

Shopping list for healthier food choices: *Good planning and shopping are key to a healthier way of eating*

Breakfast cereals

Oat bran
Rolled oats
Wholegrain cereals e.g. All bran flakes or Hi-Fibre bran or Shredded bran
Low GI mueslis e.g. Fine form or Bokomo Swiss or Nature Source Lite or Vital or Woolworths Low GI

Cooked starches

Baby potatoes
Sweet potatoes
Wholewheat pasta
Brown rice
Barley
Quinoa
Mealies
Corn – frozen, canned or fresh

Breads & crackers

Rye wholewheat or low GI bread
Provitaz
Ryvitas
Fin crisp
Corn thins
Multigrain melba toast
Wholewheat wraps
Wholewheat pita bread

Legumes

Canned beans, lentils and chickpeas (drain and rinse well)
Dried beans, lentils and chickpeas

Dairy products

Fat-free milk
Fat-free yoghurt and drinking yoghurt
Low fat evaporated milk and buttermilk
Fat-free or low fat cottage cheese
Ricotta cheese
Hard cheeses, aim for less than 25g fat per 100g e.g. mozzarella or reduced fat cheese options

Meat, poultry, fish & eggs

Lean pieces of beef and pork (including bacon) trimmed of all fat before cooking
Chicken and turkey trimmed of all skin before cooking
Ostrich
Low fat and trimmed lean cold meats
Eggs
Omega 3 rich fish, eat at least 2-3 times every week: Fresh, frozen or tinned salmon, trout, tuna, pilchards sardines, mackerel...
Hake or Kingklip fillets



Fats and oils

Olive or canola or avocado oil
Seeds
Unsalted nuts
Olives and olive paste/tapenade
Peanut butter
Avocado
Low oil dressings and mayonnaise (less than 5g fat per 100g)

Vegetables:

Keep a variety of frozen vegetables in freezer e.g. green beans, peas, carrots, cauliflower, broccoli, etc.
Fresh vegetables
Pre-cleaned pre-chopped vegetables and cook with chicken stock and vegetable stock.
Tinned tomato and asparagus

Fruit: always keep a variety of fresh fruit at home

All fresh, pre-cut and frozen fruit
Dried fruit and dried fruit bars and rolls without sugar coatings
Canned fruit in juice

Spreads

Hummus
Tzatziki
Olive oil margarine

Snacks

Unsalted nuts
Popcorn kernels to prepare homemade popcorn with a dash of oil and salt
Lean or game biltong

Store Cupboard Basics

Non-stick cooking spray e.g. Spray 'n Cook or Cook 'n Bake
Beef, chicken and vegetable stock powder
Herbs and spices

Note: Read food labels and compare different brands within each food category.

