

Healthy Food Choices Shopping List



The success of your ability to achieve your health goals whether they are weight-loss, improved energy levels and wellbeing, better sleep, etc, rests mainly on your resolve to focus on several aspects of your health – both now and in the future. And one of the most important aspects is the very choice of your foods; i.e. your diet. To get the best results, we are looking for those food products which will enable you to reduce your consumption of wheat, gluten and dairy somewhat. The concept of reducing their intake of wheat, breads and dairy products for some may seem a little strange, but these dietary changes can help to significantly improve your digestive function. You don't need to be strictly "100% wheat and gluten free" by any means, just reduce your intake of these foods and try to include more of the options listed below. Over time, include more bread and dairy, but for now just make a few reductions and see what happens. The same goes for caffeine and alcohol, just reduce your consumption.

Ideally, we want to offer foods in their most natural state which are as free as possible of preservatives, colourings and flavourings. Whilst organic and free range options are desired, for many this may not be an option due to cost and availability. You will find your local Supermarket to have many of the following items, but for a more extensive selection of nuts, seeds, legumes, dried beans, various breads, crisp breads, crackers, biscuits, cakes, snack bars and seaweeds you may need to visit your local Health-Food shop. Don't forget the Asian shop where you will find many suitable foods. The brands listed below are available in New Zealand stores, and may differ from other countries.

Your Shopping List

VEGETABLES



Use all varieties of fresh produce. Frozen is second best. Fruits and vegetables can be steamed, baked, lightly sautéed in a small amount of olive oil, eaten raw or juiced. You can essentially eat any vegetable combined with any other vegetable in any quantity you like.

Raw vegetable salads can be difficult for some people to digest. You may want to steam or bake your vegetables if you experience any digestive discomfort. Raw foods are a great source of vitamins, minerals and enzymes but if you have problems digesting them then you shouldn't eat them. Fresh pressed fruits and vegetables are an excellent alternative. They offer all the benefit of live energy raw foods but are a lot easier on the digestive system. Initially, you may notice an increase in intestinal gas from including more fruits and vegetables than you normally do. This is result of bacterial fermentation of plant cell wall products which should gradually dissipate.

- Leafy green vegetables – lettuce, spinach, silverbeet, endive, bok choy and other Chinese veges.
- Root vegetables – carrots, beetroot (include leafy tops), potatoes, kumara, yams, celeriac, parsnip, radishes (including leafy tops), turnips.
- Cruciferous vegetables – cabbage, cauliflower, Brussel sprouts, mustard greens, broccoli.
- Vine vegetables – cucumbers, zucchini, pumpkin varieties and squash.
- Onion (allium) vegetables – shallots, spring onions, chives, red and brown onions and garlic.

- Other vegetables – asparagus, celery, okra, eggplant, string beans, red, green, yellow and orange capsicums, seaweeds, kelp, and sauerkraut.

FRUITS



Most fruits are fine, but cautious of grapefruit, oranges and bananas, they may upset your digestion and tend to have more allergenic issues with some people. Make it a habit of eating two or three pieces of fruit every day. The following fruits are some of the best to include in your diet:

Apples	Blueberries	Melon	Boysenberries	Grapes
Avocado	Cherries	Peach	Raspberries	Watermelon
Apricot	Kiwifruit	Pears	Strawberries	Blackcurrants
Lemon & Lime	Pomegranate	Nectarine	Plum	Blackberries

FRESH HERBS



Fresh herbs are an excellent addition because they supply plenty of vitamins and minerals to your diet. The following herbs are the best ones to include, because they also help to stimulate your digestion and even help to reduce the amount of “bad” bacteria in your digestive system. Try to grow some of these in spring and summer and add them to your salads, meat and vegetable dishes.

