

# 125

## HEALTHIEST PACKAGED FOODS FOR BUSY WOMEN

Yeah, we know fresh is best but when you're run off your feet\* it's tempting to reach for a packet of two-minute noodles instead of the mortar and pestle. So, we, along with four top-notch experts, have written your shopping list for you

By Alice Treloar

### OUR ADVISORY PANEL

We sent our experts  
on the hunt for the  
best of the best

- > **Kristen Beck**  
WH nutrition expert
- > **Tara Diversi**  
WH weight loss expert
- > **Sharon Natoli**  
Dietitian, Food &  
Nutrition Australia
- > **Nicole Senior**  
Dietitian

\*15 PER CENT OF WOMEN SAY THEY DON'T HAVE TIME TO CHOOSE HEALTHY MEAL OPTIONS. ACCORDING TO AUSTRALIA'S BIGGEST HEALTH CHECK, A SURVEY OF 30,375 PEOPLE, CONDUCTED IN CONJUNCTION WITH WOMEN'S HEALTH, PREVENTION, PRICELINE AND SUNRISE.



What a  
fizzer

### DRINKS

- 1 Eff Effervescent Orange Fruit Juice**  
● Deep breath: 99 per cent real fruit juice. No added sugar. No preservatives. All natural. But the best thing? This fizzy fruit bevvie tastes good. Real good.  
**Per serve (250ml):**  
380kJ, <1g fat (<1g sat), 21.8g carbs, 21.5g sugar, 1g protein, 14.5mg sodium







## 2 V8 Vegetable Juice

● Not big on vegies? Why not drink 'em? One bottle provides two serves of vegetables, and has half the carbs of orange juice.

**Per serve (250ml):** 213kJ, 0.1g fat (0.1g sat), 9.2g carbs, 6.5g sugar, 1.8g fibre, 2.2g protein, 649mg sodium



## 3 Outback Spirit Rejuvenating Water

●● If you could bottle Australia, it would look something like this: each drink contains Kakadu plum concentrates and native bush fruits.

**Per serve (250ml):** 169kJ, 0g fat (0g sat), 10.6g carbs, 10.5g sugar, <0.1g protein, 66mg sodium



## 4 Jarrah Chocolate

● A healthy take on hot chocolate: Jarrah products are 98 per cent fat free without the high sugar content of other choc drinks.

**Per serve (11.5g):** 196kJ, 1.1g fat (1g sat), 7g carbs, 4.1g sugar, 1.8g protein, 152mg sodium



## 5 Kokomo Coconut Water

● Full of electrolytes, this offers a healthy solution to your hydration woes.

**Per serve (330ml):** 274kJ, 0g fat (0g sat), 16.2g carbs, 14.2g sugar, 0g protein, 63mg sodium



## 6 Bundaberg Diet Ginger Beer

● This low-sugar drink may help to alleviate tummy upsets thanks to its ginger properties.

**Per serve (250ml):** 85kJ, <1g fat (<1g sat), 4.3g carbs, 4.1g sugar, <1g protein, 27.5mg sodium



## 7 Vitamin Water Triple-X

●● Bottoms up! Packed full of vitamins and minerals, this beverage is super tasty.

**Per serve (500ml):** 385kJ, 0g fat (0g sat), 22g carbs, 22g sugar, 0g protein, 5mg sodium



## 8 Vaalia Innergy Probiotic

● This stuff is your body's best friend: it offers a rich concentration of *Lactobacillus GG* to help strengthen your immune system.

**Per serve (90ml):** 300kJ, 0.9g fat (0.6g sat), 11.5g carbs, 11.5g sugar, 3.8g protein, 62mg sodium



## 9 Lipton Green Ice Tea Light

●● Iced green tea is a better choice than regular soft drink as it's naturally high in vitamin C, refreshing and low in sugar.

**Per serve (500ml):** 20kJ, <0.1g fat (<0.1g sat), 0.1g carbs, <0.1g sugar, <0.1g protein, 60mg sodium



## 10 Flave Water - Peach

● The first water in Oz to be flavoured with stevia so you can sip away without worrying about sugar saturation.

**Per serve (500ml):** 10kJ, 0g fat (0g sat), 0g carbs, 0g sugar, 0g protein, 5mg sodium

# FRUIT & VEG



## 11 Val Verde Tomatoes

●● Tinned tomatoes are rich in the antioxidant lycopene to protect against various forms of cancer.

**Per serve (200ml):** 166kJ, 0.6g fat (0.2g sat), 6.8g carbs, 6g sugar, 2.2g fibre, 2.2g protein, 60mg sodium



## 12 Gourmet Garden Garlic Paste

●●● The convenience of these fresh garlic tubes make the simplest meal even easier and healthier. Rich in antioxidants and immunity-boosting properties to ward off colds and flus.

**Per serve (5g):** 44kJ, 0.5g fat (0.1g sat), 0.8g carbs, 0.5g sugar, 0.2g protein, 152mg sodium



## 13 Heinz Steam-Fresh Vegetable Bags

●●● These handy, single-serve frozen vegetables are a great nutritional stop-gap

for when your vegetable crisper is getting low (read: empty).

**Per serve (150g):** 210kJ, 0.3g fat (0g sat), 5.2g carbs, 4.2g sugar, 4.7g fibre, 4.2g protein, 35mg sodium



## 14 Angus Park Apricots

●● Naturally sweet, rich in iron, vitamin C and fibre, this lunch-box favourite is still a healthy treat and great post-exercise snack.

**Per serve (50g):** 418kJ, <0.5g fat (0.5g sat), 22.2g carbs, 20g sugar, 4.6g fibre, 2.2g protein, 19mg sodium



## 15 Sara Lee Frozen Mixed Berries

●● These berries give a hit of antioxidants, fibre and flavour to

muffins, pancakes or ice-cream. Yum.

