

## Smart Health Foods To Keep In Your Pantry, Fridge and Freezer

([www.smarthealthdiet.co.za](http://www.smarthealthdiet.co.za) and [www.gifoundation.com](http://www.gifoundation.com))

**Note:** If you want specific brand names and nutritional details, you can look these up in the [GI Compact List](#) or in the comprehensive [SA GI/GL Guide](#) and the [SA Fat and Protein Guide](#).

- ✓ Low fat, 1% or fat free milk
- ✓ Fat free milk powder
- ✓ Low fat soya milk if you are allergic to dairy
- ✓ Low fat or fat free fruit yoghurt (sweetened or unsweetened)
- ✓ Low fat or fat free plain yoghurt to use in salad dressings and in baking, instead of cream in sauces
- ✓ Low fat drinking yoghurt or low fat flavoured milk for those with **higher energy needs**
- ✓ Low fat buttermilk
- ✓ Low fat or Fat free cottage cheese ( $\leq 5\text{g}$  fat per 100g)
- ✓ Creamed or medium fat cottage cheese, to use instead of cream cheese ( $\leq 10\text{g}$  fat per 100g)
- ✓ Low fat cheese spread and wedges, reduced fat processed cheese
- ✓ Lower fat cheeses e.g. low fat Cheddar slices, Clover lite cheese, Dairybelle Delite, In Shape, Mozarella, lower fat Feta, Ricotta (*low in salt or sodium*), Woolworths lower fat Cheddar and Gouda (Slimmers Choice), etc.
- ✓ Low fat, fat free or "lite" ice cream
- ✓ For desserts: low fat evaporated milk, reduced fat cream
- ✓ Salad vegetables e.g. tomatoes, lettuce, cucumber, celery, cabbage, radishes, asparagus, mange tout, variety of leaves, mushrooms, etc.
- ✓ Fresh and frozen vegetables for steaming or microwaving or to use in soups e.g. broccoli, cauliflower, green beans, baby marrows, patty pans, gem squash, brinjals, peas etc.
- ✓ Fresh herbs to add zing to salads and make your own pestos
- ✓ Curried beans (kerrieboontjies)
- ✓ Canned green beans
- ✓ Canned mushrooms
- ✓ Canned asparagus
- ✓ Tomato puree, paste, whole and chopped tinned tomato
- ✓ Deciduous fruits - apples, apricots, pears, peaches, nectarines, plums, kiwi fruit, fresh cherries, etc.
- ✓ Citrus fruits - oranges, lemons, naartjies, grapefruits, limes and remember to use the rind for flavour.
- ✓ Other fruits like prickly pears, figs, guavas, grapes
- ✓ Low GI fruit juices for those with **higher energy needs**
- ✓ Dried low GI fruits e.g. dried pears, apples, apricots, peaches, prunes and sultanas for baking and those with **higher energy needs**

- ✓ Canned fruit in fruit juice e.g. canned apples, apricots, pears and fruit salad for baking and pudding/dessert
- ✓ Oats
- ✓ Oatbran (keep these in the fridge, as the insects know which foods are healthy and go for them!)
- ✓ Wheat germ (a rich source of Vit. E, which can be added to cereals and baking. Keep in fridge for same reason as oats and oatbran).
- ✓ Digestive bran (very good for the digestive system; add to cereals, muffins, etc.)
- ✓ Whole wheat Pronutro, Original, Applebake and Honeymelt
- ✓ Kellogg's High Fibre Bran, Fruit full All-Bran
- ✓ Bokomo Right Start Fibre Plus and Bran Flakes
- ✓ Pick 'n Pay Shredded Bran
- ✓ FutureLife Smart Foods
- ✓ Fine Form muesli
- ✓ Nature's Source low glycemic index muesli's
- ✓ Provita, Original and Multigrain
- ✓ Pearled barley
- ✓ Weet Rice, stampkoring, pearled whole wheat, cracked wheat or bulgur
- ✓ Basmati rice, long grain parboiled white rice, brown rice
- ✓ Alternative starches like quinoa, buckwheat
- ✓ Pasta made from durum wheat/durum wheat semolina or whole wheat pasta or those that contain legume flours e.g. chana, dahl, mung bean flour, soya flour, chickpea flour, etc.
- ✓ Sweet potatoes (purple skinned)
- ✓ Low GI potatoes are available from some supermarkets
- ✓ Corn on the cob, whole corn (canned or frozen), fresh sweet corn
- ✓ Baked beans
- ✓ Lentils or split lentils, canned or dry
- ✓ Small white beans, canned
- ✓ Butterbeans, canned or dry
- ✓ Other beans like Borlotti, cannellini, kidney, red beans
- ✓ Split peas
- ✓ Three bean salad, canned, jar or stand-up pouch
- ✓ Soya flour, chickpea flour, pea/split pea flour
- ✓ Low GI bread e.g. Seed loaf bread and sour dough bread (lower GI due to the presence of organic acids)
- ✓ "Cape Seed Loaf" bread mix. Add yoghurt or **low fat** buttermilk, a few spoons of oatbran, as well as an apple to this bread mix for a delicious low GI bread
- ✓ Homemade popcorn
- ✓ Skinned chicken, skinned turkey and ostrich meat e.g. mince, steak, goulash, burger patties, etc.
- ✓ Lean beef, mutton and pork e.g. topside or extra lean mince or game mince, pork fillet, chops (fat trimmed before cooking)

- ✓ Game
- ✓ Sliced ham, silverside, pastrami, smoked beef, turkey pastrami, smoked chicken, (all lower fat cold meats), as well as powder biltong, *however use sparingly due to high salt and nitrate content*
- ✓ Lower fat processed meat like lower fat lower salt (sodium) viennas, russians, polony and bacon *however use sparingly due to high salt and nitrate content*
- ✓ Lower fat sausages such as Chicken Sausage, Pork Bangers, *however use sparingly due to high salt and nitrate content*
- ✓ Fish and seafood like hake, haddock (*high salt or sodium*), Kingklip, Cape Whiting, tuna in brine, mussels, oysters, crab, calamari
- ✓ Eggs
- ✓ Lite or extra lite spread or margarine
- ✓ Low oil or oil free salad dressings (see the Eating for Sustained Energy recipe book range for recipes a delicious low oil salad dressing – available from GIFSA)
- ✓ Low fat or reduced fat mayonnaise or salad cream
- ✓ Gherkins and other pickles *however use sparingly due to high salt and nitrate content*
- ✓ Peppadews
- ✓ Low GI jams
- ✓ Marmite, Bovril or fish paste (which also provides omega-3 fatty acids)
- ✓ Spices like curry, turmeric, cinnamon, cloves, pepper, cardamom, cumin, star anise, etc.
- ✓ Sugar free cordials
- ✓ Artificially sweetened cool drinks like Tab, Lemon Lite, Diet Sprite, etc.

### **Higher in Fat but Healthy** to keep in your House

- ✓ Olive oil
- ✓ Canola oil
- ✓ Olives
- ✓ Raw nuts e.g. macadamia, cashew, pecan, almonds, pistachio, walnuts, etc.
- ✓ Linseeds, pumpkin seeds, sunflower seeds, sesame seeds, etc.
- ✓ Peanut butter
- ✓ Fatty fish e.g. salmon, fresh tuna, pilchards, sardines, mackerel, trout (all high in omega-3 fatty acids)