Basil	Mint	Marjoram	Rosemary
Sage	Coriander	Oregano	Parsley
Thyme	Chives	Garlic	Ginger

GRAINS and FLOURS



Healtheries – Rice flour

Bakels – Gluten-free baking mix, gluten-free pastry mix, Health flour

Real Value – Natural brown rice flakes (gluten free)

Sunrice Sun - Wholegrain Brown Rice

The Naturopaths - barley grass powder

Health-Food shops - wheat grass powder or shots, Alfalfa grass powder, amaranth, rice noodles, rye flakes, buckwheat, Soba noodles (Asian shops have great selection here), millet, whole oat flakes, wild rice. Jasmine rice,

basmati rice, Arborio, etc. There are literally dozens of varieties of rice. Brown and wild rice are the best varieties, but white rice is certainly a better choice than wheat products.

PASTA



Any pasta made from Corn or Millet, Buckwheat, Soba or Quinoa. Rice Pasta (Health-Food shops) Macaroni, Penne, Spaghetti. San Remo (Gluten free range)

NOODLES



Rice noodles Wai Wai rice vermicelli (Asian section), Banh Pho Rice sticks. Eravon Brand Rice Paper
Soba Noodles (buckwheat) Organic soba, Udon, Ramen (Asian section – Supermarket).

PULSES (DRIED)



'Pulses' are the edible seeds of legumes, like lentils, beans, peas and chickpeas. Each of these pulse varieties come in a wide range of colours and sizes. The name pulse is derived from the Latin *puls* meaning thick soup or potage. Many early civilizations developed around diets of pulses for protein, combined with a cereal crop to provide energy. Beans and corn are examples from the Americas, while pita breads and humus (chickpea based) are Middle Eastern examples. You may not have eaten pulses much in the past; they are a great way to reduce your meat intake and are a very healthy addition to your diet. Pulses are great in “emergencies” as well when you don’t have meat.

Adzuki Beans	Butter Beans	Flageolet Beans	Red Kidney Beans
Black-eye Beans	Cannellini Beans	Haricot Beans	Sprouted Beans
Broad Beans	Chickpeas	Lentils (red/green)	

PULSES (DRIED)

Pams brand– red and green lentils, split peas

Health-food shop – large selection of chickpeas (get the large, plump ones), lentils, beans and more.

Asian stores – Large selection, they also have black beans which are harder to get elsewhere.

PULSES (CANNED)

Masterfoods – Butter beans, Five Bean Mix.

Craig – Red Kidney Beans, Lentils, Chickpeas.

Delmaine - Red Kidney, Four Bean Mix, Cannellini Beans, Lentils, Chickpeas, Butter Beans.

NUTS & SEEDS



Nuts and seeds are a true nutritional powerhouse; they are packed with protein and many minerals. You will find these in the bulk-food bins at your local Supermarket or in your Health-Food shop. Choose fresh and unsalted. Don't buy nuts if soft and stale and avoid salted and roasted, it is easy for nuts to go rancid so check with your supplier and try a few nuts before you buy. Here are the best varieties:

Almonds
Coconuts
Sunflower Seeds

Chestnuts
Hazelnuts

Flaxseeds
Sesame Seeds

Pumpkin Seeds
Cashews

Brazil Nuts
Pine Nuts

BREADS



Most Supermarkets today and just about all Health Food stores stock a wide range of wheat and gluten free breads, including cakes, muffins, pizza bases, biscuits, etc. Some can be found right alongside ordinary breads, others have to be ordered from the shop's bakery. Unlike the old days, most all bakeries today will sell you wheat and gluten free options such as rice bread, rice biscuits and various other options.

Dovedale Bakery. Available from some supermarkets & good health-Food shops.

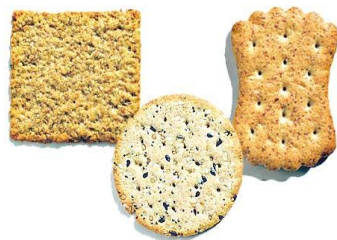
Spoilt for Choice, Orgran, Freedom Foods – Good brands of wheat and gluten free breads.

