






Food Groups	Enjoy	Avoid	Shopping List
Vegetables	All vegetables including: alfalfa, artichokes, Asian greens, asparagus, avocado (limit), baby spinach, bamboo shoots, bean sprouts, beetroot, bok choy, broccoli, broccolini, brussels sprouts, cabbage, capsicum, carrots, cassava, corn, cauliflower, celery, chard, cucumber, eggplant, endive, fennel, green beans, kale, kohlrabi, leeks, lettuce (all types), mushrooms, okra, olives, onions, parsnip, peas, potatoes, pumpkin, radicchio, radish, rocket, sea vegetables (e.g. kelp, wakame, arame, kombu), snow peas, spinach, sprouts, squash, sweet potatoes, tomato, turnip, water cress, zucchini	Canned vegetables, processed vegetable snacks (e.g. potato and sweet potato hot chips and crisps)	
Fruits	All fruits including: apples, apricots, bananas, blackberries, blueberries, cherries, fresh fig, grapefruit, grapes, guava, honeydew melon, kiwi fruit, lemons, limes, mandarin, mulberries, nectarines, orange, passionfruit, paw paw, peaches, pears, pineapple, raspberries, rockmelon, strawberries, tangerine, watermelon	Canned sweetened fruits, dried fruits	
Nuts and Seeds (limited)	Almonds, Brazil nuts, coconut meat, flax/linseeds, hazelnuts, macadamias, nut butters/spreads (no added sugar), pecans, pepitas, pine nuts, pistachio nuts, sesame seeds, sunflower seeds, walnuts	As these are high fat foods, limit to 2-3 serves per week. Serving size: 1/3 cup nuts, 1 tbsp of seeds	
Meats (lean cuts)	Beef, chicken, kangaroo, lamb, pork, veal	Avoid cured or processed meats (e.g. bacon, ham, salami, sausages, etc.) except as used in limited amounts in Shake It recipes (e.g. bacon)	
Fish and Seafood	All fish and seafood including: barramundi, dory, perch, sardines, salmon*, snapper, tuna, trout and whiting. Mussels, oysters, prawns, scallops, squid	Processed, battered or crumbed seafood, such as nuggets, seafood extender and fish fingers, sardines/ tuna/salmon in oil *Remove skin from fresh salmon	
Poultry and Eggs	Poultry including: chicken, duck and turkey Eggs including: chicken, duck, quail		
Plant based Proteins	Black beans, cannellini beans, chickpeas, kidney beans, lentils, split peas, miso, tofu, tempeh		
Grains (carbohydrates)	Whole-wheat bread and rolls, whole-wheat pasta, barley, brown rice, buckwheat, millet, oatmeal, oats, quinoa	Granola, white bread and rolls, white pasta, white rice, baked goods, biscuits, pastries	
Healthy Oils	Cold pressed oils including: coconut oil, flax/linseed oil, macadamia oil, olive oil, sesame oil (untoasted), walnut oil <i>As used in specified amounts in Shake It recipes: sesame oil (toasted)</i>	Any oil that is not cold-pressed. As these are a source of fat, limit to 2 serves per day (total of 2 tsp)	
Condiments and Sauces	Lemon juice, lemon pepper, lime juice, mustard, peanuts (limit), pepper, pesto, soy sauce, tamari, vinegar, wasabi (no added sugar), sea salt <i>As used in specified amounts in Shake It recipes</i>		
Herbs and Spices	All herbs and spices including: cumin, garlic, ginger, nutmeg, parsley		
Beverages	All teas including: black, chai, green, peppermint, rosehip and other herbal teas. Mineral water, soda water, water	Alcohol, fruit juice, soft drink, sweetened beverages	
Dairy	Low fat milk or yoghurt, cottage cheese, unsweetened almond, rice, or soy milk	Ice cream, sweetened yoghurt	
Sweeteners	Natvia™, stevia <i>NB: Honey is allowed in the amounts listed within specific Shake It recipes only</i>	Sugar, fructose, other sweeteners, such as rice bran syrup, agave nectar etc. and artificial sweeteners, such as sucralose and aspartame (951)	

Other Items:

Shopping Tips:

-  Never shop when you are hungry;
-  Plan your meals for the week, make a shopping list and stick to the ingredients you have written down;
-  Read labels closely, particularly if you are looking for Low Fat options – check the fat hasn't been replaced with sugar (as it quickly converts to fat in the body);
-  Purchase fresh, local produce (organic if you can) – produce markets are often cheaper for organics, and typically sell fresher food that hasn't travelled or been stored for long periods of time;
-  Shop on the 'outside' aisles of supermarkets – this is where the fresh foods and staples are often kept.