



'A Healthy Choice' Supermarket Product Guide

Last updated February 2022

Inclusion Criteria

Products are considered according to the following standards:

Per 100g	
Sugar	Less than 10g
Total Fat	Less than 10g
Saturated Fat	Less than 5g
Sodium / Salt	Less than 400mg
Fibre (if applicable)	More than 4g

**indicates items that are better options than the alternatives, but not necessarily 100% nourishing/healthy foods e.g., healthier ice block options that contain artificial sweeteners, or frozen pizza that meets the above criteria however should not be considered a balanced meal.

Exceptions to the above will be made using our professional judgement of a product depending on its ingredients e.g. a product made from 100% natural almonds will exceed the fat content however it is a healthy, whole food.



The ingredients list has also been assessed, giving preference where possible within each category to choose products that have minimal artificial additives and contain minimally processed, whole food ingredients.

Companies can change the ingredients of their products without notifying consumers, therefore it should be made known that products were chosen given information available at the time of assessment.

There may also be other suitable healthy products not on this list however given it is a time-consuming task to assess every product available, we have limited it to a set number of products as examples of healthy choices within a variety of food groups.

We welcome feedback! If there is a product that is not on our list that you think should be, or if you think we've made a mistake by including an item / the nutritional information may have changed, please get in touch by emailing hello@smartdietetics.com.au.



General grocery items and whole foods in any brand:

1. All fresh fruit and vegetables (preferably local)
2. Frozen, dried or tinned fruit and vegetables with no added salt or sugar
3. All fresh or dried herbs and spices with no added salt or sugar
4. Whole, fresh, lean cuts of beef, lamb, pork, poultry, kangaroo and venison with no added salt or sugar
5. All whole, fresh or frozen seafood with no added crumbs, batters, salt or sugar
6. Tinned fish and seafood with no added salt or sugar
7. Fresh eggs (preferably local and free range)
8. Whole, raw, unsalted nuts and seeds - any variety (particularly almonds, walnuts, brazil nuts), including LSA
9. Whole, raw, unsalted seeds - any variety
10. Whole grains (eg. plain rolled oats, basmati rice, brown rice, black rice, red rice, wild rice, pearl barley, quinoa, buckwheat, burghul, freekeh)
11. All varieties of dried or tinned legumes with no added salt or sugar
12. Plain, unflavoured cow's milk - skim or full cream (preferably local)

Dairy & Alternatives

(reduced fat and lowest sugar / salt options, significant source of calcium)

Yoghurt & Kefir

13. Barambah Organics Yoghurts
 - a. Sweetened greek yoghurt
 - b. Natural low fat
 - c. Natural
14. Chobani Plain Greek Yoghurt:
 - a. Low Fat
 - b. Whole Milk
15. Chobani FIT Yoghurt range (in 170g pots or 140g pouches)
 - a. Mango
 - b. Vanilla
 - c. Passionfruit
 - d. Strawberry



- e. Blueberry
- 16. Chobani FIT X
- 17. Chobani FIT Flips
- 18. Danone Activia Probiotics Yoghurt range (125g pots)
 - a. Vanilla
 - b. Berry
 - c. Mango
- 19. Danone YoPRO yoghurt range (eg. mango, blueberry, vanilla, passionfruit, banana, strawberry - in 160g or 700g pots, or 150g pouches)
- 20. Danone YoPRO Perform
- 21. Farmers Union Greek Style All Natural Yoghurt Lite
- 22. Farmers Union Natural Pot Set
- 23. Fleurieu Milk Company Greek Yoghurt
- 24. Jalna Pot Set Plain Greek Yoghurt
 - a. Low Fat
 - b. Whole Milk
- 25. Jalna Pot Set Biodynamic Organic Whole Milk Yoghurt
- 26. Jalna Pot Set Sweet and Creamy Strawberry Yoghurt
- 27. Tamar Valley Kids Yoghurt range (110g pouch)
 - a. Eg. strawberry, blueberry, tropical, vanilla, raspberry
- 28. Meredith Dairy Natural Sheep Milk Yoghurt
 - a. Probiotic
 - b. Traditional Greek
- 29. Mood Swiss Natural Tasmanian Goat Yoghurt
- 30. Paris Creek Farms Organic
 - a. Greek style yoghurt
 - b. Bush honey and vanilla
- 31. Paris Creek Farms Bio-dynamic
 - a. Blueberry
 - b. Bush honey & vanilla
 - c. Natural Swiss
- 32. Pauls Pouches
 - a. Fruit salad
 - b. Banana
 - c. Strawberry
 - d. Vanilla



