices
- Singles Light 25%Less fat

La Casa Del Formaggio

- Italian Style Bocconcini

Woolworths Select

- 35% fat cheese Cheese Slices

Woolworths Select

- Swiss Light Cheese Slices
- Bocconcini

REDUCED FAT FETA

Coles Simply Less

- Light Australian Fetta

Hillwood Tasmanian Cheeses

Lemnos

- Reduced Fat
- Paneer

Minerva

- Feta Cheese Light

Riverina

South Cape

- Reduced Fat -
 - *Tasmanian Feta*
 - *Greek Style*

CREAM CHEESE

Bel

- Mini Dairy Cheese Babybel Light

Kraft

- Light Cream Cheese Spread (*Including Chive & Onion, smoked Salmon*)

The Laughing Cow (*Light*)

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.*

LAMB

Trim Lamb e.g.

- Fillet
- Heart Smart

BEEF/VEAL

- Heart Smart
- Premium Minced Beef

Canon Foods

- Chevup's BBQ Beef skinless sausage (reduced fat)

Coles

- 4 or 5 Star Minced Beef
- Finest Angus Mince

IGA/Foodland

Peppercorn

- Extra Lean Beef Burgers/Beef Chipolata/Beef Sausages

Slape & Sons

- 97% Fat Free Beef Sausages
- Directors Steak

Thomas Farm

- Angus Beef Burger

Woolworths

- Beef Round Steak (*Heart Smart*)
- Reduced Fat Sausages
- Corned Beef Lean & Salt Reduced (*Heart Smart*)
- Australian Beef Burgers (*Heart Smart*)

PORK

- Heart Smart
- Pork Steaks

97 – 98% Fat Free Bacon e.g.

Family Chef (IGA- Foodland)

- Pork Shanks

Hans

- 97% Fat Free Bacon

Weight Watchers

- 98% Fat Free Bacon

KANGAROO/GAME MEATS

All cuts trimmed of visible fat.

Kangaroo Sausages & Burgers

Macro Meat

- Game Meats (*All varieties*)

MEAT

SANDWICH MEATS

*Any brand 97- 98% Fat Free,
Ham, Beef, Silverside*

Barossa Fine Foods

Castlemaine

Coles

D'orsogna

Don

Hans

- 97% Fat Free Hot Dogs
(Foodland Only)
- Ham Steaks
- Ham (97% Fat Free)

Melosi

Primo

Woolworths Select

Woolworths Select

- Chicken Sausages
- Home Style Chicken Burgers

*97 – 98% Fat Free Chicken
or Turkey Slices*

Barossa Fine Foods

Castlemaine Country Taste

Coles

Hans

IGA Signature

Primo

Woolworths

*100% Crumbed Chicken
Breast*

CHICKEN/TURKEY

*Chicken breast or thigh fillet
(skinless) kebabs/shashliks/
turkey drumsticks/fillet/steaks
(all skinless).*

Ingham

- Turkey Breast Mince
99% Fat Free
- Turkey Beef Steak
(Heart Foundation Tick)

Lilydale

- Chicken Breast Mince

Peppercorn

- Extra Lean Chicken Sausages

Coles

Ingham

Steggles (All varieties)

FISH/SEAFOOD



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

FROZEN

(Bake in oven rather than frying)

Birds Eye

- Oven Bake -
 - *Original*
 - *Lightly Battered*
- Steam Fish Fillets
- Salmon Cakes
- Crumbed -
 - *Deep Sea Dory, Southern Blue Whiting, Tropical Snapper*
- *New Zealand Hoki Deli Flavours*

Coles

- Crumbed Fish Fillets
- Battered fish fillets
- Oven Steam Bake Hoki Fillets

I & J

- Light & Crispy
- Crispy Batter
(Lemon & Tempura)

Jamie Oliver

- Fish Cakes *(All varieties)*

Ocean Chefs

- Salmon Portions
- Tuna Steak
- Barramundi

Sealord

- Simply Crumbed
- Hoki Fillets
(Heart Foundation Tick)

Stewart Seafood

- Chunky Fish Fillets
(All varieties)

Woolworths Select

- Crumb Fish Fillets
- Fish fillets in a crispy batter

FATS & OILS (Use Sparingly)



OILS

Any mono-unsaturated or polyunsaturated oil.

