

healthyfood
GUIDE

Best of the best SHOPPING GUIDE



Healthy
Food Guide
multi-award-
winning brands
that deserve a
place in your
trolley

Inside!

Bread • Dairy • Cereal • Snacks • Produce

Featuring
Healthy
Food Guide
multi-award
winners

Welcome

BEST OF THE BEST SHOPPING GUIDE

We get it – making decisions at the supermarket can be a tricky business, especially if you’re wanting to pick nutritious options that won’t break the bank. This shopping guide is a curation of brands that time and time again our judges deem the cream of the crop within their categories in the *Healthy Food Guide*, Special Diet or Lunchbox awards. These gems hit or excel our criteria every time for nutrition, taste and value for money. And, because we’re all about making ‘healthy’ the easiest choice for you every time you hit the supermarket, we thought we’d put these multi-winners together in this handy little guide. Download it to your phone, print it out and pop it in your bag, or commit it to memory. That way, next time you do your weekly shop, you’ll know exactly what to pick.

Too easy!



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Fruit & vegetables

A healthy eating pattern puts fruit and veg first. Eating at least five serves of veg every day, and two serves of fruit, has been shown to protect against chronic disease and promote mental health.





Perfection Fresh Qukes

Perfection Fresh Qukes have won in our awards again and again, for making it easier for you and your family to hit your 5-a-day. Comprising 95 per cent water, refreshing, crunchy cucumbers are hydration heroes, especially in summer.

STOCKISTS: Woolworths • Coles
• IGA • Harris Farms

Dairy

Dairy is one of the most bio-available sources of calcium, meaning our bodies absorb it most easily from foods like milk, yoghurt and cheese.

Calcium is essential for building and maintaining bone strength and staying physically fit and strong as we age. If you tolerate dairy, it's ideal to enjoy at least two serves a day. This helps us get important nutrients beyond calcium, such as protein, riboflavin, vitamins A, D and B12, phosphorus, zinc and iodine.





Liddells Lactose Free Plain Yoghurt

If you're lactose intolerant this is our top pick for a healthy yoghurt. A creamy, easy-to-digest option that meets all *Healthy Food Guide*'s strict nutrition criteria for calcium, protein, sat fat, sugar and probiotics.

STOCKISTS: Woolworths • Coles • IGA
• Foodworks • SPAR



Farmers Union Greek Style High in Protein All Natural Yoghurt

Greek-style yoghurt tends to be naturally higher in protein than regular yoghurts, and that's why we love it! Farmers Union Greek Style High in Protein Yoghurt has no added sugar and a whopping 16g of protein, making it a winning choice for yoghurt lovers.

STOCKISTS: Woolworths • Coles • IGA



Babybel Mini Original

They're cute, convenient and oh-so delicious. What's not to love about these tiny, perfectly portioned cheeses? They're a regular pick for our awards because they're satisfying snacks and great for lunchboxes.

STOCKISTS: Woolworths • Coles • IGA



Liddells Lactose Free Cream Cheese

Spreadable straight from the fridge, Liddells Lactose Free Cream Cheese is our top pick for those with sensitive tummies. It's creamy, versatile and perfect for your favourite sweet or savoury creations.

STOCKISTS: Woolworths • Coles • IGA
• Foodworks • Spar



A2 Light Milk

Milk from cows that produce only the A2 protein, this is a delicious option for people who are more sensitive when it comes to dairy. It has all the goodness of regular milk but is gentler on tricky tummies.

STOCKISTS: Woolworths • Coles • IGA



LIDDELLS™

No lactose. No limits.



*If you love dairy, but your digestive system doesn't, Liddells is for you. Liddells milk contains the lactase enzyme which makes it easy to digest. Liddells products should form part of a healthy diet containing a variety of foods.

Bread

Bread is a staple for Aussies, and for good reason. If you pick the right bread (ideally whole grain), it can be an excellent source of fibre, and provide essential nutrients including B vitamins, vitamin E and protein. Fibre is great for gut health and can help with blood sugar control and heart health.





Herman Brot Complete Protein Bread

Herman Brot is proving bread can be a valuable source of protein. This versatile loaf earned praise from our judges for its fibre content and 25.5g of protein per two-slice serve.

STOCKISTS: Woolworths • Coles • IGA
and specialty stores



Herman Brot Complete Protein Buns

When buns are the order of the day, Herman Brot delivers. Chock full of seeds and whole grains, these tasty high-protein buns are on a roll.

STOCKISTS: Woolworths • Coles • IGA
and specialty stores



Herman Brot Lower Carb Bread

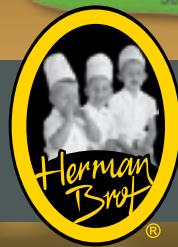
Low carb doesn't need to be low flavour. Herman Brot's lower carb bread has plenty of gut-friendly fibre and is high in protein, which is why it scores highly with *Healthy Food Guide* judges.

