

Heart Foundation

Buyer's Guide

2008



For managers of remote
Indigenous stores and takeaways



July 2008
A resource developed as part of the Remote
Indigenous Stores and Takeaways Project

Acknowledgements

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Heart Foundation Buyer's Guide for managers of remote Indigenous stores and takeaways



The development of this guide was funded by the Remote Indigenous Stores and Takeaways (RIST) Project. RIST is jointly funded by the Australian Government and governments of Queensland, Northern Territory, Western Australia, South Australia and New South Wales. The aim of the RIST project is to improve access to healthy food in remote Indigenous community stores and takeaways.

The Heart Foundation, established in 1959, is a charity with a mission to reduce the suffering and death from heart, stroke and blood vessel disease in Australia. The cardiovascular health of Aboriginal and Torres Strait Islander communities and access to healthier food choices are priority focus areas for us. We were funded by RIST to investigate the way food reaches remote Indigenous stores and takeaways in order to make it easier for healthier foods to be made available. A key part of this project was the development of this Guide under the guidance of the RIST Steering Committee.

This Guide is for use by managers and owners of remote Indigenous stores and takeaways to help identify and order healthier food choices. We would encourage you to stock the foods and drinks included in this Guide as they are healthier choices within each of their categories. All foods and drinks in this Guide have either:

- earned the Heart Foundation Tick or;
- are eligible for the Tick or
- met provisional criteria developed specifically by the Heart Foundation Tick for this Guide.

The Heart Foundation makes no claims in relation to the foods mentioned in this Guide being beneficial for managing heart disease.

Food and drinks have been broadly grouped into two sections — foods to be promoted for 'Everyday' consumption, that should make up the bulk of the foods that you stock and foods to be promoted for 'Sometimes' consumption. Foods and drinks in the 'Sometimes' section are okay for most people to have once in a while but not everyday. As such we would recommend minimal stocking of these products.

We intend that this Guide will make healthier choices easier. This is not an exhaustive list. There may be other food and drinks that fit into the different categories but are not listed here. If you are aware of a product that might be suitable please contact us. As we plan to update the Guide every year your feedback on the Guide, its contents and how useful it has been is essential.

Contact details and feedback to:
Heart Foundation 1300 36 27 87
www.heartfoundation.org.au

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'Everyday' Foods

The foods and drinks in the 'Everyday' list are the foods that keep us healthy. These foods are good sources of vitamins and minerals, and most of them are lower in fat, salt and sugar and provide fibre.

Some foods in the 'Everyday' list are high in fat, such as the oils and margarine spreads. These brands are included because they have healthier types of fats.

It is important not to have too much of any food or drink, even if it is healthy. The Australian Guide to Healthy Eating¹ has more information about what kinds of foods are healthy and how much different people need.

¹ The Australian Guide to Healthy eating can be downloaded from <http://www.health.gov.au/internet/main/publishing.nsf/Content/health-publth-strateg-food-recommend.htm>

Foods to be promoted for 'Everyday' consumption

	Brand	Product	Size
GRAINS AND CEREALS			
Biscuits - savoury	Kavli	Crispy Thin Crispbread	150g
		Golden Rye Crispbread	150g
		Hearty Thick Crispbread	150g
	Ryvita	Multigrain Wholegrain Rye Crispbread	250g
		Original Wholegrain Rye Crispbread	250g
	Sunrice	Thick Sliced Original Rice Cakes	120g
		Thin Mixed Grain Rice Cakes	150g
		Thin Original Rice Cakes	150g
		Thin Rice & Corn Rice Cakes	150g
	Vive Lites	Wholemeal Crispbread	220g
Bread Loaves and Rolls	Helgas	Sunflower Honey and Oat Bread	750g
	Mighty Soft	Multigrain Sandwich	650g, 700g
		Wholemeal Sandwich	650g, 700g
		Wholemeal Thick	650g
	Molenberg	Energy Plus	750g
		Sandwich Grain	750g
		Toast Grain	750g
		10 Grains and Seeds	750g
	Noble Rise	Soy Linseed	850g
		Wholemeal Sandwich	850g
		Wholemeal and Grain Sandwich	850g
	Territory	Hi-Fibre Thick White Sandwich (NT only)	700g
	Tip Top	Up Energi White Sandwich	700g
		Up Energi White Toast	700g
	Wonder	White Low GI	700g
		Performance with Wholegrain Sandwich	700g
		Plus Omega Sandwich	700g
		Sandwich	700g
		Toast	700g
		Wholemeal + Iron Sandwich	700g
	You'll Love Coles	Everyday White	700g
Raisin		600g	
Everyday Multigrain		700g	
Breakfast Cereals	Black & Gold	Oat Bran	375g
		Toasted Muesli	1kg
		Tropical Muesli	750g
		Wheat Biscuits	750g
	Kellogg's	All-Bran	350g, 655g
		All-Bran Tropical	450g

