

## GREEN

## LOW COST

## MODERATE COST

<b>Fresh fruit*</b> 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.
<b>Vegetables*</b> 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
<b>Breads</b> 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
<b>Meat/Eggs/Beans /Legumes</b> <b>Sources of good protein</b> 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
<b>Fish</b> Aim for 3 portions/week <b>Sources of good protein</b>	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
<b>Dairy Products</b> Aim for 2+ low fat portions/day <b>Sources of good protein</b>	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
<b>Preprepared foods</b>	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
<b>Sources of good carbohydrate</b>	rolled oats, weetbix sanitarium kornies/ branflakes potatoes, kumara, banana creamota	wholemeal pasta new potatoes plantain bananas peas
<b>Beverages</b> Have 2 glasses of water with your meals	water, tea, coffee milk: lite blue, green. clear soup	diet soft drinks, bottled water
<b>Bought crackers and biscuits</b>		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