

NEW ZEALAND SUPERMARKET SHOPPING GUIDE

Contents

Introduction

How can this Supermarket Guide help you?	2
The Healthy Shopping Pyramid	2
What's on a label?	3
How can we use this information?	3
Health claims: what do they mean?	4
Different names for fats, salt and sugars	4

Food Section

How to use this Guide	6
Breads	6
Cereals	6
Rice & Pasta	7
Fruit	7
Vegetables	8
Soup	8
Legumes	8
Meat	9
Fish	9
Poultry	10
Eggs	10
Dairy Products	11
Fats & Oils	11
Nuts & Seeds	12
Jams & Spreads	12
Dressings, Sauces & Pickles	12
Beverages & Alcohol	13
Biscuits, Crackers & Cakes	13
Snacks & Sweets	14
Sweeteners	15
Contact	15

How can this Supermarket Guide help you?

- It will point you towards the kind of foods that are best for your health.
- It will help you choose foods that are:
 - ◆ Low in fat
 - ◆ High in fibre
 - ◆ Low in salt
 - ◆ Lower in sugar
- It will point you towards foods that will help people with diabetes keep their blood glucose under control.
- It will help you choose foods that may reduce the risk of problems such as heart disease and high blood pressure.
- It will help you choose foods that are healthy for all your family and friends.

The Healthy Shopping Pyramid

Buy more foods from the bottom of the pyramid and less from the top of the pyramid.

Buy Least:

Fats, Oils, Salt, Sugar, Alcohol

Buy moderate amounts:

Lean Meat, Chicken, Fish, Seafood, Eggs

Low fat: Milk, Cheese, Yoghurts

Buy plenty:

Breads, Cereals, Pasta, Rice

Potatoes, Kumara, Yams, Corn, Taro, Baked Beans, Dried Beans, Fruit

Buy lots:

All other vegetables



What's on a label?

- Along with a List of Ingredients you may find a Nutrition Information Panel and possibly some health claims.

Golden Munchies - your low fat breakfast cereal		
NUTRITION INFORMATION		
	Per Serving (30g)	Per 100g
Energy	500 kJ	1670 kJ
Protein	2.2 g	7.4 g
Fat	0.6 g	1.8 g
Carbohydrate		
- total	26 g	87 g
- sugars	4.2 g	14 g
Dietary Fibre	2.1 g	7 g
Sodium	117 mg	390 mg
Potassium	54 mg	180 mg
Ingredients: Wheatmeal, Rice Flour, Maize Flour, Sugar, Sultanas, Skim Milk Powder, Salt, Sodium Bicarbonate, Tumeric		

Ingredients

- Ingredients are listed in order of quantity, starting with the largest amount first.

How can we use this information?

Comparing products

Use the per 100 gram column to compare different products.

How much do you eat?

The serving size on the packet may be different to your size - check it out!

Fat

- Check the 100 gram column: choose products with less than 10 grams of fat per 100 grams.
- Check the ingredient list: choose products that don't contain animal fats if possible.

Carbohydrate

- Total:
 - includes both starches and sugars.
 - people on insulin need to balance their 'total carbohydrate' with their insulin.
- Sugars:
 - includes carbohydrate from sugar, honey, fruits and milk.
 - eat smaller amounts of foods with higher levels of sugar.
 - Check the 100 gram column: choose products with less than 10 grams of sugar per 100 grams.

Fibre

- Aim to eat 25-30 grams of fibre each day.

Sodium or Salt

- Compare different products and choose the ones with less sodium or salt.
- Use No Added Salt and Reduce Salt products if possible.

Health claims: what do they mean?

No Added Sugar

May still contain a lot of natural sugar - check the label and count the 'total carbohydrate.'

Lite or Light

Could mean less fat or sugar, but might just refer to the colour! - check the label and ingredients list.

Low Fat or Fat Reduced

Worth looking out for. By law must contain at least 1/3 less fat than the regular product.

Cholesterol Free

May still have a high fat and energy content - check the nutrition information. Cholesterol from our foods is less important than the type and amount of fat we eat.

'Diet' or Low Joule or Low Calorie

Worth looking out for. Contains artificial sweetener instead of sugar.