Foods to be promoted for 'Everyday' consumption

	Brand	Product	Size
GRAINS AND CEREALS			
Breakfast Cereals	Kellogg's	All-Bran Wheat Flakes	420g
		All-Bran Wheat Flakes Honey Almond	550g
		Guardian	480g
		Just Right Berry & Apple	460g
		Just Right Original	560g, 950g
		Mini-Wheats 5 Grains	470g, 765g
		Mini-Wheats Fruit Filled Blackcurrant Flavour	360g
		Mini-Wheats Golden Honey	370g
		Mini-Wheats Whole Wheat	270g
		Sultana Bran	500g, 880g
		Sultana Bran Crunch	580g
	Sanitarium	Light 'n' Tasty Apple & Cranberry	580g
		Light 'n' Tasty Apricot	620g
		Light 'n' Tasty Mango & Passionfruit	600g
		Light 'n' Tasty Triple Berry	620g, 900g
		Weet Bix Fruity Apricot	525g
		Weet Bix Fruity Wild Berry	525g
		Weet Bix Kids	375g
Weet Bix Original	500g, 750g, 1kg		
Uncle Toby's	Bran Plus	525g	
	Healthwise - Bowel and Digestive System	420g	
	Healthwise - Heart and Circulatory System	510g	
	Healthwise - Women 40+	410g	
	Oat Brits	500g, 1kg	
	Plus Fibre Mix	525g, 800g	
	Plus Muesli Flakes	475g, 750g	
	Plus Sports Lift	475g, 670g	
	Shredded Wheat	280g	
	Vita Brits	375g, 750g, 1kg	
	Vita Weeties Fruit n Nut	575g	
	Vita Weeties Original	250g, 500g, 750g	
Flour	Jackaroo	Fortified Plain Flour	5kg, 10kg
	White Wings	Wholemeal Flour	1kg
		Wholemeal Self-Raising Flour	1kg
	You'll Love Coles	Wholemeal Plain Flour	1kg
Oats	Black & Gold	Quick Cooking Oats	1kg
		Rolled Oats	1kg
	Uncle Toby's	Quick Oats	500g, 1kg
		Traditional Oats	500g, 1kg

Foods to be promoted for 'Everyday' consumption

	Brand	Product	Size
GRAINS AND CEREALS			
Pasta, Rice and noodles	Barilla	All varieties of plain dry pasta (no sauce)	
	Black & Gold	All varieties of plain pasta, rice and noodles (no sauce)	
	Changs	Egg Noodles	200g
	Kantong	Inspirations Udon	440g
	Riviana	All varieties of plain rice (no sauce)	
	San Remo	All varieties of plain dry pasta (no sauce)	
	SunRice	Doongara CleverRice	750g
		All other varieties of plain rice (no sauce)	
	Uncle Ben's	All varieties of plain rice (no sauce)	
	Vetta	All varieties of plain dry pasta (no sauce)	
	Wokka	Shelf Fresh Noodles Golden Hokkien	440g
		Shelf Fresh Noodles Singapore Style	440g
		Shelf Fresh Noodles Thin Egg Style	440g
		Shelf Fresh Noodles Thin Hokkien	440g
		Shelf Fresh Noodles Udon	440g
	Zafarelli	All varieties of plain dry pasta (no sauce)	
Pasta - processed	SPC	Salt Reduced Canned Spaghetti	140g, 220g, 440g
FRUIT, VEGETABLES AND LEGUMES			
Beans (legumes) – canned	Black & Gold	3 Bean Mix	420g
		Edgell	Chick Peas
	Edgell	Four Bean Mix	300g, 420g, 750g
		Red Kidney Beans	300g, 420g, 750g
		Heinz	Baked Beans in Tomato Sauce
	Baked Beans No Added Salt		130g, 420g
	Baked Beans Salt Reduced		130g, 420g
	SPC	Baked Beans Salt Reduced	220g, 425g
Beans (legumes) – dried	McKenzies	All varieties	
	Natures Selection	All varieties	
	Surprise	All varieties	
	Trumps	All varieties	
Fruit - canned	Admiral	Sliced Mango in Natural Juice	800g
	Golden Circle	Fruit Salad in Natural Juice - Chunky	440g, 825g
		Fruit Salad in Natural Juice - Island	440g, 825g
		Fruit Salad in Natural Juice - Mango Twist	440g, 825g
		Fruit Salad in Natural Juice - Traditional	440g, 825g
		Sliced Pineapple in Juice	440g, 825g
	Goulburn Valley	Apricot Halves in Natural Juice	410g, 825g, 1kg
		Fruit Salad in Natural Juice	410g, 825g, 1kg

