

Food Groups	Enjoy	Avoid	Shopping List
Vegetables	Alfalfa, Artichokes, Asian greens, Asparagus, Bamboo Shoots, Bean sprouts, Bok Choy, Broccoli, Brussels Sprouts, Cabbage, Capsicum, Cauliflower, Celery, Coleslaw (dry), Cucumbers, Eggplant, Endive, Fennel, Green beans, Lettuce, Leeks, Mushrooms, Okra, Olives, Onions, Radishes, Radicchio, Rocket, Salad greens, Sea Vegetables, Silver beets, Shallots, Snow peas, Spinach, Sprouts, Squash, Tomatoes, Turnip, Watercress, Water Chestnuts, Zucchini.	Potatoes, Sweet Potatoes, Corn, Cassava.	
Fruit	Apples, Apricots, Cherries, Grapefruit, Lemons, Limes, Passionfruit, Peaches, Pears, Nectarines, Rockmelon, Watermelon. All berries including; Blackberries, Blueberries, Mulberries, Raspberries, Strawberries.	Bananas, Grapes, Canned sweetened fruits, Dried fruits.	
Nuts and Seeds	Nut meals and unsweetened butters. Almonds, Brazil nuts, Coconuts, Flax/Linseed, Hazelnuts, Macadamias, Pecans, Pepitas, Pine nuts, Pistacchio, Sesame seeds, Sunflower seeds, Walnuts.	Cashews, Salted nuts.	
Meats	Beef, Lamb, Veal and Pork. Low Fat cured meats e.g. Ham, Bacon.	Processed meats such as Salami, Spam and Sandwich meats.	
Fish and Seafood	All fish including; Barramundi, Dory, Perch, Sardines, Salmon, Snapper, Tuna, Trout and Whiting. All seafood including Squid, Prawns, Oysters, Mussels and Scallops.	Processed or crumbed seafood such as Nuggets, Seafood extender and Fish fingers.	
Poultry and Eggs	Poultry including; Chicken, Turkey, and Duck. Eggs including; Chicken, Duck and Quail.	Processed or crumbed poultry such as Nuggets and Sandwich meats.	
Vegetable Oils	Cold pressed oils including; Olive, Coconut, Sesame, Walnut, Flax/Linseed and Macadamia oils.	Any oil that is not cold-pressed. Sunflower, Safflower and Mixed Vegetable oil.	
Condiments and Sauces	Soy Sauce. Used in recipes in specified amounts; Curry paste (unsweetened), Coconut milk (reduced fat), Egg mayonnaise, Eggplant dip, Fish sauce, Herb infused oils, Horseradish, Hot pickles, Hot chilli sauce, Lemon juice, Lemon pepper, Lime juice, Mustard, Olives, Pesto, Tabasco, Tahini, Tamari, Vinegar, Wasabi, Worcestershire sauce.	Table salt, Hummus. Sauces and condiments with added sugars such as Sweet Chilli, Tomato and BBQ sauce.	
Herbs and Spices	All herbs, seasonings and spices e.g. Cumin, Garlic, Ginger, Parsley.		
Beverages	All teas including Black, Chai, Green, Peppermint, Rosehip and other Herbal teas. Soda water, Mineral water.	Drinking chocolate, Sweetened coffee blends. Soft drinks, Cordials, Fruit juices, Flavoured milk.	
Dairy	All low fat cheeses. Soft cheeses including; Blue vein, Brie, Camembert, Cottage, Ricotta and Fetta cheese. Hard (yellow) cheese including; Colby, Cheddar, Edam, Halloumi, Jarlsberg, Mozzarella, Parmesan, Pizza, Romano, Swiss. Butter and Cream (reduced fat).	Custard, Fruit cheese, Ice cream, Milk, Yoghurt.	
Soy Foods	Soy milk (unsweetened, malt free), Miso, Tofu and Tempeh.	Soy yoghurt, Sweetened soy milk.	
Sweeteners	Sucralose AKA Splenda (955), Stevia (available at health food stores).	Sugar, Molasses, Honey, Fructose, Fruit concentrates, Xylitol. All artificial sweeteners except Sucralose e.g. Aspartame (951).	

Other Items: _____