33. Procal Authentic Greek Yoghurt Plain
34. The Culture Co Probiotic Kefir Natural
35. The Milk Thief Organic Natural Probiotic Kefir
 - a. Original
 - b. Honey
36. Two Good No Added Sugar Yoghurt range
 - a. Eg. mixed berry / vanilla / salted caramel
37. Vaaila kids range
38. Village Natural Pot Set Yoghurt
 - a. Middle Eastern Style
 - b. Organic
39. Yoplait Balance Yogurt range (in 150g pots)
 - a. Eg. tropical, orange & lemon, blueberry & raspberry, mango & banana
40. Yoplait PetitMiam No Sugar Added Pouches
 - a. Eg. Strawberry & Banana / Vanilla & Apple)
41. Yoplait PetitMiam Pouches
 - a. Fruit salad
 - b. Vanilla
 - c. Banana
 - d. Strawberry
 - e. Blueberry)

Dairy and Lactose free Yoghurt Alternatives

42. Barambah Organics Lactose Free Yoghurt
 - a. Vanilla bean
 - b. Real blueberry
43. Jalna Lactose Free Greek Natural Yoghurt
44. Kingland Dairy Free Greek Style Yoghurt
 - a. Mango & peach
 - b. Mixed berries & chia
 - c. Natural
45. Liddells Lactose Free Plain Yoghurt
46. Paris Creek Organic Lactose Free Natural Yoghurt
47. The Wise Bunny Roasted Almond Yoghurt
 - a. Strawberry
 - b. Mango



Cheese

48. Bega 50% Less Fat range (**fat 15.3g/100g, saturated fat 9.8g/100g, sodium 570mg/100g however much lower than alternatives*)
49. Bulla Low Fat Original Cottage Cheese
50. Bulla Low Fat Cottage Cheese Onion and Chives
51. Jarlesberg Lite Cheese Slices (**fat 16g/100g, saturated fat 10g/100g*)
52. Laughing Cow Cheese Spread Light
53. Paris Creek Farms Bio-Dynamic Low Fat Quark
54. Perfect Italiano Ricotta Cheese
 - a. Light
 - b. Regular
55. Philadelphia Light Spreadable Cream Cheese - snack tub or block available (**fat 13.7g/100g, saturated fat 9.6g/100g*)

Dairy Free Milk Alternatives and Lactose-free Milk Options

56. Blue Diamond Unsweetened Almond Breeze Milk
57. Liddells Lactose Free Milk
 - a. Full Cream
 - b. Low Fat
58. Liddells Prebiotic Lactose Milk
 - a. Free Full Cream
 - b. Low Fat
59. Paul's Zymil Lactose Free Milk
60. Pure Harvest Organic Soy Unsweetened
61. Sanitarium So Good Soy Milk (**contains added sugar but only 2g/100g*)
62. Sanitarium So Good Unsweetened Almond Milk
63. Sanitarium So Good Unsweetened Almond Coconut Milk
64. Vitasoy Protein Plus Unsweetened Soy Milk (UHT)
65. Vitasoy Unsweetened Milk range
 - a. Soy
 - b. Oat
 - c. Almond
 - d. Rice
 - e. Coconut milk



Bread, Wraps, Crackers etc.