Foods to be promoted for 'Everyday' consumption

	Brand	Product	Size
FRUIT, VEGETABLES AND LEGUMES			
Fruit - canned	Goulburn Valley	Pear Halves in Natural Juice	410g, 825g, 1kg
		Sliced Peaches in Natural Juice	410g, 825g, 1kg
		Two Fruits in Natural Juice	410g, 825g, 1kg
	SPC	Apricot Halves in Natural Juice	410g
		Diced Two Fruits in Natural Juice	825g
		Pear Halves in Natural Juice	410g
		Sliced Peaches in Natural Juice	825g
	Weight Watchers	Tropical Fruit Salad in Natural Juice	825g
		Fruit Salad (No Added Sugar)	400g
		Sliced Peaches (No Added Sugar)	400g
Fruit - dried	Angas Park	All varieties	
	Black & Gold	All varieties	
	Robern	All varieties	
	Sunbeam	All varieties	
	Sunsol	All varieties	
	Trumps	All varieties	
Fruit - fresh	All fresh fruit		
Vegetables – canned	All canned vegetables with a preference for no added salt varieties		
	Annalisa	Diced Tomatoes	400g
		Whole Peeled Tomatoes	400g
	Ardmona	Chopped Tomatoes No Added Salt	810g
		Whole Peeled Tomatoes No Added Salt	400g
	Black & Gold	Diced Tomatoes	400g
		Whole Peeled Tomatoes	810g
	Classic Asian	Shiitake Mushrooms	400g
		Straw Mushrooms	400g
	Edgell	Corn Kernels No Added Salt	420g
		Super Sweet Corn Kernels	420g
	Greenland	Bamboo Shoots	227g
		Water Chestnuts Sliced	227g
		Water Chestnuts Whole	227g
	La Gina	Italian Diced Tomatoes	400g
		Italian Whole Peeled Roma Tomatoes	400g
	SPC	Whole Tomatoes	400g
	Trident	Bamboo Shoots	190g
		Bean Sprouts	190g
		Water Chestnuts	190g
	Val Verde	Diced Italian Tomatoes	400g, 800g
		Diced Italian Tomatoes with Capsicum and Onion	400g
		Diced Italian Tomatoes with Oregano and Basil	400g
Peeled Italian Tomatoes		400g, 800g	

Foods to be promoted for 'Everyday' consumption

	Brand	Product	Size
FRUIT, VEGETABLES AND LEGUMES			
Vegetables - dried	McKenzies	Dried Peas	375g
	Surprise	Dried Peas	500g
Vegetables - fresh	All fresh vegetables		
Vegetables - frozen	Birdseye	Baby Beans	500g
		Broccoli Florets	500g
		Chopped Onions	500g
		Corn Cobs	1kg
		Country Harvest (All varieties)	1kg
		Garden Peas	500g
		Mint Peas	500g
		Sliced Green Beans	500g
		Steam Fresh (All varieties)	1kg
		Stir-Fry Cantonese	500g
		Stir-Fry Malaysian	500g
		Stir-Fry Shanghai	500g
		Stir-Fry Thai Style	500g
	Black & Gold	Cut Green Beans	1kg
	Edgell	Mixed Vegetables	2kg
	Heinz	Baby Peas	600g
		Baby Peas and Supersweet Corn	1kg
		Garden Peas	600g
		Golden Mix	1kg
		Stir-Fry Vegetables (All varieties)	800g
	McCain	Baby Beans	500g
		Baby Carrots	500g
		Corn Kernels	500g
		Cut Green Beans	500g
		Homestyle Chunky Vegetables	1kg
		Peas	1kg
		Sliced Beans	1kg
Stirfry Supreme Vegetables		1kg	
Winter Vegetables	1kg		
MILK, YOGHURT AND CHEESE			
Cheese	Bega	So Light Extra, 50% Reduced Fat Cheese - Block	500g
		So Light Extra, 50% Reduced Fat Cheese - Grated	300g
		So Light Extra, 50% Reduced Fat Cheese - Shredded	500g
		So Light Extra, 50% Reduced Fat Cheese - Slices	250g, 500g
		So Light, 25% Reduced Fat Cheese - Block	250g, 500g, 750g
		So Light, 25% Reduced Fat Cheese - Shredded	375g

Foods to be promoted for 'Everyday' consumption

	Brand	Product	Size
MILK, YOGHURT AND CHEESE			
Cheese	Bega	So Light, 25% Reduced Fat Cheese - Tasty Slices	250g, 500g
		So Light, 25% Reduced Fat Cheese - Vintage	250g, 500g
	Black & Gold	Reduced Fat Shredded Tasty Cheese	500g
		Shredded Mozzarella	500g
	Coon	Light & Tasty Cheddar Cheese - Block	250g, 500g
		Light & Tasty Cheddar Cheese - Shredded	500g
		Light & Tasty Cheddar Cheese - Slices	250g, 500g
	Devondale	Light N Tasty Cheese - Block	250g, 500g, 1kg
		Light N Tasty Cheese - Shredded	500g
	Mainland	Light Cheddar Cheese - Block	250g, 500g
		Light Cheddar Cheese - Grated	250g, 500g
		Light Cheddar Cheese - Slices	500g
Milk - evaporated (coconut milk alternative)	Carnation	Light & Creamy Coconut Flavoured Evaporated Milk	375mL
Milk - evaporated (cream alternative)	Carnation	Light & Creamy Evaporated Milk	185mL, 375mL
Milk - fresh	Anlene	Low Fat (NSW, VIC, WA only)	1L, 2L
		No Fat	1L, 2L
	Brownes	HeartPlus Low Fat (NSW, WA only)	1L
		Hi-Lo (NSW, WA only)	1L, 2L
		Skim (NSW, WA only)	1L, 2L
	Dairy Farmers	Farmer's Best Omega 3	1L
		Farmer's Best Original (NSW only)	1L
		Light White	1L, 2L
		Shape	1L
		Skim	1L, 2L
		Take Care (SA only)	1L
	Harvey Fresh	Lite Milk (WA only)	1L, 2L
	IGA Country Grove	Lite Milk	2L
	Pauls	Slim Milk (Northern NSW, NT, QLD only)	1L, 2L
		Smarter White Milk (NT, QLD, VIC only)	1L, 2L
		Trim (Northern NSW, NT, QLD only)	1L, 2L
		Trim Healthplus Fibre (NT, QLD only)	1L, 2L
	Pura	Boost (NSW, SA, WA only)	1L, 2L
		HiLo (WA only)	1L, 2L
		Light Start	1L, 2L
		Skimmer (SA only)	1L, 2L
	Rev	Low Fat (NSW, SA, VIC only)	1L, 2L
		Rev Healthplus Fibre (VIC only)	1L, 2L
Skinny Milk	Skinny Milk (NSW, SA, VIC only)	1L, 2L	