Olive
Canola
Sunflower
Peanut
Soya bean
Sesame
Walnut
Rice Bran
Grape Seed

Try oil sprays for frying, roasting & greasing baking tins. Avoid "Blended Vegetable Oils" without the Heart Tick (as they might contain palm oil).

FATS

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

Bertolli

- Light

Coles

- Lite Olive Oil Spread

Flora

- Light

Gold'n Canola

- Light

Meadow Lea

- Light

Nuttelex

- Lite
- Olive Lite

Olive Grove

- Lite

Weight Watchers

- Canola Spread

Woolworths Homebrand

- Canola Light Spread

MARGARINE

Margarines that contain plant sterols that may reduce cholesterol.

Nuttelex

- Pulse

Proactiv

- Light
- Ultra Light

Tablelands

- Reduce Cholesterol

NUTS & SEEDS



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

SAVOURY SNACKS



Note - *most of these are occasional options due to high sodium and/or low fibre content. Refer to Cracker Biscuits (p.5-6) for more options.*

Dainty

- Rice Crackers

Plain Popcorn

Poppin

- Microwave Popcorn Raw
- Butter Lite

Riviana

- Popping Corn

Sunrice

- Wholegrain Brown Rice Mini Bite

Wice Crackers

- Rice Crackers 99% Fat Free

FROZEN OR INSTANT MEALS



Choose any frozen or instant meals with <10g fat/100g (best choices is <5g/100g fat) and low in sodium (<400mg/100g). Add extra salad or vegetables to increase fibre in the meal.

FROZEN MEALS

Authentic Asia Meals

- Chicken Pad Thai

Birds Eye

- Béchamel Lasagne

Black & Gold

- Lasagne

Buona Pasta (All varieties)

Coles (All varieties)

Gourmet Meals

- Gluten Free Meals

Haldiram's

- Dal Tadka

La Triestina (All varieties)

Lean Cuisine 97% Fat Free

(All varieties)

McCain

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

On The Menu various

San Remo (All varieties)

Sanitarium Vegie Delights

(All varieties)

Sara Lee

- Beef Lasagne

Supernature

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

The Good Meal

- Gluten Free Meals

Tutto

- Pasta Meals (Gluten Free)

Weight Watchers Meals

(All varieties)

Woolworths Homebrand

- Lasagne

Woolworths Select Meals

(various)

INSTANT MEALS & SOUPS

All Natural

- Soups (All varieties)

Banquet

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

Beyond India

- Curries(various)

FROZEN OR INSTANT MEALS

Campbells's

- Gourmet Soups

Clever Cooks

- Lasagne
- Moussaka
- Pasta Box Meals
- Pastitsio
- Sheppard's Pie
- Spaghetti & meat balls
- Sweet Potato Cottage Pie

Coles

- Fresh Soups
(*All varieties*)
- Cuisine (*All varieties*)

Continental

- Rice Meals
- Pasta Meals
(*All varieties except
Macaroni & Cheese*)

Cucina

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

Darikay

- Soups (*All varieties*)

Deluca's

- Meals (*All varieties*)

Enjoyo Meals (*All varieties*)

Fray Bentos

- Steak & Kidney Pie

Foodland

- Beef Lasagne

Heinz

- Foil Fresh Meals -
 - *Big'n Chunky Meals*
 - *Soups various*

Hormel Compleats

- 98% Fat Free Meals

IGA

- Lasagne

Kitchenhand

- Soups
- Salad
- Curry
(*All varieties*)

Latina Fresh

- 97% Fat Free Lasagne
- 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

FROZEN OR INSTANT MEALS

Sfera's Gourmet Express

- All varieties except Pasta Alla Panna

St Dalfours

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

Sunrice

- Foil Fresh Meals -
 - Rice Meals

Sue shepherd

- Soups (*All varieties*)

Taylor's

- Soups (*All varieties*)

Tinned Spaghetti

- Salt Reduced Varieties

Tutto Pasta

- All varieties except Tortellini & Chicken Mushroom Ravioli

Wild Foodies

- Soups (*All varieties*)

