

**IMPROVE
YOUR HEALTH**
Lower your risk
of stroke, heart
disease, and
diabetes



Healthy Shopping Guide

GROCERIES

CANNED FRUIT

In natural juice

CEREALS

- Aim for 6g fibre/100g
- Low fat under 10g/100g
- Sugar under 15g/100g such as: All Bran®, Weet Bix Hi-Bran®, and oats

CONDIMENTS

- Pickles, relish, chutney, jam, fruit preserves
- Crackers, biscuits, breads and cereals:
 - ✓ under 10g total fat/100g,
 - ✓ under 15g sugar/100g,
 - ✓ less salt under 400mge.g. Vita Weats®, rice crackers

DRIED FRUIT

- In moderation
- 1½ Tbsp = 1 serve

DRINKS

Choose water, diet varieties/ soda/mineral water, coffee, tea, green/herbal tea and Milo®

EGGS

Free range, omega-3 enriched

HERBS

Fresh or dried/ground

FLOUR

Choose wholemeal varieties

NUTS

- In moderation – unsalted, unroasted, mixed variety
- 1 serve = 12 nuts or 30g

FISH

- Fresh and tinned varieties, in spring water

PASTA AND NOODLES

- Choose wholegrain varieties
- Check fat on noodles
- ½ cup cooked = 1 serve

RICE

- Basmati, Doongara, classic
- ½ cup cooked = 1 serve

SALT

Choose iodised salt, however limit use. Regardless of the type SALT is SALT

SAUCES

Preferably tomato/vegetable based, avoid cream/cheese/oil, and choose salt-reduced varieties

STOCK

Choose salt reduced varieties

TINNED VEGETABLES

All types, look for salt-reduced tomato, corn, baked beans, lentils, kidney beans, chickpeas, etc

EVAPORATED MILK

Use in place of cream and coconut milk in creamy dishes e.g. Carnation Light & Creamy®

FREEZER or FRIDGE

FROZEN FISH

No crumb, check % of fish on ingredients list (the higher the % the better)

FROZEN VEGETABLES

All types

- Healthy Choice® oven baked sweet potato chips
- Frozen fruit
- Low fat frozen yoghurt and low fat ice cream
- Pastry: Choose filo or reduced fat varieties

BAKERY

Aim for:

- 6g fibre/100g
- Less than 10g total fat
- Less than 15g/100g sugar
- Wholegrain varieties

Grain and seed bread varieties, rye, heavy breads, sourdough etc

- Fruit loaf
- Wholegrain English muffins
- Wraps and flat bread
- Pizza bases
- Pikelets



VEGETABLES

- All fresh vegetables (include a variety of colours) 5 serves per day
- Limit starchy vegetables like potato to 1 serve and fill up on greens/salad vegetables
- 1 serve = ½ cup cooked vegetables
OR 1 cup of salad vegetables

MEAT AND SEAFOOD

Limit deli varieties

No visible fat (white bits) such as pastrami

These are the best choices:

- Lean ham
- Silverside
- Roast meats
- Short cut bacon
- Heart smart, lean mince and meat varieties (avoid fat, skin, marbling)
- Skinless poultry
- All fresh seafood and fish varieties

DAIRY

- **Low fat cheese**
Ricotta, cottage, low fat cream cheese, Bega Super Light® slices, Kraft Live Free®
- **Other cheese**
All high fat, use in moderation only or use small amounts of flavoursome cheeses like parmesan or pecorino
- **Yoghurt/natural yoghurt**
Use instead of sour cream, look for no fat, diet or reduced-fat natural varieties.
- **Diet dairy desserts**
Low fat custard, Fruche® etc
- **Margarines/spreads**
Look for less saturated fat and trans fat, choose Olive Grove®, canola, Nuttalex®, use in small amounts
- **Milk**
Light or skim, UHT varieties are cheaper, low fat soy fortified with calcium, or buttermilk

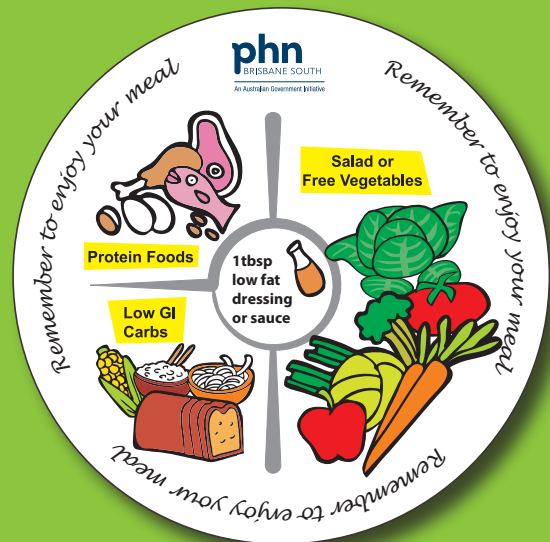


THE IDEAL PLATE

- Ensure you have balanced meals
- inclusive of 5 food groups
- Limit confectionery and takeaways to once per week treats

For dairy products look for:

- Total fat under 3g/100g
- Saturated fat under 1.5g/100g



Quick guide to label reading

	Good Choice (per 100g)	Excellent Choice (per 100g)
Fat	less than 10 g	less than 3 g
-saturated Fat	less than 3 g	less than 1.5 g
Sugar	less than 15 g	less than 10 g
Sodium	less than 400 mg	less than 120 mg
Fibre	more than 3 g	more than 6 g

For more information:

Speak with your Accredited Practising Dietitian/Nutritionist or Contact Brisbane South PHN on: 1300 467 265
www.bsphn.org.au

This is a generic guide to healthy shopping, if you suffer from a particular illness, please consult your Dietitian