

# Supermarket shopping guide

Use this guide to make healthy choices when supermarket shopping. The products listed are examples only. There may be other healthy choices available. \* is printed next to products available at Aldi supermarkets.

## Vegetables and Fruit: Choose fresh or frozen options first

- **Fresh vegetables:** including Nicola potato and orange flesh sweet potato
- **Frozen vegetables:** except potato wedges and chips
- **Canned and jar vegetables:** with no added oil and lowest added salt
- **Fresh fruit**
- **Frozen fruit**
- **Canned fruit:** in natural juice



## Bread: Choose higher fibre, wholegrain and sourdough varieties

- **Abbott's Bakery:** Farmhouse Wholemeal Sandwich Slice Bread Loaf; Country Grains Sandwich Slice Bread Loaf; Linseed Sandwich Slice Bread Loaf
- **Alpine:** Spelt and Sprouted Grain; Super Natural Protein
- **Baker's Delight:** Cape Seed; Hi-Fibre Lo GI White; Chia and Fruit Tin Loaf with Chia Seeds; Fruit Tin Loaf with Sunflower Seeds
- **Burgen:** Wholemeal and Seeds; Rye Low GI; Wholegrain and Oats; Soy and Linseed Low GI
- **Coles:** High Fibre Low GI - Seven Seeds and Grains
- **Edwards Sourdough:** Soy Linseed; Organic Spelt Wholemeal Grain; Organic 7 Grain
- **Helga's:** Wholemeal Grain; 10 Grains and Seeds Wholemeal
- **Macro:** Ancient Grain; Grain and Sprout Loaf
- **Tip Top:** 9 Grain Original
- **Woolworths:** Seven Seeds and Grains Hi Fibre Low GI
- **Bakehouse\*:** Mixed Grain
- **Baker's Life\*:** Grain Wise Original with 9 Grains and Seeds; Sourdough Grain; Wholemeal sandwich Hi-fibre



## Lower Carbohydrate Bread

- **Alpine:** Lower Carb; Lower Carb Plain 78%; Wholemeal Lower Carb 84%
- **Burgen:** Lower Carb Sunflower and Linseed
- **Helga's:** Lower Carb Wholemeal and Seed; 5 Seeds; Soy and Toasted Sesame
- **Herman Brot:** Low Carb Bread
- **Macro:** Linseed and Sunflower Low Carb Loaf
- **Baker's Life\*:** 85% Lower Carb Bread range



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## Flatbread: Choose higher fibre, wholegrain varieties

- **MEB Foods:** Wholemeal Fresh Pocket Pita
- **Mission:** Corn Tortilla; Low GI Wrap
- **Simson's Pantry:** Wholegrain Super Barley Wrap
- **Baker's Life\*:** Lebanese Wholemeal Bread



## Crispbread: Choose higher fibre, wholegrain varieties with lowest added salt

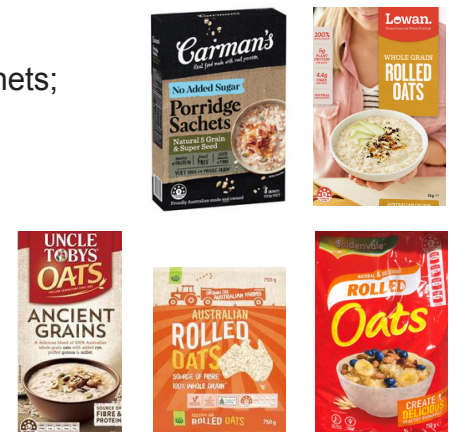
- **Arnott's:** Vita-Weat Soy and Linseed; Pumpkin Seed and Grains
- **Organ:** Buckwheat crispbread
- **Ryvita:** Multigrain; Original Rye
- **Damora\*:** Vita Grain 9 Grains and Seeds



## Breakfast Cereals: Choose higher fibre, wholegrain varieties with lowest added sugar

### Rolled Oats and Porridge

- **Carman's:** Natural 5 Grain and Super Seed Gourmet Porridge Sachets; Cholesterol Lowering Fibre Rich and Protein Australian Oats
- **Coles:** Rolled Oats; Organic Rolled Oats
- **Lowan:** Wholegrain Rolled Oats
- **Macro:** Organic Rolled Oats; Steel Cut Oats; 5 Grain Porridge
- **Uncle Tobys:** Traditional Oats; Ancient Grains
- **Woolworths:** Rolled Oats
- **Golden Vale\*:** Rolled Oats