**Per serve (75g):** 143kJ, 0.2g fat (0g sat), 6.2g carbs, 5g sugar, 0.7g protein, 5mg sodium



## 16 Logan Farm Chopped Leaf Spinach

●●● Popeye was onto something:

the green stuff is packed full of magnesium, iron, fibre. Ahoy, matey.

**Per serve (100g):** 102kJ, <1g fat (<1g sat), 2.9g carbs, 1.7g sugar, 2.8g protein, 140mg sodium



## 17 Freshlife Blend

● Big on fibre and antioxidants, this scrumptious fruit basket is a great natural sweet treat. Try mixed with

some almonds or Brazil nuts to upgrade traditional trail mix stock.

**Per serve:** 678kJ, 0.6g fat (0.1g sat), 36.5g carbs, 26g sugar, 3.4g fibre, 1.1g protein, 4mg sodium

# SNACKS



## 18 Macro Organic Chips

● What do you get when you slice a baked beetroot bulb? Delicious chips, that's what. Sub in these purple beauties for your regular chips.

**Per serve (25g):** 542kJ, 8.4g fat (4.1g sat), 10.3g carbs, 7.3g sugar, 1.9g protein, 200mg sodium



## 19 Go Natural Bars

● The goodness of nuts stuck together with gooney honey. Sign us up.

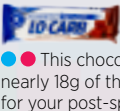
**Per serve (35g):** 868kJ, 15.8g fat (1.7g sat), 10.8g carbs, 8.2g sugar, 2.8g fibre, 5.4g protein, 5.9mg sodium



## 20 Carmar's Muesli Bars

●● The oat and fruit combo will keep your fuel levels up between meals.

**Per serve (45g):** 805.5kJ, 8.1g fat (0.9g sat), 24.1g carbs, 8.1g sugar, 3g fibre, 4.2g protein, 6.8mg sodium



## 21 Protein FX LoCarb Bar

●● This chocolate bar offers nearly 18g of the big P, perfect for your post-spin workout. Yum.

**Per serve (60g):** 836kJ, 6g fat (3.5g sat), 4g carbs, 1.9g sugar, 7.9g fibre, 17.6g protein, 126mg sodium



## 22 Vita-Weat 9 Grains Crackers

●●● Paired

with smoked salmon and cream cheese or ham and salad, they're an easy option, sans prep time. Love it.

**Per serve (23.2g):** 364kJ, 2.2g fat (0.3g sat), 14.5g carbs, 0.4g sugar, 2.8g fibre, 2.8g protein, 105mg sodium



## 23 Piranha Potato Grills

● Low in cholesterol, you'll be caring for your ticker with every mouthful.

**Per serve (25g):** 473kJ, 5.1g fat (0.6g sat), 15.6g carbs, 0.8g sugar, 0.6g fibre, 1.3g protein, 345mg sodium



## 24 Arnott's Milk Arrowroot

● An Aussie icon: dunk these in your morning cuppa for a sweet treat. Just don't eat the whole packet in one sitting. Biscuit regret is the worst.

**Per serve (24.3g):** 447kJ, 2.7g fat (1.3g sat), 18.7g carbs, 5.4g sugar, 1.5g protein, 66mg sodium



# 25

## Table of Plenty Mini Rice Cakes – Dark Chocolate

● The best of both worlds: savoury goodness of healthy wholegrain rice cakes topped with a sweet indulgent layer of Belgian chocolate.

**Per serve (15g):** 308kJ, 3.6g fat (2.1g sat), 9.1g carbs, 4.1g sugar, 0.8g fibre, 0.8g protein, 0.5mg sodium

# nutrition



## 26 Kavli Crispbread

●● These beauties are super low in kJs. They're quite thin, so use protein

and veg toppings for a complete meal.

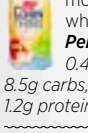
**Per serve (15g):** 198kJ, 0.4g fat (<0.1g sat), 9.6g carbs, 0.7g sugar, 1.9g fibre, 1.3g protein, 30mg sodium



## 27 Ryvita Crispbread

●● Big on fibre and taste great with toppings like cottage cheese or tuna.

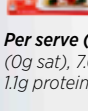
**Per serve (20g):** 293kJ, 0g fat (0g sat), 13g carbs, <1g sugar, 3g fibre, 2g protein, 60mg sodium



## 28 Real Foods Corn Thins

● This corny crispbread has more fibre per gram than wholemeal bread. Winning.

**Per serve (12g):** 192kJ, 0.4g fat (0.06g sat), 8.5g carbs, 0.05g sugar, 1.2g fibre, 1.2g protein, 31mg sodium

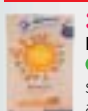


## 29 Arnott's Cruskits

● Stash these in the cupboard for a tasty light lunch alternative.

**Per serve (11.9g):** 165kJ, 0.2g fat (0g sat), 7.6g carbs, 0.2g sugar, 1.1g protein, 76mg sodium

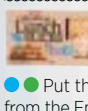
# BREAD & CEREAL



## 30 Be Natural Manuka Honey & Spice Clusters

●● Fill yer spoon with a spice and honey blend for a (natural) sweet start.

**Per serve (45g):** 720kJ, 2.2g fat (0.3g sat), 31g carbs, 7.2g sugar, 5g fibre, 4.3g protein, 94mg sodium



## 31 Vita-Weat Soy Linseed & Sesame Lunch Slices

●● Put the loaf down and step away from the English muffin. These crackers are a lighter replacement for your usual breadly sambo. You'll also get a hit of omega-3 from the linseeds.

**Per serve (38g):** 654kJ, 4.2g fat (0.5g sat), 21.7g carbs, 2.1g sugar, 4.4g fibre, 5.5g protein, 177mg sodium



## 32 Helga's Wholegrain Quinoa & Flaxseed Bread

●● Break bread with this all-rounder: it offers a powerful nutritional mix of omega-3, protein and fibre.