Different names for fats, salt and sugars

Monounsaturated fats:

- Canola oil
- Olive oil
- Grapeseed oil
- Peanut oil

Polyunsaturated fats:

- Soyabean oil
- Safflower oil
- Corn oil
- Sunflower oil

Saturated fats:

- Animal fat/oil
- Kremalta
- Baking margarine
- Hydrogenated fat
- Butter fat
- Lard
- Coconut oil

- Milk solids
- Copha
- Palm oil
- Dripping
- Shortening

(note: palm or coconut oils may be listed as vegetable fats/oil)

Salt:

- Sodium
- Rock salt
- Monosodium glutamate (MSG)
- Na
- Sea salt

Sugar:

- Sucrose
- Invert sugar
- Brown sugar
- Lactose
- Corn syrup
- Dextrose
- Malt extract
- Maltose
- Disaccharides
- Molasses
- Fructose
- Monosaccharides
- Glucose
- Golden syrup
- Raw sugar
- Honey

FOOD

How to use this Guide:

Each part of the food sections is divided into 4 parts:

- **Better buys:**
This section will point you towards the best food choices that you can make.
- **Good to know:**
Explains reasons why some choices are better than others.
Gives useful tips for choosing and preparing healthy foods.
- **Watch point:**
Highlights foods to be careful with - they may contain too much fat, sugar or salt.
- **Your choice:**
Space is provided so you can write in the names of the healthiest choices available.

You will get even more out of this booklet if you join a supermarket tour run by a local dietitian or your diabetes support group.

If you have any other questions about food and health - ask your dietitian.

Breads

Better buys:

- Whole grain breads
- Breads with oats, oat bran, barley, rye

Good to know:

- Most breads are low in fat.
- The small amount of sugar in bread will not upset blood glucose control.

Watch point:

- Croissants, garlic bread, Danish pastries and cheese breads are high in fat.
- Be careful about how much fat you add to your bread - go easy on margarine, butter, cheese and fatty meats.

Your choice:

Cereals

Better buys:

- Rolled oats or porridge
- High fibre cereals

Good to know:

- Cereal and low fat milk is a great start to the day and a healthy snack.

Watch point:

- Some cereals are high in salt/sodium - check the label.
- Some toasted cereals are high in fat - check the label.
- Eat smaller amounts of cereals which have higher levels of sugar

Your choice:

Rice & Pasta

Better buys:

- All kinds of pastas, spaghetti and noodles
- Long grain, parboiled or basmati rice
- Brown rice

Good to know:

- Rice and pasta are good sources of carbohydrate - our energy food.
- Rice and pasta are low in fat.

Watch point:

- Be careful what kind of sauces and toppings you add to your pasta or rice - keep them low in fat.
- Some instant noodles contain palm oil which is a saturated fat.
- Fried rice is high in fat.

Your choice:

Fruit

Better buys:

- All raw fruits
- Canned fruit in natural fruit juice or artificially sweetened water
- Frozen fruit or berries without added sugar

Good to know:

- Whole fruits contain more fibre than fruit juices.
- Fruit is low in fat.

Watch point:

- 'No Added Sugar' fruit juices contain a lot of natural sugar.
- Dried fruits are concentrated carbohydrates - eat small amounts

Your choice:

Vegetables

Better buys:

- All fresh vegetables
- Frozen vegetables
- Canned vegetables
- Oven baked chips with less than 10 grams of fat per 100 grams

Good to know:

- Vegetables are low in fat and good sources of fibre.
- Vegetables are a good snack food.

Watch point:

- Watch the salt/sodium content of tinned vegetables or seasoned frozen vegetables. Choose low or reduced salt/sodium varieties if available.
- Choose oven baked chips that are not made with beef fat - eat moderate amounts.

Your choice:

Soup

Better buys:

- Split pea, lentil and barley soup mixed
- Ready-cut vegetable packs - just add water
- Low salt soups where available

Good to know:

- Soup is a great filler if your are hungry.

Watch point:

- Many instant, packet or tinned soups are high in salt/sodium.
- Many bought stocks and stock powders are high in salt/sodium - use sparingly.

Your choice:

Legumes: Split peas, dried beans and lentils

Better buys:

- All varieties - dried or canned

- Baked beans
- Dahl
- Hummus

Good to know:

- Legumes help control blood glucose and may help lower cholesterol levels.
- Legumes are a good source of fibre.
- It is OK for people with diabetes to eat Baked Beans.
- Try a legume dish in place of meat.

Watch point:

- Go easy when adding cheese or sour cream to chilli bean dishes - use small amounts of low fat cheeses or sour cream.

