The Tick Shopping Guide
The Tick Shopping Guide

The Heart Foundation Tick is designed to make healthier eating easier. With around 2,000 different Tick products to choose from, we’re confident you can find Tick alternatives to the foods you usually buy. The Tick means you don’t have to be a nutrition expert to eat more healthily – just look out for the Tick when shopping, and keep making healthier choices part of your life.

The Tick Shopping Guide provides you with information about which products have the Tick, how they meet our strict standards, plus a meal planning guide to give you an idea on how much of each food group you should be eating*. We have also included answers to some frequently asked questions about the Tick Program. If you’d like more information about the Tick or healthy eating, please visit heartfoundation.org.au/tick.

*People with health conditions or special dietary needs should consult a health professional before using the Tick as a guide to healthier eating.

Note: Selected products are not available nationally.

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Fruit and vegetables

One of the easiest and tastiest ways to stay healthy is to eat plenty of fruit and vegetables. Packed with goodness and fibre, they should be part of every meal – whether you’re adding sliced banana to your muesli or whipping up a stir fry from fresh or frozen vegetables. Frozen vegetables are just as nutritious as fresh, and are very convenient if you don’t have time to shop. Look out for the many varieties of Tick approved frozen vegies available. All fresh fruit and vegetables are automatically eligible for the Tick.

Frozen fruit and vegetables

Birds Eye
Baby Beans 500g, 800g, 1kg
Baby Peas 500g, 800g
Broccoli 800g
Broccoli Florets 500g
Carrot Rings 500g
Cauliflower 500g
Chopped Onions 500g
Corn Cobs 800g, 1kg
Corn Kernels 500g, 800g, 1kg, 2kg
Chopped Spinach 250g, 450g
Garden Peas 500g, 800g, 1kg, 2kg
Julienne Carrots 500g, 800g
Minted Peas 500g, 800g, 1kg
Mixed Vegetables 500g
Sliced Green Beans 500g, 800g, 1kg
Sliced Onions 500g
Stir Fry Chinese 850g
Stir Fry Chow Mein 500g
Stir Fry Oriental 850g
Stir Fry Shanghai 500g
Stir Fry Carrot, Beans, Broccoli, Baby Corn & Bamboo 1.5kg

Birds Eye Country Harvest
Broccoli & Cauliflower 500g
Baby Beans, Carrot & Baby Corn 1kg
Carrot, Cauliflower & Broccoli 500g

Coles Smart Buy
(only available at Coles)
Australian Mixed Vegetables 1kg

Just Organic
(only available at Aldi)
Vegetable Selection Organic Vegetables Farm Fresh & Snap Frozen 500g

Market Fare
(only available at Aldi)
Mixed Vegetables (Frozen) 1kg

Market Fare Farm Fresh
(only available at Aldi)
Garden Peas (Frozen) 1kg
Frozen Broccoli 500g
Spinach (Frozen) 500g
Winter Vegetables (Frozen) 1kg

Market Fare Quick Steam
(only available at Aldi)
Carrot, Corn & Broccoli 450g
Cauliflower, Broccoli & Carrots 450g

Carrot, Cauliflower, Broccoli & Sugar Snap Peas 500g
Carrot, Peas & Corn 1kg
Chunky Mix 1kg
Corn, Peas, Carrot & Broccoli 500g
Garden Mix 1kg
Mixed Vegetables 1kg
Peas & Supersweet Corn 500g, 1kg
Peas, Carrot & Cauliflower 500g
Peas, Corn & Capsicum 500g
Spring Greens Mix 1kg
Coles (only available at Coles)
Australian Baby Beans 500g
Australian Mixed Vegetables 1kg
Fresh Frozen Blueberries 500g
Fresh Frozen Raspberries 500g
Fresh Frozen Mixed Berries 500g
Queensland Fresh Frozen Diced Mango 300g
Fresh Frozen Sliced Strawberries 500g
Pineapple Sticks (5 Pack – Frozen) 325g
Minted Peas 1kg
### Fruit and vegetables

- **Mixed Vegetables (Frozen)**
- **Corn Kernels Super Sweet 1kg**
- **Australian Garden Peas 1kg**
- **Baby Peas (Frozen) 500g**
- **Peas, Carrots and Corn (Frozen) 250g** (6 portions)
- **Spinach (Frozen) 250g**
- **Cauliflower 500g**
- **Baby Carrots 500g**
- **Baby Beans 500g**
- **Peas, Corn & Carrots 500g**
- **Super Juicy Corn Kernels, Peas and Babybeans 1kg**
- **Baby Peas 500g, 1kg**
- **Broccoli 500g**
- **Brussel Sprouts 500g**
- **Carrot, Cauliflower, Broccoli & Beans 1kg**
- **Carrot, Cauliflower, Broccoli & Sugar Snap Peas, 1kg**
- **Corn Cobettes 1kg**
- **Summer Vegetable Tub 300g**
- **Vegetable Medley Tub 300g**
- **Carrot, Broccoli & Cauliflower (Frozen) 450g (3 x 150g)**
- **Carrot, Sweetcorn & Broccoli (Frozen) 450g (3 x 150g)**
- **Market Fare Stir Fry** (only available at Aldi)
- **Stir Fry 500g**
- **Vegetables Thai 500g**
- **Shanghai Style 500g**

### McCain
- **Baby Peas, Baby Carrots and Peas 1kg**
- **Cauliflower 500g**
- **Baby Carrots 500g**
- **Baby Beans 500g**
- **Peas, Corn & Carrots 500g**
- **Super Juicy Corn Kernels, Peas and Babybeans 1kg**
- **Baby Peas 500g, 1kg**
- **Broccoli 500g**
- **Brussel Sprouts 500g**
- **Carrot, Cauliflower, Broccoli & Beans 1kg**
- **Carrot, Cauliflower, Broccoli & Sugar Snap Peas, 1kg**
- **Corn Cobettes 1kg**

### Corn Kernels
- **500g, 2kg**
- **Cut Green Beans 500g**
- **Garden Greens 1kg**
- **Mint Peas 1kg**
- **Mixed Vegetables 500g**
- **Peas 500g, 1kg, 2kg**
- **Peas & Corn 500g, 600g**
- **Peas & Sweet Corn 1kg**
- **Peas, Corn & Carrots 600g, 2kg**
- **Sliced Beans 500g, 1kg**
- **Stir fry Supreme Veg 1kg**
- **Super Juicy Corn Cob 800g**
- **Super Juicy Corn Kernel 500g**
- **Whole Beans 500g**
- **Winter Vegetables 500g, 1kg**

### Merevale Fresh
- **(only available at Aldi)**
- **Winter Stir Fry 400g**
- **Vegetable Medley 400g**

### Sweethaven
- **(only available at Aldi)**
- **Frozen Raspberries 500g**
- **Frozen Mixed Berries 500g**
- **Frozen Blueberries 500g**
- **Blueberries 500g**
- **Raspberries 500g**
- **Mixed Berries 500g**

### Canned vegetables
- **(only available at Coles)**
- **Australian Diced Tomatoes 400g**
- **Italian Whole Peeled Tomatoes 400g, 800g**
- **Italian Diced Tomatoes 400g, 800g, 400g x 4 pack**
- **Just Organic** (only available at Aldi)
- **Italian Diced Organic Tomatoes 400g**

### Canned fruit
- **Coles (only available at Coles)**
- **Australian Unsweetened Pineapple Crushed in Juice 440g**
- **Australian Unsweetened Pineapple Slices in Juice 440g, 825g**

### Canned fruit
- **Val Verde**
- **Organic Diced Tomatoes 400g**
- **Gourmet Italian Tomatoes 400g**
- **400g, 800g**
- **Peeled Italian Tomatoes 400g**
- **Italian diced tomatoes with oregano and basil 400g**

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...whatever you eat, choose healthier.
Fruit and vegetables

Sweet Valley
(only available at Aldi)
Apple Puree Unsweetened 678g
(6x113g)
Pineapple Chunks 432g
Pineapple Slices in Juice 432g

Dried fruit
Coles (only available at Coles)
Australian currants 300g
Australian raisins 375g
Australian sultanas 375g, 500g, 1kg
Dried Apricots 200g, 650g
Sultana and Apple Snack Pack 6 x 25g
Australian Sultana Snack Pack 6 x 40g
Sultana and Apricot Snack Pack 6x37g

JC’s Quality Foods
Australian Organic Prunes 250g

Just Organic
(only available at Aldi)
Raisins 375g

Sweetvine
(only available at Aldi)
Sundried Turkish Apricots 500g
Australian Sultanas 6 x 40g
Pitted Dates 500g
Pitted Prunes 500g
Sundried Sultanas 1kg
Cranberry and apricot snack packs 204g (6x34g)
Fruit Mix 6x36g
Uncrystallised Ginger 200g

