



Navigating the Supermarket Aisles

A GUIDE TO BUYING HEALTHY PRODUCE & PRODUCTS

STEPHANIE
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NUTRITION 

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Strolling down the supermarket aisles, we are inundated with choice, some of which are healthy and many of which wreak havoc on our health. I created this Healthy Shopping Guide to help you understand how to read food labels and make more informed food choices.

Remember you don't have to be perfect 100% of the time. Leave 20% for when you are out of the home and don't have complete control over your meals and eat 80% clean when its easiest at home.

When assessing a product:

1. Do NOT rely on the food packaging claims on the front
2. Read the ingredient list first then
3. Read the Nutrition Information Panel

Navigating the Nutrition Information Panel

FAT Fats keep you satisfied and are good for you so long as you are eating the good type of fats. Look for a 0g trans fats content, and make sure the fats don't come from vegetable oils (refer to page 5) by looking at the ingredients list.

FIBRE Women require 25g of fibre per day and men require 30g a day for good health. Look for at least 3g of fibre per 100g. Products made with whole foods/grains will have significantly more fibre than those made on refined grains and starches. Fibre rich foods include fruit vegetables, legumes, beans, nuts and seeds so focus on getting it through these sources.

INGREDIENTS: These are always written in order of highest to lowest quantity, so the first few ingredients are the main ingredients. Avoid long lists, sugar, refined grains, vegetable oils, numbers and words you can't pronounce.

| Nutrition Information | | |
|--|--------------|---------------|
| Servings per package – 16 | | |
| Serving size – 30g (2/3 cup) | | |
| | Per serve | Per 100g |
| Energy | 432kJ | 1441kJ |
| Protein | 2.8g | 9.3g |
| Fat | | |
| Total | 0.4g | 1.2g |
| Saturated | 0.1g | 0.3g |
| Carbohydrate | | |
| Total | 18.9g | 62.9g |
| Sugars | 3.5g | 11.8g |
| Fibre | 6.4g | 21.2g |
| Sodium | 65mg | 215mg |
| Ingredients: Cereals (76%) (wheat, oatbran, barley), psyllium husk (11%), sugar, rice, malt extract, honey, salt, vitamins. | | |

SERVING SIZE To compare nutrients in similar food products, refer to the 'per 100g' column. To calculate how much of a nutrient, or how many kilojoules you are consuming, look at the 'per serve' column (not that you should focus on counting calories). Make sure the serving size matches your actual portion size. It most likely doesn't and their serving size is much smaller.

SUGAR Look for less than 10g, and ideally, less than 5g (about a teaspoon) of sugar/100g. This rule doesn't apply to fruit in its whole form, where natural sugars may exceed this amount but it also contains fibre which slows down the release of sugar into the body.

SALT Less than 120mg of sodium per 100g is best. Choosing unprocessed foods is the best way to avoid excess salt in the diet. Different names for salt include; Sodium, Na, Monosodium Glutamate MSG, Sodium Bicarbonate, Sodium ascorbate, Sodium Lactate, Yeast Extracts and Baking Soda.

Identifying the Health Harming Ingredients

SUGAR

When it comes to added sugar (not whole fruits), you don't need to avoid it completely and become obsessive about it, but it is definitely something you want to eat in very small amounts. There are lots of different sources/names for sugar and these can often be labeled in disguise on the ingredient list so get to know these well.

- | | |
|--------------------------------------|---------------------------------------|
| ✓ Coconut sugar | ▪ Cane sugar |
| ✓ Raw honey | ▪ Evaporated cane juice |
| ✓ Maple syrup | ▪ Molasses |
| ▪ Rice malt syrup / Brown rice syrup | ▪ Barley malt syrup |
| ▪ Sucrose | ▪ Dextrose |
| ▪ Golden syrup | X Agave syrup |
| ▪ Glucose syrup | X Corn syrup/High fructose corn syrup |
| ▪ Dextrose | X Apple/pear/fruit juice concentrate |
| ▪ Maltodextrin | |

- ✓ Best Choice
X Avoid - High Fructose

What's the problem with FRUCTOSE? It's highly addictive as it lights up our reward center in the brain. Secondly, unlike glucose which is sent throughout the entire body to be used by every cell as fuel, fructose is sent to one place only; the liver. Too much fructose than the liver can handle at one time causes it to be converted straight into fat. This can lead to several health complications such as non-alcoholic fatty liver disease, obesity and Type 2 diabetes.

