How to use this Guide

At the start of this tour you will have been provided with a small handout and this manual.

As tours can often feel quick with lots of new information to learn, the small handout provides a summary that can be more easily followed whilst you are on the supermarket tour. The tour leader may also refer to some pages in this manual whilst speaking to help with your understanding.

This guide delivers a more comprehensive range of information than the handout that you can use as a refresher from the tour, as well as providing you with some facts you may have missed when trying to absorb all the material on the supermarket tour.

This manual also offers you some of the tips and tricks mentioned on the tour to help make each of your shopping trips simple, healthy and easy.
General Supermarket Layouts
Whilst most supermarkets will not have the exact same layout, they will still consist mainly of the same sections. This includes fresh produce, deli, meats, eggs, dairy, frozen goods, bakery and breads which are generally found around the perimeter of stores, as well as a number of themed aisles such as beverages, packaged snacks, cereals and sauces.

Below is an example of a general layout of a supermarket floor plan:
Shopping Tips & Tricks

There are a number of little things you can do to help ensure you have the best shopping experience possible when visiting the supermarket.

Below are some tips and tricks that can help you save time and money, as well as help you to make the healthiest choices each time you shop.

- Shop the perimeter of the supermarket as this is generally where the fresh and whole foods are.
- Plan your meals as it can save time when shopping and avoid wasting money.
- Become familiar with your supermarket and its layout.
- Avoid aisles where you do not need items from.
- Make a shopping list and stick to it.
- Don’t shop hungry as you’ll be more likely to buy food you don’t need.
- Ignore advertising on the front of the package, and read the nutrition label to get the information you need to see if a food is a healthy choice.
- Remember, the healthiest foods have no labels at all.
Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.
Drink plenty of water.

- Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties
- Vegetables and legumes/beans
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans
- Milk, yoghurt, cheese and/or alternatives, mostly reduced fat
- Use small amounts
- Only sometimes and in small amounts

Retrieved from:
What does a Healthy Trolley look like?

What you eat has a great impact on your health and wellbeing. A century ago, much of what we ate was local, healthy whole foods, without the access to processed, confusing treat and convenience foods that we have today.

Whilst the best foods to eat differs for each individual, one thing that is commonly agreed upon is that eating a combination of fruits, lots of vegetables, lean meats, fish, dairy and wholegrains is good for our health.

If you are on a medical diet, or need to increase your weight, some of the information in this booklet does not apply to you. Please make an appointment with an accredited practising dietitian.

When you look at your trolley, think to yourself:

- Have I got enough vegetables to have 5 serves per day? (About 400g - 800g/day)
- Is there enough for 2 serves of fruit per day?
- Have I chosen lean meats?
- Have I got some dairy or alternative for calcium?
- Are my breads and grains made up of mostly wholegrains?
- Is most of my trolley filled with mostly fresh and healthy foods compared to treat foods like chips, chocolates, lollies and biscuits?
Label Reading

Claims or labels on food packaging can often be confusing and hard to interpret correctly.

**Below is a list of some things you may see on labels and what they mean:**

- ‘Light’ or ‘Lite’ does not always refer to the fat or energy content of a product. The label could be related to the colour, texture or taste of the product, however what the word light is referring to must be listed on the label as well.

- ‘No cholesterol’, ‘low cholesterol’ or ‘cholesterol free’ on plant based foods such as margarine and cooking oils are misleading as plants naturally contain little to no cholesterol. These foods however can still be high in fat and energy.

- **Reduced fat** means the food must contain at least 25% less fat than the regular product to which it is being compared, and at least 3g or less fat per 100g of food.

- ‘Baked not Fried’ does not mean that the product has less fat – always read the Nutrition Information Panel.

- Other names for sugar can include fructose, sucrose, glucose, dextrose, corn syrup, maltose, lactose, honey.

- ‘Organic’ can be freely used for advertising and does not necessarily mean that the product is free of synthetic chemicals in their production.

- ‘No added Sugar’ does not mean there is no sugar in the product. The product may still be high in sugar due to the naturally occurring sugars in the product.
Nutrition Information Panel Reading

Nutrition Information Panels provide information on the nutritional content of the food item per serve and per 100g. These panels are the best way to decipher the exact content of food and can be used as a great tool for comparing products.

Percentage Daily Intake

Some labels provide information on the amount of nutrients they provide as a percentage of daily nutrient intake. This value is often subjective as the values are based on an ‘average adult’s’ needs. As every individual has slightly different needs, especially when it comes to kilojoules. For example the average adults recommended energy intake is 8700kJ, however a very tall person would need more energy than a short person. Use this information as a rough guide and as a comparison tool for single serves.
Below is a guide on understanding Nutrition Information Panels from the Australian Guide to Healthy Eating.


