

Shopping Guide on a Budget

**This shopping guide provides general dietary information only.
For individual dietary advice make an appointment to see an Accredited Practising Dietitian.**

Use this guide to find healthy choices from Aldi and home brand options from Coles, IGA & Woolworths. The products listed are examples only. There may be additional healthy choices available. If no Aldi or home brand options are listed, refer to Baker IDI regular shopping guide for alternate suggestions. To manage weight and blood glucose levels it is important to choose appropriate serving sizes of all foods.

VEGETABLES



Choose varieties of:

- Fresh
- Frozen
- Canned / Jar Varieties (no added oil)
- Potato: Nicola, Carisma (Coles), Sweet Potato



- Merivale Fresh: Salad Mix, Spinach leaves, Dry Slaw
- Market Fare Frozen: Corn, Broccoli, Green Beans, Peas, Winter Vegetables, Quick Steam Veg
- Asia Specialties Frozen: Oriental Selection, Super Green, Western Selection Stir Fry Vegetables
- New Season Canned: Asparagus, Peas, Beetroot, Corn kernels, Champignons (mushroom)
- Carloni Canned: Whole Peeled Tomatoes, Diced Peeled Tomatoes, Diced Roma Tomatoes



- Coles Fresh: Asian Crunchy Stir-fry, Coleslaw Mix, 4 Leaf Salad, Baby Spinach, Baby Rocket
- Smart Buy Frozen: Sliced Beans, Peas, Corn Kernels, Mixed Vegetables
- Coles Frozen: Broad Beans, Cauliflower, Broccoli, Baby Carrots
- Smart Buy Canned: Sliced Beetroot, Corn Kernels, Diced & Whole Tomatoes
- Coles Canned: Asparagus, Champignons (mushroom), Baby Peas



- Black & Gold Canned: Asparagus, Mushrooms, Peas & Corn, Peas & Carrots



- Homebrand Frozen: Corn, Chopped Spinach, Peas, Vegetable Chunky Mix,
- Woolworths Select Frozen: Beans, Broad Beans, Broccoli, Cauliflower, Brussel Sprouts
- Homebrand Canned: Asparagus, Beetroot, Corn, Champignon (Mushroom), Peas, Green beans
- Woolworths Select Canned: Carrots, Tomatoes

FRUIT



Choose varieties of:

- Fresh
- Canned (natural juice, no added sugar)
- Frozen
- Dried (no added sugar)



- Sweet Valley Canned in Juice: Peaches, Pineapple, Two fruits, Fruit Salad
- Sweet haven Frozen: Mixed Berries, Blueberries, Raspberries



- Coles Canned in Juice: Peaches, Apricots, Pears, Pineapple in Natural Juice
- Coles Frozen: Raspberries, Blueberries, Mixed Berries



- IGA Signature: Peaches, Two Fruits, Fruit Salad, Pears



- Homebrand Canned in Juice: Pineapple
- Woolworths Select Canned in Juice: Apricots, Peaches, Pears, Sliced Apple, Fruit Salad
- Woolworths Select Frozen: Blueberry, Mixed Berry

BREAD



Choose high fibre varieties:

- Wholemeal Mixed Grain & Multigrain
- Sourdough and Sourdough Rye
- Grain Fruit Breads
- Wholemeal Pita
- Pumpernickel and Mountain Bread
- Grain or Fruit English Muffins



- Baker's Life: Grainwise Original with 9 Grains & Seeds, Bakehouse Mixed Grain, Soy & Linseed, Raisin Toast
- Farmhouse: Sourdough



- SmartBuy: Multigrain
- Coles: Multigrain, Soy Linseed, Raisin Bread



No home brand options meet healthy criteria



- Homebrand: Multigrain Sliced
- Woolworths: Grains & Seeds, Wholemeal Pita Pocket

BREAKFAST CEREALS



Choose **low fat**, **high fibre** varieties containing:

- Wholegrains, including Wheat, Oats, Barley, Rye
- Small amounts of Dried Fruit, Nuts & Seeds



- Goldenvale: Just Bran, Wheat Biscuits
- Just Organic: Cranberry & Almond, Toasted Muesli



