

The Queen Elizabeth Hospital

Diabetes Centre

Healthy Shopping Guide



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Bread	<p>1st choice: Bread with large amounts of whole grains, high fibre and low GI <i>Tip Top:</i> Multigrain, 9 Grain and 9 Grain Plus (all types), 9 Grain Muffins; <i>Helga's:</i> Wholemeal Grain, Mixed Grain, 10 Grains and Seeds, Soy and Linseed, Country Seed; <i>Noble Rise:</i> Outback Spices & Grains, Mountain Pepper & Grains; <i>Molenburg:</i> Original Wholegrain, Soy and Linseed, 10 Grains & Seeds; <i>Mighty Soft:</i> Multigrain; <i>Country Life Bakery:</i> Gluten Free Multigrain, Gluten Free Low GI bread, Wholegrain Spelt, Country Grain, Performax; <i>Burgen:</i> Mixed Grain, Pumpkin Seeds, Soy & Linseed, Wholemeal and Seeds; <i>Rye-Mill:</i> Volkornbrot; <i>Riviera:</i> Volkornbrot, Kibble Rye; <i>Vogels:</i> Amazing Grains range; <i>Baker's Delight:</i> Country Grain, Capeseed; <i>Brumby's:</i> Wholegrain; <i>Moore's Specialty Breads:</i> Low Salt Wholemeal, Gluten Free/Yeast Free/Wheat Free Wholegrain.</p> <p>2nd Choice: Rye/ wholemeal bread/ low to moderate grains All brands wholemeal and rye breads eg Burgen Rye/Wholemeal, Buttercup Rye/Wholemeal; Country Life Bakery Organic Rye; Riviera Wholemeal/Plain Rye/Yeast Free Rye; <i>Helga's:</i> Rye; <i>Molenberg:</i> Honey and Oat; <i>Noble Rise:</i> Honey Wholemeal; <i>Mountain Bread:</i> Rye, Wholemeal, Corn, Wholewheat, Barley; Wholemeal Pita; Pumpernickel; Woolworths Wholemeal; Wholemeal English Muffins; Freedom Foods Multigrain Wraps; Vitastic Khobz Hi Fibre Lite Lebanese Bread.</p> <p>3rd Choice: White high fibre bread Wonder White, Wonder Gold, Tip Top Up, White Pita bread; Bakers Delight Low GI White Bread. Fruit Loaf (look for higher fibre content and sugar less than 25g per 100g): Burgen Fruit and Muesli, Tresbon, Apricot Delight (Bakers Delight). <i>Note: many breads are high salt (sodium)</i></p>
Breakfast Cereal	<p>1st choice: Cereals with highest fibre content (more than 10%), low sugar and low GI Porridge, Traditional Oats or Rolled Oats (any brand); Unprocessed Oat Bran, Unprocessed Wheat Bran (any brand); <i>Kellogg's:</i> Allbran, Guardian; Natural Muesli.</p> <p>2nd choice: Cereals with high fibre content (>5%) and low sugar <i>Uncle Toby's:</i> Original Weeties, Vitabrits (original and organic), Plus Sports Lift, Plus Fibre Lift, Plus Muesli Flakes, Fruity Bites, Shredded Wheat, Oatbrits, Natural Swiss Muesli, Natural Style Muesli, Quick Oats; <i>Healthwise:</i> For Women's Wellbeing, For Bowel and Digestive System; <i>Kellogg's:</i> Mini Wheats 5 Grains (plain), Allbran Wheat Flakes, Sultana Bran, Sustain, Just Right, Body Smart Wheat Bran Flakes, Body Smart Fruit n Oats; <i>Sanitarium:</i> Weetbix (original and organic), Weetbix Multigrain, Weetbix Hi Bran; Lite-Bix, Weetbix Fruity, Light & Tasty, Fruity Bix; <i>Vogels:</i> Ultra Soy & Linseed Bran; <i>Lowan:</i> Multi Flakes, Oats with Multigrain, Tropical Fruit Muesli; <i>Freedom Foods:</i> Hi-lite; <i>Dick Smiths:</i> Bush Foods Breakfast; <i>Weight Watchers:</i> Fruit Basket Muesli, Natural Morning Sun Muesli; <i>Homebrand:</i> Wheat Biscuits, Tropical Muesli; <i>Farmland:</i> Muesli (untoasted); <i>Woolworth's Select:</i> Peach and Pecan Muesli, Swiss Bircher Muesli, Quick Cooking Rolled Oats, Apricot and Almond Muesli; <i>Coles:</i> Organic Wheat Biscuits, Wholewheat biscuits, Smart Buy Wheat Biscuits; <i>Arnold's Farm:</i> Strawberry and Yoghurt Muesli; <i>Carman's:</i> Natural Blend Muesli; <i>Free and Lo:</i> Gluten Free muesli; <i>Burgen:</i> Fruit and Muesli, Soy-Lin muesli; Semolina (all brands).</p>