Juice
Juicies
Apple 100ml
Orange 100ml
Tropical 100ml
Wildberry 100ml
Cola 100ml

Nippy’s
Orange Juice Unsweetened
Pulp Free 2L

Sunraysia
Prune Juice 250ml, 1L

V8
Vegetable Juice Original
3 x 250ml, 1250ml
Vegetable Juice Low Sodium
1250ml

Westcliff Smoothie
(only available at Aldi)
Fruit Salad 1L
Orange and Mango 1L

Frozen potato chips
Birds Eye
Hot Chips Crinkles 750g
Hot Chips Steakhouse 750g
Hot Chips Straight 750g

Coles Smart Buy
(only available at Coles)
Australian Straight Cut Chips 1kg

Healthy Choice
Straight Cut Fries 1kg

McCain Superfries
Straight Cut 1kg
Crinkle Cut 1kg
Chunky Cut Chips 1kg

Seasons Pride
(only available at Aldi)
Rustic Wedges 750g
Tasty Fries French Fries 1 kg
Tasty Fries Crinkle Cut 1 kg
Breads and cereals

**Bread**

*Bakers Life*  
(only available at Aldi)  
Lebanese Wholemeal Flat Bread  
400g (5 pack)  
Traditional Mixed Grain Rolls  
6 pack

*Burgen*  
Wholegrains & Oats for Heart  
& Circulation 700g

*Coles (only available at Coles)*  
Soy & Linseed Sandwich Bread  
700g  
Multigrain Sandwich Bread 700g  
Wholemeal Sandwich Bread  
700g

**White Sandwich Bread 700g**  
**White Bread Toast 700g**

**Mighty Soft**  
Multigrain Sandwich 700g

**Molenberg**  
12 Grains & Seeds Original  
Sandwich 700g  
12 Grains & Seeds Original Toast  
700g  
12 Grains & Seeds Original  
Soy & Linseed 700g  
**Simply Nature’s**  
Fresh Multigrain 700g  
Fresh Wholemeal 700g

**Turkish Bakeries**  
Baby Turkish Bread 4 pack 560g  
Round Turkish Bread 330g  
Turkish Bread Pide 650g  
Turkish Bread Rolls 4 pack 560g  
Turkish Subs 4 pack 520g

**Vitastic**  
Sorj Rye (8pk) 300g  
Sorj Wholemeal (8pk) 300g

**Wonder White**  
Hi Fibre Plus Sandwich 700g  
Hi Fibre Plus Toast 700g  
Vitamins & Minerals Sandwich  
700g  
Vitamins & Minerals Toast 700g

**Wonder Wholemeal**  
Smooth Wholemeal & Iron 700g

**Biscuits**

*Bakers Life*  
(only available at Aldi)  
Multigrain Sandwich Sliced  
650g  
Wholemeal Sandwich Sliced  
650g, 700g  
Bakehouse Soy & Linseed 850g

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Bread is one of the largest contributors of salt to our diet. Breads with the Tick contain no more than 400mg of sodium per 100g (equivalent to less than 1g salt per 100g). It also needs to have a fibre content of at least 4g per 100g before it can receive the Tick.

Choose a Tick approved breakfast cereal, muesli or porridge for breakfast and you’ll ensure your day gets off to a good start, with at least 2–3g of fibre per serving. Try adding some Tick approved yoghurt and fruit to your breakfast and you should be satisfied until lunchtime!

Rice, couscous and pasta are simple and tasty ways to add flavour, texture and bulk up a meal. Team this with a big serve of roast vegetables or salad and a piece of grilled Tick approved lean meat, skinless poultry, or fish for a nutritious and wholesome meal.
Wholemeal Bread Bakehouse
Traditional Continental Style Sliced 750g
Bakehouse Light Rye 680g
Bakehouse Traditional Mixed Grain 850g
Viva High Fibre White 700g
Viva Smooth Wholemeal 700g
Multigrain Sandwich Sliced 700g
Fruit Muffins 6 pack
Grain Wise Original with 9 Grains & Seeds 700g
Wholemeal Lebanese Bread 525g
Super Soft White Bread Sandwich Sliced 650g
Super Soft Sliced White Sandwich Bread 700g
Traditional Multigrain Rolls 6 pack

Cookie Tree
Go Cookie 33g

Paradise
Rich Tea 200g
Highland Oatmeal 200g
Malt 200g

Snack Right
Fruit Pillow Wild Berry 250g
Fruit Slice Sultana 250g

Bread & Sultanas 500g
Balanced Right 525g
Gourmet Oat Selections (Sultana, Apple & Honey; Field Strawberries & Vanilla Flavoured; Cranberry, Currant & Strawberry) 350g (10 Pack)
Tropical Fruits Vitality 400g
Antioxidant Wild Berry 400g
Hi Fibre Fruit & Fibre 400g

Kellogg’s
Guardian 360g
All-Bran 350g, 530g
All-Bran Wheat Flakes 330g
All-Bran Wheat Flakes Honey Almond 420g
All-Bran Apple Flavoured Crunch 500g
All-Bran Fibre Toppers 265g
Just Right Original PC 40g
Just Right Original bowl 45g
Just Right Original 280g, 460g, 790g
Sultana Bran (bowl) 45g
Sultana Bran 285g, 420g, 730g, 1.15kg
Sultana Bran Extra 500g
Sultana Bran Buds 450g

Lifelong Superfoods
Fruit & Nut Muesli 500g
Fruit Muesli 600g
Gluten Free Muesli 400g
## Breads and cereals

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<td>Swiss Natural Muesli 750g</td>
<td>Vita Brits 375g, 750g, 1kg</td>
<td>Variety Pack (Apple &amp; Cinnamon; Apple &amp; Raspberry; Berry) 420g</td>
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<td>Original Harvest Natural muesli 750g</td>
<td>Plus Sports 420g</td>
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<td>Tropical Fruit Natural Muesli 750g</td>
<td>Plus Muesli Flakes 410g, 820g, 855g</td>
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<td>Fruit &amp; Nut Natural Muesli 750g</td>
<td>Plus Essentials for Women 420g, 765g, 795g</td>
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<td>Apricot &amp; Almond Natural Muesli 750g</td>
<td>Plus Calcium - Linseed Fibre &amp; Poppy Seed Puffs, Sliced Almonds &amp; Pepita Seeds 40g, 385g, 690g, 720g</td>
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<td>Apple &amp; Cinnamon Natural Muesli 750g</td>
<td>Vita Weeties Original 455g, 700g</td>
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<td>Light Natural Muesli 700g</td>
<td>Fruity Bites Wildberry 500g</td>
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<td>Nestle</td>
<td>Plus Omega 3 40g, 430g, 775g, 810g</td>
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<td>Milo Duo 340g, 660g, 750g</td>
<td>Healthwise for Heart 510g</td>
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<td>Milo 25g, 350g, 580g, 700g, 800g</td>
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<td>Milo Crunchy Bites Cereal 30g, 90g, 540g</td>
<td>Plus Antioxidants - Cranberries &amp; Blueberries 40g, 435g, 765g, 795g</td>
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<td>Quaker</td>
<td>Cheerios 4 Wholegrains 320g, 580g, 670g</td>
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<td>Cheerios Honey &amp; Oats 305g, 570g, 640g</td>
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<tr>
<td>Quaker</td>
<td>Plus Fibre Lift 35g, 430g, 775g, 810g</td>
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<td>Quick Cook Heaps of Fruit</td>
<td>Oats Quick Sachets Hi Fibre 400g</td>
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<td>Apple Raisin &amp; Pecan 350g (10x35g)</td>
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<td>Quick Cook Heaps of Fruit Banana &amp; Blueberry 350g (10x35g)</td>
<td>Oats Quick Sachets - Creamy Honey 420g</td>
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<td>Quick Cook Honey Flavour 392g (10x39.2g)</td>
<td>Oats Quick Sachets - Brown Sugar &amp; Cinnamon 420g</td>
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<td>Smeaton Mill</td>
<td>Oats Quick Sachets - Golden Syrup 420g</td>
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<td>Macadamia &amp; Fruit Gourmet Muesli with Infused Apple Mandarin Pieces 750g</td>
<td>Oats Quick Sachets - Classic Variety Pack (Creamy Honey; Brown Sugar &amp; Cinnamon; Golden Syrup) 420g</td>
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<tr>
<td>Apple &amp; Cinnamon Bircher Muesli 750g</td>
<td>Oats Quick Sachets - Berry Variety Pack 420g (12x35g)</td>
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<td>Oats Quick Sachets Creamy 420g (12x35g)</td>
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<td>Oats Quick Sachets Multigrain Variety Pack (Creamy Honey(4); Apple Cinnamon(3); Strawberry(3)) 350g (10x35g)</td>
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### Grains

**Anchor**
- Rolled Oats 1kg
- Quick Oats 1kg

**Coles (only available at Coles)**
- Quick Oats 340g (10 Pack)

**Goldenvale (only available at Aldi)**
- Minute Oats 750g
- Rolled Oats 750g

**Lowan**
- Quick Oats 1kg
- Rolled Oats 1kg
- Oat Bran 750g
- Rice Flakes 500g

**Quaker**
- Traditional Oats 500g
- Quick Cook Oats Original 500g
- Quick Cook Oats Original Sachets 324g (12 sachets)

**Smeaton Mill**
- Rolled Oats 750g
- Quick Cooking Oats 750g
- Instant Oats 750g
- Multi 5 Grain Porridge 750g
- Oat Bran 500g