**Per serve (77.8g):** 840kJ, 3.5g fat (0.5g sat), 29.6g carbs, 1.8g sugar, 5.4g fibre, 8.8g protein, 342mg sodium



## 33 Country Life Bakery Gluten Free Low GI bread

● The slice is right with this loaf. A mix of grains, linseed, almond meal and psyllium husks boost your fibre quota – often lacking in gluten-free food.

**Per serve (78.5g):** 730kJ, 6.6g fat (1.3g sat), 21.4g carbs, 1g sugar, 6.4g fibre, 4.2g protein, 196mg sodium



Break  
out



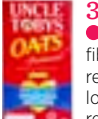
**34 Mission Wraps**  
●● It's a wrap: this bread alternative is packed with wholegrain cereals, as well as fibre and B vitamins. Stuff with scrambled eggs and spinach for a morning meal.  
**Per serve (71g):** 944kJ, 6.7g fat (3.2g sat), 33.3g carbs, 8.7g sugar, 3.3g fibre, 6g protein, 682mg sodium



**35 Kellogg's All-Bran Fibre Toppers**  
●●● Add a touch of texture to your cereal with these buds of goodness. They're made from a mix of wheat bran, oat fibre and psyllium for digestive upkeep.  
**Per serve (25g):** 310kJ, 0.4g fat (0.1g sat), 10.1g carbs, 4.9g sugar, 10g fibre, 2.4g protein, 57mg sodium



**36 Nature First Premium Breakfast Booster LSA Mix**  
● Up the ante on your brekkie: one shake delivers a delicious blend of linseed, sunflower and almond, perfect for porridge or a smoothie.  
**Per serve (25g):** 567kJ, 11.4g fat (1.1g sat), 2.8g carbs, 0.6g sugar, 4.7g fibre, 5.6g protein, 6.8mg sodium



**37 Uncle Tobys Oats**  
●● Rich in beta-glucan fibre to reduce cholesterol reabsorption. Handy. The low GI carbs also help to recover muscle glycogen (aka energy) after exercise.  
**Per serve (40g):** 640kJ, 3.5g fat (0.7g sat), 22.7g carbs, 0.4g sugar, 3.9g fibre, 5.1g protein, 5mg sodium



**38 Uncle Tobys VitaBrits**  
●●● Start your day with a biscuit (the right kind): try an organic version of this breakfast staple. The wholegrain wheat, complex carbs and B vitamins help to fuel active muscles. Plus, there's no added sugar. Tick.  
**Per serve (33.3g, 2 biscuits):** 503kJ, 0.7g fat (0.4g sat), 25.5g carbs, 4g fibre, 3.6g protein, 133mg sodium



**39 Lowan Apricot & Almond Natural Muesli**  
● Choosing muesli from the supermarket aisle is a minefield. This has less added sugars and fat, and more fibre than most of its competitors (it's competitively priced too).  
**Per serve (45g):** 729kJ, 4.5g fat (1g sat), 25.8g carbs, 7.4g sugar, 4.8g fibre, 4.9g protein, 14mg sodium



**40 Sanitarium Up & Go Vive - Vanilla Bliss**  
● Don't let a busy morning hijack your health. Sip this low GI, low sugar (stevia sweetened), high-fibre popper. Caution: this ain't an everyday brekkie. Use it only when you're against the clock and pair with fruit.  
**Per serve (250ml):** 735kJ, 3.8g fat (0.5g sat), 24g carbs, 12g sugar, 4g fibre, 9.3g protein, 175mg sodium



**41 Goodness Superfoods Digestive 1st cereal**  
●● Based on low-GI, high-fibre barley grains cultivated by the CSIRO, this offers one of the highest fibre and resistant starch cereals available. Decoded: it's the stuff that'll silence your stomach.  
**Per serve (45g):** 680kJ, 2.9g fat (0.5g sat), 21.1g carbs, 13.5g sugar, 11.6g fibre, 6.8g protein, 25mg sodium



**42 Macro Wholefoods Black Chia Seed**  
●● Chia: the little black balls of health. Catchy, no? Sprinkle onto your morning nosh for a hit of omega-3 and fibre boost.  
**Per serve (15g):** 280kJ, 4.7g fat (0.5g sat), 9.7g carbs, <1g sugar, 5.6g fibre, 3.1g protein, <5mg sodium

## DAIRY & ALTERNATIVES



**43 Pura Tone No-Fat Milk**  
●●● For the low and no-fat milk fans, this has more protein and calcium than regular skim milk. Low-fat dairy is also good for long-term weight loss. Yep.  
**Per serve (250ml):** 408kJ, 0.25g fat (0.15g sat), 13.5g carbs, 13.5g sugar, 10g protein, 125mg sodium



**44 Paul's Smarter White Milk**  
●●● For the full-fat milk lovers, this milk tastes (and looks) a whole lot like full-cream milk, with half the fat and less kJs.  
**Per serve (250ml):** 595kJ, 5g fat (3.3g sat), 14.3g carbs, 14.3g sugar, 10g protein, 168mg sodium



**45 Pure Organic Low Fat Milk**  
●●●● Sip on this glorious white stuff for the nutritional benefits of low-fat milk but with an organic peace of mind. Covers all bases – pour us a glass, will you?  
**Per serve (250ml):** 455kJ, 2.5g fat (1.8g sat), 12.8g carbs, 12.8g sugar, 8.5g protein, 145mg sodium



**46 Zymil Low Fat Milk**  
● If you avoid milk because you're intolerant, keep reading: this little beauty contains all of the calcium, protein and phosphorus of regular milk, sans lactose. We knew you'd like this one. We do.  
**Per serve (250ml):** 189kJ, 13g fat (0.8g sat), 14.9g carbs, 8.2g sugar, 8.5g protein, 60mg sodium