(high fibre, minimally processed and lower salt options)

Bread

66. Abbott's Bread
 - a. Grainy Wholemeal
 - b. Country Grains Bread
 - c. Light Rye
 - d. Harvest Seeds & Grains
67. Apex Sourdough Bread
 - a. Wholemeal
 - b. Grain
68. Burgen Bread
 - a. Pumpkin Seeds
 - b. Wholegrain and Oats
 - c. Wholemeal and Seeds
 - d. Prebiotic Wholegrains & Quinoa
 - e. Hemp Seeds & Grains
69. Cucina Seed Dark Rye Sourdough
70. Eleni Rye Sourdough with Caraway (**no dietary fibre listed*)
71. Flinders Sourdough Rye Bread
72. Healthybake Wholegrain Spelt Organic Sourdough
73. Helga's Bread
 - a. Wholemeal and Grain
 - b. Ancient Grains with Quinoa
 - c. Soy and Linseed
 - d. Mixed Grain
 - e. 10 Grains & Seeds
 - f. Grains & Seeds Sourdough
74. Helga's Lower Carb Soy & Toasted Sesame
75. Herman Brot Lower Carb Bread (**fat 13.9g/100g but saturated fat only 1.8g/100g*)
76. Lawson's traditional bread (**sodium 400mg/100g*)
 - a. Settlers Grain
 - b. Stone Mill Wholemeal
77. Molenberg Grain & Seed (**sodium 400mg/100g*)
 - a. Original



- b. Toast
78. Tip Top Bread 9 Grain Wholemeal

Wraps

79. BFree wraps
- a. Sweet Potato (**sodium 480mg/100g*)
 - b. Multigrain (**sodium 470mg/100g*)
80. Helga's Mixed Grain Mini Wraps (**sodium 450mg*)
81. Mission Corn Tortilla Wraps
82. Mountain Bread Wrap range
- a. Eg. spelt, rye, organic, corn, white fibre

Crackers

83. Arnott's Vita-Weat
- a. 9 Grains (**sodium 452mg/100g*)
 - b. Ancient Grains and Seeds (**sodium 470mg/100g*)
 - c. Five Super Seeds (**sodium 459mg/100g*)
84. Carman's Super Seed and Grain Crackers - Ancient Grain & Cracked Pepper (**fat 35.9g/100g but saturated fat only 3.3g/100g*)
85. OB Finest 3 Seed Crisps pumpkin, sesame, flax (**fat 42.4g/100g but saturated fat only 7.1g/100g and all from seeds*)
86. Real Foods Corn Thins
- a. Original
 - b. Soy & Linseed
 - c. Multigrain
87. Ryvita
- a. Multigrain
 - b. Original Rye
88. Tuckers Supergrain Crackers

Other

89. Abbots Bakery English Muffins Sourdough Rye
90. Tip Top English Muffins Wholemeal
91. Tip Top English Muffins Multigrain
92. Tip Top Sandwich Thins Wholemeal



Breakfast Cereals, Muesli etc.

(high fibre, minimally processed, lowest sugar and low salt options)