SALT

Salt (aka Sodium) is a mineral that's an essential part of a balanced diet. However too much sodium can cause high blood pressure and increase your risk of heart disease. Adding a sprinkle of salt to your cooking to add flavour is absolutely ok! Avoid refined table salt which is bleached and contains other chemicals.

Choose

- Himalayan pink sea salt
- Celtic sea salt

VEGETABLE OIL

Fats are good for you, so long as you are eating the right ones. Vegetable oil may sound healthy but mostly they are derived from seeds (sunflower oil, rapeseed oil, canola oil. They are also cheap, highly processed and added to many processed foods with a long shelf life.

These oils are high in omega-6 fats which is essential to our health in small amounts however can be extremely harmful when consumed in the processed form and even more so when consumed in excess to omega-3 fats (found in oily fish like salmon, and to a lesser extent in walnuts, flaxseeds and chia) as it promotes inflammation. The issue is that there are far less sources of omega-3 fats and it's easy to eat your omega-6's in excess, especially when eating a processed diet.

These oils are also highly unstable and prone to oxidation when they come into contact with light, heat and oxygen. The manufacturing process of these oils involves a harsh extraction process that often includes high heat, bleaching, deodorising and the highly toxic solvent hexane, causing them to become rancid during the manufacturing process which is toxic and harmful to your health.

Industrial Seed & Vegetable Oils To Avoid

- X Canola Oil
- X Corn Oil
- X Rice Bran Oil
- X Rapeseed Oil
- X Soybean Oil
- X Safflower Oil
- X Peanut Oil
- X Sesame Oil
- X Cottonseed Oil
- X Peanut Oil

Choose These Instead

- ✓ Extra Virgin Olive Oil
- ✓ Avocado Oil
- ✓ Raw Coconut Oil
- ✓ Flaxseed Oil (do not heat)
- ✓ Hemp Seed Oil (do not heat)
- ✓ Ghee/Clarified Butter

Note: Small amounts in cold pressed or organic forms is ok

ARTIFICIAL INGREDIENTS

Monosodium Glutamate (MSG):

Used as a flavour enhancer particularly in Asian and snack foods so that we eat MORE. Other common names for MSG include; Flavour Enhancer, Hydrolysed Vegetable Protein, Hydrolysed Protein, Texturised Vegetable Protein, Soy Protein, Yeast Extract and Food Additive Code Numbers 621-625.

Artificial Colours:

Common ones include Tartrazine (102), Quinoline Yellow (104), Sunset Yellow (110), Indigotine (132), Brilliant Blue (133) and Green S(142).

Artificial Sweeteners: Common ones include; Aspartame, Saccharin, Sucralose and Acesulfame potassium. Products they are found in include Equal, Splenda, Coke Zero and most SUGAR FREE products. Artificial sweeteners kill the good bacteria that live in our gut which are essential for good health and are linked to a range of diseases such as Type 2 diabetes, stroke, dementia and Alzheimer's Disease.

Artificial Preservatives/Antioxidants: BHA 320, BHT 321(linked to cancer and disrupts hormones), Sulphur Dioxide and Sulphites (E220-E227; common in dried fruit), Sodium Nitrate and Sodium Nitrite (E249-E252; found in smoked meats and fish, this also adds flavour and colour).

Note: Natural preservatives, such as citric and ascorbic acid (Vitamin C), beta-carotene, and tocopherols (vitamin E) are safe.

Understanding Nutrition Claims

Reduced Fat: At least 25% less fat than the original product in the same brand, but the food may still be high in fat.

Cholesterol Free: This does not mean low fat. Cholesterol is only found in food which contains animal fats.

Fat Free: No more than 0.15g total fat/100g food but could still be high in sugar and calorie dense.

'Light' or 'Lite': This does not necessarily mean low in calories or fat etc. It may mean light in colour, lightly toasted, light in salt, light in taste.