**47 Vitasoy High-Fibre milk**  
●● Made from Australian whole organic soybeans, fortified with calcium and high in dietary fibre, this is the perfect non-dairy alternative for your milky needs.  
**Per serve (250ml):** 507kJ, 3.7g fat (0.7g sat), 14g carbs, 5.5g sugar, 6g fibre, 7.5g protein, 110mg sodium



**48 Jalna Natural Yoghourt**  
●● The nutritional benefits of yoghurt without the added sugars or artificial sweeteners, gelatine, starches and food acids in most yoghurts. Spoons up!  
**Per serve (100g):** 220kJ, 0.1g fat (0.1g sat), 7.4g carbs, 5.5g sugar, <0.1g fibre, 5.3g protein, 90mg sodium



**49 Chobani Greek Yoghurt**  
●●●●● Natural Greek yoghurt with a hit of real fruit at the bottom, this tub is higher in protein and calcium than regular yoghurt, while boasting no artificial sweeteners or preservatives. This one's a no-brainer.  
**Per serve (170g):** 410kJ, 0.2g fat (0g sat), 7.6g carbs, 5.3g sugar, 15.6g protein, 75mg sodium



**50 Kraft Philadelphia Light Cream for Cooking**  
● Here's a health(ier) choice for cooking cream: a reduced-fat alternative with 60 per cent less fat than regular varieties.  
**Per serve (25ml):** 188kJ, 3.2g fat (2.2g sat), 2.7g carbs, <1g sugar, 1g protein, 75mg sodium



**51 Nimbin Natural Cheese**  
●● This hard cheese goes easy on the bad stuff (sodium and fat) but is big on the good (like acidophilus cultures which are good for smooth-sailing digestion).  
**Per serve (25g):** 410kJ, 8g fat (5.6g sat), <1g carbs, <1g sugar, 6.5g protein, 75mg sodium



**52 South Cape Tasmanian Fetta**  
●● A quick and tasty way to add calcium and protein to salads or pasta. Yep, despite being low in fat, this cheesy bite still retains its creamy consistency.  
**Per serve (25g):** 185kJ, 3.4g fat (2.2g sat), 0.6g carbs, 0.3g sugar, 3.8g protein, 257mg sodium

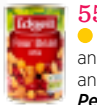


**53 Yoplait Formé Vanilla Yoghurt**  
● A no-fat yoghurt with less than 1 per cent added sugar that actually delivers on taste – who would have thought? Containing only 300kJ per tub, it's the perfect snack for quashing those 3pm hunger pangs.  
**Per serve (175g):** 287kJ, 0.2g fat (0.2g sat), 9.6g carbs, 8.2g sugar, 6.8g protein, 116mg sodium

## MEAT, SEAFOOD & LEGUMES



**54 Simply Better Foods Organic Tofu**  
●● Tofu ain't always flavourless. Chuck in a handful of this protein-packing meat-sub for a quick and nutritious veggie paella.  
**Per serve (100g):** 615kJ, 8.8g fat (2.7g sat), 0.3g carbs, 0.3g sugar, 15.9g protein, 17mg sodium



**55 Edgell Four Bean Mix**  
● Low salt, high fibre, low GI and convenient: simply rinse and serve. 'Nuff said.  
**Per serve (75g):** 373kJ, 0.5g fat (<0.1g sat), 12.2g carbs, 1.7g sugar, 6.1g fibre, 5.8g protein, 188mg sodium



**56 John West Tempters Salmon in Spring Water**  
●●●●● It's Marine Stewardship Council certified (a fancy way to indicate it's sustainable and kind to the ocean). It's also a good source of omega-3s and calcium.  
**Per serve (57g):** 225kJ, 1.3g fat (0.5g sat), <1g carbs, <1g sugar, 10.5g protein, 191mg sodium



**57 John West Sardines in Springwater**  
●●●● These little guys have the Heart Foundation Tick of approval, while being economical and convenient. What a catch.  
**Per serve (75g):** 710kJ, 12.5g fat (3.4g sat), <1g carbs, <1g sugar, 13.7g protein, 180mg sodium



**58 Sealord New Zealand Hoki Fillets**  
●● Our neighbours have given us some damn tasty fish, with their MSC certified sustainable produce that's low in salt but big on the protein radar.  
**Per serve (106g):** 370kJ, 1.4g fat, <1g carbs, <1g sugar, 59mg sodium, 18.6g protein.



**59 Birds Eye Steam Fresh Fish Fillets**  
●● All the fishy goodness without the fuss. They're ready in less than five minutes in the microwave.  
**Per serve (180g):** 609kJ, 5g fat (1.1g sat), 2.7g carbs, <1g sugar, 22.1g protein, 576mg sodium



**60 Peppercorn Beef Sausages**  
● A healthier alternative to classic snags with less than three per cent saturated fat and limited salt. You can eat these knowing you're doing good by the environment (the tray is compost-friendly). Exciting, hey.  
**Per serve (72g):** 448kJ, 5.8g fat (2.2g sat), 4g carbs, 0.9g sugar, 9.6g protein 324mg sodium



**61 Talley's Mussels**  
●● Flex your mussels: these treats of the sea are high in iron and omega-3. Nice pairing, we reckon.  
**Per serve (94g):** 555kJ, 2.6g fat (0.7g sat), 10.7g carbs, 6.4g sugar, 16.2g protein, 423mg sodium



**62 DeCosti Fresh Salmon Portions**  
● Tassie and salmon – is there a sweeter combination? Down these for a dose of omega-3 and protein.  
**Per serve (100g):** 896kJ, 13.7g fat (3.3g sat), <0.5g carbs, <0.5g sugar, 22.4g protein, 37mg sodium



**63 Primo Leg Ham**  
● Ham-lovers, rejoice: this stuff is low in salt, but packs a flavourful punch.  
**Per serve (50g):** 200kJ, 1.5g fat (1g sat), 1.2g carbs, <1g sugar, 7.8g protein, 158mg sodium