- Smart Buy: Rolled Oats, Muesli
- Coles: Bran Start, Traditional Rolled Oats, 97% Fat Free Muesli, Apricot Date Almond Muesli
- Coles Organic: Quinoa Flakes



- Black & Gold: Traditional Oats



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- Homebrand: Oat Bran, Rolled Oats, Semolina
- Woolworths Select: Great Start Berry Cereal

DRY BISCUITS, SNACK BARS & SWEET BISCUITS



Choose **low fat**, **high fibre** varieties:



No Aldi brand options meet healthy criteria



No home brand options meet healthy criteria



No home brand options meet healthy criteria



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No home brand options meet healthy criteria

RICE, PASTA, NOODLES & GRAINS



Choose varieties of:

Rice

- Basmati White or Brown
- Mahatma Long Grain White or Brown

Pasta

- Dried or Fresh Wheat (unfilled)

Noodles

- Dried or Fresh (not instant)

Other Grains:

- Barley
- Quinoa
- Bulgur / Burghul (cracked wheat)
- Cous Cous - Pearl / Israeli



- Imperial Grain: Basmati Rice
- Remano: Trivelle Spirals, Penne, Spaghetti, Fettuccini, Lasagne Sheets



- Smart Buy: Penne, Spaghetti, Spiral Pasta, Organic White Grain Quinoa



- Black & Gold: Macaroni, Spaghetti, Small Shells, Spirals, Penne



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- Homebrand: Basmati Rice, Penne, Spaghetti, Spiral Pasta
- Woolworths Select: Linguine, Macaroni, Rollini, Hokkien Noodles

LENTILS, LEGUMES & TOFU

Choose varieties of:

- All canned and dried lentils and legumes
- Baked beans
- All Firm or Silken Tofu
- Lentil Burgers and Sausages



- New Season Canned: Red Kidney Beans, Five Bean Mix, Chick Peas, Cannellini beans
- Corale: Premium Baked Beans in Tomato Sauce



- Coles Canned: Chickpeas, Kidney beans, Four Bean Mix, Butter Beans, Lentils
- Smart Buy Canned: Baked Beans in Tomato Sauce



- Black & Gold: Baked Beans



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- Homebrand: Kidney beans, Three Bean Mix, Chickpeas
- Woolworths Select: Butter Beans, Lentils, Cannellini Bean, Five Bean Mix, Chickpeas

FISH & SEAFOOD



Choose varieties of:

Fresh

- Fish - especially Sardines, Salmon, Mackerel, Tuna, Blue Eye Trevalla, Gem Fish & Flat Head
- Seafood - especially Calamari, Mussels, Scallops

Canned

- Sardines, Salmon, Tuna, Mackerel, Herring in Springwater or Oil (drained) or Flavoured options

Frozen

- Plain Fillets or Low Fat Crumbed or Flavoured



- Almare: Fresh Salmon
- Superior Gold: Smoked Salmon
- Ocean Rise Canned: Wild Pacific Red & Pink Salmon, Flavoured Salmon range
Yellow Fin Tuna in Spring Water & Olive Oil
- Portview Canned: Sardines, Tuna
- Ocean Royal Frozen: Natural Atlantic Salmon, Mixed Herbs Atlantic Salmon, Hoki Fillets
- The Fishmonger: Basa, Raw Prawns
- Ocean Monarch: Whole cooked Prawns



- Smart Buy Canned: Sardines, Tuna Chunks in Vegetable Oil, Pink Salmon
- Coles Canned: Tuna Chunks, Sandwich Tuna, Red & Pink Salmon
- Smart Buy Frozen: Southern Blue Whiting Fillet
- Coles Frozen: Basa Fillet, Australian Ling, Marinara Mix, Baby Octopus, Prawns, Scallops,
Beer Battered Hoki Fillets



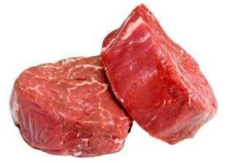
- Black & Gold Canned: Sardines in Tomato Sauce, Tuna in Springwater
- IGA Signature: Tuna in Canola Oil