Rice/ Noodles	<p>Basmati rice; Doongara rice; Clever Rice; Mahatma Long Grain White Rice; Brown Rice Rice noodles (dried or fresh); Rice Vermicelli noodles; Udon noodles; Hokkien Noodles; Instant 2 Minute Noodles/ Rice (95-98% fat free) eg Trident, Heinz, Maggi, Fantastic, Country Cup, Sun Express, Continental Rices, Rice a Riso. Frozen rice/noodle meals eg Healthy Choice, Lean Cuisine</p>
Pasta	<p>Any type. Choose tomato-based pasta sauces with a lower sodium and sugar content.</p>
Cracker Biscuits	<p>High fibre, low fat and less than 400mg sodium per 100g: <i>Ryvita:</i> Original, Multigrain, Rye, Sesame Rye; <i>Kavli:</i> Crispy Thin; <i>Real Foods Corn Thins:</i> Original, Multigrain, Sesame, Soy and Linseed; <i>Sunrice:</i> Rice and Corn Cakes, Five Grains Rice Cakes; <i>Weight Watchers:</i> Crispbread. Low fat but either low fibre or high sodium: <i>Vita Wheat:</i> 9 Grain, Sesame, Original, Cracked Pepper, Soy & Linseed, Grain Snacks Cracked Pepper; <i>Cruskit:</i> Light, Rye, Original Low in Sugar; <i>Salada:</i> Wholemeal, Light Multigrain, Original, Light Original, Light Poppy & Sesame; <i>Premium:</i> 98% Fat Free, Wholemeal, Wheatsworth, High Fibre, Original; <i>Jatz:</i> Light; <i>Cruskits:</i> Corn Light 98% Fat Free; Plain Rice Cakes; Home Brand Low Fat Crackers; Ryvita Crackerbread; Mini Toasts; Vita Vigor Grissini Breadsticks; Rice crackers (plain or seaweed are lower in salt); Waterthins; Water Crackers</p>
Vegetables, Legumes, Dried Peas & Pulses	<p>All Fresh, Frozen or Tinned (low salt) varieties. Frozen: Birds Eye Stir-fry; Steam Fresh; McCain; Heinz; Woolworths Select; McCains Healthy Choice 97% Fat Free Oven Fries & Wedges; Birds Eye Oven Baked Chips; Weight Watchers Oven Chips; Birds Eye Frozen Roast Potatoes All dried and canned legumes e.g. Baked Beans, Butter Beans, Red Kidney Beans, Lentils, 3 or 4 Bean Mix, Old Elpaso 99% Fat Free Refried Beans (Try salt reduced varieties) Frozen Broad Beans.</p>
Fruit	<p>Fresh Fruit: any type. Dried Fruit: (in small amounts). Fruit Juice: (No added sugar) – limit to 1 small glass daily. Any canned/package fruit in natural juice: eg. Goulburn Valley, SPC, Ardmona, Heinz, Golden Circle, Great Lakes, Weight Watchers, SPC Cool Fruits, You'll Love Coles; Goulburn Valley SnackPacks in Natural Juice, Heinz Splat Fruit Puree. Pie Fruit: eg. Ardmona Pie Apple.</p>