Foods to be promoted for 'Everyday' consumption

	Brand	Product	Size
MILK, YOGHURT AND CHEESE			
Milk - powdered	Black & Gold	Instant Skim Milk Powder	1kg
	Devondale	Skim Milk Powder	1kg
	Diploma	Skim Milk Powder	1kg
Milk - UHT	Black & Gold	UHT Reduced Fat Milk	1L
		UHT Skim Milk	1L
	Dairy Farmers	Lite White Long Life Milk	1L
		Skim Long Life Milk	1L
	Devondale	UHT Point One Milk	125mL, 1L
		UHT Reduce Milk	1L
		UHT Skim Milk	6x200mL, 1L, 2L
		UHT Smart Milk	6x200mL, 1L
		UHT Smart Plus Milk	1L
	Harvey Fresh	UHT Skim Milk (WA only)	1L
	Pauls	UHT Skim Milk	1L
UHT Trim Milk		1L	
Yoghurt	Bulla	Lite N Healthy Apricot	110g, 200g
		Lite N Healthy Fruit Salad	110g, 200g
		Lite N Healthy Plain	110g, 200g
		Lite N Healthy Raspberries and Cream	200g
		Lite N Healthy Strawberry	110g, 200g
		Lite N Healthy Vanilla	200g
		Lite N Healthy Wild Berry	200g
	Dairy Farmers	Traditional Lite Yoghurt	2x125g, 500g, 1kg
	Jalna	Fat Free Apricot	500g, 1kg
		Fat Free Berryfruits	500g, 1kg
		Fat Free Biodynamic	500g
		Fat Free Natural	500g, 1kg
		Low Fat Strawberry	200g, 1kg
	Nestle	All Natural (All flavours)	2x175g, 500g
		Diet (All flavours)	2x200g, 1kg
	Ski D'lite	Apple Rhubarb	500g, 1kg
		Island Escape	500g, 1kg
		Passionfruit	500g, 1kg
		Peach Mango	500g, 1kg
		Summer Passion	500g, 1kg
		Wild Strawberry	500g, 1kg
	Vaalia	Apricot, Mango & Peach	2x175g, 900g
		Lactose-Free (All flavours)	2x175g
Mango Passionfruit		2x175g, 900g	
Natural		2x175g, 900g	
Omega-3 (All flavours)		900g	

Foods to be promoted for 'Everyday' consumption

	Brand	Product	Size
MILK, YOGHURT AND CHEESE			
Yoghurt	Yoplait	Heart Active Strawberry	2x200g
		Heart Active Vanilla	2x200g
		No Fat (All flavours)	2x200g, 1kg
		Yoplus Natural Yoghurt	1kg
LEAN MEAT AND MEAT ALTERNATIVES			
Chicken and Turkey	Lean cuts of Chicken and Turkey, fresh or frozen, trimmed of visible skin and fat, for example: Chicken, Turkey - drumsticks, breasts, diced/strips		
	Aldinga Table Turkeys	Turkey Chops, Diced, Mince	
		Turkey Sliced Breast, Skinless Thigh Steak	
	Inghams	Chicken Breast Schnitzel, Tenders	
		Turkey Breast Fillet, Mince, Thigh Chop	
	Steggles	Chicken Skinless Breast Fillet, Diced, Schnitzel, Strips	
Turkey Skinless Breast Fillet, Tenderloins, Mince			
Eggs	All Brands	All Fresh Hen Eggs	
Fish and Seafood – canned	Ally	Pink Salmon	105g, 210g, 415g
	Black & Gold	Tuna in Brine	185g, 425g
	Brunswick	Sardines in Olive Oil	106g
		Sardines in Springwater	106g
	Greenseas	Atlantic Pink Salmon	390g
		Pink Salmon	105g, 210g, 415g
		Red Salmon	105g, 210g, 415g
		Salmon - Natural Smoke	95g
		Salmon - Sea Salt and Cracked Pepper	95g
		Salmon - Sundried Tomato and Basil	95g
		Sardines in Tomato Sauce	110g
		Tuna - 98% Fat Free Lime and Cracked Pepper	95g
		Tuna - 98% Fat Free Spicy Chilli	95g
		Tuna - Caramelised Onion and Tomato	95g
		Tuna - Lemon Pepper	95g
		Tuna Chunks In Brine	95g, 180g, 425g
	Tuna Chunks In Olive Oil	95g, 180g, 425g	
	Tuna Chunks In Springwater	95g, 180g, 425g	
	IGA Seapoint	Tuna in Brine	185g, 425g
		Tuna in Canola Oil	185g, 425g
		Tuna in Springwater	185g, 425g
	John West	Herring Fillets in Tomato Sauce	200g
		Mussels in Vegetable Oil	85g
		Pink Salmon	105g, 210g, 415g