Woolworths Emily's Kitchen

- All varieties except Slow Cooked Pork & Atlantic Salmon

Woolworths Homebrand

- Beef Lasagne

Woolworths Yummy Meals

- Spaghetti Meat Balls
- Jungle Chicken Curry

FROZEN PIZZA

Black & Gold

- Ham & Pineapple
- Supreme

McCain

- Ham & Pineapple
- Margerita
- Supreme

CANNED MEALS & SOUPS

Tinned Soup (choose reduced salt varieties where possible)

Amy's Soups (*All varieties*)

Campbells

- Chunky Meals
- Café Style Soups
- Country Ladle Soups
- Fully loaded
- Condensed soup

Fray Bentos

- Steak & Kidney Pie

Harvest Canned Meals

- All varieties except Mild Curry; Braised Steak

Heinz

- Big'n Chunky
- Classic Soups
- Soups for one
- Big Red
- Soups with a twist

Rosella Soups (*All varieties*)

Soupherb Soups (*All varieties*)

Stagg Chili

- Canned Meals(Various)

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

Tom Piper Meals (*All varieties*)

Woolworths Select

- Home Style Soups
- Chunky Meals

Woolworths Homebrand soups

PASTRY



Use small amounts of fat (margarine/oil) when cooking pastry.

Filo Pastry Sheets or Block

Spring Roll Pastry

Reduced Fat Puff Pastry

Eg. Pampas 25% Reduced Fat

Puff Pastry

DIPS



Choose low fat (<10g/100g) and low sodium (<400mg/100g)

Black Swan

- Deli Dip Spiced French Lentil
- Tzatziki -
 - *Roast Garlic*
 - *Regular*
 - *Skinny*
 -

Chobani

- Meze Dips
 - Jalapeno and Lime
 - Caramelised onion
 - Beetroot dip

Chris'

- Light & Fresh -
 - *Hommus*
 - *Tzatziki*

Coles

- Tzatziki

Fifya

- Basil & Spinach
- Greek Tzatziki
- Kale, Rocket & white bean
- Roasted Eggplant & parsley
- Roasted Sweet potato

Macro Organic

- Hommus
- Thai Style Carrot Dip
- Moroccan Style Pumpkin

Philadelphia

- Sweet Chilli Philly
- Mexican Salsa & Apricot & Fig

Pure Land

- Organic Hommus

Willow Farm

- Tzakziki
- Hommus

SALAD DRESSING



Choose *no or low fat* (<10g/100ml) dressings, mayonnaise & sauces

DRESSINGS

Coles Simply Less

- 97-99% Fat Free
(All varieties)

Praise

- 99-100% Fat Free
(All varieties)

Woolworths Homebrand

- French, Italian & Balsamic
- Coleslaw
(99% Fat Free)

Woolworths Select

- 97% Fat Free
(All varieties)

Zoosh Lite

- Mighty Balsamic Splash
- All Hail The Great Caesar

MAYONNAISE

Coles 97% Fat Free

Praise 97% Fat Free

- Creamy Mayonnaise
- Deli Style -
 - *Dijonnaise Sandwich Mayo*
- Tartare Sauce

Kraft

- 97% Fat Free Mayo

Woolworths Select

- 99% Fat Free Mayo

CONDIMENTS



Most are suitable in small amounts e.g. pickles, mustard, chutneys, olives. Look for salt-reduced varieties.

JAMS, FRUIT SPREADS



FRUIT SPREADS/JAMS

Look for 50-100% fruit content.

Use ordinary jam, honey or marmalade in small quantities.

Absoulte Organic

- 70% Fruit Plum, Wild Berry Fruit

Anathoth *(All varieties)*

Berenberg Family Farm

- Apricot, Strawberry, Pear, Plum

Bonne Maman

- All varieties except Orange Marmalade

Coles

- 50% Fruit *(All varieties)*
- 75% Fruit Jam

Coles Finest

- Strawberry Jam
- Raspberry

Dick Smith's

- 100% Spreadable Fruit *(All varieties)*

Douglas Organic

- Strawberry Jam
- Raspberry

Granny's Secret

- Light Jam *(All varieties)*

Heilo

- Sugar Free Preserve

Hank's Jams

- *(All varieties)*

Henry Jones & Co.