### Muesli

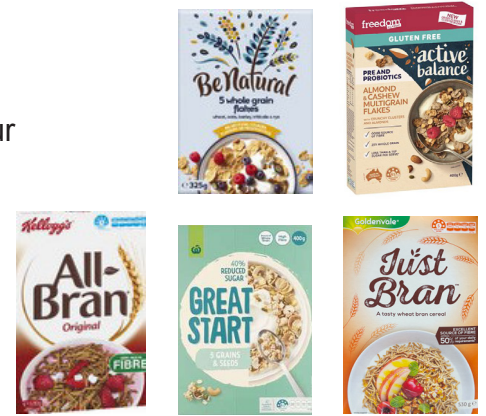
- **Carmen's:** Untoasted Bircher Museli
- **Coles:** Muesli
- **Freedom Foods:** Muesli 3 Ancient Grains
- **Freedom Foods Heritage Mill:** Maple Date Toasted; Fruit and Nut Natural
- **Jordans:** Four Nut Muesli
- **Lowan:** Apricot and Almond; Swiss
- **Macro:** Fruit, Nuts and Seeds with Protein Crunch
- **Morning Sun:** 97% Fat Free Natural Fruit; Natural Apricot and Almond
- **Uncle Tobys:** Natural Style Swiss Blend; Goodness Bowl Low Sugar Muesli
- **Woolworths:** Apricot, Almond and Date; Swiss Style Bircher



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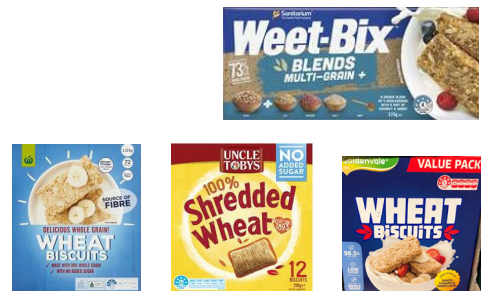
## Cereal Flakes

- **Be Natural:** Wholegrain Mini Bites; 5 Wholegrain flakes; Low Sugar Granola with Whole Grains and Honey Blossom Flavour
- **Freedom Foods:** Active Balance cereal range
- **Kellogg's:** All Bran Original; All Bran Wheat Flakes; Guardian
- **Woolworths:** Woolworths Great Start Reduced Sugar Multigrain Cereal
- **Golden Vale\*:** Just Bran; Bran and Sultanas



## Cereal Biscuit

- **Sanitarium:** Weet-Bix Blends Multigrain; Cranberry and Coconut; Apple and Cinnamon; Cholesterol Lowering; Weet-bix Organic Breakfast Cereal
- **Woolworths:** Wheat Biscuits
- **Uncle Tobys:** 100% Wholegrain Shredded Wheat
- **Golden Vale\*:** Wheat Biscuits



## Rice and Grains: Choose higher fibre, wholegrain varieties

### Rice: Including microwave options

- **Long grain brown or white:** Basmati; Mahatma; Doongara
- **Black**
- **Red**
- **Wild**



### Grains

- **Barley**
- **Bulgur / Burghul / Cracked wheat**
- **Buckwheat**
- **Freekeh**
- **Pearl / Israeli Couscous**
- **Quinoa**
- **Semolina**



## Pasta and Noodles: Choose wholegrain or pulse varieties

### Pasta Fresh or Dried

- **Wheat, spelt or pulse**
- **Barilla:** Red Lentil range; Chickpea Casarecce
- **Keep It Cleaner:** Red Lentil Pasta; Green Pea Pasta; Chickpea Pasta; Corn and Beetroot Pasta; Brown Rice and Quinoa Spaghetti
- **San Remo:** Pulse Pasta range; Wholemeal range; Spelt Spiral Pasta; Red Lentils Spirals Pulse Pasta
- **Vetta:** Smart Protein range and Fibre Veg Twists
- **Remano\*:** Pulse Penne; Chickpea Spirals



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## Noodles Fresh or Dried: except instant

- Hokkien
- Mung Bean
- Soba
- Udon
- Fresh Rice



## Lower Carbohydrate Pasta and Noodles

- **Chang's:** Super Lo-Cal Noodles
- **Herman Brot:** Lower Carb Pasta
- **Slendier:** Konjac range: Noodles, Pasta and Rice; Bean Pasta range