Foods to be promoted for 'Everyday' consumption

	Brand	Product	Size	
LEAN MEAT AND MEAT ALTERNATIVES				
Fish and Seafood – canned	John West	Red Salmon	105g, 210g, 415g	
		Sardine Tempters (All flavours)	95g	
		Smoked Oysters in Vegetable Oil	85g	
		Tuna	185g, 425g	
		Tuna Tempters (All flavours)	100g	
	Paramount	Pink Salmon	210g, 415g	
		Red Salmon	210g, 415g	
		Salmon Tasters (All flavours)	95g	
	Safcol	Premium Salmon	210g, 415g	
		Tuna in Springwater	210g, 415g	
Seakist	Tuna in Brine	425g		
	Tuna in Springwater	425g		
Fish and Seafood – fresh or frozen	All plain Fish and Seafood, fresh or frozen, for example: Fish - whole, filleted Seafood - whole, various cuts			
	Birds Eye	Cape Hake Steaks	400g	
	John West	Atlantic Salmon Portions	300g	
		Atlantic Salmon Stir-Fry Strips	300g	
		Barramundi Portions	300g	
		Ocean Trout Portions	300g	
		Yellowtail Portions	300g	
		Yellowtail Stir-Fry Strips	300g	
Meat	Lean cuts of Beef, Lamb, Kangaroo and Pork, fresh or frozen, trimmed of visible fat, for example: Beef - roast, premium mince, steak, diced/strips Lamb - diced, loin/forequarter chop, back strap, shank, rolled leg Kangaroo - steak, premium mince, roast, tails Pork - steak, fillet, chops, cutlets, diced/strips			
	Macro Meats	Kangaroo Diced, Fillet, Mince, Steak		
	Nuts and Seeds	Black & Gold	All Unsalted Varieties	
		Natures Selections	All Unsalted Varieties	
		QLD Nut N Fruit	All Unsalted Varieties	
		Sunsol	All Unsalted Varieties	
		Sunbeam	All Unsalted Varieties	
Trumps		All Unsalted Varieties		
Spreads – Peanut Butter	BI-LO	Crunchy Peanut Butter - No Added Salt	375g	
		Smooth Peanut Butter - No Added Salt	375g	
	Sanitarium	Crunchy Peanut Butter - No Added Salt	500g	

Foods to be promoted for 'Everyday' consumption

	Brand	Product	Size
LEAN MEAT AND MEAT ALTERNATIVES			
Spreads – Peanut Butter	Sanitarium	Smooth Peanut Butter - No Added Salt	500g
	You'll Love Coles	Crunchy Peanut Butter - No Added Salt	375g
MARGARINE, SPREADS AND OILS			
Margarine and Spreads	Bertolli	Extra Virgin Olive Oil Spread	500g
		Light Olive Oil Spread	500g
		Olive Oil Spread	500g
	Flora	Buttery	500g
		Canola	500g
		Light Polyunsaturated Reduced Fat	500g
		Pro-Activ	250g, 500g
		Pro-Activ Light	375g, 500g
		Pro-Activ Ultra Light	375g, 500g
		Pro-Active with Olive Oil	375g
		Salt Reduced	500g
		Ultra Light	500g
	Gold'n Canola	Regular Spread	500g, 1kg
		Lite Spread	500g
	Logicol	Extra Light	375g, 500g
		Original	375g, 500g
		Plus Vitamins	250g, 500g
	Meadow Lea	Canola	500g
		Extra Light	500g
		Extra Light with Vitamins	500g, 750g, 1kg
Salt Reduced Canola		500g	
Oils	All unblended vegetable oils (excluding palm and coconut oils)		
	For specific food service fats and oils refer to www.thetick.org.au or call Heartl Foundation 1300 36 27 87.		
	Bertolli	Olive Oil	500ml
	Black & Gold	Blended Vegetable Oil	750ml, 2L
		Canola Cooking Spray	400g
	Crisco	Sunflower Oil	750ml, 2L
		Canola	750ml, 2L
		Canola Spray	200mL
		Peanut	750ml, 2L
		Sunflower	750ml, 2L
		Sunflower Spray	200mL
		Vegetable	750ml, 2L