- Fruit & Chia *(All varieties)*

IXL

- Strawberry
- Raspberry

Maggie Beer

- Burnt Fig Jam

Roses

- Strawberry & Raspberry

St Dalfour

- 100% Spreadable Fruit *(All varieties)*

Stute

- No Added Sugar *(Diabetic Jams)*

Yackandandah

- Premium Preserves *(All varieties)*

Zuegg

- Minimum 50% Fruit *(All varieties)*

Toppings

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

Cottee's Diet

- 99% Fat Free & Low Sugar (*Chocolate*)

Fresh Berry Farm

- Fruit Sauces (*All varieties*)

Queen

- Maple Flavoured Syrup
Sugar Free

ICE-CREAM



LOW FAT & LOW SUGAR

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

Peters

- No Added Sugar

The Skinny Cow

- No Added Sugar

Alba Gelati Fat free

Aurora

- Gelato
- Sorbet

LOW FAT

These have <10g of fat/100g.
Limit to 1-2 scoops as these
are high in sugar.

Blue Ribbon

- Light
- All Original Varieties

Black & Gold (*All varieties*)

Bulla

(97% Fat Free, Reduced
Sugar)

- Frozen Yoghurt Greek Style
- Frozen Yoghurt Sticks
- Icy Pops
- Jelly Splits
- Real Dairy (*All varieties*)
- Real Dairy Light (*Vanilla*)
- Splits (*All varieties*)

Cadbury (*All varieties*)

Coles

- Light
- New Recipe Original (*Vanilla*)
- Lemon Sorbet

Coles Simply Less

- 99% Fat Free Sorbet

Cucina Cibo

- Gelato (*various*)

Dairy Bell

- Reduced Fat (*Vanilla*;
Skinny Cappuccino)

Gelato Bello (*various*)

ICE-CREAM

Gelativo (*various*)

Gelista

- Premium Gelati
(*All varieties*)

Golden North

- Diet Plus
- Premium ice cream
(*various*)

Peter's

- Light & Creamy
(*97% Fat Free*)
- Original -
 - *Reduced Fat Ice-Cream*

Proud 'n' punch

- Frozen
- Juices pop

So Good

- Bliss
- Almond
- Coconut

Streets

- Paddle Pop (*All varieties*)

The Skinny Cow

- Ice Cream
(*All varieties*)

Weis'

- 99% Fat Free Sorbet
(*All varieties*)
- Frozen Yoghurt & Fruit
(*97% Fat Free*)

Woolworths Select

- Fruit pops

DESSERTS



DIET JELLIES

These have <10g of sugar/100g

Aeroplane

- Jelly Lite

Weight Watchers (*All varieties*)

OTHER

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

Alpro

- Sweet Creamy Caramel
(*Soya Dessert*)

Angel Delight

- *various*

Aunty Betty

- 98% Fat Free Creamy
Rice

Coles

- Smooth & Creamy
Custard (*Long Life*)

Coles Smart Buy

- Rice Cream (*Canned*)

Easiyo

- Yoghurt Mix
(*Natural Reduced Fat &
Unsweetened*)

Foster Clark's

- Custard Cup

DESSERTS

Hansells

- Lite Yoghurt Mix (*Natural*)
- Creamy Rice (*All varieties*)

Heinz

- 99% Fat Free Vanilla Creamed Rice (*Canned*)

Moo

- Rice Pudding

Nanna's

- Lite Snack Pies (*Frozen*)

Nestle (Soleil) Diet

- Crème Caramel

Parsons

- 98% Fat Free Creamed Rice (*Canned*)

Paul's

- Low Fat Custard (*30% Less Sugar*)

Weight Watcher's

- Powder Mixes
- Desserts (*Custards, Mousse & Fruit in Jelly*)

Woolworths Homebrand

- Rice Cream (*Canned*)

SOFT DRINKS & CORDIALS



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

SOFT DRINKS

Diet Coke

- Including Caffeine Free Variety

Coke Zero

Sprite Zero

Fanta Zero

Pepsi Max

Pepsi Light

Diet Pepsi Caffeine Free

Sunkist (*Sugar Free*)