93. Be Natural Whole Grain Mini Bites Original (**fat total 15g/100g but saturated fat 0.3g/100g*)
94. Carmen's Original Fruit Free Muesli (**fat 19.2g/100g but saturated fat only 2.4g/100g*)
95. Carman's 5 Grain and Seed Granola, Apple Vanilla and Cinnamon (**fat 17.5g/100g but saturated fat only 2.2g/100g*)
96. Carman's Gourmet Porridge Oats Natural 5 Grain & Super Seed
97. Doves Farm "Freee" Organic Fibre Flakes
98. Fleming & Ware Market Blend Muesli
99. Fleming & Ware Au Naturelle Muesli (**sugar 13.5g/100g but all from fruit*)
100. Food for Health Liver Cleansing Muesli with psyllium & Linseeds
101. Freedom Foods Active Balance Buckwheat & Quinoa
102. Freedom Foods Ancient Grains Muesli Fruit Free
103. Fruitwise Gourmet Muesli Natural (**fat 13.4g/100g but saturated fat only 1.6g/100g*)
104. Goodies and Grains Chia & Flaxseed Sprinkle (**fat 24.9g/100g but unsaturated fat only 2.8g/100g*)
105. Goodies and Grains Six Grain Porridge
106. Goodies and Grains Diabetic Muesli (**fat 18.4g/100g but saturated fat only 4.4g/100g*)
107. Kellogs Special K Lower sugar
108. Red Tractor Foods Omega 3 Instant Oats
109. Sanitarium Weet-Bix
 - a. Original
 - b. Multigrain
 - c. Blends Hi-Bran
 - d. Organic
 - e. Little Kids
 - f. Cholesterol Lowering
110. Uncle Toby's Vita Brits
111. Uncle Toby's Oats Quick Sachets Original (no added sugar)
112. Uncle Toby's Weeties
113. Uncle Toby's 100% Shredded wheat
114. Uncle Toby's Ancient Grains Rolled Oats

Gluten Free

115. Abbott's Bakery GF Farmhouse Wholemeal bread



116. Carman's GF Super Seed & Grain Crackers (7 seeds and cracked pepper)
117. CeresOrganics Organic Brown Rice Cakes - no added salt
118. DeliGrains Brown Rice Crisps (Multigrains)
119. Genius Super Powered Farmhouse
 - a. Seeded Loaf
 - b. Brown Loaf
120. Helga's GF bread (**sodium 400mg/100g*)
 - a. Mixed Grain
 - b. Traditional Wholemeal
121. Lifestyle Bakery GF bread
 - a. Multigrain
 - b. Soy and Linseed
122. Old Time Bakery GF wraps
 - a. Multigrain
 - b. Buckwheat & Sorghum
123. Orgran Fava Bean Crispbread
124. Orgran Quinoa Porridge
125. Red Tractor Gluten Free Protein Granola (**fat 29.4g/100g but saturated fat only 3.4g/100g, also contains artificial sweeteners*)
126. Sanitarium GF Weet-Bix
127. Swiss Natural GF bread

Pasta, Rice, Noodles etc.

(high fibre, minimally processed, low fat and low salt options)

128. Ceres Organic Wholemeal Spelt Cous Cous
129. Eco Organics Pasta range
 - a. Eg. chickpea, black bean, mung bean, adzuki bean pasta
130. Explore Organic Pasta range
 - a. Eg. Edamame Spaghetti, Black Bean Spaghetti
131. Hakubaku Organic Soba Noodles
132. King Soba Gluten Free Organic Buckwheat Noodles
133. Organ Gluten Free Super Food Pasta Millet Quinoa Buckwheat Spirals
134. Pandaroo Bean Thread Vermicelli
135. San Remo Wholemeal Cous Cous
136. San Remo Wholemeal Pasta range



- 137. a. Eg. Penne, Spiral, Lasagne sheets, Spaghetti
- 138. San Remo Pulse Pasta range
- 139. a. Eg. Penne, Spaghetti, Chickpea Spirals
- 140. San Remo Fibre Fest Pasta with Probiotic Fibre
- 141. Slendier Pasta range
- 142. a. Eg. Black Bean Spaghetti, Soy Bean Fettuccine, Edamame Spaghetti
- 143. Slendier Konjac range of lasagne, noodles and rice
- 144. ZERO Konjac range of lasagne, noodles and rice

Snacks

(high fibre, minimally processed, low fat, sugar & salt options)