Foods to be promoted for 'Everyday' consumption

	Brand	Product	Size
MARGARINE, SPREADS AND OILS			
Margarine and Spreads	Crisco	Vegetable Spray	200mL
	ETA	Canola Oil	750ml, 2L
		Vegetable Oil	750ml, 2L
DRINKS			
Flavoured Milk – small pack	Farmer's Union	Light Iced Coffee Milk	375mL
	Nestle	Nesquik Plus Chocolate (when made with 200mL reduced fat milk)	250g, 500g
		Nesquik Plus Strawberry (when made with 200mL reduced fat milk)	250g, 500g
Fruit Juice – small pack	Berri	Multi-V with Added Calcium	6x250mL
		Multi-V with Added Fibre	6x250mL
		Multi-V with Folate, Vitamin A & C	6x250mL
	Juicies	Apple	100mL
		Orange	100mL
		Orange & Mango	100mL
		Pineapple	100mL
		Tropical	100mL
		Wildberry	100mL
		Just Juice	Apple
	Apple Blackcurrant		6x250mL
	Fruit Cup		6x150mL
	Orange		6x250mL
	Orange Mango		6x250mL
	Paradise Punch		6x250mL
	P&N	Juice Pops - Apple	6x250mL
		Juice Pops - Apple Blackcurrant	6x250mL
		Juice Pops - Orange	6x250mL
	V8	Fruit and Vegetable - Apple, Carrot and Ginger	250mL
		Vegetable Original	250mL
	Soda Water and Natural Mineral Water	All plain soda and natural mineral water (nothing added)	
Deep Springs		Natural Mineral Water	500mL
Schweppes		Soda Water	300mL, 1.25L
Water - bottled	All plain bottled water (nothing added)		
	Cool Ridge	Spring Water	600mL, 1.5L
	Frantelle	Spring Water	600mL, 1.5L
	Mt Franklin	Spring Water	600mL, 1.5L

'Sometimes' Foods

The 'Sometimes' foods are OK for most people to have in small amounts once in a while, but not everyday.

The foods and drinks in the 'Sometimes' list are a better choice than other brands of similar foods because they are not as high in fat, salt or sugar as other brands or because the levels of unhealthy fats are lower or the level of fibre is higher than other brands.

If people have a health problem, their doctor or health worker may advise them not to have any 'Sometimes' foods.

Foods to be promoted for 'Sometimes' consumption

	Brand	Product	Size
Bars - cereal	Kellogg's	K-time Twists (All flavours)	222g
		Nice and Natural	Muesli Bar - Apricot
	Muesli Bar - Choc Chip		210g
	Muesli Bar - Mixed Berry		210g
	Ski D'lite	Cereal Bar - Apple & Cinnamon	144g
		Cereal Bar - Apple & Pear	144g
		Cereal Bar - Apple & Strawberry	144g
	Uncle Toby's	Fruit Twists - Apple & Blackcurrant	225g
		Fruit Twists - Pear & Apricot	225g
		Fruit Twists - Strawberry & Blueberry	225g
		Fruit Twists - Strawberry Smoothie	225g
	Bars - fruit	Angas Park	100% Fruit Bar - Apricot
100% Fruit Bar - Fruit Salad			35g
100% Fruit Bar - Plum			35g
Annie's		Allfruit Bars	50g
Go Natural		100% Fruit Bar - Apricot	35g
		100% Fruit Bar - Fruit Medley	35g
		100% Fruit Bar - Peach & Apple	35g
Tropicana		FruitWise Bar - Cherry Berry	40g
		FruitWise Bar - Orange Citrus	40g
		FruitWise Bar - Strawberry	40g
Biscuits - sweet	Arnott's	Full O'Fruit	250g
		Snack Right Fruit Pillow - Apple & Blackberry	250g
		Snack Right Fruit Pillow - Apple & Sultana	250g
		Snack Right Fruit Pillow - Wild Berry	250g
		Snack Right Fruit Slice - Apricot	200g
		Snack Right Fruit Slice - Apricot & Yoghurt	200g
		Snack Right Fruit Slice - Sultana	250g
		Spicy Fruit Roll	250g
Canned Meat	Hamper	Camp Pie	340g
		Lite Corned Beef	340g
	Plumrose	Deli Ham	450g
		Leg Ham	450g
		Premium Leg Ham	450g
	SPAM	50% Less Salt	340g
Oven Roasted Turkey		340g	
Canned Meat Meals	Black & Gold	Vegetables and Steak	400g
	Harvest	Beef in Red Wine	425g
		Hearty Irish Stew	425g
		Ravioli Bolognese	425g

Foods to be promoted for 'Sometimes' consumption

	Brand	Product	Size
Canned Meat Meals	Harvest	Shepherd's Pie	425g
		Tortellini Bolognese	425g
		Vegetables and Sausages	425g
	Tom Piper	Braised Steak and Vegetables	400g
		Homestyle Irish Stew	400g
Coconut Milk	Ayam	Light Coconut Milk	270mL
	Classic Asian	Lite Coconut Milk	400mL
	Pandaroo	Coconut Milk Lite	400mL
Flavoured Milk – large pack	Farmer's Union	Light Iced Coffee Milk	600mL, 2L
	Feel Good	Chocolate Flavoured Milk	600mL
		Coffee Flavoured Milk	600mL, 1L, 2L
Fruit Juice – large pack	Berri	Apple	1.5L
		Apple Blackcurrant	1.5L
		Breakfast	1.5L
		Orange	1.5L
		Plus Antioxidants	1.5L
		Plus Fibre	1.5L
		Plus Folate	1.5L
	Black and Gold	Orange Juice	2L
	Golden Circle	Apple Mango	2L
		Breakfast Juice	2L
		Orange	2L
		Pine Orange	2L
		Tropical Juice	2L
	Just Juice	Apple	2L
		Orange	2L
		Orange Mango	2L
Paradise Punch		2L	
Ice Cream and Frozen Yoghurt	Bulla	Fruit N Yoghurt (All flavours)	2L
		Fruit N Yoghurt Variety 10 Sticks	10x70g
	Peters	No Sugar Added Vanilla	1.4L
Pasta, Rice and Noodles – processed	Continental Asian Rices	Chinese	120g
		Indian Tandoori	105g
		Oriental Fried Rice	115g
		Thai Coconut, Coriander & Lime	110g
		Thai Lemongrass, Lime & Mild Chilli	105g
	Continental Pasta & Sauce	Alfredo	85g