No Added Sugar: No added refined sugars. It does not necessarily mean the food is low in sugar, because the food may be high in natural sugars (for example, fruit juices).

'Diet': Usually means artificially sweetened and highly processed

High Fibre: At least 3g of fibre per 100g

Navigating The Supermarket Aisles

FRESH PRODUCE

In an ideal world we would all be buying organic to reduce our exposure to harmful chemicals such as pesticide, by a whopping 80%! However organic isn't always available or financially viable so use following tips when buying your fresh produce.

- ✓ Choose organic if possible for the dirty dozen, the fruit and veg with the highest pesticide residues (see below)
- ✓ If you can't afford organic, wash thoroughly in water with approx. 1-2 Tbsp of apple cider vinegar which helps to remove the chemicals and remove the skins
- ✓ Shop at your local farmer's market for seasonal and affordable produce whilst also supporting your local farmers
- ✓ Choose products that are grown locally and in season to maximise nutrient density
- ✓ Buy frozen veggies to keep on hand when you haven't made it to the grocery store or freeze your own when they are cheap and in season
- ✓ Look out for 'Product of Australia' which means it must be grown, processed and packaged in Australia, ". Made In Australia means the product has been processed or assembled in Australia however could be comprised of all imported ingredients.
- ✓ Mix up your veggie choices each week to ensure you are getting variety

| The Dirty Dozen: | Clean 15 |
|--------------------|----------------|
| Strawberries | Avocado |
| Apples | Sweet Corn |
| Nectarines | Pineapples |
| Peaches | Cabbage |
| Celery | Sweet Peas |
| Grapes | Onions |
| Cherries | Asparagus |
| Spinach | Mangoes |
| Tomatoes | Papayas |
| Sweet Bell Peppers | Kiwi |
| Cherry Tomatoes | Eggplant |
| Cucumber | Honeydew Melon |
| | Grapefruit |
| | Rockmelon |
| | Cauliflower |

MEAT & POULTRY

Some key questions to consider and ask when buying your meat & poultry

- Were the cows fed anything other than grass such as grains or soy products?
- Were the animals given synthetic hormones or antibiotics?
- Were the chickens caged or free range / pasture raised?

In Australia Free Range standards are 10,000 birds/ha which is 1 bird sqm. Not really what we would regard as truly free range. However many farmers adopt better practices such as 1500 chickens/ha which is what is truly free range. This is always written on the packaging. Know where your produce is coming from.

- | | |
|---------------------------|--|
| Meat: | <ul style="list-style-type: none"> ✓ Best Choice: Organic, grass fed and finished meat which has no added hormones or antibiotics. X Avoid grain fed meat with added hormones or antibiotics |
| Chicken & Eggs | <ul style="list-style-type: none"> ✓ Best Choice: Organic pasture raised chickens less than 1500 chickens/ha ✓ Avoid grain fed caged chickens with added hormones or antibiotics X Don't be fooled by "cage free", "vegetarian fed", "all-natural", "farm fresh" or "no added hormones". X Liquid, pre-cooked & powdered eggs |

DAIRY & SUBSTITUTES

- | | |
|---------------|--|
| Yogurt | <ul style="list-style-type: none"> ✓ Best Choice: Plain, full fat natural or Greek yoghurt that contains 2 ingredients; whole milk and live cultures or an all-natural coconut yoghurt for a dairy free option X Added sugars or artificial sweeteners such as sucralose X Thickeners such as milk protein concentrate or milk solids, watch out for these particularly in Greek yoghurt varieties which are used as a thickener X Yoghurt that contain fruit already mixed through or flavours. Flavour naturally with fresh fruit, nuts, cinnamon or vanilla powder |
| Milk | <ul style="list-style-type: none"> ✓ Best Choice: Grass fed whole milk, goat milk or an unsweetened organic and raw nut milk such as almond, macadamia or coconut milk X Grain fed skim milk X Contains carrageenan, a thickening agent commonly found in nut milks which can cause intestinal damage and inflammation |
| Cheese | <ul style="list-style-type: none"> ✓ Best Choice: Un-shredded organic and raw cheese, especially white cheese such as feta, goats and sheep's milk cheeses X Anti-caking additives such as cellulose X Vegetable oil used for a longer shelf life or to create a smoother consistency X |
| Butter | <ul style="list-style-type: none"> ✓ Best Choice: Organic grass fed unsalted butter or Ghee (clarified butter without the milk proteins) X Softened butter with added vegetable or canola oil X Butter from grain fed cows X Margarine |