- 142. Bear Nibbles Real Fruit YoYo's (**sugar 42g/100g but all from fruit*)
- 143. Carman's Fruit Free Muesli Bar (**sugar 13.6g/100g, fat 16.5g/100g but saturated fat only 2.3g/100g*)
- 144. CrispyFruits Pure Freeze Dried Fruit range (**sugar ~76g/100g but all from fruit*)
- 145. Cobs Natural Popcorn Sea Salt 13g (**fat 24.6g/100g but saturated fat only 2.3g/100g*)
- 146. Eat to Live Oat-Barley Cakes with Flaxseed
- 147. Eat to Live Buckwheat cakes
 - a. Original
 - b. No added salt
 - c. Hemp seeds
 - d. Plant Omegas
- 148. Edgell Snack Time Range: (**total fat slightly over 10g, but all from olive oil and mostly unsaturated*)
 - a. Edgell Chick Peas With Olive Oil & Sea Salt 70g
 - b. Edgell Chick Peas With Olive Oil Garlic & Rosemary 70g
 - c. Edgell Chick Peas With Zesty Vinaigrette 70g
 - d. Edgell Redkidney Bean With Chilli & Olive Oil 70g
- 149. Fancy Plants Plant Based Chia Pod
 - a. Chocolate
 - b. Vanilla
- 150. Fancy Plants Plant Based Rice Pudding Vanilla
- 151. Fifya Middle Eastern Hommus Dip (**sodium 543mg/100g, fat 16.2g/100g but saturated fat only 2g/100g and all natural ingredients*)
- 152. Fifya Greek Tzatziki Dip



153. Fresh Fodder Moroccan Carrot Dip
154. Messy Monkeys Lightly Salted Popcorn 13g (**fat 21.5g/100g but saturated fat only 2.2g/100g*)
155. Obela Hommus To Go with Wholegrain Rice Crackers (**fat 16.9g/100g but saturated fat only 2.1g/100g, sodium 469mg/100g*)
156. The Happy Snack Company Roasted Fav-va Beans Lightly Salted (**fat 18.3g/100g but saturated fat only 1.8g/100g*)
157. The Happy Snack Company Kids Roasted Fav-va Beans Salt & Vinegar or Pizza flavour (**fat 17.9g/100g but saturated fat only 1.8g/100g*)
158. True Fruit Bars 100% Apple NAS (**sugar 59.3g/100g but all from fruit*)
159. Wicked Sister High Protein Pudding
 - a. Banana
 - b. Chocolate
 - c. Vanilla

Spreads

160. Bega Peanut Butter Bega Simply Nuts No Added Salt (**fat 49.5g/100g but saturated fat only 6.1g/100g and all from peanuts*)
161. Goodies and Grains Natural Peanut Butter (**fat 52.7g/100g but saturated fat only 7.9g/100g and all from peanuts*)
162. Food to Nourish Sprouted Almond Spread (**fat 55.8g/100g but saturated fat only 3.7g/100g and all from almonds*)
163. Melrose 100% Nut Butter ABC (**fat 58g/100g but saturated fat only 10.4g/100g and all from natural nuts*)
164. Nature's Delight Peanut Butter (Smooth or Crunchy) (**fat 49.5g/100g but saturated fat only 6.1g/100g and all from peanuts*)
165. Nocelle Nature's Delight Almond Butter (**fat 55.8g/100g but saturated fat only 3.7g/100g and all from almonds*)
166. Noya 100% Macadamia and Cashew Butter (**fat 65.2g/100g but saturated fat only 11g and all from natural nuts*)
167. The Almond Farmer 100% Pure Almond Butter (**fat 54.7g/100g but saturated fat only 3.7g/100g*)
168. Pic's Really Good Peanut Butter Crunchy (**fat 48.4g/100g but saturated fat only 6.3g/100g and all from peanuts*)
169. Pics Roasted Peanut Butter (**fat 47.8g/100g but saturated fat only 6.3g/100g and all from peanuts*)