Foods to be promoted for 'Sometimes' consumption

	Brand	Product	Size
Pasta, Rice and Noodles – processed	Continental Pasta & Sauce	Cheese & Black Pepper	80g
		Chicken & Mushroom	95g
		Chicken Curry	90g
		Creamy Bacon Carbonara	85g
		Creamy Mushroom & Bacon	95g
		Four Cheeses	100g
		Macaroni Cheese	115g
		Mexicana	90g
		Mushroom & Wine	80g
		Mushroom, Garlic & Black Pepper	80g
		Savoury Tomato & Onion	90g
		Sour Cream & Chives	85g
		Sour Cream & Mushrooms	80g
		Verdi Twists	85g
	Continental Pasta & Sauce Lite	Alfredo	85g
		Chicken Curry	85g
		Creamy Bacon Carbonara	85g
		Creamy Parmesan & Garlic	80g
		Creamy Pumpkin & Chives	85g
	Continental Pasta & Sauce Wholegrain	Cheesy	100g
		Creamy Carbonara	110g
		Creamy Sundried Tomato	100g
		Parmesan & Cracked Pepper	95g
	Continental Rices	Beef & Mushroom	120g
		Cheesy	125g
		Chicken & Sweetcorn	120g
		Chicken & Vegetable	125g
		Satay	135g
	Heinz	Vanilla Creamed Rice 99% Fat Free	220g
	Maggi	Spaghetti, Cheese & Ham flavour	65g
		Spaghetti, Cheese flavour	65g
		Spaghetti, Tomato flavour	65g
	Parsons	Vanilla Creamed Rice	430g
Rice a Riso	Beef	180g	
	Chicken	180g	
	Oriental Fried Rice	180g	
Potato Products	Bird's Eye	Oven Bake Chips Chunky Cut	1kg
		Oven Bake Chips Chunky Steakhouse	1kg

Foods to be promoted for 'Sometimes' consumption

	Brand	Product	Size
Potato Products	McCain Healthy Choice	Chunky Cut Chips	1kg
		Country Style Wedges	1kg
		Oven Roast Potatoes	1kg
	McCain SuperFries	Chunky Cut	1kg
Pre-sliced Luncheon Meats	Don	Shaved Lite Leg Ham	100g, 250g
	Hans	Fine Sliced Champagne Leg Ham	100g
		Fine Sliced Roast Chicken	80g
	Steggles	Premium Chicken Breast Sliced	
Ready Meals	Darshan	Premium Fried Rice	250g, 500g
	McCain Healthy Choice	Apricot Chicken	350g
		Beef Florentine	320g
		Beef Lasagna	400g
		Chargrilled Mango Chicken	320g
		Chicken Bolognese Twin Pack	2x200g
		Chinese Chicken and Cashews Bowl	300g
		Creamy Chicken Carbonara Bowl	340g
		Fillet of Lamb	310g
		Honey Mustard Chicken Bowl	320g
		Honey Sesame Chicken	300g
		Meatballs and Pasta Twin Pack	2x200g
		Pumpkin Ravioli	360g
		Satay Beef	350g
		Spinach and Ricotta Ravioli	390g
	Tuna Alfredo Twin Pack	2x200g	
	Michelina's	Cheese Stuffed Rigatoni	284g
		Fettuccine Pesto	284g
		Lasagne	255g
		Spaghetti Bolognese	284g
Savoury Pies, Pastries and Pizzas	Four'N Twenty Pies	Aussie Meat Pie	175g
		Lite Meat Pie 4 Pack	4x175g
		Snack Pie	120g
		Traveller Beef Pie	160g, 4x160g
		Traveller Chicken & Vegetable Pie	160g, 4x160g
	Hot Bites	Mince Murphies	150g
	McCain Healthy Choice	Chicken & Ham Pizza	240g
		Deluxe Pizza	240g
		Pumpkin & Eggplant Pizza	240g

