

Eat better,
feel better,
move more **NOW!**



Shopping List

§ Use this helpful shopping list template to plan your meals before you shop.

Item	Amount
Fruit & Vegetables Tips: Look for fruit and veg in season, not only will it be cheaper but tastier too. Also choose canned and frozen options. Don't forget to go for 2 serves of fruit and 5 serves of vegetables everyday	
Breads, cereals, rice & pasta Tips: Choose wholegrain or wholemeal where possible	

Item	Amount
<p>Dairy</p> <p>Tips: Choose low or reduced fat milk, yoghurt and cheese. If you are choosing dairy alternatives, for example, soy choose options with added calcium</p>	
<p>Meat, chicken, fish or meat alternatives (legumes, pulses, eggs)</p> <p>Tips: Choose lean cuts of meat with no visible fat and chicken without the skin. Choose lean cold meats like ham, turkey or roast beef and buy the best quality mince you can afford - more pink bits and less white bits. If buying sausages choose those with the least amount of fat. Choose canned fish in water or brine rather than oil.</p>	
<p>Extras</p> <p>Tips: Extras include high kilojoule and high fat foods such as cakes, biscuits, lollies, chocolate, sweet or savoury pastries (Danish, pies, pasties, croissants, sausage rolls) and high kilojoule drinks such as soft drink, cordial, alcohol – limit extras to once per week.</p>	



For individual food and nutrition advice, look no further than an
 Accredited Practising Dietitian (APD).
 To find an APD go to www.daa.asn.au or call toll free 1800 812 942.



Australia's Healthy Weight Week is brought to you by the
 Dietitians Association of Australia (DAA).

www.healthyweightweek.com.au