Convenience Foods

- 170. Birds Eye Frozen Fish: Atlantic Salmon Natural
- 171. Birds Eye Australian Hoki Super Crumb (frozen fish)
- 172. Birds Eye Steam Fresh Frozen Fish Fillets:
 - a. Fish Fillets with Parsley & Citrus Sauce
 - b. Fish Fillets with Thai Red Curry Sauce
 - c. Fish Fillets with Soy & Ginger Sauce
- 173. John West Tuna and Beans range:
 - a. Tuna & 3 Beans 185g
 - b. Tuna Beans Capsicum Corn & Chilli 185g
- 174. John West Protein + Range
 - a. eg. Magnesium / Iron / B12 / Vitamin E
- 175. K-Roo range
 - a. eg. Kanga Bangas Sausages / Bush Tomato Kangaroo Meatballs
- 176. La Zuppa Soup range
 - a. eg. 'Creamy Chicken & Vegetable / Rustic Vegetable with Beans / Hearty Chicken and Vegetable with Brown Rice'
- 177. Maggie Beer Fresh Soup: 'Mushroom, Lentil & Miso Soup'
- 178. My Muscle Chef
 - a. Asian Chicken Stir Fry with Hokkien Noodles
 - b. Beef Stroganoff with Spinach Fettuccine
 - c. Braised Beef Ragu with Polenta & Roast Veg
 - d. Butter Chicken with Saffron Pilaf
 - e. Cajun Chicken with Dirty Rice
 - f. Chicken & Chimichurri Mayo
 - g. Garlic & Herb Chicken
 - h. Peri Peri Chicken
 - i. Pesto Chicken
 - j. Satay Chicken
- 179. Sirena Tuna & Beans Original
- 180. Sirena Ready to Eat Tuna Range
- 181. Safcol Tuna Ready Meal
- 182. YouFoodz
 - a. BBQ Beef & Mash
 - b. Beef Korma
 - c. Beef Lasagne



- d. Chargrilled Chicken with Chipotle Mayo
- e. Chicken Katsu Curry
- f. Chicken Spaghetti
- g. Clean Chicken with Sweet Potato & Broccoli
- h. Honey Mustard Chicken with Garlic Veg
- i. Satay Chicken & Vegetables

Sides etc.

- 183. Ben's Original Brown Red Wild Rice Medley Microwave Pouch
- 184. Ben's Original Brown & Wild Rice Microwave Pouch
- 185. Ben's Original Brown Rice Microwave Pouch
- 186. Birds Eye Steam Fresh Vegetable Sachets (frozen):
 - a. Corn, Cauliflower, Broccoli Sugar Snap Peas
 - b. Pea, Bean, Corn and Broccoli
 - c. Broccoli, Carrots and Sugarsnap Peas
- 187. Birds Eye Veggie Rice Range (frozen):
 - a. Broccoli Cauliflower Garlic and Parsley
 - b. Broccoli Cauliflower Rice
 - c. Carrot Cauliflower Broccoli Rice
 - d. Cauliflower and Coconut
- 188. Campbell's Premium 100% Natural Stock 500mL
 - a. Grass Fed Beef Stock
 - b. Free Range Chicken Stock
 - c. Australian Vegetable Stock
- 189. Dolmio Extra Pasta Sauce Reduced Salt Tomato, Onion and Roasted Garlic
- 190. Dolmio Smooth Tomato with Hidden Veg Pasta Sauce
- 191. Love Your Guts range of Sauerkraut
- 192. Maggie Beer's Stock range
 - a. Eg. Beef / Chicken / Vegetable
- 193. McCain Oh My Veg (frozen):
 - a. Mexican Street Corn
 - b. Super Mix
- 194. Momo's Meals Stock range
- 195. Obento Yaki Nori for Sushi (*sodium 515mg/100g but per serving only ~13mg)
- 196. Pandaroo Yaki Sushi Nori (*sodium 530mg/100g but per serving only ~14mg)



- 197. Slendier Artichoke Italian Pasta Sauce (*other flavours in this range are still great ingredients, just a bit high in sodium*)
- 198. Sunfresh Fresh Salads:
 - a. 'Tabouleh'
 - b. 'Pumpkin, Brown Rice & Fetta'
- 199. Sunrice Microwave Rice: Sunrice Brown Rice With Quinoa
- 200. Sunrice Microwave Rice: Gluten Free Brown Whole Grain Rice
- 201. Spiral Foods Organic Tomato Passata