Foods to be promoted for 'Sometimes' consumption

	Brand	Product	Size
Savoury Pies, Pastries and Pizzas	McCain Healthy Choice	Wholegrain Ham & Pineapple Pizza	250g
		Wholegrain Tuscan Chicken Pizza	250g
	Mrs Macs	The Good Eating Beef Pie	120g, 200g
		The Good Eating Potato Pie	180g
		The Good Eating Potato Top Beef Pie	255g
	Patties	Aussie Sausage Roll	100g
	Rapperz	Hawaiian Calzone	150g
Vegetable Calzone		150g	
Savoury Snacks	Ajitas	VegeChips Natural	100g
	Kettle Chips	Orginal Salted Potato Chips 5 Pack	5x18.5g
	Sakata	Minis Chicken/Barbeque Rice Crackers 10 Pack	10x15g
		Wholegrain Rice Crackers with a Touch of Basil Pesto	90g
		Wholegrain Rice Crackers with a Touch of Chilli	90g
Soy Sauce	Conimex	Ketjap Manis	250mL
	Kikkoman	Less Salt Soy Sauce	250mL
	Lee Kum Kee	Seasoned Soy Sauce for Dumplings	200mL

Appendix 1

Nutrients considered within categories for product selection

Foods to be promoted for 'Everyday' consumption

Grains and Cereals Nutrients considered in the grains and cereals category are saturated fat, partially hydrogenated fat, trans fat, sodium and where relevant energy, fibre and wholegrain content.

Fruit, Vegetables and Legumes Energy and added sugar are considered where relevant in the fruit categories. Energy, saturated fat, partially hydrogenated fat, trans fat and sodium are considered where relevant in the vegetable categories. Saturated fat, partially hydrogenated fat, trans fat and sodium are considered where relevant in the legume categories.

Milk, Yoghurt and Cheese Nutrients considered in this category are saturated fat and calcium. Energy and sodium are considered where relevant.

Lean Meat and Meat Alternatives Saturated fat is considered for meat and poultry. For fish and seafood, saturated fat, partially hydrogenated fat, trans fat and sodium are considered where relevant. For nuts and seeds and spreads, saturated fat, partially hydrogenated fat, trans fat and sodium are considered. Serve size is considered where relevant.

Margarine, Spreads and Oils Saturated fat and trans fat are considered in this category. Sodium is considered where relevant.

Drinks Flavoured Milk see Milk, Yoghurt and Cheese category. Fruit Juice see Fruit, Vegetables and Legumes category

Foods to be promoted for 'Sometimes' consumption

Bars – cereal and fruit Nutrients considered are saturated fat, partially hydrogenated fat, trans fat, fibre and energy. Fruit content and sodium are considered where relevant.

Biscuits – sweet see Grains and Cereals category

Canned Meat and Canned Meat Meals Saturated fat and sodium are considered

Coconut Milk Saturated fat is considered

Flavoured Milk see Milk, Yoghurt and Cheese category

Fruit Juice see Fruit, Vegetables and Legumes category

Ice Cream and Frozen Yoghurt Saturated fat, calcium and energy content are considered

Pasta, Rice, and Noodles – processed see Grains and Cereals category

Potato Products Energy content, saturated fat, partially hydrogenated fat, trans fat, sodium and cooking instructions are considered.

Pre-sliced Luncheon Meats Saturated fat and sodium are considered

Ready Meals Saturated fat, partially hydrogenated fat, trans fat, sodium and vegetable/fibre content are considered

Savoury Pies, Pastries and Pizza Saturated fat, partially hydrogenated fat, trans fat, sodium, vegetable/fibre content are considered

Savoury Snacks Saturated fat, sodium, fibre and energy content are considered

Soy Sauce Sodium content is considered

Appendix 2

Other resources developed as part of the Remote Indigenous Stores and Takeaways Project

Guidelines for stocking healthy food in remote community stores

Is a checklist of minimum range of core foods to be stocked in the store, regardless of its size

Format: A4 booklet

Fruit and Vegetable Quantity Spreadsheet

Is a tool to calculate the quantities of fresh fruit and vegetables required to meet nutrition recommendations for the community being served

Format: Excel Spreadsheet

Marketing ideas for healthy food in remote community stores

Outlines how to promote healthy food and drinks in a remote store setting

Format: A4 booklet

Healthy Fast Food – A resource for remote stores and takeaways

Provides solutions for supplying safe, affordable and healthy takeaway options

Format: A4 booklet

The Freight improvement tool kit

Is a guide for store managers, as well as others involved in the food supply chain, to improve the transport of healthy foods

Format: A4 book

Checklists for the Store and Takeaways

Can be used by store and takeaway managers to assess their capacity to provide healthy food and drink options and identify potential strategies for improvement

Format: A4 flier

Maximising the shelf life of fruit and vegetables

Outlines the key points for handling of fresh fruit and vegetables to maintain good quality for longer

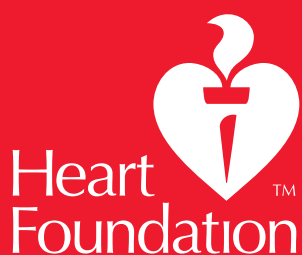
Format: A3 poster

Keeping track of healthy food

Is a monitoring tool that uses scanned sales data to assess a community's consumption of key foods and nutrients. This information is indicative of a remote community's food purchasing habits and nutritional issues

Format: Access Database

For more information about the RIST resources, visit <http://www.healthinonet.ecu.edu.au> and select Health-Nutrition-Programs, projects and lessons.



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