

▲ Filling and Healthy Food List

▲ Indicates a Filling and Healthy Food on our site

FRUIT

Apple
Apricot
Babaco
Banana
Berries, mixed, fresh
and frozen
Blackberries
Blueberries
Boysenberries
Cherry
Cranberries
Custard apple
Feijoa
Fig
Fruit salad
Grape
Grapefruit
Guava
Honeydew melon
Jackfruit
Kiwifruit
Lemon
Lime
Loquat
Lychee
Mandarin
Mango
Mulberries
Nashi pear
Nectarine
Orange
Papaya
Passionfruit
Paw paw
Peach
Pear
Pepino
Persimmon
Pineapple
Plum
Pomegranate
Prickly pear

Quince
Rambutan
Raspberries
Rhubarb
Rockmelon
(cantaloupe)
Strawberries
Tamarillo
Tamarind
Tangelo
Watermelon

Includes all fresh or frozen varieties and canned fruit in natural juice, drained. Excludes all fruit juices, coconut and fresh dates. Excludes avocados.

VEGETABLES

Alfalfa sprouts
Artichoke
Asparagus
Baby corn
Bamboo shoots
Beans
Beetroot
Bitter melon
Bok choy
Broad beans
Broccoli
Broccoli
Broccolini
Brussels sprouts
Cabbage
Capsicum
Carrot
Cassava
Cauliflower

Celeriac
Celery
Chicory
Chillies
Choko
Choy sum
Corn
Cucumber
Eggplant
Endive
Eschalot
Fennel
Gai lan
Kale
Kohlrabi
Kumara
Leek
Lettuce
Mung bean sprouts
Mushrooms
Okra
Onion
Pak choy (Chinese cabbage)
Parsnip
Peas
Potato
Pumpkin
Radicchio
Radish
Rocket
Sea vegetables/
seaweed
Shallot
Silverbeet
Snake beans
Snow pea
Snow pea sprouts
Spinach
Spring onion
Squash
Sugar snap peas
Swede
Sweet potato

Taro
Tomato (including tomato puree)
Turnip
Water chestnut
Watercress
Yam
Zucchini

Includes canned vegetables in brine drained. Includes only unflavoured canned tomatoes and tomato puree. Includes roasted or chargrilled vegetables.

HERBS & SPICES

Dried herbs and spices
Basil
Bay leaf
Caraway seeds
Cardamom
Chervil
Chilli flakes
Chilli, ground
Chilli powder
Cinnamon, ground
Cinnamon, quill
Cloves
Coriander
Coriander seeds, ground
Cumin seeds, ground
Fennel seeds
Mint

Mixed herbs
Nutmeg, ground

Oregano
Paprika, ground
Parsley
Pepper, black or white
Rosemary
Saffron
Sage, ground
Star anise
Tarragon
Thyme
Turmeric, ground

Fresh herbs

Basil
Bay leaf
Chervil
Chilli, green, raw
Chilli, red, raw
Chives
Coriander
Dill
Garlic
Ginger
Kaffir lime leaf
Lemongrass
Mint
Mixed herbs (bouquet garni)
Oregano
Parsley
Rosemary
Sage
Tarragon
Thyme
Turmeric

Includes fresh and dried varieties of herbs and single spices. Excludes all spice mixes with added ingredients, such as salt, fat

and starches.

DAIRY

Cheese, quark, low-fat
Cheese, cottage, low-fat
Cheese, ricotta, low-fat
Tarragon
Thyme
Milk, oat
Milk, rice (calcium enriched)
Milk, skim
Milk soy; no-fat, low or reduced-fat
Yoghurt; diet with alternate sweetener
Yoghurt, Greek-style; no-fat
Yoghurt, natural; no-fat, low-fat or reduced-fat

***Yoghurt should not contain muesli, confectionery or dried fruit.**

EGGS

Egg, all types; poached or boiled

SOUPS

Must be made from **Filling & Healthy** lean meat and vegetables only

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***Excludes soups that contain cream, sour cream, milk or coconut milk. Excludes canned or dry mix varieties.**

MEAT

Bacon, 97% fat-free

Beef

Blade steak
Round
Sirloin steak
Silverside roast
Topside steak and roast
Rump steak
Lean, stir-fry strips
Lean, diced

Lamb

Lean cuts
Backstrap piece or butterfly
Fillet
Fillet cut into stir-fry strips
Leg steak or diced
Mini roast
Mutton, leg roast

Pork

Butterfly steak
Lean, leg or fillet, diced
Lean, leg or fillet, stir-fry strips
Fillet
Leg roast and steak
Loin steak (bone removed, fat trimmed)
Medallion steak
Round mini roast
Round steak
Topside steak

Veal

Cutlet
Leg or loin, diced
Leg roast and steak
Leg for schnitzel
steak, uncrumbed
Shank

Game meat

Buffalo
Crocodile
Emu
Goat
Kangaroo, loin and rump
Ostrich
Rabbit

Venison

Lean, diced
Lean, stir-fry strips
Leg
Mince, premium

Organ meats

Beef, lamb heart and kidney
Lamb brains

All fresh meat must be lean and trimmed of all visible fat.

POULTRY

Chicken, breast only
Smoked breast, 97% fat-free
Mince, low-fat
Turkey, breast only

All poultry must have the skin removed and be trimmed of all visible fat. Method of cooking includes:

braising, roasting, baking, dry frying, poaching, microwaving, barbecuing or grilling.

Luncheon meat

Luncheon meats, 97% fat-free
Chicken*
Ham*
Pastrami*
Turkey*

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FISH & SEAFOOD

Abalone
Calamari
Clams
Crab and crabmeat in brine, drained

Fish, fresh

Barramundi
Basa
Bream
Cod
Dory
Finfish
Flathead
Flounder
Gemfish
Hake
Hoki
Kingfish
Ling
Mackerel
Morwong
Mullet

Mulloway
Orange roughy
Sardines
Shark
Snapper
Sole
Swordfish
Tilapia
Trevally
Tuna
Whiting

Excludes fresh, milkfish, ocean trout, perch and salmon.

Fish, canned in springwater, drained

Sardines
Salmon, pink
Tuna

Excludes all flavoured.

Lobster
Mussels
Octopus
Prawns
Scallops
Seafood marinara mix

***Methods of cooking include: stewing, baking, dry frying, steaming, poaching, microwaving, barbecuing or grilling.**

GRAINS

Barley, pearl
Bran, oat
Buckwheat
Burghul
Millet
Noodles, buckwheat (soba)
Pasta, wholemeal

Polenta
Quinoa
Rice, brown and wild

Cereals

Oats, rolled or quick oats, plain only
Puffed corn, oat and wheat*
Wheat biscuit*
Wheat bran and wheat bran flakes*

***Cereals shouldn't contain dried fruit, nuts, coconut or sugar.**

Breads

High-fibre white, high-fibre wholemeal or high-fibre wholegrain (Only selected brands are included)
Pumpernickel*
Rye, dark*
Lebanese, wholemeal

Crispbreads

High-fibre wholemeal, wholegrain or rye

Corn snacks

Corn cakes*
Popcorn, air-popped*
Excludes flavoured varieties

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LEGUMES

Black beans
Black-eyed beans
Borlotti beans
Broad beans
Butter beans
Cannellini beans
Chickpeas
Haricot beans
Kidney beans
Lentils, whole and split
Lima beans
Mixed beans
Mung beans
Navy beans
Pinto beans
Split peas
Soybeans
Tofu, raw

Includes cooked or canned varieties in brine, drained.

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