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FISH & SEAFOOD

Questions:

- Was the fish farm raised. If so under what conditions?
- Do the fish farmers use sustainable practices?
- Is the fish rated high in heavy metals and mercury?
- Was the fish dyed with any artificial colours?
- Are there any added sugars or artificial flavourings?
- Where is the fish from? Is it local or imported frozen?

Guideline

- ✓ When possible choose wild caught and locally sourced fish/shellfish including salmon, trout, haddock, mackerel, oysters, king crab, and mussels.
- ✓ NZ farmed salmon is my preferred source such as Mt Cook & Ora King Salmon. This is good quality, sustainable and acceptable to eat
- ✓ If using canned tuna look for wild caught, spring water packed, BPA free, "poll & line" or "troll-caught"
- ✓ Choose canned tuna or salmon In spring water or extra virgin olive oil
- X No added salt, soy, vegetable or vegetable/seed oils such as canola oil or sunflower oil.

Wild caught local Australian fish & Shellfish

- | | | |
|----------------------------------|------------------------|----------------------|
| - Whiting | - Australian Salmon | - Southern Calamari |
| - Flathead | - Blue Swimmer Crab | - Tailor |
| - Red Emperor | - Eastern Rocklobster | - Western King Prawn |
| - Sea Mullet / Yellow Eye Mullet | - Octopus | |
| - Yellowfin Bream | - Patagonian Toothfish | |
| - Spanish Mackerel | - Saucer Scallop | |

Most Polluted countries for Fish: China, Indonesia, Vietnam, Thailand, Philippines.

Highest Mercury & Heavy Metal Content

- X Swordfish
- X King Mackerel
- X Bluefin Tuna
- X Chilean Sea Bass

Highest Sources Of Healthy Omega-3 Fats

- ✓ Sardines
- ✓ Salmon
- ✓ Herring
- ✓ Mackerel
- ✓ Black cod
- ✓ Rainbow trout

For more information on sustainable seafood visit <https://www.sustainableseafood.org.au>

BREAD, CEREAL & GRAINS

Guidelines

- ✓ **Best Choice:** Organic gluten free wholegrains such as buckwheat flour or paleo style bread made on nut and seed flours. If wheat based choose an organic unbleached whole grain flour or sprouted grain bread.
- ✓ A short list ideally containing flour, water, yeast & salt
- X Breads/cereals that contain wheat flour which is refined, added sugars (e.g. molasses), milk solids and preservatives
- X If choosing a gluten free bread, make sure it doesn't contain too much tapioca flour which is high GI
- X Doesn't contain vegetable oils such as canola oil
- X A long list of ingredients

Best Flours

- | | |
|----------------------------|----------------------------------|
| ✓ Buckwheat (GF) | ✓ Flaxseed Flour / Meal (GF) |
| ✓ Spelt Flour | ✓ Oat Flour (GF) |
| ✓ Coconut Flour (GF) | ✓ Sprouted / Organic Whole Wheat |
| ✓ Almond Flour / Meal (GF) | Flour |

GF = Gluten Free

Popular brands of breads with the highest amounts of bad fats

- X Burgen Soy-Lin
- X Burgen Wholemeal & Seeds
- X Burgen Grains With Barley
- X Tip Top 9 Grain Pumpkin Seeds
- X Tip Top 9 Grain Wholemeal

Popular brands of breads with the highest amounts of sugar

- X Tip Top Up White Lower GI
- X Tip Top Up Wholemeal Omega 3
- X Burgen Grains With Barley
- X Woolworths White
- X Tip Top The One
- X Tip Top Up White + 25% Multigrain

BAKING

Sweeteners: Avoid refined or processed sugars such as white table sugar or equal

Top Choices: Coconut Sugar, Raw Honey, Maple Syrup, Pure Organic Stevia, Pure Stevia Leaf, pure Monk Fruit extract

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Oils: Look for Extra Virgin, Raw, Cold Pressed and Unfiltered Oils

Top Choices: Extra Virgin Olive Oil, Coconut Oil, Avocado Oil, Ghee

Spices: Look out for any Added Sugar, Salt or Bulking Agents. Should be 100%

Top Choices: Unrefined Sea Salt. 100% dried spices. Aluminum free baking powder.