STOCKISTS: Woolworths • Coles • IGA
and specialty stores

DISCOVER THE AWARD WINNING BEST TODAY!

Intelligent Eating

Available at Coles,
and participating independents



Visit us at
www.hermanbrot.com.au
and follow us @HermanBrot for recipes and tips!

Your recipe
for life®





Burgen Soy Lin

A classic, Burgen Soy-Lin provides a whopping 21 per cent of your daily fibre needs per serve, making it a natural winner for *Healthy Food Guide*. With simple ingredients and a great texture, it's hard to go past Burgen when toast is calling.

STOCKISTS: Woolworths • Coles • IGA

Cereal

Breakfast's popularity comes and goes, but we still think it's a very important meal that sets you up for the day. Cereal is a great option if you pick the right one, because it can contribute to your daily fibre goals and is usually served with bone-loving milk and yoghurt. Choose one that includes nuts and seeds, and you'll also get the benefit of heart-healthy fats. Top it with fruit and you're starting your day the healthy way. At *Healthy Food Guide*, we look for cereals that are made with whole grains and don't have too much added sugar.





Weet-Bix

This Aussie favourite has graced our breakfast tables for decades, and with good reason. It's high in fibre, low in sugar and is an affordable choice that's popular with kids.

STOCKISTS: Woolworths • Coles • IGA



Jordans Low Sugar Granola Almond & Hazelnut

Toasted wholegrain oat and barley clusters with almonds and hazelnut and lower sugar. What's not to love? It also beats a lot of similar cereals on price.

STOCKISTS: Woolworths • Coles • IGA

Snacks

Snacks are mini meals that can sustain you and help contribute to your overall daily nutrition targets – if you choose wisely.

Healthy Food Guide looks for snacks that are good for you and will help keep you satisfied, so protein and fibre are top of our considerations.

We also look for wholefood ingredients and options that are lower in salt, sat fat and sugar.





Corn Thins Multigrain



A light and crunchy snack base made with four whole grains that's high in fibre and low in sodium, Corn Thins are a regular winner of *Healthy Food Guide* awards. They're super versatile and perfect for anyone who loves the taste of popcorn.

STOCKISTS: Woolworths • Coles • IGA



Corn Thins Sesame

If you love sesame and popcorn, these are a perfect healthy snack base. Top them with your favourite spreads, cheeses or even fruit for a satisfying snack the whole family will love.

STOCKISTS: Woolworths • Coles • IGA

The taste of POPCORN in every bite



Pesto, Bocconcini & Tomato

INGREDIENTS

3 CORN THINS® slices
Cherry tomatoes (sliced)
3 Bocconcini balls (sliced)
2 Tbsp. Pesto

TO MAKE PESTO

2 cups basil
4 cloves of garlic
1/2 cup of olive oil
1/2 cup pine nuts
3/4 cup of grated parmesan cheese

DIRECTIONS

Spread pesto across CORN THINS® slices, then layer on bocconcini cheese and cherry tomatoes. Add pepper & salt if desired.

TO MAKE PESTO

Place basil, garlic, pine nuts and parmesan cheese into a blender or food processor. While blending these ingredients slowly add in oil till all is well mixed. Add salt & pepper if desired.



Avocado, Boiled Egg & Watercress

INGREDIENTS

3 CORN THINS® slices
1-2 eggs
1/2 a large avocado (mashed. For a bit of tang, add a dash of vinegar or salad dressing)
Watercress
Pepper & salt as desired

DIRECTIONS

Boil a couple of eggs for about 10 mins, then put aside to cool. Once cool, slice.

Spread smashed avocado across CORN THINS® slices, then top with slices of boiled egg & watercress. Sprinkle on salt & pepper as desired.



CORNTHINS® slices are made from popped grains of corn, so taste like POPCORN squished into a crispbread slice. Gluten free and non-GMO, they are a delicious option for the whole family - when eaten by themselves, your favourite toppings, or in creative recipes.

Go to www.cornthins.com for more recipe ideas.

CORN THINS® products can be found in the biscuit aisle of most supermarkets.



Table of Plenty Mini Rice Cakes Dark Choc Topped

Sweet, crunchy and lunchbox friendly, these are also suitable for anyone on a gluten-free diet.

STOCKISTS: Woolworths • Coles • IGA



The Happy Snack Company Roasted Fava Beans

Perfectly portioned snack that's ideal for kids' lunchboxes, and a healthier, higher-fibre alternative to chips.

STOCKISTS: Woolworths • Coles • IGA