

HEALTHY SHOPPING

▶ VEGETABLES

	Asparagus, steamed
	Aubergine / Eggplant, raw
	Broccoli, cooked
	Brussels sprouts
	Cabbage, white, raw
	Capsicum, red, seeds & stalk removed, raw
	Carrot, raw only
	Cauliflower, cooked
	Celery, raw
	Cucumber, raw
	Green beans, cooked
	Leeks, cooked
	Lettuce, mixed e.g. mesclun mix
	Mushrooms, raw
	Onions, raw
	Peas, frozen green, cooked
	Radish, raw
	Spinach, lightly steamed or raw
	Tomato salsa, mild (Old El Paso brand)
	Watercress, raw
	Garlic
	Fresh herbs
AVOID	Potatoes, kumara & pumpkin

▶ FRUIT- EAT SPARINGLY TO STAY IN THE PINK

	Apricot, fresh
	Avocado, Hass, Fresh
	Blueberries
	Cherries fresh
	Feijoa, medium
	Passionfruit
	Peach/Nectarine
	Raspberries
	Rhubarb, stewed, no added sugar
	Strawberries
	Tamarillo

▶ MEAT

	Beef, lean minced
	Beef, lean steak
	Chicken, flesh only, no bone
	Chicken, smoked
	Ham, low fat 1%, not honey glazed
	Lamb, lean
	Pork, lean
	Pork, bacon lean not streaky
	Venison (cooked)
AVOID	Processed meat e.g. sausages

▶ SEAFOOD

	Cockles, pipis, cooked
	Fish, white flesh, cooked
	Mussels (uncooked, marinated / smoked)
	Prawns, cooked
	Shrimp, canned
	Salmon, fresh fillets raw
	Salmon, tinned plain
	Tuna, raw or tinned

▶ DAIRY

	Brie, camembert
	Low fat cottage cheese
	Edam, cheddar, colby - [1Tbs grated = 9g]
	Feta, regular, 20% fat
	Sour cream, reduced fat 12%
	Ricotta, reduced fat, 6.4%
	Yoghurt, unsweetened, 7% fat [2Tbs = 45g]

▶ REFRIGERATED SECTION

	Soy: Tofu
	Small amount of deli meat such as shaved ham & bacon
	Fresh soups - check the label for carbohydrate content
AVOID	Processed cheese
AVOID	Flavoured yoghurt or dairy foods
AVOID	Luncheon sausage deli meat
AVOID	Ready-made fresh pasta & pasta sauces
AVOID	Milk
AVOID	Most ready-made meals

▶ DRY GOODS

	Tinned salmon or tuna
	Tinned tomatoes
	Dried herbs & spices
	Oil - olive, sesame, avocado or coconut
	Apple cider vinegar
	Liquid stock
	Sauces - soy or fish
	Condiments - olives, capers
AVOID	Flavoured tinned fish
AVOID	Check for hidden sugars, choose plain unflavoured tomatoes
AVOID	White food in this aisle (flour & sugar) & dried fruit
AVOID	Rice bran oil - highly processed
AVOID	Balsamic vinegar - high sugar content
AVOID	Check the label- Tomato sauce, BBQ, teriyaki & sweet chilli sauce - all high in sugar.
AVOID	Rice, pasta, noodles.
AVOID	All bakery food, honey, bread, biscuits, crackers, cakes, nuts, seeds
AVOID	Ready marinades, pre-prepared meals

▶ EGGS

	Small - medium size
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▶ BEVERAGES

	Unsweetened herbal tea, black tea & green tea
	Water or soda water
AVOID	Coffee, Milo, hot chocolate, ready mix latte sachets etc
AVOID	All soft drinks, sports drinks, flavoured water & alcohol - diet & regular