Milk	<p>Skim: Any brand of skim milk eg Pura Tone; Dairy Farmers No Fat Skim/Shape No Fat; Devondale Skim/Point 1; IGA Skim; Coles Skim; Skinny Milk; Physical; B.D. Farm Paris Creek Skim; Anlene No Fat; Harvey Fresh Lactose Free Skim; Diploma Skim Milk Powder; Home Brand Instant Skim Milk Powder</p> <p>Low Fat: Pura Light Start/Boost/Skimmer; Take Care; Lite White (various brands); Foodland Reduced Fat; Devondale Smart Milk/Plus; Farmers Best; Browne's Heart Plus; Woolworths Lite; Health Plus; So Natural Rice Milk; Vitasoy Rice Milk; Parmalat Low Fat Organic; Liddells Lactose Free Low Fat Milk; Buttermilk; A2 Milk Reduced Fat; Anlene; Low Fat Rev; Fleurieu Farm Fresh Low Fat; Carnation Light & Creamy; Carnation Light & Creamy Coconut.</p> <p>Low Fat with Plant Sterols: Pura Heart Active; Devondale Reduce (long life)</p> <p>Low Fat Soy: So Good 'Lite'; So Good Fat Free; Vitasoy Light Calci Plus; So Good Essential; So Natural Light Soy; Soy Life Low Fat & Hi Cal +; Soy Life No Fat</p> <p>Flavoured Milk: Farmer's Union Feel Good; Farmer's Union Iced Coffee Light; Rush 99% Fat Free & 30% Less Sugar; Paul's All Natural 99% fat free; Dare 98% fat free Iced Coffee; Vitasoy Lush Chocolate; So Good Banana & Soyaccino; So Good Bliss Chocolate, Vanilla, Soyaccino.</p>
Cheese	<p>Low fat (less than 10% fat): <i>Cottage cheese:</i> Weight Watchers, Farmland, Homebrand, Savings, Bulla & Cosmo; <i>Quark:</i> 99.8% fat free, Paris Creek Biodynamic Quark Low Fat; <i>Ricotta cheese:</i> Perfect Italiano, Pantalica Light, Lemnos Ricotta cheese reduced fat; Devondale Seven; Bega Super Light/ Super Slim Singles; Kraft Free Singles; Farmland Extra Light Slices; Kraft Philadelphia Extra Light Cream Cheese.</p> <p>Moderate fat (10 to 15% fat): <i>Light Mozzarella:</i> Farmland & Perfect Italiano; <i>Cheddar/Tasty Cheese:</i> Bega So Extra Light (50% less fat); Kraft Light slices, Coles Farmland Lite Cheese Slices; Jarlsberg Lite (16% fat); <i>Reduced Fat Feta:</i> Australian Gold, Clover Creek, Hillwood; <i>Cream Cheese:</i> Light cream cheese (80% less fat); Farmland Spreadable Light; Hillwood Reduced Fat Cheese Spread.</p>
Yoghurt	<p>Low Fat & Artificially Sweetened: Yoplait Forme' No Fat; Nestle Diet; Dairy Farmers Thick & Creamy Light</p> <p>Low Fat Natural: Jalna Fat Free; B.D. Farm Paris Creek Low fat; Vaalia Low Fat Natural; Dairy Farmers Traditional Lite; Yoplait YoPlus; Select Woolworths Low Fat; Paul's Natural 99.8% fat free</p> <p>Low Fat Flavoured: Ski D'Lite; Vaalia Low Fat; Yoplait Lite; Yoplait Elivae; Nestle All Natural 99% Fat Free; Coles Smart Buy Lite; Home Brand Low Fat; Jalna Fat Free; B.D. Farm Paris Creek Low Fat; The Margaret River 99.7% Fat Free; Margaret River Lite; Anlene vanilla low fat; The Yoghurt Factory; Dairy Farmers Thick & Creamy 98% fat free; Farmland Lite 99% Fat Free; Soy Life 99% Fat Free; Alive Soy Yoghurt; Soygurt.</p>
Meat	<p>Choose cuts with smallest amount of visible fat. Trim fat before cooking.</p> <p>Lamb: Trim Lamb; Heart Smart; Beef/Veal: Heart Smart; Premium Minced Beef; Coles 4 or 5 Star Minced Beef; Top Grade Minced Beef; Woolworth's Lean Fresh Aussie Burger 100% Beef; Master Trim, Woolworth's Cooked Lean Beef Corned Silverside; Pork: Heart Smart; Pork Steaks; New Fashion Pork; 97 – 98% Fat Free Bacon eg Weight Watchers 98% Fat Free, Hans 97% Fat Free Bacon; Don's 97% Fat Free Bacon; Little Chef Ham Steaks; Kangaroo: all cuts trimmed of visible fat; Sandwich Meats: any brand 97- 98% Fat Free Ham/Beef/Silverside eg Hans, Primo, Castlemaine, Woolworths Select; Hans 97% Fat Free Hot Dogs.</p>