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- Homebrand: Tuna Chunks, Mackerel, Sardines, Tuna in Lemon Pepper, Tomato & Onion
- Woolworths Select: Pink Salmon (no added salt), Red Salmon, Tuna Slices, Tuna Chunks

MEAT & POULTRY



Choose very lean or low-fat varieties of:

Fresh

- Beef, Lamb
- Kangaroo
- Skinless Chicken
- Extra Lean Mince
- Pork
- Skinless Turkey

Deli, Sausages & Canned

- Roast or Corned Beef (Silverside)
- Low Fat Ham
- Skinless Chicken or Turkey Breast
- Low Fat Sausages



- Brannans Butchery: Extra Lean Beef Mince, Extra Lean Diced Beef, Extra Lean Stir-Fry



- Coles Pre Sliced: 97% Fat Free Turkey Breast, Chicken Breast, Smoked Ham
- Coles Canned: Deli Style Chicken
- Coles: 5 Star Mince, Extra Lean Butchers Beef Burgers, Butcher Sausages Reduced Fat and Salt



No home brand options meet healthy criteria



- Woolworths Heart Smart: Beef - Mince, Diced, Stir Fry, Schnitzel, Fillet, BBQ Steak, Roast
Veal - Diced, Stir Fry, Schnitzel
Lamb - Diced, Cutlets, Leg Steak
Pork - Diced, Stir Fry, Schnitzel, Fillet, Loin Medallion
- Woolworths Select: Chicken, Mango & Sweet Chilli Sausages, Canned Chicken

EGGS

Choose:

- All fresh whole



DAIRY MILK

Choose **skim** or **low fat** varieties, especially those with higher calcium:

- Fresh Unflavoured
- Long Life (UHT) Unflavoured & Powdered



- Farmdale: Light or Skim, CalciUp
- Farmdale: Long Life Skim or Light, Lactose Free



- Smart Buy: Long Life Skim
- Coles: Lite and Skim, Long Life Lite and Skim, Skim Milk Powder



- Black & Gold: Instant Skim Milk Powder, Long Life Low Fat and Skim



- Homebrand: Skim or Light, Long Life Skim or Light

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DAIRY YOGHURT

Choose **diet** or **low fat** varieties, especially those with higher calcium:

- Natural, Plain & Greek
- Fruit Flavoured



- Brooklea: Natural Fat Free, Lite: Vanilla, Strawberry, Berry Bonanza, Mango Sensation
- Dairy Dream Thick & Creamy: Strawberry, Honey, Peach & Mango, Raspberry
- Dairy Dream Diet Deli: Passion Fruit, Raspberry, Greek
- Danone Naturally Creamy Low Fat Yoghurt: Vanilla, Mango, Strawberry



- Coles Lite: Mango, Berry, Peach & Mango, Strawberry, Vanilla



No home brand options meet healthy criteria



No home brand options meet healthy criteria

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CHEESE



Choose **low fat** varieties:



- Cowbelle: Slices Light
- Farmdale: Light Cream Cheese
- Westacre: Manhattan Lite Cottage Cheese, Reduced Fat Cream Cheese
- Emporium: Light Ricotta

coles

- Smart Buy: Lite Slices
- Coles: Tasty Light, Low Fat Cottage Cheese, Shredded Mozzarella Light



No home brand options meet healthy criteria



- Homebrand: Light & Tasty Reduced Fat, Cheese Slices Reduced Fat, Cottage Cheese
- Woolworths Select: Tasty Cheese Slices Lite, Lite Cream Cheese

SOY MILK, YOGHURT & CHEESE

Choose options with **added calcium**:

- Fresh & Long Life (UHT) Unflavoured Milk
- Plain & Fruit Flavoured Yoghurt



- Inner Goodness: Soy Supreme Light Soy Milk (Long Life)

coles

- Coles: Soy Milk Regular and Lite



No home brand options meet healthy criteria



No home brand options meet healthy criteria

OIL & MARAGARINE



Choose monounsaturated and polyunsaturated plant oil varieties:

Examples - Oil:

- Olive
- Sunflower
- Sesame
- Canola
- Safflower
- Rice Bran



- Sunnyvale: Olive Oil Light Spread, Light & Salt Reduced Polyunsaturated Spread, Cholesterol Light
- Pure Vita: Non-Stick Canola Cooking Spray, Sunflower Oil
- The Olive Tree: Australian Olive Oil Spray, Australian Extra Virgin Olive Oil



- Coles: Canola oil and spray, Olive oil and spray, Sunflower oil, Vegetable oil
- Coles: Olive Oil Lite spread



- Black & Gold Salt Reduced Canola Spread



- Homebrand: Canola oil and spray, Olive oil and spray, Sunflower oil
- Woolworths Select: Canola Spray, Olive oil and spray

NUTS & SEEDS



Choose raw or dry roasted, unsalted varieties:

- All Nuts & Seeds



- Oh So Natural: Macadamia Kernels, Almonds, Cashews, Sunflower Seeds
- Foresters Fresh Pack: Natural Almonds, Pistachios, Cashews
- Whitemill: Pecans, Walnuts, Pine Nuts, Flaked Almonds



- SmartBuy: Crushed Peanuts
- Coles Marketplace: Raw Almonds, Natural - Brazil Nuts, Californian Walnuts, Macadamia



No home brand options meet healthy criteria



- Homebrand: Unsalted Cashews, Peanuts
- Woolworths Select: Unsalted Cashews

PRE PREPARED MEALS & SOUP



Choose low fat and lower sodium varieties that include vegetables:



- International Cuisine Light Ready Meals: Vegetable Cannelloni, Sundried Tomato Pasta, Chicken & Pasta, Beef Stroganoff, Mushroom Tortellini, Chicken Risotto, Beef in Red Wine & Mash
- Chefs Cupboard Soup Classics: Vegetable, Minestrone
- Soupe Quick Chunky: Chicken & Veg, Butternut Pumpkin, Mixed Vegetable, Beef & Vegetable



- Smart Buy Frozen: Lasagne
- Coles Canned Meals: Chicken Curry, Vegetables and Steak
- Coles Frozen: Cannelloni Spinach & Ricotta, Spaghetti Bolognese, Shepherd's Pie, Lite 97% Fat Free Beef Lasagne, Fettuccine Chicken, Chicken Risotto,
- Coles: Condensed Soup - Tomato, Cream of Chicken, Mushroom and Pumpkin
- Coles: Microwavable Soup - Minestrone, Beef & Veg, Chicken & Sweet Corn, Mushroom, Pumpkin



- IGA Signature Canned Traditional: Garden Vegetables, Onion & Garlic



- Woolworths Select: Canned Soup - Minestrone, Winter Vegetable, Chicken & Sweet Corn, Pumpkin
Chilled Soup - Hearty Vegetable

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HERBS, SPICES & CONDIMENTS

Choose:

- All fresh herbs and spices
- All dried herbs & spices (no added salt)
- Ginger, Lemongrass
- Garlic, Horseradish



SALAD DRESSINGS

Choose **low fat** varieties of dressings and vinegars:

- Balsamic Vinegar
- Red & White Wine Vinegars



- Edmonds: Balsamic White Condiment, Balsamic Vinegar
- Colway: 97% Fat Free Squeezy Light Mayonnaise



- Coles: Red & White Wine Vinegar, Balsamic Vinaigrette, 97% Fat Free Dijonnaise & Mayonnaise



- IGA Signature: Homestead Mayonnaise Traditional



- Woolworths Select: Balsamic, White Vinegar, 99% Fat Free Dressing - Greek, Balsamic Italian

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SAUCE, GRAVY, STOCK, TOMATO PASTE

Choose **salt reduced** varieties:



- Just Organic: Tomato Paste, Italian Diced Organic Roma Tomatoes, Traditional Pasta Sauce
- Remano: Tomato Paste, Passata Tomato Cooking sauce, Pasta Sauce
- Pasta Bake: Creamy Tomato & Basil, Tomato Garlic & Onion, Bolognese
- Casa Barelli: Neapolitana, Basilico, Bolognese