Your choice:

Meat

Better buys:

- Lean cuts of meat - topside, gravy beef, trim pork, bolar blade, low fat mince, lean mutton or lamb.

Good to know:

- Cut the fat off the meat before cooking.
- 100 - 150 g of meat is enough for one person.
- Grilled, dry roasted, steamed, boiled, casseroleed or microwaved meat is lower in fat.
- Add extra vegetables or legumes to make meat go further.

Watch point:

- Sausages, saveloys, luncheon sausage, bacon, pork bones, brisket, and salami are high in fat and salt/sodium.
- Tinned meats may be high in salt/sodium.

Your choice:

Fish

Better buys:

- Fresh or frozen fish
- Fish canned in water

Good to know:

- Fish is very low in fat.

- Grilled, baked or steamed fish is lower in fat than fried fish.
- Make a low fat white sauce to go with fish or serve with lemon juice or herbs.

Watch point:

- Smoked fish is higher in salt or sodium.
- Fish fingers and fish cakes are higher in fat and salt.

Your choice:

Poultry: Chicken, turkey and duck

Better buys:

- All types, fresh or frozen

Good to know:

- Grilled, oven bag or dry roasted, boiled, casseroled or microwaved poultry is lower in fat.

Watch point:

- Remove skin before cooking or eating poultry - it contains a lot of fat.
- Crumbed and fried chicken and chicken nuggets are high in fat and salt/sodium.
- Some marinated chicken pieces may be high in fat and salt - check the ingredients.

Your choice:

Eggs

Better buys:

- All fresh eggs

Good to know:

- Eggs are a good protein food.
- Eggs can be used in place of meat at a meal.
- It makes little difference nutritionally whether eggs are brown, white, free range, or contain omega - 3 fatty acids.

Watch point:

- Use low fat cooking methods for eggs - boiling, poaching or scrambling with milk.
- If your blood cholesterol level is high check with your dietitian about how many eggs you should be eating.

Your choice:

Dairy Foods

Better buys:

- Low fat milk and milk powders
- Low fat natural or 'diet' yoghurts
- Plain or flavoured cottage cheese
- Ricotta cheese or quark
- Lower fat block cheese and cheese slices

Good to know:

- Low fat milks and yoghurts are high in calcium.
- Use cottage cheese instead of butter in sandwiches or filled rolls.
- Use a little parmesan cheese in place of grated cheddar cheese in meals and sauces.
- A small serving of ice cream 1-2 times a week is OK for most people with diabetes. Choose lower fat varieties if your are watching your weight or cholesterol levels.

Watch point:

- Cheddar, cream and soft cheeses are high in fat - choose reduced fat varieties and eat small amounts.

Your choice:

Fats and Oils

Better buys:

- Canola oil and canola margarine
- Olive oil and olive margarine
- Reduced fat spreads
- Peanut oil
- Cooking sprays
- Seed or polyunsaturated vegetable oils

Good to know:

- Use small amounts of the oils and spreads mentioned above.

Watch point:

- Animal fats and saturated fats such as: butter, ghee/clarified butter, dripping, lard, Chefade, Kremalta, coconut cream and palm oil, are not good choices for your heart.
- Too much of any sort of fat will lead to weight gain.

Your choice:

Nuts and Seeds

Better buys:

- Nuts without added salt or savoury coatings
- 'No Added Salt' peanut butter

Good to know:

- Nuts can be oven baked without added fat or oil

Watch point:

- Nuts and seeds are high in fat - eat small amounts, especially if you need to watch your weight.
- Coconut and coconut cream are high in fat - use only small amounts.

Your choice:

Jams and Spreads

Better buys:

- Fruit only jams and spreads
- Sugar reduced or artificially sweetened jams

Good to know:

- Spread jams and spreads thinly.
- Try other toppings, for example, tomato, lettuce, banana, cottage cheese.

Watch point:

- Check the fat and salt content of cheese spreads and meat pastes.
- Vegemite / marmite are high in salt - use in moderation.
- Chocolate / nut spreads are high in fat and sugar.
- Honey has the same amount of sugar as ordinary jams and golden syrup

Your choice:

Dressings, Sauces and Pickles

Better buys:

- Oil free, low fat, low kilojoule salad dressings
- Tomato or vegetable based pasta sauces
- Reduced salt varieties where available

Good to know:

- Tomato or vegetable based pasta sauces are low in fat.