Burgen gluten free range

Liberte. Good range of gluten-free breads for sandwiches, New World Supermarket.

Venerdi Bakery. Country Style & Tasty gluten free sliced loafs (great for toasting). Also make very good gluten-free pizza bases. Available from good Health-Food stores, New World and Food town. There will be many more brands and individual bakeries but these appear to be the best we have tried.

CRISP BREADS AND CRACKERS



Your Health-Food shop will have a large range here, especially for the more unusual items such as items such as oatcakes, but all the major NZ supermarkets, e.g. New World and Pak n Save, Food town, Countdown, etc, will stock a good selection of crisp breads and crackers. Take care to ensure that they are wheat and gluten free by observing the labels.

Orgran – a good range of rice and corn crisp breads. From New World and Health-Food stores.

Sakata – Range of Japanese rice crackers. I recommend that plain and sesame seed choices. From all good supermarkets and Health-Food stores.

Sunrise – Japanese crackers. Available from all good Health-Food stores.

Real Foods – Rice and corn thins, available from most supermarkets.

Pure Harvest – Organic rice crackers.

Breadman – Organic crunchy corn crackers. Available from all good Health-Food stores.

Tio Pepe – Gluten free wraps, what a great lunch.

Healtheries & Pams – Rice cakes and thins. Available from your local supermarket, e.g Pak n Save.

Ryvita – Rye crackers

Arnotts – Cruskits (97% corn)

Clearspring – An excellent range of Japanese style rice crackers. From all good Health Food stores.

CAKES, CHIPS, SNACKS and BARS



Venerdi – Delicious moist orange cake. (New World & Health Food stores).

For Ever Free – Chocolate raisin, ginger date and spicy fruit cakes.

Livwel – Range of cakes and tarts such as Bramley apple and jam.

Wallaby Bars – An Australian range of good health bars. Available from some Supermarkets and Health-Food stores

Naked – Good range of gluten free snack bars including cashew and coconut, date and cashew, macadamia and apricot. Available from all good Supermarkets & Health Food shops.

Eat Right Foods – A large range of biscuits. Choc-holics is especially good.

Elocin – Delicious gluten free chocolate brownie. Available from all good Health Food stores.

Organic Bakeworks – Nice healthy almond biscuits.

Orgran – Fruit filled bars.

Rapunzel! – Choco-sesamini sesame bars. Crunchy and absolutely delicious. Good Health Food stores.

Leda – Double chocolate and choc mint biscuits. Yummy! Good Health Food stores.

Garden of Eatin' – Delicious range of organic corn chips, all preservative and additive free. They also do excellent taco shells. Available from all good Supermarkets and Health Food stores.

Thomas Chipman – Preservative-free delicious corn chips.

Freedom Foods – Chick pea chips. Health Food stores.

SOUPS

Pitango – This company does a great range of organic soups which are nearly all gluten-free and delicious. Pitango also manufacture a range of dips including hummus and lentil.

SPREADS & DIPS



Guacamole

Hummus (preferably home-made without hydrogenated fats)

Manuka Honey (Arataki or Kintal)

Nut Butters (Health Food stores)

Tahini (Sesame Seed Paste) Chantal's is a good brand.

SEAFOOD



Fresh fish – You will get plenty here from your local fresh fish supplier. Go for the freshest choices, the fish should have clear eyes and not smell “fishy” or old. Buy fillets (expensive) or scaled and cleaned whole fish (cheaper). Available from all good Supermarkets as well. Choose from Salmon, Mackerel, Tarakihi, Kahawai, Trevally, Snapper, John Dory and Gurnard. Smaller fishes are better – less time to build up toxins like mercury. John West – canned red salmon. Also – canned sardines packed in a light oil (avoid soya oils)

POULTRY



Organic free-range eggs are best, but if not available (or affordable) then your next best choice is the caged bird eggs. Free range eggs are available from all Supermarkets and Health Food stores.

