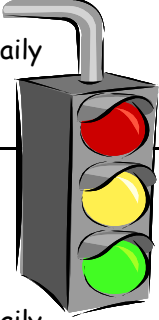


GREEN

LOW COST

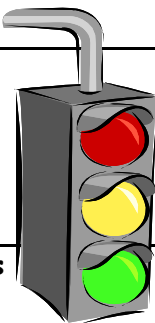

MODERATE COST


Fresh fruit* Aim for 2+ portions daily		fresh tomatoes, apples oranges, canned tomatoes	nectarines, peaches, grapefruit, kiwifruit rockmelon, canned fruit in lite syrup or juice, apricots, mango, fruit salad, peaches, apple, pears, pineapple.
Vegetables* Aim for 3+ portions daily		pumpkin, onions celery, lettuce, carrots cabbage, silverbeet, cauliflower, canned corn. frozen vegetables: peas, corn, mixed vegetables, green beans puha, watercress	cucumber, taro, zucchini, asparagus, broccoli broccoflower, canned vegetables: mushrooms, beetroot, green beans
Breads Aim for high fibre Limit the spread No more than 6 slices/day		regular wholemeal bread, toast and sandwich slice	grain and seed variety breads high fibre white
Meat/Eggs/Beans /Legumes Sources of good protein Lean cuts Cut the fat before cooking Remove the skin		minced lamb, pork, beef, corned hogget leg, mutton chops, pork frozen chicken thighs/legs frozen chicken pieces/whole fresh whole chicken eggs, beans, lentils	blade steak, topside steak, rump steak, diced lamb fresh chicken drumsticks canned meat: corned beef, pork slices, pork stew, mutton, venison sausages
Fish Aim for 3 portions/week Sources of good protein		whole terakihi, flounder monkfish, sole, gurnard, live mussels, surf clams (pipi) canned mackerel	whole blue cod, boned and skinned red cod, terakihi. marinated mussels smoked eel, canned smoked fish fillets, sardines, tuna in spring water, pink salmon
Dairy Products Aim for 2+ low fat portions/day Sources of good protein		homemade yoghurt (eg) easiyo milk: low fat/reduced fat fresh skim milk powder (reconstituted) buttermilk cottage cheese, edam supermarket edam	acidophilis yoghurt, natural/flavoured (200g, 500g, and 1kg pottles) natural and flavoured regular yoghurt bega superslim slices (cheese) ricotta cheese
Preprepared foods		canned baked beans, chilli beans low fat baked beans tomato based pasta sauces dried soup, dried packet sauces	baked beans & sausages mexican beans plain popcorn, hummus, salsa
Sources of good carbohydrate		rolled oats, weetbix sanitarium kornies/ branflakes potatoes, kumara, banana creamota	wholemeal pasta new potatoes plantain bananas peas
Beverages Have 2 glasses of water with your meals		water, tea, coffee milk: lite blue, green. clear soup	diet soft drinks, bottled water
Bought crackers and biscuits			regular water crackers crispbread, rice crackers

* Subject to seasonal variation

References, Department of Human Nutrition University of Otago

Information Package for Users of the Estimated Food, Costs 2003 University of Otago

<u>ORANGE</u>	<u>LOW COST</u>	<u>MODERATE COST</u>
		
Fruit	dried fruit fresh fruit juice, water 50:50 canned fruit in syrup: apricots mango, fruit salad, peaches,	
Vegetables	roasted vegetables in oil - preferably canola	avocado
Breads	regular white bread: toast and sandwich slice	fruit bread/buns white bagels/pita bread english muffins
Meat	frozen patties	family size potato top pies
Fish		canned fish in oil
Dairy products	homogenised milk lite sour cream	processed cheese slices grated cheeses
Preprepared foods	canned spaghetti	coleslaw, pizza bases canned:spaghetti and sausages pasta alphabets.
Sources of carbohydrate	rice, barley, pasta, semolina couscous mashed potato with margarine	kumara wedges potato wedges
Beverages	flavoured milk drinks	
Bought biscuits and crackers	gingernuts, full of fruit biscuits arrowroot biscuits, malt biscuits	shaped biscuits (eg teddies)

<u>RED</u>	<u>LOW COST</u>	<u>MODERATE COST</u>
Fruit		
Vegetables	fried chips, potato chips, corn chips	
Bread	garlic /cheese / pizza breads cream buns, doughnuts	croissants
Meat	fatty bacon, pork,beef,flavoured sausages, chipolattas, saveloys sausage meat, luncheon fried chicken.roasted chicken crumbed chicken	Sausage rolls, Individual pies
Fish	deep fried fish fish fingers, fish cakes	
Dairy products	sweetened condensed milk cream evaporated full cream milk bulk/regular icecream	novelty icecream
Preprepared foods		potato crisps big mac,cheesburger,kfc bbq chicken
Other cereals		toasted muesli
Beverages	powdered fruit drinks fizzy drinks, fruit juice cordial	energy drinks
Bought crackers and biscuits	wine biscuits, bran biscuits digestives, chocolate chip biscuits	sesame crackers cream filled biscuits shortbread, peanut brownies coconut biscuits
Fats	dripping, lard, suet, chefade kremelta, butter, palm oil coconut cream	

