

supermarket shopping guide

Your expert guide to the healthiest options in the supermarket



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.
- This guide is current as at August 2009.

Vegetables

On the 'ideal plate', half the plate should 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
- silver beet
- spinach
- parsnip
- pumpkin
- 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.

Breads and cereal products

Bread

Aim to make your daily bread wholemeal or whole grain.

Look for these words early in the ingredients list:

barley, brown rice, granary, kibbled (grain), millet, mixed grain, multi-grain, oats, rye, seeded, stoneground (grain), whole grain, wholewheat.

More fibre **Good:** More than 5g per 100g
Better: More than 7g per 100g

Less sodium **Good:** Less than 400mg per 100g
Better: Less than 300mg per 100g



- Fresh, unwrapped breads are not required to carry nutrition information, but you can always ask for it.

Breakfast cereals

Sugar
Cereals with dried fruit: Less than 15g per 100g
Less than 25g per 100g

Sodium
Less than 400mg per 100g

Fibre
More than 5g per 100g
For children: Less than 15g 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. More fibre is better

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



- Avoid bars which don't show fibre on the nutrition information.

Crackers

It's difficult to find crackers which meet our top criteria, so decide 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

Total fat **Good:** less than 10g fat per 100g
Better: less than 5g per 100g

Fats

We need fat, 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 for their balance of unsaturated fats:

FOR SALADS

Oils which add their own flavour

- avocado oil
- extra virgin olive oil
- flaxseed oil
- macadamia nut oil
- peanut oil
- sesame oil

More subtle oils

- canola oil
- rice bran oil

FOR COOKING

These oils have a high smoke point (ie. won't burn at cooking heat). They are listed in order from the highest.

- rice bran oil (little flavour)
- avocado oil (adds some flavour)
- canola oil (little flavour)
- sesame oil (strong flavour)
- peanut oil (strong flavour)



- Olive oils labelled 'pure' or 'light' are usually lower quality than 'extra virgin' olive oil. All olive oils have the same fat content.

Spreads

Low fat Less than 55g fat per 100g
Exception: Choose 60g fat per 100g for baking, lower doesn't work as well

Low 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

Example: At 50g total fat per 100g, aim for 17g+ monounsaturated fat

Sodium Less than 400mg per 100g

Milk and related products

Fat in dairy products is high in saturated fat – the baddie – so choose lower-fat options for everyday use.

Milk

Fat Aim for 1.5% total fat or less

Calcium Good: 120mg per 100ml
Boost: 200mg per 100ml

Budget Consider powdered milk. It's just as good and very economical

Soy and rice milk Always choose a calcium-fortified option

Type of cow's milk	Usual label colour	Fat %*	Saturated fat %*	Energy in 250ml glass*
Extra/super trim	light green	0.1%	0.1%	375kJ
Trim	green	0.5%	0.4%	420kJ
Reduced fat/lite	light blue	1.5%	1.0%	500kJ
Standard	dark blue	3.3%	2.2%	650kJ

* Approximate values. May vary across brands.

MILK FOR KIDS

- Cow's milk should not be given to infants under 12 months of age.
- Before two years old, a higher-fat milk (dark blue) is recommended.
- After two years, change children to a lower-fat milk.
- Rice milk is not suitable as the sole milk replacement for children under five.

Cheese

*Note: brands will vary

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	

HFG tip

- 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

Good: Less than 2g saturated fat per pottle

Better: Less than 2g total fat per pottle

And ideally, aim for more than 250mg calcium per pottle

With desserts: higher-fat yoghurt is better than cream

Greek-style yoghurt 7-10% fat

Cream 40% fat

Frozen desserts

Remember these are treats, not everyday foods.

Frozen yoghurt Tends to be high in sugar

Ice cream and gelato Made from cream or milk products

Sorbet Uses water instead of dairy so it is naturally low fat

TO CHOOSE

It tends to be a fat/sugar trade-off, so we recommend you compare total energy. Aim for less than 500kJ per 100ml (which is less than 625kJ in a ½ cup serve).

Meat

- Buy 125-150g 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

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