**64 Weight Watchers Bacon Slices**  
● Just because you're watching your figure it doesn't mean you have to bypass the bacon buffet. This cuts lots of the nasty rind from the equation.  
**Per serve (42g):** 168kJ, 0.8g fat (0.3g sat), 0.3g carbs, 0.3g sugar, 7.8g protein, 588mg sodium



**65 Sanitarium Veggie Sausages**  
● These protein-packed, cholesterol-free snags will tickle your taste buds.  
**Per serve (100g):** 911kJ, 11g fat (0.8g sat), 10.6g carbs, 1.4g sugar, 0.6g fibre, 18.9g protein, 485mg sodium



**66 Naturally Falafel**  
●● You don't have to party till 3am to get your kebab fix: pair these balls of goodness with natural yoghurt and greens for a tasty treat.  
**Per serve (65g):** 502kJ, 4.7g fat (1.3g sat), 8.6g carbs, 0.9g sugar, 4.5g protein, 80.6mg sodium

## PASTA & RICE



**67 Continental Alfredo Lite Pasta & Sauce**  
● This pasta pack isn't as heavy-handed with the sauce as its counterparts.  
**Per serve (95g):** 523kJ, 2.4g fat (1.1g sat), 20g carbs, 4.7g sugar, 5.5g protein, 245mg sodium



**68 Tilda Brown Basmati**  
●●●● Basmati has a lower GI than other rice varieties. Plus, it takes two minutes to prepare in the microwave. Zing!  
**Per serve (125g):** 720kJ, 2.6g fat (0.8g sat), 32.1g, carbs, 0.1g sugar, 2.9g fibre, 4.5g protein, 0.1g sodium



**69 Macro Organic White Quinoa**  
●●● This ancient wholegrain cereal can be used as a gluten-free alternative to porridge.  
**Per serve (100g):** 463kJ, 0.6g fat (0.1g sat), 21.7g carbs, 0.4g sugar, 4.2g protein, 30mg sodium



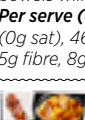
**70 Coles Organic Spaghetti**  
● This is made from 100 per cent organic durum wheat with nothing else added. End of story.  
**Per serve (100g):** 1490kJ, 1.3g fat (0.7g sat), 74.1g carbs, 1.2g sugar, 11.5g protein, 20mg sodium



**71 San Remo Wholemeal Spaghetti**  
●●● Providing almost half your daily needs in a 100g serve (13g fibre), this high-fibre spag is made from one ingredient: wholemeal wheat = simple goodness.  
**Per serve (125g):** 1858kJ, 3.1g fat (1.5g sat), 86.3g carbs, 2.3g sugar, 1.6g fibre, 16.3g protein, 28mg sodium



**72 Orgran Gluten Free Buckwheat Pasta**  
●●●● This one is great for people who are trying to curb how much gluten they are consuming. It's low in saturated fats and sodium, and provides 5g of fibre for every serve. Your bowels will high-five you.  
**Per serve (62.5g):** 921kJ, 0.4g fat (0g sat), 46g carbs, 0.1g sugar, 5g fibre, 8g protein, 5mg sodium



**73 Ainsley Harriott Vegetable Cous Cous**  
● Quick and easy to prepare and with no artificial colours or preservatives, you'll have a flavourful side dish in five minutes flat. Thanks, Ainsley.  
**Per serve (130g):** 798kJ, 1.6g fat (0.4g sat), 35.6g carbs, 4.4g sugar, 6.9g protein, 260mg sodium

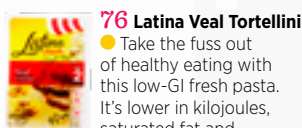


**74 Sun Rice Quick Cups Brown Rice**  
●●● They've done the hard work for you: portioning. This is a good serve size for one and ready after 40 seconds in the microwave. Add tuna and a salad for a healthy lunch or dinner.  
**Per serve (125g):** 884kJ, 4.5g fat (<1g sat), 35.8g carbs, <1g sugar, 5.1g fibre, 4.1g protein, <5mg sodium



**75 Obento Udon noodles**  
● These quick and easy oodles of noodles are 99 per cent fat-free, low in sodium and ready in just three minutes for adding to soups or stir-fries. One pack equals one serve, so the hard work is done for you.  
**Per serve (200g):** 980kJ, 0.5g fat (0.1g sat), 48g carbs, 0.9g sugar, 172mg sodium, 7.9g protein.





## 76 Latina Veal Tortellini

Take the fuss out of healthy eating with this low-GI fresh pasta. It's lower in kilojoules, saturated fat and sodium than other pasta packs.

**Per serve (cooked 305g):** 2400kJ, 16.2g fat (5.2g sat), 79g carbs, <0.1g sugar, 23.2g protein, 674mg sodium



## 77 Slim Pasta Spaghetti

Beat pasta-bloat with these gluten-free noodles.

Made from the native Asian root vegetable Konjac, this stuff offers a high fibre, low kJ, low carb alternative to traditional noodles.

**Per serve (125g):** 74.1kJ, 0g fat (0g sat), 2.1g carbs, 0.2g sugar, 4.2g fibre, 0.3g protein, 6.5mg sodium

## SOUPS & STOCKS



## 78 Vegeta Delight Vegetable Stock

Veggie appeal: this lactose-free stock is jam-packed with 40 per cent real vegetables, and no flavour enhancers, meaning it'll deliver a more natural flavour to your meal.

**Per serve (1.5g):** 10.6kJ, 0g fat (0g sat), 0.5g carbs, 0.3g sugar, 0.2g fibre, 0.1g protein, 273mg sodium



## 79 Pitango Organic Spring Lamb Soup

This pouch packs a punch when it comes to flavour (made with red wine and rosemary).

Or try their Broccoli & Blue Cheese, Sweet Potato with Coconut & Ginger or Moroccan chicken. We did.