**Fruit & Vegetables**

**Pick a Variety of Colours**

It is important to select a variety of colours as this means that you will be selecting a range of vegetables with different vitamins and minerals, which are all important for your health.

**What are “starchy” vegetables?**

Starchy vegetables are high carbohydrate plant foods that have more energy content than non-starchy vegetables. Starchy Vegetables include several types of roots, bulbs and kernels. Examples are corn, peas, parsnips, potatoes, butternut squash, sweet potato, beans and lentils.

**Serves of Fruit and Vegetables**

The Australian Guide to Healthy Eating (AGTHE) recommends 5 serves of veg (5 cups or between 400g and 800g per day) and 2 serves of fruit per day (2 medium sized pieces)

**Storage**

Store produce at home as it is stored in the market for best nutrient preservation, using refrigerator only to extend life.
TIP: Buying fruit and vegetables that are in season are generally more flavourful and are usually cheaper as well.

### Seasonal Fruit & Vegetables in Australia

<table>
<thead>
<tr>
<th>Month</th>
<th>Fruit:</th>
<th>Vegetables:</th>
</tr>
</thead>
<tbody>
<tr>
<td>January</td>
<td>banana, grapes, orange, peach, plum, rockmelon, watermelon, strawberries</td>
<td>tomato, beetroot, broccoli, capsicum, carrot, lettuce, zucchini</td>
</tr>
<tr>
<td>February</td>
<td>banana, blueberries, mangoes, nectarines, oranges, strawberries, watermelon</td>
<td>tomato, beetroot, cucumber, lettuce, celery, beans, sweet corn</td>
</tr>
<tr>
<td>March</td>
<td>apples, apricots, bananas, grapes, nectarines, peach</td>
<td>beans, broccoli, cabbage, lettuce, eggplant, potato, snow peas, zucchini</td>
</tr>
<tr>
<td>April</td>
<td>apple, banana, grapes, figs</td>
<td>beans, broccoli, carrot, cauliflower, lettuce, potato, pumpkin, zucchini</td>
</tr>
<tr>
<td>May</td>
<td>apples, banana, grapefruit, grapes, kiwifruit</td>
<td>broccoli, carrot, cauliflower, mushrooms, potato, pumpkin</td>
</tr>
<tr>
<td>June</td>
<td>banana, grapefruit, kiwifruit, mandarins</td>
<td>broccoli, carrot, cauliflower, potato, pumpkin</td>
</tr>
<tr>
<td>July</td>
<td>banana, grapefruit, lemon, mandarins, orange</td>
<td>broccoli, brussel sprouts, cauliflower, mushrooms, potato</td>
</tr>
<tr>
<td>August</td>
<td>banana, grapefruit, lemon, mandarins, orange</td>
<td>broccoli, cauliflower, mushrooms, silver beet</td>
</tr>
<tr>
<td>September</td>
<td>banana, grapefruit, lemon, orange</td>
<td>artichoke, beetroot, broccoli, cauliflower, mushrooms, spinach</td>
</tr>
<tr>
<td>October</td>
<td>banana, grapefruit, lemon</td>
<td>artichoke, asparagus, broccoli, cauliflower, leek, mushrooms, spinach</td>
</tr>
<tr>
<td>November</td>
<td>banana, lemon, orange</td>
<td>asparagus, beetroot, broccoli, cauliflower, cucumber, lettuce, mushrooms, peas</td>
</tr>
<tr>
<td>December</td>
<td>banana, cherries, honeydew, raspberries, strawberries</td>
<td>broccoli, cabbage, celery, cucumber, lettuce, mushrooms, spinach, zucchini</td>
</tr>
</tbody>
</table>

**Meat & Poultry**

**Meat** is a good source of iron, zinc, and vitamin B12

**Choose lean cuts of meat and pork**

- Look for different types of lean meat and minces that do not have too much visible fat
- Chicken and turkey are naturally leaner than red meats, but have different nutritional value.

**Deli** and **processed meats** such as ham, pastrami, most cold cuts, sausage and bacon have been smoked, salted, cured, fermented or treated using different methods in order to enhance flavour and to help preserve freshness and often have high amounts of sodium, saturated fats and cholesterol.

**One serve of meat is**

- 65g cooked lean red meats such as beef, lamb, veal, pork, goat or kangaroo (about 90-100g raw)
- 80g cooked lean poultry such as chicken or turkey (100g raw)
- 1-3 serves is recommended from this group per day
**Fish**

Fish is a great source of protein and Omega-3 fatty acids which are thought to have a number of health benefits including improving heart health.