## Milk: Choose reduced fat varieties with higher calcium

### Fresh Dairy

- **Dairy Farmers:** Heart Active
- **Pauls:** Smarter Reduced Fat; PhysiCAL Low Fat; Zymil Low Fat; Zymil Skim Milk; Light Lactose Free Milk



### UHT and Powder

- **Devondale:** Skim Milk Powder; Vital Plus Low Fat Vitamin
- **Pauls:** Zymil Skim Milk
- **Farmdale\*:** Skim; Lactose Free Light



## Yoghurt: Choose reduced fat varieties with higher calcium and least added sugar

### Unsweetened

- **Coles:** Light Greek Style
- **Danone:** YoPro Plain
- **Farmers Union:** Greek Style - Light; High Protein; Natural; Protein; Probiotic; Lactose Free
- **Jalna Pot Set:** Fat Free Natural
- **Tamar Valley:** Natural 99.85% Fat Free
- **Vaalia:** Natural Yoghurt
- **Woolworths:** 99% Fat Free Natural Greek Style; High Protein
- **Yoplait:** YoPlus Natural
- **Brooklea\*:** 99% Fat Free Tub Set Natural Yoghurt
- **Lyttos\*:** Light Greek Yoghurt



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## Sweetened

- **Coles:** 98% Fat Free – Vanilla; Strawberry; Peach and Mango
- **Danone:** YoPRO and YoPRO Perform ranges
- **Liddells:** Lactose Free Strawberry; Blueberry; Vanilla
- **Vaalia:** Low Fat range
- **Woolworths:** 98% Fat Free Vanilla; Strawberry
- **Yoplait:** Real Fruit range; Vanilla; Forme Zero range
- **Dairy Dream\*:** No Added Sugar Fruit Yoghurt Greek Style range
- **Yoguri\*:** Protein range



## Milk Alternatives: Choose varieties with higher calcium

### Milk

- **Coles:** Organic Unsweetened Almond Milk
- **Pure Harvest:** Organic Almond Unsweetened; Organic Oat Unsweetened
- **Sanitarium:** Unsweetened Almond Milk
- **Vitasoy:** Protein Plus Soy Milk; Oat Milk; Unsweetened Almond Milk
- **Inner Goodness\*:** Soy Milk; Unsweetened Almond Milk



## Cheese: Choose reduced fat varieties with least added salt

### Soft Cheese

- **Bulla:** Cottage Cheese Low Fat High Protein
- **Coles:** Light Smooth Ricotta; Low Fat Creamed Cottage Cheese
- **Woolworths:** Ricotta Cheese Light
- **Westacre\*:** Manhattan Low Fat Cottage Cheese



### Hard Cheese

- **Bega:** 50% Less Fat range
- **Coles:** Light Tasty Cheese; Mozzarella Light Cheese
- **Great Ocean Road:** Light Tasty
- **Jarlsberg:** Lite Cheese Slices
- **Woolworths:** Lite Tasty Slices; Swiss Style Light
- **Westacre\*:** Light Shredded Cheddar; Natural Tasty Light Cheese Slices



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## Eggs:

- Free Range
- Organic
- Omega 3 enriched



## Fish and Seafood

### Examples:

- Sardines
- Salmon
- Tuna
- Barramundi
- Blue Eye Trevalla
- Flat Head
- Snapper
- Calamari
- Squid
- Mussels



### Canned

- **Brunswick:** Sardines in Springwater
- **Coles:** Wild Caught Pink Salmon
- **John West:** Springwater range: Sardines; Salmon; Tuna; Protein+ Calcium Rich Tuna range
- **Safcol:** Springwater range: Tuna, Premium Salmon
- **Woolworths:** Tuna in Springwater; Wild Alaskan Salmon in Springwater
- **Ocean Rise\*:** Wild Pacific Salmon range
- **Portview\*:** Sardines; Tuna Chunks in Springwater



### Smoked

- **Tassal:** Salt Reduced Smoked Salmon



### Frozen

- **Birds Eye:** Steam Fresh range; Ocean Selections range Except Tuna Korean BBQ; Atlantic Salmon
- **Sealord:** Hoki Fillets - Lightly Crumbed range; Parmesan and Rosemary; Thai Lime and Coconut; Three Seed
- **Woolworths:** Skin on Salmon Fillets; Barramundi Portions
- **Ocean Royal\*:** Salmon; Barramundi; Hoki