- Small amounts of ordinary tomato sauces and pickles will not raise blood glucose levels.
- Try lemon juice or yoghurt instead of salad dressing.

Watch point:

- Some pasta sauces are high in fat - check the ingredient list for butter, cream, cheese or other fats.
- Many dressings, sauces and pickles are high in salt/sodium.
- Too much sweet and sour sauce may raise blood glucose levels.

Your choice:

Beverages & Alcohol

Better buys:

- Water
- Tea or coffee
- Diet softdrinks
- Artificially sweetened cordials or powdered drinks
- Unflavoured mineral or soda water

Good to know:

- Drink plenty of sugar free drinks if blood glucose levels are high.
- Milo/Bournvita/Ovatine etc, in moderation (1 tsp per cup) will not raise blood glucose levels.

Watch point:

- Ask your doctor if you should drink alcohol.
- Limit alcoholic drinks to: Men 0-3 standard drinks per day, Women 0-2 standard drinks per day.
- Have food with alcohol.
- Aim to have several alcohol free days each week.

Your choice:

Biscuits, Crackers and Cakes

Better buys:

- Low fat biscuits and crackers

Good to know:

- Choose biscuits and crackers that contain: less than 10 grams fat per 100 grams.

Watch point:

- Not all biscuit or cracker packets display nutrition information - be suspicious!

- Iced, chocolate and cream filled biscuits and cakes are high in sugar and fat.
- Some crackers are high in salt/sodium - check the label.
- Be careful about how much fat you add to your crackers - go easy on margarine, butter and cheese.

Your choice:

Snacks and Sweets

Better buys:

- Plain popcorn
- Fruit
- Vegetable sticks with low fat dip
- Sandwiches
- Filled rolls
- Cereals
- Low fat milk
- Low fat 'Diet' yoghurt
- Low fat crackers/crispbreads/biscuits
- Low fat muffins
- Oven baked pretzels
- Sugar free chewing gum

Good to know:

- The best snack choice is a low fat choice.
- If blood glucose levels are high, morning and afternoon tea snacks may not be necessary

Watch point:

- Lollies and sweets are eaten as extras and can raise blood glucose levels.
- Chocolate is high in fat and sugar.
- Carob is high in fat and often also contains a lot of sugar.
- Potato chips, corn chips and other fried snacks are high in fat and salt/sodium.
- Reduced cream or sour cream dips are high in fat.
- Pies and pastries are high in fat.
- Muesli bars may be a bigger snack than you need. More suitable for young people, with diabetes, when exercising.
- Fruit leathers, rollups, splits and dried fruits are concentrated carbohydrates. More suitable for young people, with diabetes, when exercising.
- 'Diabetic' chocolates and sweets can still be high in fat and energy - be cautious! They may also contain sorbitol or fructose which can cause cramps and diarrhoea if eaten in large amounts.

Your choice:

Sweeteners

Better buys:

- Aspartame - Equal, Sweet 'n Drink, Sprinkle powder or tablets
- Saccharine and cyclamate - Sucaryl or Sugromax liquid or tablets
- Sucralose - Splenda powder

Good to know:

- The sweeteners listed above will make no difference to blood glucose levels or weight.
- Sweeteners may be referred to as code numbers:
 - Aspartame = 951
 - Cyclamate = 952
 - Saccharin = 954

Watch point:

- Aspartame sweeteners lose their sweetness when heated.
- Aspartame sweeteners are the only sweeteners recommended for pregnancy.
- Sweeteners such as sorbitol or fructose (found in some jams and 'diabetic sweets') can cause cramps and diarrhoea if eaten in large amounts.

Your choice:

CONTACT

Diabetes New Zealand Incorporated

PO Box 54, Oamaru

Phone: 03 434-8110

Fax: 03 434-5281

Visit Diabetes New Zealand's Web Site: www.diabetes.org.nz

dnz.7/97

Compiled for Diabetes New Zealand by dietitians from the New Zealand Dietetic Association Diabetes Special Interest Group.

1997 version edited by Jill McClymont, Waikato Regional Diabetes Service, Hamilton

With thanks to all those who contributed comments and ideas for this new edition and to our Australian counterparts who provided us with the initial inspiration.

This publication was made possible with the financial assistance of the New Zealand Lottery Grants Board.