Oily fish to include in your diet that are great sources of Omega-3 fatty acids include fresh and canned salmon, tuna, sardines, trout, barramundi and snapper.

Healthy ways to enjoy fish include baked, poached, grilled and steamed.

Some species of fish contain mercury which can be harmful if eaten in large amounts. Fish that contain high levels of mercury can include shark (flake), swordfish, roughy (sea perch), catfish and ling.

**Recommended servings of Fish**

- Regular consumption (two to three times per week) of fish can reduce the risk of various diseases and disorders.
- One serve is around 100g of cooked fish fillet (about 115g raw) or two small cans of fish
Eggs

Eggs are very nutritious and are a great alternative protein source with lots of vitamins, minerals and contain mostly healthy polyunsaturated fats. Despite the different methods of production, there is no nutritional difference created by the situation in which they are laid.

- **Barn laid:** Hens are free to roam around within a barn.
- **Free range:** Similar to Barn laid but chickens also have access to an outdoor range.
- **Caged:** Confined within a cage.
- **Cage free:** Is very similar to barn laid. Hens are not kept in cages but instead are free to roam in large sheds.
- **Organic:** For an egg to be classified as ‘organic’, it must first be produced from free range hens. The feed must also be 95% certified organic grains, free from synthetic additives and Genetically Modified ingredients.

The dietary cholesterol in eggs only has a small impact on blood LDL cholesterol which is insignificant.

**Current guidelines** suggest appropriate consumption is up to 6 eggs per week unless you are on a medical diet.
Dairy

Dairy is an important part of a healthy balanced diet as most people will gain much of their calcium requirements from dairy. If you don’t take dairy, you can source an alternative.

Eating three serves of dairy every day as part of a healthy, balanced diet will provide most people with their daily calcium requirements.

Milk

**Flavoured Milk** is the same as plain milk with added sugar.

**Ultra-High Temperature Treated Milk (UHT Long Life)** is nutritionally the same as fresh milk.

When considering milk alternatives such as soy, rice or almond milk, look for those that are unsweetened and fortified with Calcium and Vitamin D

- 1 glass (250mL) of milk is one serve of dairy
Regular & Greek Yoghurt

Basic ingredients are the same, and the process through which it is made is similar. Greek yoghurt is strained more often to remove liquid. This causes Greek yoghurt to be thicker and also changes the nutrition content.

Greek yoghurt is higher in protein and saturated fat.
Regular yoghurt is higher in sodium & sugar.

TIP: Be wary that low fat regular and Greek yoghurts can still be high in sugar, particularly flavoured yoghurts. Choose a low fat variety of either with less than 10g of sugar per 100g.

- 1 tub (200g) of yoghurt is one serve of dairy
Cheese

Cheese contains many different nutrients (depending on the type) including calcium, protein, phosphorus, zinc, vitamin A and vitamin B12, however it can be high in saturated fat and sodium.

- 2 slices (40g) of cheese is one serve of dairy
**Breads**

Choose **Wholegrain** or **Wholemeal** breads over **white** bread as they are higher in fibre, have higher amounts of vitamins and minerals and are more filling. Rye and Sourdough are also better options over white bread.

Some breads with nuts and seeds can be higher in fat but are still a great option as they help you feel fuller for longer and provide extra healthy fats to your diet.

Some brands of bread can have high amounts of sodium which is not ideal for health. Aim for breads with less than 450mg of sodium per 100g.

Ensure the label uses the words whole grain with at least 51% wholegrains to ensure that you are making the right choice.

**It is always best to read the label to help in making decisions.**
Other Grain Products (Crumpets, English Muffins, Wraps and Pitas)

- Other styles of breads and grains including crumpets, English muffins, wraps and pitas follow a similar nutritional pattern as standard bread.
- Choosing wholemeal and wholegrain options over plain and white versions are generally the best option as they contain more fibre as well as other nutrients including vitamins and minerals.
- Reading the label is the best method of choosing the right product.
- In comparison to bread, these products are not too dissimilar and their nutrition differences stem from the volume and serving size of the product.
RICE, PASTA & NOODLES

Rices
Choose long grain rices such as Basmati or Doongara as they will keep you feeling fuller for longer and are a better option than short grain rices. Brown rice is healthier for you than short grain white rice, however after cooking loses a lot of its nutritional value.

Pastas
Whole-meal pasta contains more vitamins, minerals and fibre per serving than regular pasta. It is also lower in energy per serve. The style of pasta doesn’t impact nutrition unless it is made from different ingredients such as gnocchi which is usually made from potatoes, or ravioli which has a filling.