Fresh Chicken – Select Free Range poultry if possible (expensive and hard to get at times), corn fed is a better option. Otherwise purchase fresh chicken from your local Supermarket.

MEATS



Venison – limited availability but excellent protein source, check in with your Health Food shop (or perhaps you know a male who goes hunting!)

Beef, lean lamb – organic is occasionally available from various Health-Food outlets. Otherwise you can select lean sources from your local Pak n Save, New World or local butcher. I generally recommend that you visit your locally owned butcher and avoid those butcher chain stores, these shops often have the cheaper grades.

PROTEIN (other sources)



Bean Supreme (cold deli shelf in Pak n Save)– Vegetarian sausages (2 different flavours)

Sanitarium (cold deli shelf in Pak n Save)– Vegetable sausages, hot dogs (Soy protein)

Ho Hings (cold deli shelf in Pak n Save)– Organic Tofu, Bean curd

Sanitarium Tinned – Nutolene, Casserole Mince, Nutmeat, Vegetarian Sausages. Tofu– you can buy organic or normal at your local Supermarket and health-Food store.

DAIRY



Yoghurts – Organic Cyclops yoghurt, Kingland Organic Soy yoghurt, DeWinkel Acidophilus, Naturalea Acidophilus, BioFarm Organic – Bush Honey Acidophilus yoghurt.

Cheeses – Ornelle Goat Fetta, Mainland Mozzarella or parmesan, various Goat’s or Sheep’s cheeses

CEREALS



Again, your Supermarket will have many gluten-free options, but your Health Food shop will have a wider selection.

Hubbards – Gluten free cocoa puffs, cornflakes, gluten-free original Chantal Health Foods– Organic corn flakes, Grainola Bircher muesli.

Healtheries– Simple Tropical Light muesli, Apricot and coconut muesli, Bircher Apple and raisin muesli

Harraways – Wholegrain oats (contains gluten)

Real Value – Rice porridge with orchard fruits.

SEAWEEDS



Eating seaweeds may seem very strange to some, but various seaweeds are an extremely health addition to anyone's diet. They are available from your health Food or Asian store. Our website will in time give you much more information about these amazingly healthy edible ocean plants.

Wakame Hijiki Kombu

Nori Arami Dulse (Kelp)

OILS & FATS



Fats and oils are important for many body processes. You need to eat some fat in your diet. Fat protects your organs, keeps you warm and helps your body absorb and move nutrients around. It also helps hormone production. However, some fats are better than others and having too much of any type is not a good idea. Your best fats are those which are liquid at room temperature.

Rice Bran Oil (Alfa One or Sunfield brands)

Coconut oil (Health-Food shops)

Extra-virgin Olive Oil (Pams, Lupi, and The Village Press brands)

Sesame Seed Oil (Yeo's or Lee Kum Kee brand)

Pumpkin Seed Oil Walnut Oil and Sunflower Seed Oil are available from your Health Food shop.

We also stock various Flaxseed oil products.

SPICES & FLAVOURINGS



Balsamic Vinegar

Paprika

Japanese Rice Vinegar

Apple Cider Vinegar

Cumin

Chilli

Turmeric

Lemongrass

Hot Pepper (Tabasco) Sauce

Garlic

Ginger

DRINKS

Water filters or bottles of still, low- sodium mineral water. Various brands include NZ Natural, Wai Wera and H2 Go.

Red Seal, Healthies or Morlife branded Herbal Teas

Rice or soy milks – Vitasoy, Sof Fresh, So Good, Anchor, Rice Dream, Pure Harvest and Liddells.

Non-dairy, calcium- fortified milk eg) almond, rice, sesame, soya (some have soy allergies)

Nut milks – You can make these at home easily.

The Naturopaths 20 Village Court Havelock North Hawke's Bay **T: 06 877-1155** F: 06 877-2244 Email:
eric@naturopath.co.nz Website: www.naturopath.co.nz