Poultry	<p>Chicken Breast or Thigh Fillet (skinless); Kebabs/Shaslicks; Turkey Drumsticks/Fillet/Steaks (all skinless); Woolworths Fresh Turkey Mince; Turkey Bacon; 97 – 98% Fat Free Chicken or Turkey Slices eg Primo, Castlemaine, Hans.</p>
Fish/Seafood	<p>Fresh: Any fresh seafood or canned in spring water, tomato sauce (not oil). Frozen: I & J: Extra Light & Crispy, Light & Crispy, Flame Grills; Sealord Grill Bakes; Seagold Fillets; Seaways Fish in Parsley sauce; <i>Birds eye:</i> Oven Bake, Lightly Seasoned, Steam Fish Fillets, Atlantic Salmon (Bake them instead of frying); <i>Tassal</i> Pure Tasmania Atlantic Salmon; Cape Hake</p>
Fats & Oil (Use Sparingly)	<p>Any mono-unsaturated or polyunsaturated oil eg. Olive, Canola, Sunflower, Peanut, Safflower, Corn, Soya bean, Sesame, Walnut, Grapeseed. Try oil sprays for frying, roasting & greasing baking tins. <i>Avoid "Blended Vegetable Oils" without the Heart Tick (as they might contain palm oil).</i></p>
Margarine (Use Sparingly)	<p>Choose light mono or poly unsaturated margarines (trans fat less than 1%), eg Gold'n Canola Lite; Flora Light; Nuttalex lite; Olive Grove Lite; Bertolli Light; Meadow Lea Extra Light; Home Brand Canola Light; Woolworths Select Light or Extra Light. Margarines containing plant sterols that may reduce cholesterol: Proactiv Light, Logicol Extra Light; Logicol Plus Vitamins; Devondale Reduce; Nuttalex Pulse.</p>
Nuts and Seeds	<p>Any raw or dry-roasted nuts or seeds in small amounts (unsalted).</p>

Frozen or Instant Meals	<p><i>Any frozen or instant meals with less than 10% fat (best choices less than 5% fat) and lowest in sodium. Add extra salad or vegetables to increase fibre of the meal.</i></p> <p>Frozen: Mc Cain's Healthy Choice Meals; Lean Cuisine; Coles Frozen Vegetable Lasagne; Weight Watchers; Heinz Steam Fresh meals; McCain Steam Time; Lite n Easy; Sanitarium Veggie Delights Lentil Patties/Not Burgers; Four n Twenty Lite Meat Pies; I&J Lean Beefers; Papa Guiseppe's National Heart Foundation Approved Pizzas.</p> <p>Other: Kraft Quick Pasta, San Remo La Pasta; Continental Pasta and Sauce Wholegrain/ Lite or Original (made with margarine not butter); Tinned Spaghetti (Salt Reduced); Hormel Compleats; Enjoyo Meals; St Dalfour Ready to Eat Gourmet to Go meals; Leggo's Pasta Meals/ Leggo's Light and Tasty Meals; Woolworth's Traditional Lasagne; Quickcook Lasagne; Pasta Master 97% Fat Free Lasagne; Papa Aldente Shepherd's Pie. Canned meals: Tom Piper meals, Kraft Braised Steak meals, Kraft Ravioli Bolognese, Heinz Big Eat Meals; Harvest Canned Meals; Stag Canned meals; Tinned Soup (choose reduced salt varieties where possible)</p>
Savoury Snacks	<p><i>Note: most of these are occasional options due to high sodium and/or low fibre content.</i></p> <p>Plain Popcorn; Low Fat Parkers Pretzels; Rice Crackers (eg Sakata or Fantastic brand); Snakatas and Snakata Occasions; Rice Cakes; Corn Thins; Pitos; Weight Watcher's Potato Bakes; Pita Chips (home-prepared).</p>
Pastry	Filo Pastry; Spring Roll Pastry; Kataifi Shredded Pastry
Dips	Less than 10% fat: eg Chris' Lite & Fresh Tzatziki/Hommus; Black Swan Skinny Tzatziki; Philly Light Smoked Salmon Pourover; Old El Paso Salsa.