CONDIMENTS & PANTRY ITEMS

Many supermarket bought sauces and condiments are loaded with salt and sugar. Sugar is the primary ingredient on most commercial 'savoury' sauces. Why? Because sugar triggers your pleasure centers in the brain and its addictive. Therefore they need to balance out the sweetness with lots of salt.

- ✓ **Choose:** RAW, organic when possible, free of refined sugars, flavors, colouring and best stored in glass jars instead of plastic.
- ✓ **Avoid:** Added sugars, artificial flavours and colours, added vegetable or industrial seed oils such as canola oil, thickeners & MSG

The sugar content of common commercial sauces

- X BBQ 48-55%
- X Hoi Sin 50%
- X Sweet Chilli 43-49%
- X Tomato sauce / ketchup 25%
- X Worcestershire \$15-36%

NUTS & SEEDS

- ✓ Choose raw, unsalted, sugar free and no added vegetable oils to both nuts and nut butters
- ✓ Choose packaged nuts and once opened store in the fridge in a air tight container to prevent them from going rancid
- X Avoid bulk self-serve nuts which are prone to turning rancid due to exposure to heat and oxygen

SNACKS

Checklist

- X Does it contain words you can't pronounce
- X Does it have artificial flavours or colours
- X Does it contain hidden sources of MSG
- X Does it have refined flour or refined sugars
- X Does it contain industrial seed or vegetable oils?

Guidelines for choosing a healthy snack or protein bar:

- ✓ **Buzz Words:** Natural, no added sugar, free of artificial flavours and colours
- ✓ **Sugar:** Less than 10g per 100 grams

- ✓ **Protein:** More than 10g per 100 grams
- ✓ **Fibre:** At least 3g per serve
- ✓ **Sodium/salt:** Less than 120mg per 100 grams
- ✓ **Fat:** 5-10g per 100g to keep you satisfied

BEVERAGES

Questions:

- X Does it have artificial colours?
- X Does it contain processed sugars or artificial sweeteners?
- X Does it contain juice made from concentrate?

Best Picks:

- ✓ **Coffee/Tea:** Organic and Fair Trade
- ✓ **Water:** Glass bottled spring water. Avoid flavoured waters and excessive drinking from plastic bottle which are toxic and can cause hormone imbalances and increase your cancer risk
- ✓ **Coconut Water:** Choose raw (not heated) and organic
- ✓ **Nut Milks:** Unsweetened Non-GMO, avoid carrageenan
- ✓ **Juice:** Minimise fruit juices which are high in sugar however when drinking it choose organic, not from concentrate, no added Sugars, flavours or colours

FERMENTED FOODS

Fermented foods are a great source of probiotics. Probiotics are beneficial bacteria that help digest and absorb our food, support our immune system, keeps us regular and support a healthy mood. Eating probiotic rich foods regularly ensures you maintain a healthy balance of gut bacteria which keep you healthy.

Sauerkraut & Kimchi

- ✓ Raw and fermented. Must be refrigerated. Ingredients should be only cabbage, salt and whatever vegetables are used and sometimes a "starter culture"
- X Should not contain vinegar

Kefir (fermented dairy product)

- ✓ Ingredients should be milk, ideally full fat with live cultures. Buy plain kefir and add your own flavourings and sweeteners.
- X Preservatives and sweeteners, flavour enhancers, thickeners and stabilisers.
- X Should not contain milk powder

Kombucha

- ✓ Raw or unpasteurised with small amounts of sugar to support the fermentation process

