


Below are some more examples of foods within each group.



Grains

Breads - Wholemeal, wholegrain, white, rye, pita, lavash, naan, focaccia, crispbreads, damper

Breakfast cereals - Ready to eat, high fibre (wholegrain) oats, porridge, muesli, wholewheat biscuits

Grains - Rice, barley, corn, polenta, buckwheat, spelt, millet, sorghum, triticale, rye, quinoa, semolina

Other products - Pasta, noodles, English muffins, crumpets, rice cakes, couscous, bulgar, popcorn, flour.




Vegetables

Dark green or cruciferous/brassica
Broccoli, brussel sprouts, bok choy, cabbages, cauliflower, kale, lettuce, silverbeet, spinach, snow peas

Legumes/beans
Red kidney beans, soy beans, lima beans, cannellini beans, chickpeas, lentils, split peas, tofu

Root/tubular/bulb vegetables
Potato, cassava, sweet potato, taro, carrots, beetroot, onions, shallots, garlic, bamboo shoots, swede, turnip

Other vegetables
Tomato, celery, sprouts, zucchini, squash, avocado, capsicum, eggplant, mushrooms, cucumber, okra, pumpkin, green peas, green beans.



Fruits

Pome fruit such as apples and pears

Citrus fruit such as oranges, mandarins and grapefruit

Stone fruit such as apricots, cherries, peaches, nectarines and plums

Tropical fruit such as bananas, paw paw, mangoes, pineapple and melons

Berries

Other fruits such as grapes and passionfruit.

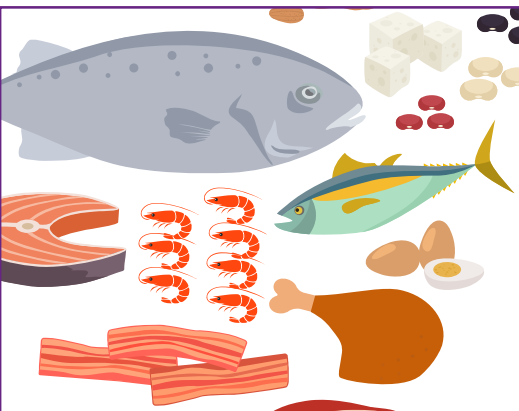


Milk, yoghurt, cheese and/or alternatives

Milks - All reduced fat or full cream milks, plain and flavoured, long life milks, powdered milk, evaporated milk, soy beverages (fortified with at least 100mg calcium/100mL)

Yoghurt - All yoghurts including reduced fat or full cream, plain and flavoured, soy yoghurt (calcium fortified)

Cheese - All hard cheeses, reduced or full fat, for example: Cheddar, red Leicester, Gloucester, Edam, Gouda, Soy cheeses (calcium fortified).



Lean Meat and Poultry, fish, eggs, tofu, nuts and seeds and legumes/beans

Lean meats - Beef, lamb, veal, pork, kangaroo, lean (lower salt) sausages

Poultry - Chicken, turkey, duck, emu, goose, bush birds

Fish and seafood - Fish, prawns, crab, lobster, mussels, oysters, scallops, clams

Eggs - Chicken eggs, duck eggs

Nuts and seeds - Almonds, pine nuts, walnuts, macadamia, hazelnut, cashew, peanuts, nut spreads, pumpkin seeds, sesame seeds, sunflower seeds, brazil nuts

Legumes/beans - All beans, lentils, chickpeas, split peas, tofu