**Uncle Tobys**
- Oats Quick 500g, 1kg
- Oats Quick Sachets – Original 340g
- Oats Traditional 500g, 1kg
- Shredded Wheat 280g

### Cereal based bars

**Be Natural**
- Trail Bars Honey Nut 192g (6x32g)
- Trail Bars Nut & Fruit 192g (6x32g)
- Trail Bars Berry 192g (6x32g)

**Hillcrest (only available at Aldi)**
- Fruity Filled Bars - Apple & Cinnamon 225g (6pk)
- Fruity Filled Bars - Mixed Berry 225g (6pk)
- Fruity Filled Bars - Apricot Flavoured - with Apple and Apricot 225g
- Be Good Muesli Bars Cranberry 180g (6x30g)
- Be Good Muesli Bars Orange 180g (6x30g)
- Be Good Muesli Bars Grains Delight 180g (6x30g)

**Kellogg’s**
- K-time Twists Raspberry & Apple 185g (5x37g)
- K-time Twists Strawberry & Blueberry 185g (5x37g), 333g (9x37g)
- K-time Twists Strawberry & Yoghurt Flavour 185g (5x37g)

**Tasti Mookies**
- Choc Vanilla (10 pk) 200g
- Choc Strawberry 10 Pack 200g

**Uncle Tobys**
- Bodywise Bars Apple Delight 210g (6 pack x 35g)

### Rice, couscous and quinoa

**Coles (only available at Coles)**
- Basmati rice 1kg, 2kg, 5kg
- Microwave White Rice Pouch 250g
- Microwave Brown Rice Pouch 250g
- Microwave Basmati Rice 250g
- Microwave Jasmine Rice 250g
- Simply Gluten Free Quinoa Plain 250g (2pack)
- Simply Gluten Free Moroccan Style Quinoa and Brown Rice Cups 250g (2pack)
- Simply Gluten Free Mexican Style Quinoa and Brown Rice Cups 250g (2pack)
- White Rice Cups Long Grain 250g (2x125g packs)
### Continental Asian Rices
- Oriental Fried Rice Family Size 180g
- Oriental Fried Rice 115g

### Continental Rices
- Cheesy 125g
- Cheesy Family Pack 190g
- Chicken & Vegetable 125g
- Chicken 120g, Value Pack 190g
- Beef & Mushroom 120g
- Satay 115g, 180g

### Has No (only available at Aldi)
- Rice Crumbs 300g

### Imperial Grain
(only available at Aldi)
- Long Grain White Rice 2kg
- Basmati Rice 1kg
- Jasmine Rice 1kg
- Arborio Rice 1kg
- Long Grain White Rice (Microwave) 250g
- Jasmine Rice (Microwave) 250g
- Long Grain Brown Rice (Microwave) 250g
- Basmati Rice (Microwave) 250g
- Pearl Barley 500g
- Brown Rice 1kg

### Microwave Rices
- Brown Rice Cups 250g
- White Rice Cups 250g

### Just Organic
(only available at Aldi)
- White Rice 1kg
- Brown Rice 1kg

### Remano (only available at Aldi)
- Cous Cous (Plain) 500g
- Cous Cous (wholemeal) 450g

### Rice a Riso
- Chicken 180g
- Beef 180g

### Simplee (only available at Aldi)
- Chicken & Vegetable Flavoured Rice 135g
- Satay Flavoured Rice 135g

### Stonemill
(only available at Aldi)
- Pearl Barley 500g

### Uncle Ben’s
- White Rice 125g, 250g
- Brown Rice 125g, 250g
- Special Fried Brown Rice 125g, 250g

### Mexican Style Brown Rice
- 125g, 250g

### Chinese Style Brown Rice
- 250g

### Savoury Chicken Flavour Brown Rice
- 250g

### Brown Rice Mediterranean Style
- 250g

### Spanish Style White Rice
- 250g

### Pasta and noodles

#### Asia Specialities
(only available at Aldi)
- Noodle Box Sesame Teriyaki Noodles and Sauce 330g
- Noodle Box Szechuan Noodles and Sauce 330g
- Noodle Box - Pad Thai Noodles and Sauce 330g

#### Casa Barelli
(only available at Aldi)
- Spirals 500g
- Penne 500g
- Spaghetti 500g
- Fettuccine 500g
- Conchiglie 5 Colour Gourmet Pasta 500g
- Gigli Tricolour Gourmet Pasta 500g
- Trotolle Tricolour Gourmet Pasta 500g
- Torciglioni Gourmet Pasta 500g
- Fusilli 500g

...whatever you eat, choose healthier.
### Breads and cereals

<table>
<thead>
<tr>
<th>Coles (only available at Coles)</th>
<th>Spaghetti in Tomato and Cheese Sauce 220g, 420g, Bulk Buy 3x420g</th>
<th>Simply Gluten Free Spaghetti 500g</th>
<th>Simply Gluten Free Spirals 500g</th>
<th>Simply Gluten Free Penne 500g</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Continental Pasta &amp; Sauce</strong></td>
<td>Alfredo 85g, Value Pack 145g</td>
<td>Alfredo Garlic &amp; Herb Value Pack 145g</td>
<td>Cheese &amp; Black Pepper 80g</td>
<td>Chicken Curry 90g, Value Pack 150g</td>
</tr>
<tr>
<td></td>
<td>Creamy Bacon Carbonara 85g, Value Pack 145g</td>
<td>Creamy Mushroom &amp; Bacon 95g, Value Pack 160g</td>
<td>Four Cheeses 100g, 170g</td>
<td>Lite Alfredo 85g</td>
</tr>
<tr>
<td></td>
<td>Macaroni Cheese 105g, Value Pack 170g</td>
<td>Mushroom, Garlic &amp; Black Pepper 80g</td>
<td>Savoury Tomato &amp; Onion 90g</td>
<td></td>
</tr>
<tr>
<td><strong>Has No (only available at Aldi)</strong></td>
<td>Gluten Free Spirals 500g</td>
<td>Gluten Free Spaghetti 500g</td>
<td>Gluten Free Penne 500g</td>
<td></td>
</tr>
<tr>
<td><strong>Just Organic (only available at Aldi)</strong></td>
<td>Bio Penne 500g</td>
<td>Bio Wholemeal Spirals 500g</td>
<td>Bio Spaghetti 500g</td>
<td></td>
</tr>
<tr>
<td><strong>Remano (only available at Aldi)</strong></td>
<td>Penne 1kg</td>
<td>Spaghetti 1kg</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Simplee (only available at Aldi)</strong></td>
<td>Alfredo Pasta &amp; Sauce 125g</td>
<td>Sour Cream &amp; Chives Pasta &amp; Sauce 125g</td>
<td>Carbonara Pasta &amp; Sauce 125g</td>
<td>Macaroni &amp; Cheese Pasta &amp; Sauce 125g</td>
</tr>
</tbody>
</table>

### Pastry

<table>
<thead>
<tr>
<th>Elmsbury (only available at Aldi)</th>
<th>Puff Pastry (Frozen) 1kg - 6 Sheets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pampas</td>
<td>Reduced Fat Puff Pastry 1kg Fillo Pastry 375g</td>
</tr>
</tbody>
</table>

Look out for the Tick when shopping for groceries and...
Dried or canned legumes and pulses are low in fat, a source of protein and the perfect way to make a meal go further. Add some Tick approved chick peas, beans or lentils to your favourite salad, or to a hearty soup or casserole during the colder months.

**Dried legumes**

- **McKenzie’s**
  - Black Eye Beans 375g
  - Borlottii Beans 375g
  - Cannellini Beans 375g
  - Chick Peas 375g
  - Dried Peas 375g
  - Green Split Peas 500g, 1kg
  - Haricot Beans 375g
  - Italian Soup Mix 375g
  - Lima Beans 375g
  - Pearl Barley 500g, 1kg
  - Red Kidney Beans 375g
  - Red Lentils 375g, 1kg
  - Soup Mix 500g, 1kg
  - Whole Green Lentils 375g, 1kg
  - Yellow Split Peas 500g, 1kg

- **Stonemill**
  (only available at Aldi)
  - Green Lentils 500g
  - Soup Mix 500g
  - Green Split Peas 500g
  - Whole Green Lentils 500g

**Canned legumes**

- **Coles (only available at Coles)**
  - Baked Beans in BBQ Sauce 425g
  - Baked Beans in Tomato Sauce 220g, 425g
  - Baked Beans in Tomato Sauce Bulk Buy 3 x 425g
  - Baked Beans In Ham Sauce 425g

- **Corale (only available at Aldi)**
  - Premium Baked Beans in Ham Flavoured Sauce 425g
  - Premium Baked Beans in Tomato Sauce 425g

- **Edgell**
  - Four Bean Mix 4 x 125g, 300g, 750g
  - Four Bean Mix No Added Salt 400g
  - Chick Peas 4 x 125g, 300g
  - Red Kidney Beans 4 x 125g, 300g, 750g
  - Red Kidney Beans No Added Salt 400g

- **New Season**
  (only available at Aldi)
  - Five Bean Mix 420g
  - Red Kidney Beans 410g
  - Chick Peas 400g
  - Lentils 400g
  - Cannellini Beans 400g

- **Val Verde**
  - Butter Beans 400g
  - Borlottii Beans 400g
  - Chick Peas 400g
  - Five Mixed Beans 400g
  - Lentils 400g
  - Red Kidney Beans 400g

...whatever you eat, choose healthier.
Seafood

Fish and seafood are a great source of protein and are naturally high in omega-3 fats, which help to maintain good general health. In addition to fresh seafood, there are plenty of Tick approved frozen, canned or crumbed options for you to choose from. Try to incorporate fish into your meals at least two or three times a week.