ADDITIONAL SHOPPING TIPS

- Stick to the perimeter of the supermarket. Fresh produce and minimally processed foods are usually located on the outside with the more processed foods on the inside aisles
- Don't keep junk food in the house. If it's not there you won't be tempted to eat it
- Keep a shopping list on your phone or on the fridge to keep track of items that run out. I like to use the app Wunderlist.
- Don't be fooled by low calorie or fat free foods. These are often highly processed and empty calories that are depleted of nutrients
- Freeze your leftovers food, fruit or veg to avoid them going to waste
- Eat REAL FOOD

My Shopping List & Product Picks

FRESH PRODUCE

- ☐ All Fruit & veg (ideally organic for the dirty dozen)
- ☐ Fresh herbs

BREADS & WRAPS

- ☐ Wholegrain/multigrain breads: *Pure Life Bio-Dynamic Sprouted Bread, Healthy Bake, Bill's Certified Organic Health Bakery, Sonoma Wholemeal Bread, Good quality wholegrain bread from your local bakery*
- ☐ Gluten Free Bread: *Naturis Buckwheat Loaf, Paleo Bread, Rice Loaf, Lo-carb Bread, Nonies Gluten Free Bread*
- ☐ Wraps & Tortillas: *Mountain Bread Wraps, Sunfoods Super Foods Coconut Wraps, La Tortilleria Corn Tortillas, Mattys Pizza Bases (gluten free options available)*

BREAKFAST CEREALS

- ☐ Steel cut or whole rolled oats (avoid instant or quick varieties) *GF Oats Australia, Uncle Toby's Traditional Oats or Ancient Grains, Macro Organic Quick Oats, Lowan Wholegrain Oats*
- ☐ Muesli, natural, raw, untoasted: *Food For Health Liver Cleansing Muesli, Carmen's Original Fruit Free Muesli, Brookfarm Natural Muesli, Make your own mix with nuts, seeds whole rolled oats*

BAKING

- ☐ Spelt flour
- ☐ Nut flours; almond
- ☐ Coconut flour
- ☐ Oat flour
- ☐ Baking soda
- ☐ Coconut Flakes
- ☐ Raw Cacao
- ☐ Coconut Sugar
- ☐ Raw Honey
- ☐ Pure Maple Syrup
- ☐ Xylitol (may cause digestive upsets),
- ☐ Pure monk fruit extract: *Julian Bakery (iherb)*
- ☐ Pure organic stevia leaf extract

PROTEIN

- ☐ Chicken; Organic Free Range
- ☐ Meat; Grass Fed & Finished: *1888 Butcher Double Bay, The Meat Store Bondi Junction, Organic Meats Online*
- ☐ Fish & Shellfish; ideally wild and local; *Mt Cook Salmon – Costi's Seafood, Woolahra, King Ora Salmon, NZ salmon from The One That Got Away*
- ☐ Wild tinned fish in extra virgin olive oil or springwater: *Serena Lite Tuna, GOOD FISH*
- ☐ Eggs - Organic pasture-raised: *Southern Highlands Organic Eggs (Wollies), Mulloon Creek Biodynamic Free Range (Harris Farm)*
- ☐ Eggs - Free range: *Holbrook Paddock Grass Fed Free Range, Sunny Queen, McLean Run,*
- ☐ Tempeh – non GMO
- ☐ Protein Powders - Plant Based: *Thompson Hemp powder, Nuzest Clean & Lean protein, Sun Warrior,*

DAIRY & DAIRY SUBSTITUTE

- ☐ Yoghurt – Cows, natural, unsweetened
5am Organics unsweetened natural yoghurt, Jalna Pot Set/BioDynamic Organic Whole Milk Yoghurt, Elgaar, Marook Farm cow's, Paris Creek Cow's Yoghurt, Barambah Organics, Danone YoPro 15g protein yoghurt, Chobani Plain
- ☐ Milk/Cream/Sour Cream: *Country Valley Premium, Barambah Organics, Paris Creek,*
- ☐ Butter; Organic or Grass Fed: *Mainland Organic Butter, Pepe Seya, Paris Creek, Westgold, Woolworths HomeBrand (grass fed), Organic Times, Myrtleford Cultured Butter, Ashgrove Butter, King Valley Dairy Butter, True Organic*
- ☐ Ghee - butter without milk solids (clarified butter) *Pepe Seya*
- ☐ Goats / Sheep's Milk Yoghurt & Cheese
Meredith Dairy
- ☐ Kefir
- ☐ Coconut Yoghurt; unsweetened natural:
Coyo
- ☐ Unsweetened Nut Milks (coconut, almond, macadamia: *Inside out, Almo, Nutty Bruce (does contain rice syrup)*)
- ☐ Cheese - Cottage Cheese, Quark, Feta Cheese, Goats Cheese, Mozzarella, Ricotta: *Nimbin Natural Cheese, Vikings Organic Sheep's feta, Barambah Organics, Meredith Dairy, Paris Creek*