**Per serve (300g):** 732kJ, 2.4g fat (0.9g sat), 26.4g carbs, 11g sugar, 11.4g protein, 903mg sodium



## 80 Heinz Squeeze and Stir Instant Soup Rich Tomato and Basil

Bulky cans, be gone! These lightweight packs are not only convenient, they only need a dash of water before going down the gob. It's also

lower in salt and kilojoules compared with other soup varieties.

**Per serve (180g):** 242kJ, 2.9g fat (0.2g sat), 6.8g carbs, 6.1g sugar, 0.4g fibre, 0.9g protein, 200mg sodium



## 81 Campbell's Country Ladle Minestrone

Meet your daily vegetable quota with this hearty soup – it dishes out three helpings of vegetables per serve. The low-salt, high-fibre stuff comes in a single-serve microwaveable container, making it great for work lunches.

**Per serve (430g):** 688kJ, 1g fat (0.2g sat), 26.6g carbs, 8.8g sugar, 7g fibre, 8.5g protein, 1249mg sodium



## 82

### Campbell's Country Ladle Butternut Pumpkin and Parsley

Soups up: warm up with a healthy take on traditional comfort food. It's made from pumpkin sans additional nasties.

**Per serve (250g):** 450kJ, 3g fat (1.8g sat), 14.6g carbs, 5.5g sugar, 3.8g fibre, 4.1g protein, 733mg sodium



## 83 Coles Brand Soup Creamy Chicken & Sweet Corn

This one is a time-poor person's best

friend – whack it in the microwave for two minutes and you've got yourself a filling meal in the time it'd take to walk to the local cafe.

**Per serve (430g):** 1049kJ, 5.2g fat (0g sat), 37.4g carbs, 3.9g sugar, 3g fibre, 11.6g protein, 1161mg sodium



## 84 Campbell's Salt Reduced Chicken Stock

If you're going for Campbell's, this is your pick. This one contains less salt than traditional

Campbell's stock. Good one.

**Per serve (250ml):** 108kJ, 0.1g fat (0.1g sat), 3.6g carbs, 3.4g sugar, 2.7g protein, 625mg sodium



## 85 Continental Stock Pot Beef

The Heart

Foundation gave this liquid stock a big thumbs up for going easy on its salt content – that doesn't mean you have free rein with the saltshaker.

**Per serve (125ml):** 51kJ, 0.5g fat (0.2g sat), 1.6g carbs, 0.3g sugar, 0.3g protein, 420mg sodium



## 86 Gravo Brown Onion Gravy

Let's face it: making your own gravy is a task and a half. Cut corners and season your produce with this fat-reduced sauce. We promise we'll turn a blind (cooking) eye.

**Per serve (55g):** 84kJ, <1g fat (<1g sat), 3.9g carbs, 1.4g sugar, <1g protein, 244mg sodium

## FROZEN MEALS & SNACKS



## 87 McCain's Healthy Choice Beef Hot Pot

A lower kilojoule, high fibre (around 7g) dish that contains 50 per cent vegetables and beef.

It also provides 14 per cent of the recommended dietary intake for iron.

**Per serve (420g):** 1120kJ, 5.9g fat (1.3g sat), 34.4g carbs, 5.9g sugar, 7.1g fibre, 15.1g protein, 840mg sodium



## 88 Birds Eye Atlantic Salmon Skinless Fillets

With 100 per cent Atlantic salmon that delivers 3190mg of

omega-3s in just one serve. Catch of the day, as a fisherman would say.

**Per serve (135g):** 1370kJ, 25.4g fat (5.1g sat), <1g carbs, <1g sugar, 25.1g protein, 41mg sodium



## 89 Ingham Breast Tenders Original

Your muscles will be glad to know this lightly coated chicken breast provides 14g of

protein per serve. Quick and easy weeknight dinner when served with steamed vegetables. Mmm...

**Per serve (100g):** 825kJ, 8.2g fat (2.1g sat), 17.2g carbs, 3.8g sugar, 13.5g protein, 563mg sodium



## 90 Syndian All Natural Veggie Bites

Food for your fingers: this is a great choice if you're looking for an appetiser to plate up when your friends drop in unexpectedly. It's also vegan-friendly and organic, so you'll look a little bit saintly when dishing 'em out.

**Per serve (25g):** 239kJ, 2.68g fat (0.27g sat), 6.45g carbs, 0.4g sugar, 1.47g protein, 70mg sodium



## 91 McCain Ultra Thin Tandoori Chicken Pizza

Flavourful oven-prepared pizza that is lower in kJs, saturated

fat and sodium than other frozen pizzas. Just don't eat the whole thing.

**Per serve (80g):** 794kJ, 9.2g fat (6.2g sat), 16g carbs, 4.4g sugar, 9.8g protein, 364mg sodium



## 92 I&J Lean Beefers Patties

What's your beef? These tasty

burger patties are lower in kJs and saturated fat than regular varieties. Serve in a wholegrain roll with salad for a burger that trumps your local takeaway joint.

**Per serve (55g):** 340kJ, 4.1g fat (1.7g sat), 1.8g carbs, 0.7g sugar, 9.2g protein, 110mg sodium



## 93 Syndian Veggie Boost Burger

A vegan-friendly burger with the lot. Literally. Made from

brown rice, tofu, tahini and seeds. Wholesome eating, tick!

**Per serve (100g):** 425kJ, 2.45g fat (0.28g sat), 15.74g carbs, 1.39g sugar, 2.85g protein, 324.8mg sodium

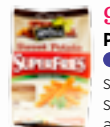


## 94 Birds Eye Stir Fry Thai Style

This mix provides 5g of fibre per serve and is low in sodium and saturated

fat. Add some lean meat, tofu or chicken and a low-sodium sauce for an instant meal. Stat.