A serving size of fish is 150g or approximately the size of your hand.

**Fresh and frozen seafood**

Birds Eye Steam Fresh
Mild Indian Curry Fish Fillets

John West
Atlantic Salmon

Ocean Royale
(only available at Aldi)
Natural Atlantic Salmon (Frozen)
Hoki Fillets Skinless (Frozen)
Hoki Fillets Skin On (Frozen)

Sealord
Simply Natural Hoki Fillets

The Fishmonger
(only available at Aldi)
Raw Peeled Prawns (Frozen)
Whole Cooked Prawns (Frozen)

**Canned salmon**

IGA Signature
(only available at IGA)
Tuna in Canola Oil 185g, 425g
Tuna in Springwater 185g, 425g
Tuna in Brine 95g, 185g, 425g
Tuna Lemon Pepper 95g
Tuna Chilli 95g
Tuna Tomato and Basil 95g
Tuna Tomato & Onion 95g

John West
Tuna Chunk Style in Olive Oil Blend 95g, 185g, 425g, 4 x 95g
Light Tuna in Springwater 185g
Tuna Slices in Springwater 125g
Tuna Multipack Lemon & Cracked Pepper 4x95g
Tuna Chunk Style in Springwater 95g, 425g, 4 x 95g
Tuna Chunk Style in Springwater Multipack 3 x 185g
Tuna Lemon & Cracked Pepper Multipack 3 x 185g

John West Tuna Tempters
Light Sandwich Style in Springwater 95g
Mild Indian Curry 95g

John West Salmon Tempters
Mayonnaise 95g
Springwater 95g
Naturally Smoked 95g

Ocean Rise
(only available at Aldi)
Wild Pacific Premium Red Salmon 105g, 415g
Flavoured Salmon Smoke Flavour 95g
Flavoured Salmon Tomato Salsa 95g
Flavoured Salmon Aioli & Cracked Pepper 95g
Wild Pacific Medium Red Salmon 415g
Wild Pacific Pink Salmon 415g
Wild Pacific Premium Red Salmon 210g

**Canned tuna**

Coles (only available at Coles)
Tuna Sweetcorn & Mayonnaise 95g
Tuna Rosemary & Sundried Tomato 95g
Tuna Lemon Pepper Flavour 95g
Tuna Tomato Chilli Style 95g
Tuna Smoked Flavour 95g
Tuna Chunks in Brine 95g
Tuna Chunks in Springwater 95g, 185g
Tuna Moroccan Style 95g
Tuna Sandwich in Olive Oil Blend 95g, 185g

Tuna Sandwich in Brine 95g, 185g
Tuna Lime & Cracked Pepper 95g
Tuna Lemon & Cracked Pepper Flavour 95g
Tuna Chunks in Olive Oil Blend 95g, 185g

IGA Signature
(only available at IGA)
Tuna in Canola Oil 185g, 425g
Tuna in Springwater 185g, 425g
Tuna in Brine 95g, 185g, 425g
Tuna Lemon Pepper 95g
Tuna Chilli 95g
Tuna Tomato and Basil 95g
Tuna Tomato & Onion 95g

John West
Tuna Chunk Style in Olive Oil Blend 95g, 185g, 425g, 4 x 95g
Light Tuna in Springwater 185g
Tuna Slices in Springwater 125g
Tuna Multipack Lemon & Cracked Pepper 4x95g
Tuna Chunk Style in Springwater 95g, 425g, 4 x 95g
Tuna Chunk Style in Springwater Multipack 3 x 185g
Tuna Lemon & Cracked Pepper Multipack 3 x 185g

John West Tuna Tempters
Light Sandwich Style in Springwater 95g
Mild Indian Curry 95g

John West
Wild Alaskan Pink Salmon 105g, 210g, 415g
Wild Alaskan Red Salmon 105g, 210g, 415g
Wild Canadian Pink Salmon
No Added Salt 210g
Wild Canadian Red Salmon
No Added Salt 210g

John West
Wild Pacific Premium Red Salmon 105g, 415g
Wild Pacific Medium Red Salmon 415g
Wild Pacific Pink Salmon 415g
Wild Pacific Premium Red Salmon 210g
Seasick
Tuna in Brine 425g
Tuna in Springwater 425g

Canned seafood

John West
Scottish Sardines in Springwater 110g

Ocean Rise
(only available at Aldi)
Sardine Sprats in Tomato Sauce 110g
Sardine Sprats in Olive Oil 110g
Authentic Danish Mussels in Tomato Sauce 110g
Smoked Mussels in Vegetable Oil 85g

Crumbed and other seafood

Better Choice Fisheries
Australian Raw Prawn Meat 300g

Birds Eye
Fish Fingers 250g, 375g (15 Pk), 1kg, 1.5kg
Lightly Seasoned Garlic & Parsley Fish Fillets 400g
Lightly Seasoned Lemon & Cracked Pepper Fish Fillets 400g
Oven Bake Herb & Garlic Crumbed Fish Fillets 425g
Oven Bake Lemon Crumbed Fish Fillets 425g
Oven Bake Original Crumbed Fish Fillets 425g
Oven Bake Lemon Pepper Crumbed Fish Fillets 425g
Oven Bake Lightly Battered Fish Fillets 425g

Sealord
Simply Crumbed Hoki Three Seeds 480g
Hoki Classic Crumb 480g
Simply Hoki Wholemeal Crumb 480g
Hoki Classic Crumb Fish Fingers 400g (15 Pack)
Dory Classic Crumb 480g (6 Pack)
Fish Bites Classic Crumb 400g

The Fishmonger
(only available at Aldi)
Fish Fingers 1kg (40pk)

Oven Bake Original Crumbed Fish Fillets 1.06kg
Original Crumbed Hoki Fish Fillets 284g
Original Crumbed Barramundi Fillets 270g
Tropical Snapper Original Fish Fillets 284g
Southern Blue Whiting Original Crumb Fillets 425g

Birds Eye Steam Fresh
Lemon & Parsley 360g
Thai Coconut Curry 360g
Garlic & Spring Onion 360g
Sweet Chilli Fish Fillets (360g - 2pk)

Ocean Royale
(only available at Aldi)
15 Fish Fingers
Fish Fingers 1kg
Oven Crisp Fish Fillets Lemon 425g
Oven Crisp Fish Fillets Original 425g

Ocean Rise
(two available at Aldi)
Yellowfin Chunk Tuna in Springwater 95g, 185g, 425g
Yellowfin Tuna Slices in Spring Water 125g
Yellowfin Tuna Slices in Olive Oil 125g

Portview (only available at Aldi)
Pole & Line Caught Tuna Chunks in Springwater 185g
Lemon & Pepper Tuna 95g
Lime & Chilli Tuna 95g
Tomato & Capers Tuna 95g
Tuna Chunks in Springwater 185g, 425g
Slipjack Tuna Slices in Spring water 125g
Slipjack Tuna Slices in Olive Oil 125g
Skipjack Tuna Chunks in Springwater 95g
Tuna Seeded Mustard 95g
Tuna Chunks in Sunflower Oil 185g
Tuna Chunks in Brine 185g

Seakist
Tuna in Brine 425g
Tuna in Springwater 425g

Oven Dried Capsicum & Chilli 95g
Oven Dried Tomatoes & Basil 95g
Smoked Flavour 95g
Sweetcorn & Mayonnaise 95g
Sweet Chilli 95g
Tomato Salsa 95g
Lemon & Cracked Pepper 95g
Chilli 95g
Chilli Multipack 4x95g
Onion & Tomato in Savoury Sauce 95g
Zesty Vinaigrette 95g

Seafood...whatever you eat, choose healthier.
**Meat**

**Arcadian**
Extra Lean Beef Mince 500g

**Brannan’s Butchery**
(only available at Aldi)
Pork Loin Steak
Pork Schnitzel

**Cleaver’s Organic**
Extra Lean Beef Mince
(by weight)

**Coles (only available at Coles)**
5 Star Beef Mince (Except WA) 500g
5 Star Extra Lean Beef Mince (WA Grown) 500g
5 Star Extra Lean Pork Mince (WA Grown) 500g
Pork Stir Fry 500g
Beef Stir Fry 500g
Veal Stir Fry 500g
Diced pork 500g
Beef topside diced 500g
Veal diced 500g

**Coles Simply Less (only available at Coles)**
Chicken Sausage 375g
Thai Chicken Sausage 375g
Beef Sausage 375g
Beef Burger 375g