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## Chicken and Turkey: Skin removed

### Fresh

- Breast
- Thigh
- Tenderloin
- Mince



### Deli

- **Coles:** Roast Chicken Breast
- **D'Orsogna:** Free range Chicken, Lightly Smoked Turkey
- **Primo:** Chicken Breast



### Frozen

- **Coles:** Sage and Rosemary Chicken Breast Schnitzels, Crumbed Chicken Tenders, Buttermilk Chicken Tenders
- **Inghams:** Free range Chicken Tenderloins with Wholemeal and Quinoa Crumb, Schnitzels Original
- **Lilydale:** Free range: Herb and Parmesan Baked Chicken Schnitzels; Lemon and Pepper Baked Chicken Tenders
- **Woolworths:** Created with Jamie Chicken Fillets range



### Canned

- **Heinz:** Canned Chicken Shredded in Spring Water; Lite Mayo; Springwater and Sea Salt



## Beef, Kangaroo, Lamb, Pork, Veal: Lean, trimmed of fat

### Fresh

- Loin
- Medallion
- Fillet
- Frenched cutlets
- Extra lean mince
- Stir fry strips



### Sausage

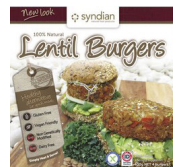
- **K-Roo:** Kanga Bangas
- **Peppercorn:** Beef Sausages Extra Lean



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## Vegetarian Meat Alternatives: Choose higher protein with least added salt

- **Australian Eatwell:** Lentil Veggie Burgers
- **Bean Supreme:** Beetroot burgers, Wholefood mince
- **Coles Nature's Kitchen:** Curried Veggie and Lentil Sausages; Sweet Potato and Black Bean Burgers; Spiced Lentil and Kale Koftas
- **Macro:** Veggie-Lish Moroccan Inspired Burger, Textured Vegetable Protein range
- **Quorn:** Mince; Fillets; Sausages; Roast
- **Syndian:** Frozen Lentil Burgers; Vegan Burgers, Lentil and Brown Rice, Veggie Boost Delight, Veggie and Lentil Delight; Lentil Bites
- **Veggie Delights:** Mince
- **V2:** Plant Based Burger, Mince Sausages
- **Yumi's:** Roast Veggie burger, Veggie bites; Pumpkin and Spinach, Sweet Potato and Herb
- **Wildly Good:** Pumpkin Fritter Bites, Cauliflower Fritter Bites
- **Earth Grown\*:** Falafel Bites



## Tofu and Tempeh

- **Blue Lotus:** Tofu; Sweet Chilli Tofu Nuggets
- **BJ:** Satay Tofu
- **Coles Nature's Kitchen:** Tempeh and Tofu range
- **Macro:** Tempeh and Tofu range
- **Made with Plants:** Tofu Sesame and Garlic
- **Nutrisoy:** Tempeh
- **Pureland:** Firm Tofu
- **Simply Better Foods:** Organic Firm Tofu
- **Soyco Tofu:** Plain; Hi Protein; Chinese Honey Soy Tofu, Japanese Tofu, Malaysian Peanut Satay Tofu
- **TLY:** Firm Tofu; Silken Tofu; Lite Firm Tofu
- **Earth Grown\*:** Firm Tofu



## Lentils and Legumes

### Canned: Choose reduced salt or no added salt

- **Edgell:** Lentil and Legume range
- **Heinz:** Baked Beans Salt Reduced
- **SPC:** Baked Beans in Tomato Sauce Reduced Salt
- **New Season\*:** Lentils; 5 Bean; Cannellini Beans; Red Kidney Beans
- **Just Organic\*:** Baked Beans in Tomato Sauce



### Dried

- **McKenzie's:** Split Pea range; Lentil range; Bean range; Soup Mix range
- **The Happy Snack Company:** Roasted Chickpeas and Fava Beans range except for Chocolate Coated





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## Nuts and Seeds: Choose raw or roasted varieties with no added salt, sugar or coating

### Examples:

- **Nuts:**
  - Almond
  - Brazil
  - Hazelnut
  - Pistachio
  - Walnut
- **Seeds:**
  - Chia
  - Hemp
  - Linseed
  - Pepita
  - Sunflower