Noodles
When buying noodles, check the label for nutrition values and any other added ingredients or preservatives.
Cereals

The simplest way to determine which cereal is best is looking at the Nutrition Information Panel and looking for key information and ignoring the flashy claims on the front of the box. Three main items to look for are sugar, sodium and fibre.

Choose varieties that have:

- Less than 10g of sugar per 100g.
- Less than 400mg of sodium per 100g is best.
- Aim for 10g or more per 100g of fibre.

Good choices are plain oats, bran and wheat biscuits and adding fresh fruit for flavour.
**Frozen Goods**

- When choosing frozen foods, avoid discretionary choices including items that are fried, battered or crumbed such as chips, wedges and fish fingers.
- When choosing frozen meals, read the nutrition panel and consider fat, sugar and sodium content.
- Frozen fruit and vegetables are packed at their peak of flavour and freshness and therefore have just as much nutrition as fresh fruits and vegetables. They may occasionally also have added fat or sugar so it is important to check the Nutrition Information Panel.
Canned Goods

Canned foods can be a great and easy option when you want a quick meal. Foods such as baked beans or stews can be quite healthy, however they can often be high in saturated fats, sugar and sodium and so reading the label is very important.

Try to aim for items with:

- Less than 10g of sugar per 100g.
- Less than 400mg of sodium per 100g is best.

The nutritional content of canned fruits and vegetables versus fresh
Canned fruit and vegetables can have the same nutritional content as fresh produce however, look out for added sugar and sodium which can be added to preserve the contents.

Tip: Look for fruit tinned in natural juice with no added sugars and vegetables labelled low-sodium, reduced-sodium or no-salt-added.
Cooking Oils & Fats

The best options for heart health are monounsaturated or polyunsaturated fat based oils such as Olive oil, Macadamia Nut Oil, Sunflower oil or Walnut oil.

Avoid using too much Butter, Lard, Shortening, Coconut and Palm Oil as they contain lots of saturated fat.

Virgin & Extra Virgin: These mean that the oil has been pressed in the simplest way possible, avoiding the use of chemicals and other processes to extract oils.

TIP: Some oils do not heat well. Choose oils such as macadamia nut oil or peanut oil for cooking, and extra virgin olive oil and avocado oil on salads.
Drinks

Soft drink, Sports drinks, Energy Drinks, Cordials and Fruit Drinks all have large amounts of sugar in them without any nutritional value.

Diet drinks have low sugar and use artificial sweeteners to enhance flavour, however are not considered healthy.

Fruit Juices and Vegetable Juices offer some nutritional value in term of vitamins and minerals but also often have high amounts of sugar in them as well. Checking the label is important with juices and look out for brands that have added sugar.

- ½ a cup of juice is equivalent to 1 piece of fruit
- Choose pulp varieties as they will have more fibre

**TIP:** The best alternatives for soft drinks are sparkling mineral/soda water
Nuts, Snacks & Packaged Foods

Potato chips, Vegetable chips and Corn chips
- Vegetable chips have slightly less fat and energy, but still really high in sodium and still have plenty of fat.
- Corn chips are nutritionally similar to potato chips.

Nuts
- Nuts are great for you as they are high in antioxidants and nutrition
- Due to high energy content, moderation is the key with nuts and unsalted and unroasted is better
- Raw almonds are usually a great option

Other low-fat snack ideas
- Pretzels, Reduced-fat popcorn, Dry plain wholegrain crackers
- Reading the label is very important and adhering to the mentioned guidelines will help individuals choose healthier options
- Be sure to check sodium and sugar content
- Packaged snacks still should only be consumed in moderation
Snacks and Foods with high amounts of sugar:

- Anything fruit based or fruit flavoured including fruit bars, dried fruit and spreads
- Muesli, Oat & Cereal bars
- Pasta and Stir Fry Sauces (use herbs and spices instead)
- Salad Dressings including Low Fat & Fat-Free
- BBQ and Tomato sauces
- Many types of crackers and biscuits
- Flavoured Yoghurts
- Granola & Trail Mix
- Low-fat items may use sugar to replace the flavour
- Fruit Drink & Juice
- Soft drink, Energy and Sports Drinks

Reading the label and ingredients list is the most important step to help understand content of packaged foods.
If you are looking to further improve your knowledge and understanding of food and nutrition, you can head to the Australian Guide to Healthy Eating (AGTHE) website for more information or we recommend making an appointment to see an Accredited Practicing Dietitian. You can find one near you https://daa.asn.au/find-an-apd/.

For further information, these Australian Government Nutrition Web Sites could be helpful:

- Dietitians Association of Australia http://www.daa.asn.au/
- Nutrition Australia http://www.nutritionaustralia.org/
- Department of Health - Nutrition publications
- SA, Health – Nutrition