**Highland Park**
(only available at Aldi)
Extra Lean Beef Mince Grass Fed 500g

**KR Castlemaine**
KRC So Tender Pork Leg Steak 500g
KRC So Tender Pork Stir Fry 500g
KRC So Tender Pork Tenderloin 500g

**Linley Valley Fresh Free Range Pork**
Mince Pork (by weight)
Dice Pork (by weight)
Pork Stir Fry (by weight)
Rindless Loin Steak (by weight)
Rindless Rib Eye Steak (by weight)
Tenderloin (by weight)

**Macro Meats - Gourmet Game**
Kanga Banga 500g
Kangaroo Meat Mince 1kg
Kangaroo Meat Diced 500g
Kangaroo Meat Fillet 500g
Kangaroo Meat Steak 500g
Kakadu BBQ Marinated Kangaroo Steak 375g
Kangaroo Burger 440g
Kangaroo Herb and Garlic Marinated Steak 500g
Lemon Myrtle Marinated Kangaroo Mini Roast 750g

**Pebble Creek**
(only available at Aldi)
Pork Loin Steak (by weight)

**Peppercorn Food Company**
Extra Lean Beef Burger 540g
Extra Lean Beef Chipolata 500g
Extra Lean Beef Sausage 500g
Extra Lean Beef Meatloaf 750g
Extra Lean Sausage Italian Style 375g

**Meat** is a good source of protein and vitamins and minerals, such as iron, selenium, zinc, and B vitamins. It is also one of the main sources of vitamin B12. Make sure you choose lean meat (including beef, lamb, pork or venison) and skinless poultry trimmed of all visible fat. Try to limit processed meats (e.g. sausages) and deli meats (e.g. salami) and choose those which carry the Tick as they have met our strict criteria. One serving of meat should be about the size of your palm.
Meat and poultry

Extra Lean Beef Burger with Fresh Asian Herbs & Spices 540g
Extra Lean Pork Sausage with Fresh Ginger & Shallots 500g
Extra Lean Pork Meatloaf with Ginger & Shallots 750g

Simply Mince
5 Star Beef Mince 500g

Poultry

Broad Oak Farms
(only available at Aldi)
Chicken Breast Fillets (by weight)
Chicken Tenderloins per kg

Coles (only available at Coles)
Australian Turkey Breast Roast (frozen) 500g

Inghams
Fresh Turkey Breast Steaks (by weight)
Premium Quality Chicken Breast Fillets (by weight)
Turkey Tenderloin Mince (by weight)

Peppercorn Food Company
Extra Lean Chicken Sausage with Fresh Lime & Spices 375g

Steggles
Turkey Shortcuts Mince 500g
Turkey Shortcuts Breast Fillet (by weight)
Lean Chicken Mince 500g

Willowton Free Range
(only available at Aldi)
Chicken Breast Fillets Free range skin off (by weight)

Smallgoods

BERG Smallgoods
(only available at Aldi)
Thinly Sliced Chicken 320g (4x80g)
Smoked Chicken Breast 250g
Thinly Sliced Chicken 2 x 100g
Thinly Sliced Turkey 2 x 100g

KR Castlemaine
Boneless Leg Ham 4kg

Moira Mac’s
Diced Chicken Breast Tandoori 125g
Diced Chicken Breast Homestyle 125g
Diced Chicken Breast BBQ 125g
Chicken Breast Sliced - Home Style 125g
Chicken Breast Sliced – Tandoori 125g

…whatever you eat, choose healthier.
In order for a **milk** or **yoghurt** product to receive the Tick, it must meet strict criteria for saturated fat, calcium and kilojoule (energy) content.

You can treat yourself occasionally with a Tick approved dessert after dinner. **Dairy based desserts** have to have a saturated fat content of no more than 1.4g per serve, and need to contain at least 10% of the recommended dietary intake of calcium to get the Tick.

The Tick program sets strict limits on saturated fat and sodium content in Tick approved **cheese**, and also encourages food companies to increase the level of calcium in these products.

### Milk

**Coles (only available at Coles)**
- Australian Fresh Lite Milk 1 litre, 2 litre, 3 litre
- Australian Fresh Skim milk 1 litre
- Tasmanian Fresh Lite milk 1 litre, 2 litre, 3 litre
- Western Australia Fresh HiLo Milk 1 litre, 2 litre, 3 litre

**Devondale**
- Point One UHT Milk 1L
- Reduce (High Calcium Low Fat Milk) UHT (plant sterols) 1L
- Smart UHT Milk 1L
- Smart Plus UHT Milk (Smart Plus Iron, Vitamins C&D and Calcium) 1L
- Our Lightest One Instant Skim Milk Powder 1kg

**Farmdale**
- (only available at Aldi)
  - Light Milk Permeate Free 2L, 3L
  - Arctic Ice Coffee 2L
  - Arctic Ice Choc 2L
  - CalciUp Milk 2L
  - Light Milk Permeate Free 1L
  - Skim Milk Permeate Free 1L, 2L, 3L
  - Cultured Buttermilk 600ml
  - Cholesterol Lowering Cholesterol Absorption Milk 1L
  - Milk Lite (MG) 1L, 2L, 3L
  - Milk Skim (MG) 1L

**Kiewa**
- Lite Fresh Milk 1L, 2L
- Skim Plus Milk 1L, 2L

### Breakfast drinks

**Dairy Farmers**
- Oats Express Liquid Breakfast Banana Honey 250ml
- Oats Express Liquid Breakfast Chocolate 250ml
- Oats Express Liquid Breakfast Vanilla Malt 250ml

### Cream alternatives

**Carnation**
- Light & Creamy 185ml, 375ml
- Light & Creamy Coconut 375ml
Milk and dairy

Yoghurt and dairy desserts
Brooklea
(only available at Aldi)
Natural Yoghurt 1kg
Yoghurt Squishy Banana 70g
Yoghurt Squishy Strawberry 70g
Yoghurt Squishy Tropicana 70g
Lite Natural Natural Yoghurt 1kg
Lite Mixed Berry Yoghurt 1kg
JOI Lite Peach Mango Yoghurt 1kg
JOI Lite Strawberry Yoghurt 1kg
JOI Lite Vanilla Flavoured Yoghurt 1kg
JOI Lite Berry Bonanza yoghurt (2 x blueberry, 2 x mixed berry, 2 x strawberry) 6 x 150g
JOI Lite Favourites Yoghurt (2 x peachmango, 2 x strawberry, 2 x vanilla) 6 x 150g
JOI Lite Tropical Sensation yoghurt (2 x Mango, 2 x Peach Mango, 2 x Peach Mango Passionfruit) 6 x 150g
Super Size Yoghurt Squishy Strawberry 150g
Super Size Yoghurt Squishy Tropicana 150g

Super Size Yoghurt Squishy
Vanilla 150g
inner-b probiotic digestive strawberry yoghurt 4 x 150g, 1kg
inner-b probiotic digestive vanilla yoghurt 4 x 150g, 1kg
inner-b probiotic digestive mixed berry yoghurt 4 x 150g, 1kg
inner-b probiotic digestive peach mango yoghurt 4 x 150g, 1kg
99% Fat Free Tub Set Natural Yoghurt 1kg

Coles (only available at Coles)
Vanilla Yoghurt Thick and Creamy 1 kg
Summer Berry Yoghurt Thick and Creamy 1 kg
Peach and Mango Yoghurt Thick and Creamy 1 kg
Strawberry Yoghurt Thick and Creamy 1 kg
Berry Basket Yoghurt (2 x Strawberry; 2 x SummerBerry; 2 x Blueberry) 6x175g

Coles Simply Less (only available at Coles)
Light Pouring Custard Vanilla Flavoured 600g
Tropical Yoghurt (2xTropical Fruits; 2 x Mango; 2xPassionfruit) 6 x 175g
Mango Yoghurt 170g
Rhubarb & Vanilla Bean Yoghurt 170g
Lemon Cheesecake Flavoured Yoghurt 170g
Raspberry Yoghurt 170g

Dairy Dream
(only available at Aldi)
Diet Deli Yoghurt Greek Natural 380g
Diet Deli Yoghurt Passionfruit 380g
Diet Deli Yoghurt Raspberry 380g, 550g
Thick and Creamy Yogurt Citrus Cheese Cake Flavour 180g, 550g
Thick and Creamy Yogurt Honey 180g, 550g
Thick and Creamy Yogurt Strawberry 180g, 550g
Thick and Creamy Yoghurt Pomegranate 180g
Thick and Creamy Yoghurt Peach & Mango 550g
Thick and Creamy Yoghurt Peach & Pear 550g
Thick and Creamy Yoghurt Vanilla 550g
Thick and Creamy Yoghurt Peach & Raspberry 550g

Dairy Farmers
Pouring Custard Vanilla 500g, 1kg

…whatever you eat, choose healthier.
Milk and dairy

**Frozen desserts**

Coles Simply Less
(only available at Coles)
Creamy Vanilla Light Ice Cream
Rich Chocolate Light Ice Cream
Vanilla Caramel - 6 x Mini Light Ice Creams
Chocolate Raspberry - 6 x Mini Light Ice Creams

