

Supermarket Safari Notes

Cereals

The front of the cereal box shows:

- manufacturer
- product name
- and often a health claim



Nutri Grain claims to be one of the highest protein cereal. This claim can only be used if it can be substantiated.

Sugar

Will appear as many names under ingredients - anything ending in - ose (sucrose, dextrose, maltose etc.), sugar, golden syrup molasses, honey etc.

Having the different names spread across the ingredient list gives the impression it has less sugar.

Cereals that are very high in sugar include Nutri Grain, Crunchy Nut Cornflakes, Milo, Honey Puffs, Coco Pops and Uncle Toby Oats (flavoured sachets).

Traditional Oats are just as healthy as Quick Oats.

Do not choose a cereal with added sugar - dried fruit has more sugar than fresh fruit, so add a banana or berries to your cereal instead.

Look for a cereal with **less than 10g of sugar per 100g serve**, but if there is dried fruit in the cereal, it is acceptable to choose a product that contains up to 20g sugar.

Fat

Look for cereals with **8g or less per 100g serve**.

Carmen's Bircher Muesli contains 17g of fat, however, this is because it contains oats and nuts which naturally contain healthy fats. It is important to limit the serving of muesli to ¼ cup.

Toasted muesli is sprayed with oil and then toasted. You can easily toast your own natural muesli in the oven without oil. Just scatter over an oven tray and toast in a moderate oven for 10-15 minutes.

Goodness Superfoods Barley Clusters – the nuts contribute to the overall fat content but it also contains resistance starch which is vital for ensuring a healthy gut.

Fibre

Choose a cereal with more than **6g fibre per 100g serve**.

If you would like to include additional fibre look at using psyllium husk (no more than 1 tablespoon)

GI Rating up to 50 is low (this is ideal as it keeps you feeling fuller for longer)

51-70 medium GI

71 + high GI

Sodium

A cereal like Be Natural Mini Bites has only 5mg of salt while Rice Bubbles has 415mg. Always check the sodium content of food.

When looking for your cereal, remember that companies pay more for their product to be well-placed.

Julie's Top Cereal Choices

1. Weetbix
2. Porridge
3. Barley Clusters (Goodness Superfoods) / Barley + (Freedom Foods)

Bread

Sodium

Salt in bread can be high - make sure to select bread with 400mg of sodium or less per 100g serve.

Mission wraps contain up to 900mg of sodium and they can be high in fat too.

Barley+ wraps are the best - but also the most popular, so often sell out as soon as they are restocked on the shelves. Get in quick or buy a few and freeze them.

Fibre

Burgen breads are some of the highest fibre breads available, as is the Wholemeal wholegrain varieties by Helga's.

Sourdough is a great choice of bread and the authentic sourdough has a low Glycemic Index. While the white sourdough is not as high in fibre, it is still a reasonable choice.

Multigrain is similar to white bread but with added grains. Try and choose a whole grain wholemeal – a great choice for your gut.

One pita pocket equates to 3 slices of bread, so make your choice wisely.

Crumpets are a good breakfast or snack, it's just the toppings that you need to be mindful of. Think banana and peanut butter, avocado and Vegemite or an egg. They are also good as pizza bases.

Crackers

Fat content in crackers can range from 0.2 g for Rice crackers up to 22.4 g for Shapes.

Shapes claim to be oven baked not fried, however, they are still very high in saturated fat. Jatz and Premium crackers are also high in fat.

Sodium - can be high in crackers - look for products that contain 400mg or less per 100g.

Serving size depends on the cracker but if using as a basis for lunch, consume the amount that is equivalent to two slices of bread. If for a snack, the amount equivalent to 1 slice of bread is a good portion size.

Vitaweat and Ryvita crackers have slightly more fat than 8g per 100g serve because they are wholegrain. Four Ryvita or eight Vitaweats (rectangular) = two slices of bread.

Milo

2 teaspoons with milk or water + milk is perfectly ok as a snack. A good substitute for a sweet treat after dinner.

Oil

Oil is 100% fat, so control intake and choose wisely.

Oils such as coconut, grape seed and rice bran are best at high heat. The chemical structure of can change when heated.

If you have high cholesterol try and oils that are high in saturated fat.

When choosing your oil, look for one with mainly poly and mono fats, rather than saturated.

Macadamia and Avocado oil contain healthy fats and work well in salad dressings.

Tuna

Mercury is prevalent in big fish such as tuna, however, you should only need to monitor your intake if pregnant.

Tuna in oil, brine or spring water - comes down to preference and the fat content differs depending on which liquid the tuna is tinned in.

Rice

Basmati and Doongara rice have the lowest glycemic index. The microwave pots are a great choice for a convenient healthy lunch on the go. Pair it with a tin of tuna and some vegetables and you have a super quick meal.

Milk

There are three categories of milk - full cream, hilo and skim. Full cream milk only contains 4g of fat per 100g which means that it is not a high fat food, although the calcium is higher in the lower fat milks. There is no sugar added to any plain milks.

Yoghurt

It is important to look out for sugars in yoghurt. Avoid flavoured yoghurt and add fruit. It is a much better option to add a small banana or handful of fresh or frozen berries to your serve.

Cheese

Regular cheddar contains 35% fat, reduced fat cheddar contains 25% fat and feta and Parmesan also contain approximately 25% fat.

My pick : Bega reduced fat Vintage cheddar is a very tasty cheese.

40g of cheese = 1 serving (the size of a regular matchbox)

White cheese such as ricotta and cottage cheese are lower in fat, great in dips and good filler/binders in foods such as meatballs.