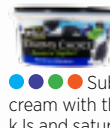
**Per serve (125g):** 177kJ, 0.36g fat (0.04g sat), 4.5g carbs, 2.8g sugar, 4.9g fibre, 2.8g protein, 24mg sodium



## 95 McCain Sweet Potato SuperFries

These delicious sweet fries are low in saturated fats and supply a hit of vitamin A (with more than 40 per cent of the RDI).

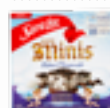
**Per serve (90g):** 656kJ, 6.4g fat (0.5g sat), 22.2g carbs, 7.4g sugar, 3.1g fibre, 1g protein, 333mg sodium



## 96 McCain Season's Choice Berries 'n' Yoghurt

Sub your scoop of ice-cream with this: a sweet treat low in kJs and saturated fats, giving a useful 99mg of calcium per serve.

**Per serve (110g):** 425kJ, 2.2g fat (1.4g sat), 16g carbs, 14.9g sugar, 3.2g protein, 44mg sodium



## 97 Sara Lee Minis Baked Cheesecake

This small, perfectly sized treat is a winner when you're craving

sweets. One piece is only 93kJ so you can easily silence your sweet cravings post-dinner without tipping the scales. Perfection.

**Per serve (33.3g):** 546kJ, 7.5g fat (4.9g sat), 13.8g carbs, 9.8g sugar, 2g protein, 95mg sodium

## CONDIMENTS



### 98 Black Swan Roasted Garlic Hommus

● This dip is made with familiar products so you can dunk your carrot sticks without additive worry. The chickpea quota means you're munching down some vego-friendly protein, too.

**Per serve (10g):** 80kJ, 1.3g fat (0.2g sat), 1.4g carbs, 0.2g sugar, 0.6g protein, 39mg sodium



### 99 Melrose Omega Care Blend Spread

● This yellow treasure has the lowest sat fat content (9 per cent) of all table spreads, including margarine. It's traded the nasties for canola and flaxseed oil. Smart thinking, guys.

**Per serve (5g):** 138kJ, 3.5g fat (0.3g sat), 0.1g carbs, 0g sugar, 0.1g fibre, 0.1g protein, 16mg sodium



### 100 Flora Pro-Active Ultra-Lite spread

● Spread 'em: this margarine is made with glorious sunflower seeds that offer a heart-friendly dose of omega-6. Sweet.

**Per serve (10g):** 90kJ, 2.3g fat (0.6g sat), 0.12g carbs, <1g sugar, <1g protein, 36mg sodium



### 101 Lee Kum Kee Salt Reduced Soy Sauce

● The name says it all. This soy sauce has a cap on its salt content so your food won't taste like you've cooked it in the ocean. Nice.

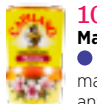
**Per serve (15ml):** 57kJ, <1g fat (<1g sat), 1.8g carbs, 1.1g sugar, 1.6g protein, 600mg sodium



### 102 Macro Organic Crunchy Peanut Butter

● Oh, how we love you. Next time you reach for a tub, try this one: made with 100 per cent organic peanuts providing the natural goodness of nuts without compromising taste or texture.

**Per serve (20g):** 532kJ, 10.1g fat (2g sat), 3.6g carbs, 1.2g sugar, 5.8g protein, 1mg sodium



### 103 Capilano Manuka Honey

● This is the bee's knees: manuka honey may have anti-inflammatory properties and immune system benefits. It's also 100 per cent natural honey and slightly lower in sugars than other varieties. Comforting to hear.

**Per serve (15g):** 212kJ, 0g fat (0g sat), 12.5g carbs, 12.4g sugar, 0.05g protein, 2.3mg sodium



### 104 Fountain Tomato Sauce

● Tomato sauce has often been branded as a sugar powerhouse, but not anymore. This pantry essential is 70 per cent lower in salt and 40 per cent lower in sugar than other brands and you'll hardly notice the difference in taste. That's what we like to hear.

**Per serve (20ml):** 75kJ, <1g fat (<1g sat), 3.6g carbs, 3g sugar, <1g protein, 52mg sodium



### 105 Weight Watchers Fruit of the Forest Spread

● Yes, we know jam isn't our friend when it comes to sidestepping the sweet stuff. But Weight Watchers has eased off the stuff to avoid sugar highs after one mouthful. Tasty.

**Per serve (15g):** 85kJ, <0.1g fat (<0.1g sat), 4.9g carbs, 4.8g sugar, 0.2g fibre, <0.1g protein, 5mg sodium



### 106 Kraft Philadelphia Extra Light Cream Cheese

● Cream and cheese aren't the healthiest guys hanging around the dairy aisle, so next time you want a spoonful try this lower kJ spread – also low in saturated fat.

**Per serve (25g):** 137kJ, 1.2g fat (<1g sat), 2.1g carbs, 1.2g sugar, 2.8g protein, 68mg sodium



### 107 Kraft Egg Mayo

● This mayo contains a dose of omega-3s and is lower in salt than other jars on the shelves. The saturated fat content has also been capped so you can still include potato salad on your weekly dinner menu – minus guilt. Go on, then.

**Per serve (15g):** 439kJ, 12g fat (1g sat), <1g carbs, <1g sugar, <1g protein, 64mg sodium



### 108 Red Kellys Tasmania Basil & Garlic Dressing

● Not the lowest in total fat, but it does get snaps for being one of the lowest in saturated fat. It also provides a hit of flavour from the 'erbs.

**Per serve (20ml):** 322kJ, 6.6g fat (0.5g sat), 3.42g carbs, 3.3g sugar, 0.1g protein, 9mg sodium



### 109 Melrose Almond Spread

● This healthy spread is also straight up nuts, made from pure almonds. It's low in saturated fat and sodium, while providing a good dose of fibre and calcium per tablespoon. Alrighty then.