SNACK FOODS

- ☐ Nuts; Almonds, Cashews, Walnuts, Pistachios, Brazil Nuts, Pecans
- ☐ Seeds; Chia Seeds, Flax Seeds, Hemp Seeds, Sesame Seeds, Sunflower Seeds, Pumpkin Seeds
- ☐ Dried fruit; no added sugar, vegetable oil and Sulphur free
- ☐ Trail Mix: *Macro Foods Tamari Nibble Mix*
- ☐ Crackers: *Ryvita Multigrain Fine Fettle Baked Flats, Mary's Gone Crackers, , Sun Rise Rice Thins – unflavoured, Spiral Foods Rice Crackers*
- ☐ Muesli Bars: *Carmen's - Original Fruit Free Muesli Bar*
- ☐ Bars: *Table Of Plenty - Veggie Savoury Protein Crunch, The Health Food Guys - Raw Protein Bars, Tom & Lukes; Super Slice Bars, Blue Dinosaur Paleo Bars, Koja Natural Protein Bars*
- ☐ Balls & Bites: *The Health Lab Protein Balls, Tom & Lukes Snackballs, Blue Dinosaur Paleo Bites, Clean Treats Factory*
- ☐ Chips: *Boulder Canyon Organic Kettle Potato Chips*

DIPS, SPREADS & REFRIGERATED ITEMS

- ☐ Hummus – made with olive oil: *Pilpel, Yulla, Homemade ([my recipe from my website](#))*
- ☐ Kimchi
- ☐ Sauerkraut: *The Goods*
- ☐ Prepared Meals: *Healthy Everyday By Pete Evans (Woolworths)*
- ☐ Organic Bone Broth: *Undivided Food Co GOOD BONES*

CONDIMENTS

- ☐ Extra Virgin Olive Oil: *Colbren Estate*
- ☐ Flaxseed Oil (no not heat & keep refrigerated)
- ☐ Hemp Oil
- ☐ Cold Pressed Avocado Oil
- ☐ Raw Coconut Oil
- ☐ Wheat free tamari
- ☐ Unfiltered apple cider vinegar that contains 'The Mother': *Briggs*
- ☐ Sea salt (Himalayan pink or Celtic)
- ☐ Fresh & Dried Spices
- ☐ Natural Sweeteners (dark-liquid stevia, coconut sugar, maple syrup, raw honey, rice malt syrup)

- ☐ Miso paste: *Meru Miso*
- ☐ *Tamari*
- ☐ *Coconut aminos*
- ☐ Dijon mustard
- ☐ Wholegrain mustard
- ☐ Tomato Paste
- ☐ Tomato passata (in a glass jar)

- ☐ Ponzu sauce
- ☐ Balsamic vinegar
- ☐ White wine vinegar
- ☐ White vinegar
- ☐ Mayonnaise: *Undivided Food Co GOOD FAT MAYO*, *Primal kitchen (iherb)*
- ☐ Pickles

PANTRY ITEMS

- ☐ Lentils
- ☐ Peas; black-eyed or split
- ☐ Gluten containing fours, wholewheat sprouted flour, spelt flout
- ☐ Cannellini, Lima
- ☐ Chickpeas & Chickpea pasta
- ☐ Mung bean pasta
- ☐ Whole rolled oats
- ☐ Rice: Brown or Wild
- ☐ Rice vermicelli noodles
- ☐ Quinoa
- ☐ Millet