Milfina (only available at Aldi)
Frozen Yoghurt Wildberry
Frozen Yoghurt Mango
Frozen Yoghurt Sticks
(Strawberry, Wildberry & Mango)

Moosies
Banana
Blue Moon
Lime
Strawberry
Chocolate

**Cheese**

Bega Country Light Vintage
25% Less/Fat Cheese Block
250g, 500g

Bega So Light
25% Red/Fat Cheese Block
250g, 500g

Bega So Light Extra
50% Red/Fat Cheese Block 500g
50% Red/Fat Cheese Shredded
500g
50% Red/Fat Cheese Slices
250g, 500g

Coles (only available at Coles)
Australian Tasty Light Cheese
Shredded 700g
Australian Mozzarella Light Cheese Shredded 500g
Australian Tasty Light Cheese
250g, 500g, 500g (24 pack), 1kg

Coles Simply Less (only available at Coles)
Extra Lite Spreadable Cream Cheese 250g

Light Cottage Cheese Original
200g, 500g
Light Cottage Cheese with Pineapple 200g
Light Cottage Cheese with Onion & Chives 200g

Dairy Farmers
Low Fat Cottage Cheese (plain)
250g, 500g

Kraft
Philadelphia Extra Light Spreadable Tub
220g
Philadelphia Extra Light Mini Tubs (4x40g) 160g

Pantalica
Light Ricotta Cheese 500g

Perfect Italiano
Light Ricotta 250g, 500g

Westacre (only available at Aldi)
Australian Light Reduced Fat Cheddar Cheese Slices 500g
Australian Light Reduced Fat Tasty Cheese Block 500g
Australian Light Reduced Fat Shredded Cheddar Cheese 500g
Lite Cottage Cheese 500g
Eggs are nutritious, versatile and easy to cook. They contain good quality protein and omega-3, plus 10 vitamins and minerals.

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<th>Adelaide Plains</th>
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<tr>
<td>Body</td>
<td>Freds</td>
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<td>Breezy Brae</td>
<td>Fresh as free range</td>
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<tr>
<td>Drakes</td>
<td>Green</td>
<td>Sunny Queen</td>
</tr>
<tr>
<td>ECO</td>
<td>Kalbarri</td>
<td>Sunrise Fresh</td>
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<tr>
<td>Egg Time? Any Time!</td>
<td>Kangaroo Island</td>
<td>Sunshine Farm</td>
</tr>
<tr>
<td>Eggsceptional</td>
<td>Liberty Cage</td>
<td>Swan Valley</td>
</tr>
<tr>
<td>Essential Food</td>
<td>Lucerne Downs</td>
<td>Veggs for Families</td>
</tr>
<tr>
<td>Family Value</td>
<td>Manning Valley</td>
<td>WA Pride</td>
</tr>
<tr>
<td>Farm Fresh</td>
<td>McLaren Vale</td>
<td>Wattle Ridge Cage</td>
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<tr>
<td>Farm Gate</td>
<td>Mega</td>
<td>West Coast Gold</td>
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<tr>
<td>Farm Pride</td>
<td>Meggles</td>
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<td>Farmers Choice</td>
<td>MMM</td>
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<td>Farmhouse</td>
<td>Moriac</td>
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<tr>
<td>Festival</td>
<td>Mount McKenzie Tenterfield</td>
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<td></td>
<td>Mountain View</td>
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</tr>
</tbody>
</table>
Try to include nuts and seeds in your diet every day using plain, unsalted varieties. A serving of nuts or seeds is a handful (30g). Choose peanut butter without added salt and sugar.

**Nuts and seeds**

**Coles (only available at Coles)**
- Dry Roasted Cashews 750g
- Natural Californian Walnuts 500g
- Australian Dry Roasted Almonds 750g
- Australian Natural Almonds 750g
- Australian Natural Macadamias 350g
- Natural Brazil Nuts 400g
- Dry Roasted Deluxe Mixed Nuts 400g
- Australian Pecan 300g
- Australian Peanuts in Shell 375g
- Pine Nuts 60g

**Ducks**
- Natural Pine Nuts 200g
- Macadamia Nuts 80g
- Oven Toasted Pine Nuts 50g
- Flaked Almonds 100g
- Slivered Almonds 100g

**Foodimex**
- Almonds Blanched 100g
- Almond Flaked 100g
- Almonds Slivered 100g
- Macadamias Raw 100g
- Mixed Nuts Raw 200g
- Pepitas 300g
- Sunflower Kernels 300g

**Forresters**
- (only available at Aldi)
- Natural Macadamia Kernels 400g
- Raw Walnuts 500g
- Raw Almonds 750g
- Fruit & Nut Mix 750g
- Natural Mixed nuts 500g
- Natural Almonds 750g

**JC’s Quality Foods**
- Australian Almonds Natural 45g, 500g
- Walnuts Natural 350g
- Cashews Unsalted 500g

**Mega Plus**
- Australian Chia Seed 500g, 1kg, 2kg

**Mother Earth**
- Deluxe Mix Natural 150g
- Almonds Batch Roasted 250g

**Nature’s Delight**
- Fruit & Nut Mix (Raw) Premium 500g
- Healthy Mix 750g
- Low Carb Mix 500g, 750g
- LSA Mix 500g
- Low Cholesterol Mix 500g
- Almonds Flaked 375g
- Almond Meal Blanched 375g
- Dry Roasted Almonds 500g
- Almonds Raw 500g, 750g, 1kg
- Almonds Slivered 375g
- Almonds Blanched (Whole) 375g

**Brazil Nuts Raw 500g**
- Cashews Raw Premium 500g, 750g
- Hazelnuts Raw 375g
- Peanuts In Shell (Dry Roasted) 500g
- Pecan Nuts 375g
- Pepitas (Pumpkin Seeds) 500g
- Pistachio Kernels 375g
- Sunflower Seeds 500g
- Walnuts 500g, 750g

**Oh So Natural**
- (only available at Aldi)
- Fruit and Nut Mix 30g, 180g (6x30g)
- Natural Almond & Cashew Mix 30g
- Natural Mixed Nuts 30g
- Natural Almonds 30g, 180g (6x30g)
- Seeds and Sultanas 200g
- Sunflower Seeds 250g

**Riverside All Australian**
- Pecan Nut Halves 110g, 180g
- Pecan Nut Pieces 130g
- Macadamia Wholes 180g
- Walnut Halves and Pieces 180g
- Almonds Natural 180g

**Suncoast Gold**
- Macadamias Unsalted 30g, 75g
Nuts and seeds

White Mill
(only available at Aldi)
Pecans 150g
Almond Meal 150g
Flaked Almonds 125g
Silvered Almonds 125g
Walnuts 185g
Pine Nuts 100g
Macadamias 110g
Hazelnuts 160g
Cashews 180g
Pistachios 90g

Nut and seed spreads
Sanitarium
Smooth Peanut Butter No Added Salt/Sugar 500g
Crunchy Peanut Butter No Added Salt/Sugar 500g

Fruit and nut bars
Go Natural
Fruit and Nut Delight Snack Bars (5x 35g) 175g
Tick approved **margarine spread** comes from plant-based oil products such as canola, olive and avocado and are high in polyunsaturated and/or monounsaturated oils – the good types of fats! In order to get the Tick, trans fat must contribute no more than 1% total fats in plant based spreads and oils.

A Tick approved **salad dressing** or **mayonnaise** is a great way to bring a salad to life – drizzle over for a healthier, tasty meal.

### Vegetable oils

**Casa Barelli**  
(only available at Aldi)  
Extra Virgin Olive Oil 750ml

**Chefol**  
Peanut Oil 750ml

**Coles (only available at Coles)**  
Extra Virgin Olive Oil Cold Pressed 500ml, 1L, 3L  
Olive Oil Extra Mild in Flavour 500ml, 1L  
Olive Oil Mild in Flavour 500ml, 1L, 3L

**Crisco**  
Vegetable Oil 750mL, 2L, 4L  
Canola Oil 750ml, 2L, 15L, 20L  
Sunflower Oil 750ml, 2L, 15L  
Peanut Oil 750ml, 2L  
Endura 15L, 20L  
Liquid Gold Oil 15L, 20L  
Sunola Oil 15L, 20L

**ETA**  
Vegetable Oil 750ml, 2L  
Canola Oil 750ml  
Salfry Oil 15L, 20L

**Gold’n Canola**  
Canola Oil 750mL, 2L, 4L  
Canola Spray 200g, 450g

**Grove**  
Garlic Infused Avocado Oil 250ml  
Lime Infused Avocado Oil 250ml  
Extra Virgin Avocado Oil 250ml, 4 x 1L  
Chilli Infused Avocado Oil 250ml  
Lemon Pepper Infused Avocado Oil 250ml

**Grove Premium**  
Garlic Infused Avocado Oil 250ml  
Lime Infused Avocado Oil 250ml  
Extra Virgin Avocado Oil 250ml  
Chilli Infused Avocado Oil 250ml  
Lemon Pepper Infused Avocado Oil 250ml