- SmartBuy: Tomato and Vegetable Pasta Sauce, Tomato Paste
- Coles: Passata, Basilico, Bolognese
- Coles: Real Chicken and Real Beef Stock Liquids
- Coles: Instant Gravy - Roast Meat and Traditional



No home brand options meet healthy criteria



- Homebrand: Tomato Sauce

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JAM & MARMALADE



Choose varieties with more fruit and less added sugar:



- Overture: All Jam varieties



- Coles: 50% Fruit Jam varieties



No home brand options meet healthy criteria



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BEVERAGES



Choose:

- Water, Soda Water, Mineral Water
- All Green, Black, Herbal Teas
- Diet Soft drink, Diet Cordial, Diet Mineral Water Flavours
- Coffee - black or with low fat milk



- San Benedetto: Sparkling, Frizzling
- Northbrooke: Mineral Water
- Regal: Cola Zero Sugar, Diet Cola, Diet Lemonade



- Coles: Mineral Water, Soda Water, Diet Ginger Ale, Diet Tonic Water, Diet Cola, Diet Lemonade



- Black & Gold: Soda Water, Diet Lemonade, Diet Cola



- Homebrand: Mineral Water, Soda Water, Low Calorie Lemonade, Diet Cola, Diet Mineral Water

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ICE CREAM, FROZEN YOGHURT & CUSTARD



Choose low fat varieties:



- Milfina: Frozen Yoghurt - Mango, Wild Berry, Vanilla Ice Cream Light

coles

- Coles: Frozen Yoghurt Fruity Wildberry, 97% Fat Free Vanilla Ice Cream, Lite Pouring Custard



No home brand options meet healthy criteria



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My Notes

Please Note: Every attempt has been made to ensure the products listed are healthy choices. Manufacturers do change ingredients and processing from time to time. Therefore, please check nutrition information on packaging for any updated information.

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SHOPPING TIPS

With some knowledge, time and planning, you can enjoy healthy food on a budget.



Meal planning

Plan your meals a week in advance so you will know exactly what you do and do not need to buy.

Write a list and stick to it

This should mean you leave the supermarket with what you need, avoid extra trips to the supermarket and avoid buying extra items you don't need.

Don't shop with an empty stomach

Eat before you leave home. If you are hungry at the supermarket, you are likely to want to buy extra food.

Shop along the walls

Fruit and vegetables, dairy products, meat and bread, are generally placed along the walls of the supermarket. Processed foods are often found in the middle aisles. Shop around the outside first.

Take advantage of specials

Different stores have savings on different items each week, so it may pay to shop around. But remember: It's not a bargain if you don't use it or need it.

Shop late in the day

Meat, milk, yoghurt, and bread can often be discounted. Fruit and vegetables may also be reduced at supermarkets, fresh food markets or green grocers later in the week or on certain days of the week.

Generic/store brands

Many home brand products are cheaper than their name-brand equivalents and are of similar quality.

Make the meat stretch further

Meat can be expensive. Use half the meat a recipe suggests and bulk up the meal with cheaper alternatives like vegetables, legumes or grains. Alternatively choose a vegetarian meal with eggs, legumes or tofu in place of meat.

Shop for fruit and vegetables which are in season

They are often cheaper and taste better. If you are shopping for a household it may be cost effective to buy fruit and vegetables by the bag (e.g. 1kg of apples), rather than by the individual piece (e.g. 2 apples).

Choose frozen/canned fruit and vegetables

It can sometimes be economical to buy frozen or canned fruit and vegetables instead of fresh, particularly if you are concerned about waste.

Cook in bulk

Double a recipe and cook a large meal so you have extra to eat later in the week and reduce food waste. Soups, stews and casseroles are especially good for this.

Substitute ingredients

Substitute expensive ingredients for less-expensive ones. For example, choose skinless chicken thigh instead of skinless chicken breast; rump steak instead of eye fillet; onion instead of leek; green beans instead of asparagus; regular tomato instead of cherry tomato; frozen peas instead of snow peas.