**Per serve (10g):** 240kJ, 5.4g fat (0.5g sat), 0.4g carbs, 0.4g sugar, 0.9g fibre, 1.9g protein, 0.5mg sodium



### 110 Ayam Plum Sauce

● Plum sauce is lower in salt and kJs than many other Asian-infused sauces, making it a figure-friendly way to add flavour to your dishes.

**Per serve (15ml):** 133kJ, <1g fat (<1g sat), 7.9g carbs, 5.4g sugar, <1g protein, 232mg sodium



### 111 Outback Spirit Lemon Myrtle herbs

● These pure herb and spice packs are made without additional nasties, offering a healthy way to introduce new and interesting flavours to your cooking.

**Per serve (5g):** 42kJ, 0.1g fat (0g sat), 2.2g carbs, 1.1g sugar, 0.2g protein, 648mg sodium



### 112 McCormick Recipe Creations Lemon Pepper Chilli Chicken

● These guys thought of everything: all the herbs you need, in one convenient sachet, to make a great dish based off the recipe printed on the back of pack.

**Per serve (3g):** 34kJ, <1g fat (<1g sat), 1g carbs, <1g sugar, <1g protein, <5mg sodium



### 113 MasterFoods Mango Chutney

● Mango paired with spices... we're sold. Try it in your next curry or sandwich for a hit of sweetness.

**Per serve (20g):** 121kJ, 0.2g fat, 0.2g sat, 6.5g carbs, 5.8g sugar, 0.2g protein, 33mg sodium

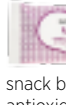


### 114 MasterFoods Curried Sausages Recipe Base

● Rip open this baby for a delicious foundation to your next meal. Heat, stir, add in sausages, and you're set.

**Per serve (43g):** 77kJ, 0.2g fat (<0.1g sat), 3.5g carbs, 1.2g sugar, 0.4g protein, 393mg sodium

## SWEETS



### 115 Loving Earth Luvju Superfood Bar

● A healthy snack bar? Yes, please. Get your antioxidant fix with this goodie bar filled with raw cashews, sour cherries and mulberries. Mmm...

**Per serve (50g):** 955kJ, 12.4g fat (2.9g sat), 22.8g carbs, 11.8g sugar, 5.7g protein, 17.5mg sodium



### 116 Absolute Fruit Freeze-dried Strawberries

● Strawberries all year round? Yes. This sweet snack is a good way to get in an extra fruit serve.

**Per serve (20g):** 293kJ, 0g fat (0g sat), 17g carbs, 17g sugar, 0g fibre, 0g protein, 5mg sodium



### 117 Chomp, Freddy Frog, Curly Wurly

● These treats are kind to your thighs as each only adds about 400-600kJ. And they're small enough to keep in your bra for safe keeping. Or not.

**Per serve (40g-60g):** 400-600kJ, 4.5-6.1g fat (4.2-2.6g sat), 18-21g carbs, 12-18g sugar, up to 1g protein, 27-60mg sodium



### 118 Nestlé Soleil Diet Chocolate Mousse

● Light. Fluffy. Creamy. Chocolate. Oh, and low in kJs. Need we say more?

**Per serve (62g):** 286kJ, 1.5g fat (1.1g sat), 9.6g carbs, 9g sugar, 3g protein, 31mg sodium



### 119 Weis Fruito bars

● Go on, have a lick: made with real frozen fruit, this classic stick is the perfect slim-down option. Yep, enough cream to make it feel naughty, but still with less than 500kJ per serve.

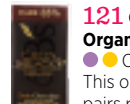
**Per serve (80g):** 478kJ, 3.4g fat (2.6g sat), 19.4g carbs, 17.8g sugar, 1.2g protein, 15mg sodium



### 120 Paddle Pop Ice Cream

● Now you have an excuse to unwrap these: your health. Ice-cream is packed with calcium to care for your chompers, while the protein has been shown to aid weight loss. So there.

**Per serve (68g):** 449kJ, 3.5g fat (1.9g sat), 16g carbs, 13.3g sugar, 2.6g protein, 32mg sodium



### 121 Green & Black Organic Dark Chocolate

● OK, if you insist... This organic choc block pairs rich chocolate with a hint of vanilla. Aww, how bittersweet. Get it?

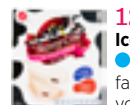
**Per serve (25g):** 655kJ, 13.4g fat (8g sat), 5.6g carbs, 3.5g sugar, 2.3g protein, 8mg sodium



### 122 So Good Chocolate Bliss Ice-Cream

● These don't just taste damn good, they're kind to your body. This soy treat can help with cholesterol and are good for those prone to allergies.

**Per serve (51g):** 311kJ, 1.5g fat (0.4g sat), 13.4g carbs, 8.6g sugar, 0.2g fibre, 1.7g protein, 33mg sodium



### 123 Skinny Cow Ice-Cream Sticks

● Low in sugar and fat, this tub will satisfy your need for comfort food without targeting your hips.

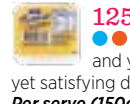
**Per serve (67g):** 340kJ, 1.7g fat (1.2g sat), 5.8g carbs, 5.6g sugar, 5g fibre, 3.6g protein, 59mg sodium



### 124 Bulla Fruit 'n Yoghurt

● This stuff is lower in kJs than regular ice-cream, while the active cultures keep your digestive tract running without hiccups. It's got our vote.

**Per serve (80g):** 441kJ, 2.4g fat (1.4g sat), 18.2g carbs, 15.7g sugar, 3g protein, 41mg sodium



### 125 Pauls Vanilla Custard

● Pair this with fruit and you're got a healthy yet satisfying dessert option. The end.

**Per serve (150g):** 687kJ, 3.9g fat (2.6g sat), 25.7g carbs, 20.9g sugar, 6g protein, 120mg sodium **wh**

We bet you couldn't be bothered writing all these down. We've done the hard work for you – jump online to download the full list at [womenshealthmag.com.au](http://womenshealthmag.com.au)