**Just Organic**  
(only available at Aldi)  
Australian Organic Extra Virgin Olive Oil 500ml  
Olive Oil 500ml  
Organic Extra Virgin Olive Oil 500ml

**Nuseed**  
Monola Hi Oleic Canola Oil 15L

**Pro-Chef**  
Australian Olive Oil Garlic Infused Cooking Spray 225g  
Australian Olive Oil Light Flavour Cooking Spray 225g  
Australian Olive Oil Full & Fruity Flavour Cooking Spray 225g  
Non-stick Canola Spray 400g  
Virgin Olive Oil Spray 225g

**Pura**  
Canola Oil 20L  
Canola Oil - Bag in Box 15L  
Tuscan Blend Oil 20L  
Extra Virgin Olive Oil 4L

**Pura Sun Ultra**  
High Oleic 20L

**Pure Vita**  
(only available at Aldi)  
Vegetable Oil 2L  
Sunflower Oil 1L  
Canola Oil Cooking Spray  
Non-Stick 400g  
Canola Oil 2L

**Real Ease**  
Release Agent & Cooking Spray 450g

**Remano (only available at Aldi)**  
Olive Oil 4L  
Extra Virgin Olive Oil 4L
Look out for the Tick when shopping for groceries and…

**Oils and spreads**

**Suncoast Gold**
Macadamia Oil 500ml

**The Olive Tree**
(only available at Aldi)
Australian Extra Virgin Delicate Olive Oil 500ml
Australian Extra Virgin Fruity Olive Oil 500ml
Australian Extra Virgin Robust Olive Oil 500ml
Australian Extra Virgin Olive Oil 1L, 3L
Australian Extra Virgin Olive Oil Spray 225g

**Trifilia**
Premium Extra Virgin Olive Oil 500ml, 1L, 4L

**Zena**
Blended Vegetable Oil 2L, 4L

**Vegetable oil spreads**

**Bertolli**
Olive Oil Spread Classico 500g

**Flora**
Buttery 500g
Canola Spread 500g, 1kg

**Pro-Activ Ultra Light 500g**
Pro-Activ Spread 250g, 375g, 500g, 750g
Pro-Activ Light 500g
Pro-Activ with Olive Oil 500g
Pro-Activ Buttery 500g
Salt Reduced Spread 500g, 1kg
Light Polyunsaturated Reduced Fat Spread 500g

**Gold'n Canola**
Spread 500g, 1kg
Lite Spread 500g
Extra Virgin Spread 375g, 500g

**Meadow Lea**
Light 500g
Skinny 500g
Dairy Free 500g
Dairy Free PCP 10g
Salt Reduced 500g, 1kg
Canola 500g, 1kg
Canola PCP 10g
Original 10g, 250g, 500g, 1kg, 3.5kg, 5kg

**Meadow Lea HeartPlus**
Buttery 250g, 500g
Extra Light 500g
Light 500g
Original 500g

**Olive Grove**
Classic Spread 375g, 500g
Lite Spread 500g

**Pure Vita**
(only available at Aldi)
Canola Spread 500g, 1kg

**Sunnyvale**
(only available at Aldi)
Olive Oil Spread Light 500g
Light & Salt Reduced 500g
Canola 500g
Olive Spread Classic 500g
Cholesterol Lowering
Cholesterol Absorption 500g
Light Cholesterol Lowering
Cholesterol Absorption 500g

**Tablelands**
Olive Spread 500g
Reduce Cholesterol Absorption 500g
Dairy Free 500g, 750g
Canola 500g

**Vitalite**
Canola Spread PCP 10g
## Salad dressings and mayonnaise

**Coles Simply Less** (only available at Coles)
- French Dressing 300ml
- Italian Dressing 300ml
- Mango Chilli Dressing 300ml
- Balsamic Dressing 300ml
- Balsamic Honey Mustard Dressing 300ml
- Mayonnaise 410g
- Dijonnaise 410g
- Asian Dressing 300ml
- Lemon & Fennel Dressing 125ml
- Honey Balsamic Dressing 125ml
- Pomegranate Dressing 125ml
- Whole Egg Mustard Mayonnaise 380g
- Aioli Mayonnaise 380g
- Whole Egg Mayonnaise 380g
- Coleslaw Dressing 300ml
- Mayonnaise 97% Fat Free 400g

**Colway (only available at Aldi)**
- Mayonnaise Squeeze Light 525g
- Mayonnaise 770g
- Mayonnaise Squeeze Creamy 490g

<table>
<thead>
<tr>
<th>Kraft</th>
<th>Red Kellys</th>
</tr>
</thead>
<tbody>
<tr>
<td>97% Fat Free Mayonnaise 2.5kg</td>
<td>Italian Dressing 250ml</td>
</tr>
<tr>
<td>99% Fat Free Mayonnaise 410g, 545g, 555g, 800g</td>
<td>Basil &amp; Garlic Dressing 250ml</td>
</tr>
<tr>
<td>Mayonnaise Traditional 470g, 700g</td>
<td>Caesar Dressing 250ml</td>
</tr>
<tr>
<td>Mayonnaise Traditional Squeeze 365g, 490g</td>
<td>Lemon Myrtle Dressing 250ml, 2L</td>
</tr>
<tr>
<td></td>
<td>Pepperberry Dressing 250ml</td>
</tr>
<tr>
<td></td>
<td>Traditional Dressing 250ml, 2L</td>
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<tr>
<td></td>
<td>Lemon &amp; Oregano Dressing 250ml</td>
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<tr>
<td></td>
<td>Sweet Chilli &amp; Lime Dressing 250ml</td>
</tr>
<tr>
<td></td>
<td>Apple Infused Balsamic Dressing 250ml</td>
</tr>
</tbody>
</table>

...whatever you eat, choose healthier.
Tick approved **ready meals** are perfect for when you need dinner on the table in a hurry. Levels of energy (kilojoules per serve), salt, protein, saturated fat and trans fat are tested to ensure they are low enough to meet the Tick criteria. **Soups** are another quick and easy meal but can be high in salt, so be sure to choose soups with the Tick.

### Ready meals

<table>
<thead>
<tr>
<th>Coles (only available at Coles)</th>
<th>Coles Simply Less (only available at Coles)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegie Fix Mexican Sweet Potato 325g</td>
<td>Chicken, Chorizo &amp; Prawn Paella (Frozen) 370g</td>
</tr>
<tr>
<td>Vegie Fix Moroccan Vegetable Tagine 325g</td>
<td>Sweet Chilli Prawn Noodles (Frozen) 370g</td>
</tr>
<tr>
<td>Vegie Fix Roasted Eggplant Ragu 325g</td>
<td>Felafel &amp; Tabouli with Yoghurt Dressing 225g</td>
</tr>
<tr>
<td>Beef &amp; Vegetable Lasagne 400g</td>
<td>Seasoned Chicken with Indian Style Rice Pilaf &amp; Chutney Dressing 225g</td>
</tr>
<tr>
<td>Roasted Pumpkin Pea and Fetta Risotto 370g</td>
<td>Spiced Beef with Roasted Vegetables and Chipotle Dressing 225g</td>
</tr>
<tr>
<td>Creamy Rice and Kale Vegie Fix 320g</td>
<td>Sundried Tomatoes &amp; Basil Chicken Penne 370g</td>
</tr>
<tr>
<td><strong>Corale (only available at Aldi)</strong></td>
<td><strong>Healthy Choice</strong></td>
</tr>
<tr>
<td>Braised Steak &amp; Onions 400g</td>
<td>Apricot Chicken 350g</td>
</tr>
<tr>
<td>Hearty King Irish Stew 400g</td>
<td>Honey Sesame Chicken 300g</td>
</tr>
<tr>
<td>Vegetables &amp; Sausage 400g</td>
<td>Spinach &amp; Ricotta Ravioli 390g</td>
</tr>
<tr>
<td><strong>International Cuisine (only available at Aldi)</strong></td>
<td>Beef Lasagne 400g</td>
</tr>
<tr>
<td>Beef Stroganoff (Frozen) 350g</td>
<td>Bowl Creamy Chicken Carbonara 300g</td>
</tr>
<tr>
<td>Chicken Risotto (Frozen) 350g</td>
<td>Lemon Chicken 350g</td>
</tr>
<tr>
<td>Mushroom Tortellini (Frozen) 400g</td>
<td>Cottage Pie 360g</td>
</tr>
<tr>
<td>Beef in Red Wine Sauce with Mash (Frozen) 350g</td>
<td>Beef Florentine 320g</td>
</tr>
<tr>
<td>Vegetable Cannelloni (Frozen) 350g</td>
<td>Fillet of Lamb 310g</td>
</tr>
<tr>
<td>Sundried Tomato, Chicken &amp; Pasta (Frozen) 350g</td>
<td>Beef in Seeded Light Mustard Sauce 310g</td>
</tr>
<tr>
<td>Tuna Mornay (Frozen) 400g</td>
<td>Spaghetti Bolognese 400g</td>
</tr>
<tr>
<td>Shepherds Pie (Frozen) 400g</td>
<td>Singapore Noodles 280g</td>
</tr>
<tr>
<td><strong>Lean Cuisine</strong></td>
<td>Chinese Chicken &amp; Cashews 300g</td>
</tr>
<tr>
<td>97% Fat Free Tortellini with Beef, Tomato &amp; Parmesan in a Creamy Sundried Tomato Sauce 370g</td>
<td>Honey Mustard Chicken 300g</td>
</tr>
<tr>
<td>97% Fat Free Tortellini with Ricotta &amp; Capsicum in a Slow Cooked Chicken &amp; Vegetable Sauce 370g</td>
<td>Chicken Biryani 350g</td>
</tr>
<tr>
<td>Classic Creamy Chicken &amp; Mushroom Lasagne 400g</td>
<td>Indian Beef Korma 350g</td>
</tr>
<tr>
<td>Classic Chicken Cacciatore 350g</td>
<td>Slow Cooked Chicken 350g</td>
</tr>
<tr>
<td>Chicken and Chorizo Risotto 280g</td>
<td>Slow Cooked Beef 350g</td>
</tr>
<tr>
<td>Beef Penang Curry 350g</td>
<td>Lamb and Rosemary Hot Pot 290g</td>
</tr>
<tr>
<td>Creamy Chicken Pasta Bake 350g</td>
<td><strong>Lean Cuisine Balanced Serve</strong></td>
</tr>
<tr>
<td><strong>Lean Cuisine Balanced Serve</strong></td>
<td>Spaghetti Bolognese 300g</td>
</tr>
<tr>
<td>Spaghetti Bolognese 300g</td>
<td>Beef in Red Wine Sauce with Garlic Mash 300g</td>
</tr>
<tr>
<td>Satay Chicken Noodles 300g</td>
<td>Indian Beef Korma 350g</td>
</tr>
<tr>
<td>Indian Chicken Tikka Masala 350g</td>
<td>Indian Chicken Tikka Masala 350g</td>
</tr>
<tr>
<td>Slow Cooked Chicken 350g</td>
<td>Slow Cooked Beef 350g</td>
</tr>
<tr>
<td>Slow Cooked Beef 350g</td>
<td>Atlantic Salmon with Pasta 370g</td>
</tr>
<tr>
<td>Lamb and Rosemary Hot Pot 290g</td>
<td>Sundried Tomato Chicken with Pasta 370g</td>
</tr>
</tbody>
</table>