### Nut Spreads

- **Bega:** Simply Nuts Peanut Butter range
- **Macro:** Brazil, Almond and Cashew Spread; Natural Almond Spread; Organic Peanut Butter
- **Mayver's:** Unhulled Tahini; Smunchy Unsalted Peanut Butter; Original Super Spread; Cacao Super Spread
- **Pics:** Natural Peanut Butter
- **Sanitarium:** Natural Peanut Butter
- **Oh So Natural Wholefoods\*:** Peanut Butter; Almond Spread; Cashew Spread



## Oil and Plant Sterol Spreads

### Oil

- Extra Virgin Olive Oil
- Canola Oil
- Peanut Oil
- Sunflower Oil
- Macadamia Oil



### Plant Sterol Spreads

- **Flora:** ProActiv
- **Nuttelex:** Pulse Buttery
- **Sunny Vale\*:** Light Cholesterol Spread



## All Herbs, Spices: Choose herb blends with no added salt

- Basil
- Coriander
- Mint
- Oregano
- Parsley
- Rosemary
- Sage
- Thyme
- Chilli
- Curry Leaf
- Garlic
- Ginger
- Horseradish
- Lemongrass
- Turmeric
- Cardamom
- Cinnamon
- Cumin
- Star Anise
- Sumac
- Paprika
- Pepper



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## Dip

- **AvoFresh:** full range
- **Black Swan:** Skinny – Hommus; Tzatziki; Crafted Roasted - Garlic Hommus; Sweet Potato and Cashew
- **Chris':** Tzatziki; Hommus; Egyptian Beetroot
- **Coles:** Hommus; Tzatziki; Beetroot Hommus
- **Macro:** Beetroot Hummus with Dukkah
- **Yumi's:** Sweet Potato and Cashew; Baba Ganoush



## Salad Dressing, Vinegar, Sauce and Salsa

- **Lemon Juice**
- **Lime Juice**
- **Verjuice**
- **Vinegar:** Apple Cider, Balsamic, Sherry; White Wine; Red Wine
- **Beerenberg:** Tomato Sauce
- **Heinz:** Tomato Ketchup 50% Less Sugar and Salt
- **Kikkoman:** Soy Sauce Salt Reduced
- **Mission:** Chunky Salsa Medium
- **Old El Paso:** Thick n Chunky Salsa range
- **Red Kelly's:** Traditional Dressing; Sweet Chilli and Lime Dressing
- **Woolworths:** Chunky Salsa



## Stock, Gravy and Pasta Sauce: Choose products with lowest added salt

### Stock

- **Coles:** Real Stock – Vegetable; Beef; Salt Reduced Chicken
- **Campbell's:** Chicken broth; Beef broth; Real Stock Salt Reduced range; Real Stock Fish; Bone Broth
- **Fodmapped For You:** Slow Cooked Chicken Stock
- **Maggie Beer:** Natural Chicken Stock
- **Woolworths:** Vegetable Liquid Stock; Salt Reduced Chicken Stock
- **Chef's Cupboard\*:** Simply Stock; Reduced Salt Chicken; Vegetable; Beef



### Gravy

- **Coles:** Premium Red Wine Jus; Premium Roast Gravy
- **Gravox:** Salt Reduced Traditional; Roast Chicken with Herbs



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## Pasta Sauce: Choose products with lowest added salt

- **Coles:** Italian Passata
- **Dolmio:** Extra Tomato, Onion and Roast Garlic Salt Reduced Pasta Sauce
- **Fodmapped For You:** Tomato Pasta Sauce - Slow Roasted Vegetables; Red Wine and Italian Herbs
- **Leggo's:** Organic Pasta range
- **Macro:** Organic Passata
- **Mutti:** Sugo Pasta Sauce Basil Onion; Passata with Basil
- **Remano\*:** Chunky Garden Vegetable Pasta Sauce; Passata



## Flour and Meal: Choose products with higher fibre

- **Almond meal**
- **Buckwheat flour**
- **Chia meal**
- **Chickpea flour**
- **Flax meal**
- **Lentil flour**
- **Hemp meal**
- **Oat flour**
- **Wholemeal flour**



## Drinks: Choose water first

- **Tap water**
- **Mineral water**
- **Sparkling water**
- **Mount Franklin:** Lightly Sparkling range
- **Schweppes:** Infused Natural range
- **Waterfords:** Lite and Fruity No Added Sugar; Sparkling Water range
- **Woolworths:** No Sugar Lightly Sparkling range
- **Northbrook\*:** Lightly Sparkling Mineral