- ☐ Gluten free flours; teff Flour, buckwheat flour, oat flour, almond meal, coconut flour
- ☐ Beans e.g. Kidney, Black, Mung,
- ☐ 100% Buckwheat; pasta, noodles
- ☐ Amaranth
- ☐ Konjac noodles; Slendier
- ☐ Raw/Natural Nut Butter; Almond, Peanut: *Pics, Bega 100% nuts natural peanut butter, Mayver's Peanut Butter*
- ☐ Seed spreads, Unhulled Tahini

SUPERFOODS

- ☐ Acai berry (powder/frozen)
- ☐ Bee pollen
- ☐ Cacao nibs
- ☐ LSA mix – Linseed, sunflower, almond meal

- ☐ Maca powder
- ☐ Matcha Powder
- ☐ Psyllium husk
- ☐ Raw cacao powder
- ☐ Spirulina

FREEZER

- ☐ Frozen Organic Berries; *Oob*
- ☐ Frozen Vegetables
- ☐ Coconut Ice cream: *Coyo*

BEVERAGES

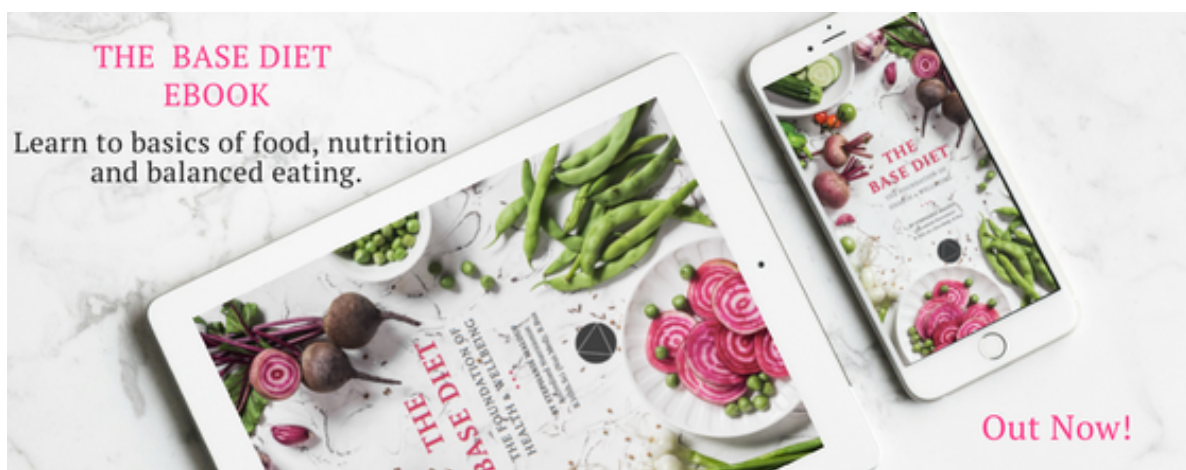
- ☐ Kombucha: *Remedy*
- ☐ Coconut Water, raw with no added sugar
- ☐ Caffeinated Teas: English breakfast tea, chai tea, green tea
- ☐ Herbal tea (caffeine free): chamomile, ginger, dandelion, liquorice, nettle, &
- ☐ peppermint, cinnamon, roasted dandelion root.
- ☐ Water: *Pureau non-toxic packaging*
- ☐ Soft drinks: *Naked Life Sparkling, Nexba,*

About Stephanie Malouf

Stephanie Malouf is an Accredited Nutritionist with a Bachelor's Degree in Health Science. Stephanie has always had a love for food and cooking but her passion in health and nutrition came about during her years working in the corporate world, first completing a business degree and working in a number of jobs both locally and in New York. Working long hours and putting her health on the back burner, Stephanie started to experience imbalances that manifested as eczema, headaches, food intolerances and a number of gastrointestinal problems.

In a desperate attempt to feel better, Stephanie delved into her own research in health and nutrition and then went on to complete a Bachelor of Health Science (Nutritional Medicine). It is now her mission to use this knowledge to educate people so that they can take control of their health and live a full life.

Stephanie offers a range of nutrition services including one-on-one consultations both in person and via Skype. For more information visit www.stephaniemalouf.com.au or contact Stephanie via info@stephaniemalouf.com.au.



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Stephanie Malouf Nutrition

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