Vegan & Vegetarian

- 202. All The Things Green Gomasio
- 203. Amy's Kitchen Bean & Rice Burrito
- 204. Amy's Kitchen:
 - a. Broccoli & Cheddar Bake
 - b. Red Thai Curry
 - c. Organic Spicy Chilli
- 205. Bayview Vegetable Nuggets
- 206. Bean Supreme Black Bean & Beetroot Burger / Wholefood Mince
- 207. Nutrisoy Tempeh range
 - a. eg. Plain, Tasty
- 208. Soyco Tofu range
 - a. eg. Plain, Malaysian Satay, Japanese Teriyaki
- 209. Wildly Good Kale & Zucchini Fritter Bites (**sodium 450mg/100g*)
- 210. Yumi's Veggie Bites Zucchini and Lentil

Drinks

- 211. All herbal tea bags (with no added sugar)
- 212. All unflavoured mineral water or soda water
- 213. Cocobella Chocolate Coconut Water
- 214. Cocobella Coconut Water Natural
- 215. Cococoast Coconut Water / Passionfruit
- 216. Coconut Collective King Coconut Water
- 217. Frantelle Sparkling Water with Natural Flavours Range (Cans)
- 218. H2coco Pure Coconut Water
- 219. Jersey Fresh Milk (Barossa) Cold Broo Iced Coffee
- 220. JT's Coconut Water / Essence



- 221. Lo Bros Kombucha Range
- 222. Mojo Kombucha Range
- 223. Mount Franklin Lightly Sparkling Water with Natural Flavours Range (Cans or 1.25L Bottles)
- 224. Nature's Delight Coconut Water
- 225. Raw C Coconut Water
- 226. Remedy Kombucha Range
- 227. Rok Kumbucha Range
- 228. Schweppes Infused Mineral Water with Natural Flavours (Cans or 1.1L Bottles)
- 229. UFC Refresh Coconut Water
- 230. Utonic Kombucha Range
- 231. Waterfords Lite & Fruity Sparkling Natural Mineral Water Range (Cans or 1lt Bottles)

Freezer meals

- 232. Abundance:
 - a. Coconut Curry
 - b. Japanese Stir Fry
 - c. Middle Eastern Lamb
- 233. ****Crazy Dragon Chicken Dumplings**
- 234. Deluca's Harvest Vegetable Slice
- 235. Go! Kidz Range:
 - a. Butter Chicken
 - b. Lasagne
 - c. Ravioli Roast Pumpkin
 - d. Cottage Pie
 - e. Meatballs With Pasta
 - f. Veggie Mac & Cheese
- 236. Chicken Coconut Curry McCain Healthy Choice Chinese Chicken Cashew
- 237. Lean Cuisine Range:
 - a. Satay Chicken Noodles (**contains some added sugar, but <5g/100g*)
 - b. Thai Green Chk Curry (**contains some added sugar, but <5g/100g*)
 - c. Slow Cooked Beef/Veg (**contains some added sugar, but <5g/100g*)
 - d. Beef Red Wine & Mash (**contains some added sugar, but <5g/100g*)
 - e. Bowl Vegan Spc Cauli (**contains some added sugar, but <5g/100g*)
 - f. Honey Ginger Chicken (**contains some added sugar, but <5g/100g*)
 - g. Slow Cooked Glzd Pork (**contains some added sugar, but <5g/100g*)