Salad Dressing	<p>Choose no or low fat dressings, mayonnaise & sauces eg:</p> <p>Dressings: Praise 99% Fat Free; Kraft Free; Woolworths 99% fat free; Salad Magic Fat Free</p> <p>Mayonnaise: Praise 97% Fat Free mayonnaise, Kraft Free; Woolworths 97% Fat Free mayonnaise</p>
Condiments	Most suitable in small amounts eg pickles, mustard, chutneys, olives.
Jams/Fruit spreads/Toppings	<p>Fruit Spreads/Jams: Cottee's Delightful Spread; Weight Watcher's Fruit Spread; St Dalfour 100% Spreadable Fruit; Charles Jacquin Fruit Spread; You'll Love Coles Jam 50% Fruit; IXL All About the Fruit; IXL 50% less sugar Fruit Spread. <i>Use ordinary jam, honey or marmalade in only very small quantities.</i> Toppings: Cottee's Light toppings, Fresh Attitude 100% Fruit Toppings; Queen No Sugar Maple Flavoured Syrup</p>
Ice-Cream	Low Fat and Lower Sugar: Dairy Bell Lite; Peters No Sugar Added Low Fat: Cadbury Light; Coles Light; Bulla Light; Peter's Light & Creamy; Golden North Diet Plus; Farmland Light; Weight Watchers 99% Fat Free; Home Brand Light; So Good Bliss (limit to 1-2 scoops)
Desserts	Diet Jelly (eg Aeroplane Jelly Lite); <i>Nestle Diet.</i> Chocolate Mousse, Crème Caramel, Fromage Frais; Nestle Blissful; Heinz 99% Fat Free Vanilla Creamed Rice (canned); Parsons Creamed Rice 98% Fat Free (canned); Yoplait Le Rice 97% Fat Free; Fruche 99% Fat Free; Paul's Low Fat Custard; Weight Watcher's desserts (custards, mousse, puddings, fruit in jelly)
Soft Drinks/Cordials	<p>Any diet or low joule drink, plain mineral/soda water or diet cordial eg. Soft Drinks: Diet Coke, Coke Zero, Diet Lemonade, Pepsi Max, Pepsi Light; Bundaberg Diet Ginger Beer; Soda Stream Sugar Free; Diet Waterfords; Home Brand Diet Flavoured Mineral Waters.</p> <p>Cordials: Bickfords Diet Cordial; Cottee's No Added Sugar Low Joule Fruit Juice Cordials; Weight Watchers Low Joule Cordial; Golden Circle Light Low Joule Cordial; Diet Rite Cordial; Bundaberg Diet Cordial; Buderim Diet Ginger/Lemon Lime Bitters Cordial; Ribena Light; Lipton Light Iced Tea.</p>
Flavoured Drink Powders	<i>Jarrah 99% Fat Free:</i> Chocolate, White Chocolate; Ovaltine Light Break; Nestle 99% Fat Free Double Blend Hot Chocolate; Weight Watchers Drinking Chocolate
Lollies & Chewing Gum	Lollies: Extra Drops; Eclipse Mints; Jols Pastilles Sugar Free; Jila Mints; Ricola Drops; Smint; Double D's Sugar Free; Licorette Sugar Free; Sweet n Low Sugar Free; Kopico Sugar Free; The Sugarless Confectionery Lollies; Lite'n Luscious. Sugar Free Gum: eg. Extra, Airwaves, Eclipse
Sweeteners	<p>Any tablet, powder or liquid sweetener, eg Splenda, Equal, Sugarine, Sugarella, Hermesetas, Nutrasweet, Sugarless. <i>Note: Sugar and other forms of sugar (eg CSR Smart, Sweetaddin and Fruisana Fruit Sugar) can be used sparingly.</i></p> <p><i>Aspartame (Equal & Nutrasweet) (951), Sucralose (Splenda) (955), Isomalt (953), Acesulphame K (950) & Alitame (956) in small amounts are considered safe during pregnancy and breastfeeding. Cyclamate & saccharin should be avoided when pregnant or breastfeeding.</i></p>