## Tea, Water Infusions, Kombucha

- **Lipton:** Cold Infuse range; Light Ice Tea - Peach; Lemon
- **Nexba:** Kombucha range
- **Remedy:** Kombucha range
- **Twinings:** In'fuse range
- **Black tea**
- **Green tea**
- **Herbal tea**
- **Chai tea**



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## Vegetable Juice

- **Cawston Press:** Brilliant Beetroot
- **Golden Circle:** Tomato Juice
- **V8:** Vegetable Juice Low Sodium
- **Woolworths:** No Added Sugar Tomato Juice



## Soft Drink, Cordial, Sports Drink: Choose no sugar, sugar free or diet

- **Bickford's:** Diet Cordial range
- **Bundaberg:** Diet range
- **Coca-Cola:** No Sugar - Coca-Cola; Sprite; Diet Coca-Cola
- **Cottee's:** No Added Sugar Cordial range
- **Diet Rite:** Cordial range
- **Gatorade:** No Sugar range
- **Powerade:** Zero range; Active Water range
- **Ribena:** Blackcurrant Light
- **Schweppes:** Zero Sugar range
- **Burrandy\*:** Diet Ginger Beer
- **Regal\*:** Diet range



## Chocolate Drinks

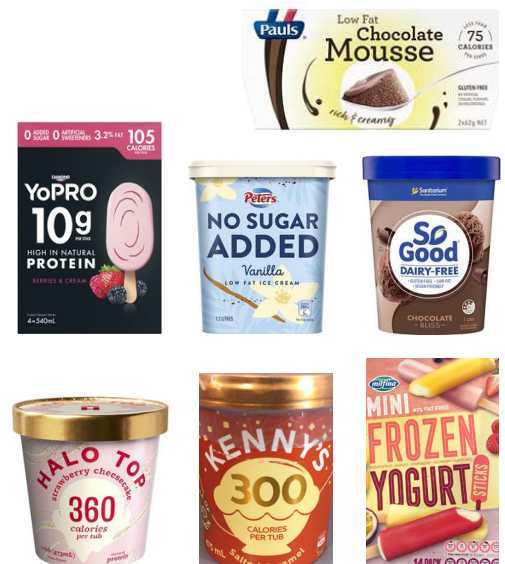
- **100% Cocoa Powder**
- **Avalanche:** 99% Sugar Free Drinking Chocolate
- **Jarrah:** 97% Sugar Free Hot Choc
- **Nestle Milo:** 30% Less Added Sugar
- **Ovaltine:** Light Break



## Choose these products less often:

### Chilled Desserts

- **Bulla:** Frozen Yoghurt Sticks
- **FroPro:** Chocolate, Salted Caramel, Strawberry
- **Danone:** YoPro Frozen Dessert sticks
- **Halo Top:** Frozen Dessert range
- **Pauls:** Low Fat Vanilla Custard; Low Fat Chocolate Mousse
- **Peters:** No Added Sugar Vanilla Ice-cream
- **So Good:** Frozen Dessert - Chocolate Bliss; Vanilla Bliss
- **Brooklea\*:** Vanilla Custard
- **Kenny's\*:** Frozen Dessert - Salted Caramel; Vanilla



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## Honey, Sweet Spreads and Syrup

- **Natural Honey:** Limit to 1 teaspoon per serve
- **Capilano:** Low GI Honey
- **IXL:** 50% Less Sugar Jam range
- **Natvia:** Fruit Spread - Raspberry; Strawberry
- **Queen:** Sugar Free Maple Syrup
- **St Dalfour:** 100% Fruit Spread range



## Muesli Bar and Biscuit

- **Carman's:** Original Fruit Free Muesli Bar
- **Gullon:** No Sugar Added Oaty Biscuits



## Alternative Sweetener

- **Equal**
- **Hermesetas**
- **Sugarine**
- **Natvia:** Stevia Sweetener
- **Raw Earth Sweetener Co.:** Stevia and Monk Fruit Sweetener
- **Splenda:** Sucralose Sweetener
- **Whole Earth:** Monk Fruit Sweetener



Any Brand names mentioned are Registered Trademarks [®] or Trademarks [™]. Every attempt has been made to ensure the products listed are suitable choices. Please read nutrition information on packaging for any updated information. For more information see our **Label Reading** fact sheet.