- 238. **McCain Thin Crust (Spinach & Mozzarella)
- 239. **Mr Chen's Dumplings (Vegetable / Pork & Chive)
- 240. **House of Goodness Dumplings (Beef & Ginger / Tofu & Shitake Mushroom / Pork & Spring Onion)
- 241. **Patties Vegan Friendly Sausage Rolls (Chickpea, Spinach & Caramalised Onion)
- 242. Super Nature Super Pulses
 - a. Chinese Chia Chicken
 - b. Slow Cooked Rosemary Lamb Hot Pot
- 243. Super Nature Range:
 - a. Super Protein Wellness Bowl – Super Nut Satay Chicken With Quinoa, Chickpea & Wild Rice Mix (**contains some added sugar, but <5g/100g*)
 - b. Super Wholegrain Wellness Bowl – Butter Chicken With Freekeh Ancient Grain Mix (**contains some added sugar, but <5g/100g*)
 - c. Super Green Wellness Bowl – Green Chickpea Curry With Quinoa And Brown Rice (**contains some added sugar, but <5g/100g*)
- 244. Weightwatchers Reimagined Creamy Tuna Bake

Baby foods:

- 245. Bellamy's Organic:
 - a. Baby Rice with Prebiotic
 - b. Baby Rice
 - c. Apple & Cinnamon Porridge
 - d. Baby Porridge
 - e. Banana & Apple Porridge
 - f. Organic Milk Rusks
 - g. Vegie Macaroni
- 246. Farex Breakfast on the Go
 - a. Creamy Porridge
 - b. Apple & Oatmeal
- 247. Funch
 - a. Nectarine, Plum & Brown rice
 - b. Apple, Pear & Chia
 - c. Peach, Nectarine & Quinoa
 - d. Pear, Peach & Chia
- 248. Heinz Baby Food:



- a. Beef and Vegetable Casserole
- b. Apple, Blueberry & Muesli
- c. Apple & Oatmeal
- d. Chicken & Vegetables with Quinoa
- e. Chicken, Sweet Corn & Mango
- f. Banana Porridge
- g. Just Peachy with Banana & Apricot
- h. Lamb, Pumpkin & Sweet potato
- i. Little Skippers Cauliflower & Salmon
- j. Little Skipper Creamy Mash & Salmon
- k. Little Treats Vanilla Custard jar
- l. Pear & Blackberry Custard
- m. Pumpkin & Potato + Beef
- n. Smoothie Banana, Pear & Oat
- o. Smoothie Pear, Berry & Oat
- p. Tropical Custard
- 249. Nestle Cerelac Baby Rice
- 250. Only Organic:
 - a. Vanilla Bean Custard
 - b. Carrots, Red Lentils & Cheddar
 - c. Cauliflower, Broccoli & Cheddar
 - d. Wild Rice Risotto & Spring Lamb
 - e. Chicken Bolognese
 - f. Teething Rusks
 - g. Vegetable Lasagne /
- 251. Only Organic Kindy range
- 252. Rafferty's Garden:
 - a. Beef Bolognese & Macaroni
 - b. Beef, Sweet potato & Parsnip
 - c. Chicken, Vegetables & Rice
 - d. Chickpea, Corn & Carrot
 - e. Beef & Hearty Vegetable Lasagne
 - f. Pumpkin, apple & Sweetcorn
 - g. Sweet Potato, Carrot & Apple
 - h. Brown Rice, Bean & Pumpkin
 - i. Red Lentil, Carrot & Sweet Potato



- j. Risoni & Garden Vegetables
- 253. Rafferty's Garden 'Nothing Else' range (**ust over 10g per 100g of sugar but only sweet from fruit*):
 - a. Pear & Apricot
 - b. Pear & Prune
 - c. Pear & Superberries
 - d. Blueberries, Banana & Apple
 - e. Apple, Pear & Cinnamon
- 254. Rafferty's Garden Banana Milk Teething Rusks

Frozen sweets (*better options*):

- 255. ****No Nasties Icicle Project Sugar Free-zies (**contain sweeteners*)**
- 256. ****No Nasties Icicle Project Coconut Icys (**contain sweeteners*)**
- 257. ****Licks Plant Based (Watermelon Crush / Pink Lemon Twist)**
- 258. ****Bulla Nourish (Strawberry) (**contains some added sugar but total 10.6g/100g and only 7.5g/serve*)**