Bundaberg

- Diet Ginger Beer
- Diet Lemon Lime & Bitters
- Diet Sarsaparilla

Coles

- Diet Cola
- Diet Lemonade
- Diet Tonic Water

Diet Rite

- Various Flavours
- Ginger Beer

SOFT DRINKS & CORDIALS

Kirks

- Sugar Free Varieties
(*Lemonade, Lemon Squash, Creaming Soda*)

Mount Franklin

- Lightly Sparkling Spring Water (*All varieties*)

Saxby's

- Diet Ginger Beer

Schweppes

- Agrum Collection Sugar Free
- Sugar Free Lemonade
- Diet Dry Ginger Ale
- Diet Indian Tonic Water

Soda Stream

- Sugar Free

Waterfords

- Diet Natural Mineral Water (*All varieties*)

Woodroffe

- Diet Lemonade

Woolworths Select

- Diet Cola
- Zero Sugar Varieties
- Diet Ginger Ale
- Diet Tonic Water

CORDIALS

Bickfords

- Diet Cordials

Buderim Ginger

- Diet Lemon Lime & Bitters

Cottee's

- No Added Sugar Fruit Juice Cordials

Diet Rite

- Cordials

J & AG Johnston

- Diet Cordial

Ribena

- Light

Powerade Zero

Lipton

- Light Ice Tea
- Sparkling Ice Tea (*Zero Sugar*)

FLAVOURED DRINK POWDERS



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

Arkadia

- drinking chocolate

Avalanche

- sugar free drinking chocolate/ strawberry

Coles

- Instant Coffee Drink (various)
- Hot Chocolate

Jarrah

- 98% Fat Free Chocolate (*Hazelnut, White Chocolate*)

Jarrah Coffee Sensations

- Bavarian Bliss
- Brazil Delight
- French style
- Swiss style
- Vienna Cinnamon
- White Choc Mocha

Lipton

- Chai Latte (*All varieties*)

Moccona

- Cappuccino
- Strong Cappuccino
- Skim (*Lite*) Cappuccino
- Mocchachino
- Latte
- Iced Coffee
- Rocky Road Latte

Nescafe

- Café Menu Skim Flavoured Coffee Sachets

Nestle

- Caro Extra

Ovaltine

- Light Break
- Sugar Free *Chocolate*

Republica

- Drinking Chocolate

Tetley

- Chai Latte

Vitarium

- 100% Naturally (*Sugar Free*) -
 - *Strawberry*
 - *Chocolate*
 - *Banana*

Woolworths Select

- 99% Fat Free Hot Chocolate
- Cappuccino
- Latte

LOLLIES & CHEWING GUM



LOLLIES

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

Blink Mints

- Sugar Free Mints

Double D's

- Zero Sugar Sweets

Eclipse

- Sugar Free Mints

Fisherman's Friend

- Spearmint; Mint
(Sugar free)

Jols

- Pastilles Sugar Free

Jila

- Mints

Kopico

- Sugar Free

Licorette

- Sugar Free

Mentos

- Now Mints Sugar Free

Slim Fruits (*All varieties*)

The Sugarless Confectionery

- All Lollies except
Chocolates

Wonderland of Wellbeing

- Sugar Free Candy -
 - *Lemon & Lime*
 - *Buttered Candy*
 - *Ice Mints*
- Chewy Mints

SUGAR FREE GUM

Airwaves

Eclipse

Extra

Jila

Sugar Free Gum

Mentos Gum

Sour Patch - gum

Wrigley's 5 Sugar Free

- Tempest
- Electro
- Cobalt
- Strawberry

SWEETENERS



Any tablet, powder or liquid sweetener.

Coles

Equal

Hermesetas

- Granulated Sweetener (Low GI)
- Stevia Sweet

Naturals (with Stevia)

SWEETENERS

Natvia Equal

Norbu

- The Ancient Natural Sweetener

Splenda

Sugarless

- Stevia Organic

Sugarine

- Sugarless Liquid Sweetener
- Tablet

Sweetiva (with stevia)

SUGARLESS

*Sugar and other forms of sugar can be used **sparingly**.*

CSR Smart

CSR Logicane

Fruisana (Fruit Sugar)

Food Standards Australia New Zealand (FSANZ), have approved all artificial sweeteners during pregnancy. Use them in small amounts.

Acknowledgements:

Nadia Evans
Student Dietitian
Flinders University of
South Australia

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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