**Lean Cuisine Steam**

<table>
<thead>
<tr>
<th>Satay Beef with Rice 390g</th>
<th>Atlantic Salmon with Pasta 370g</th>
</tr>
</thead>
<tbody>
<tr>
<td>S undried Tomato Chicken with Pasta 370g</td>
<td>Cannelloni 400g</td>
</tr>
<tr>
<td>Rich Beef Lasagne 400g</td>
<td>Cheese &amp; Cracked Pepper Chicken with Pasta 380g</td>
</tr>
</tbody>
</table>
Convenience foods

**Tender Loving Cuisine**
- Spaghetti Beef & Tomato 365g
- Chicken Parmigiana 360g, 420g
- Homestyle Rissoles & Onion Gravy 360g, 435g
- Lamb Casserole 400g
- Chicken Curry Mild 390g
- Salmon Casserole 380g
- Grilled Steak & Mushroom Sauce 370g
- Pineapple Chicken 400g
- Roast Lamb & Mint Jelly 360g, 420g
- Traditional Meatloaf 360g, 415g
- Lemon Fish 400g
- Pepper Steak 370g
- Lamb Steak with Rosemary 350g
- Indian Style Lamb Curry 390g
- Shepherd’s Pie 340g
- Roast Chicken 380g, 430g
- Fisherman’s Pie 365g
- Beef Goulash 385g
- Grilled Steak with Seeded Mustard Gravy 380g
- Pork Steak in Plum Sauce 370g
- Sri Lankan Beef Curry 370g
- Butter Chicken 370g
- Barramundi 360g
- Vegetable Fritters 380g
- Sweet and Sour Fish 370g

**Beef in Red Wine Casserole 380g**
- Mexican Beef 370g
- Tasmanian Salmon Florentine 370g
- Turkey Rissoles 380g

**Meal kits**
- Old El Paso Healthy Fiesta Burrito Kit 470g

**Recipe bases**
- MasterFoods
  - Honey Garlic & Soy 175g
  - Beef Stroganoff 175g
  - Honey Mustard 175g
  - Tuscan Meatballs 175g
  - Country Beef Casserole 175g
  - Tomato & Garlic Rissoles 175g
  - Chinese Beef Stir Fry 175g
  - Italian Chicken Casserole 175g
  - Stir Fry Satay Chicken Recipe Base 175g
  - Farmhouse Chicken Casserole 175g
  - Mild Chicken Curry 175g

**Peppered Beef & Mushroom Casserole Mastermix Recipe Base 40g**
- Tomato & Garlic Rissoles Mastermix Recipe Base 40g
- Oven Easy Chicken Cacciatore Recipe Base 160g
- Oven Easy Creamy Chicken and Leek Recipe Base 160g
- Oven Easy Garlic Oregano and Lemon Chicken Recipe Base 160g
- Oven Easy Mint and Roasted Garlic Lamb Recipe Base 160g

**Stocks and gravies**
- Gravox
  - Reduced Salt Traditional Gravy 120g
  - Reduced Salt Traditional Liquid Gravy 165g

- MasterFoods
  - Cracked Pepper Gravy 160g
  - Roast Chicken Gravy 160g
  - Roast Lamb Gravy 160g

- Vegeta
  - Vegeta Delight Vegetable Stock Powder 180g

…whatever you eat, choose healthier.
Cooking sauces

Asia Specialities
(only available at Aldi)
Sweet and Sour Stir Fry Sauce 500g
Sweet Chilli Stir Fry Sauce 500g

Casa Barelli
(only available at Aldi)
Basilico Premium Italian Tomato & Basil Pasta Sauce 500g
Napoletana Premium Italian Tomato & Grilled Vegetable Pasta Sauce 500g
Bolognese Premium Italian Tomato & Herbs Pasta Sauce 500g
Premium Pasta Sauce Arrabiatta 500g

Coles (only available at Coles)
Garden Vegetable Pasta Sauce 500g
Bolognese Pasta Sauce 500g
Napoletana Pasta Sauce 500g
Red Wine & Basil Pasta Sauce 500g

Dolmio
Sauce for Italian Meatballs 500g
Sauce for Spicy Meatballs 500g
Bolognese Pasta Sauce 500g
Tomato Onion & Roast Garlic Pasta Sauce 500g
Basil Pasta Sauce 500g

Dolmio Extra
Italian Herbs Pasta Sauce 500g
Bolognese Pasta Sauce 500g, 785g
Garlic Pasta Sauce 500g
Garden Vegetables Pasta Sauce 500g
Red Wine & Italian Herbs Pasta Sauce 500g
Mushroom Pasta Sauce 500g
Four Cheeses Pasta Sauce 500g
Farmhouse Vegetables Pasta Sauce 500g
Tomato Onion & Roast Garlic Pasta Sauce 500g, 785g
Tomato Onion & Roast Garlic Salt Reduced Pasta Sauce 500g
Spicy Peppers Pasta Sauce 500g
Basil 500g

Just Organic
(only available at Aldi)
Basil & Garlic Pasta Sauce 500g
Traditional Organic Pasta Sauce 500g
Passata 700g

Kan Tong
Sweet and Sour 250g, 515g, 790g
Sweet and Sour Lite 510g
Sweet and Sour Pineapple 515g
Sweet and Sour Plum 515g
Lemon Chicken 520g
Honey Sesame & Garlic 520g

Kan Tong Simply Stir Fry
Honey & Garlic 350g
Honey Teriyaki 350g, 510g

Leggo’s
Sugo Di Pomodoro Classic Tomato 700g
Sugo Di Pomodoro Italian Herbs with Basil 700g

MasterFoods
Moroccan Chicken Simmer Sauce 510g
Caramelised Onion & Red Wine Sauce Simmer Sauce 505g
Creamy Chicken & Mushroom Simmer Sauce 490g
Beef Stroganoff Simmer Sauce 495g
Chicken Cacciatorre Simmer Sauce 495g
Honey Mustard Chicken Simmer Sauce 505g
Slow Cooker Sauce Mild Chicken Curry 490g
Slow Cooker Sauce Hearty Beef Casserole 495g

Remano (only available at Aldi)
Traditional Tomato Pasta Sauce 500g
Bolognese Pasta Sauce 500g
Tomato, Garlic & Onion Pasta Sauce 500g
Chunky Garden Vegetables Pasta Sauce 500g
Bolognese Sauce 500g
Garden Vegetable Sauce 500g
Tomato, Onion & Garlic Sauce 500g
Classic Tomato 500g
Passata Tomato Cooking Sauce 700ml

Val Verde
Passata cooking sauce 700g

Dips
AvoFresh
Soft Avocado 160g
Soft Avocado Seasoned 160g
Soft Avocado Spicy 160g
Convenience foods

Chunky Avocado 160g
Chunky Avocado Firm 160g
Chunky Avocado Seasoned 160g
Chunky Avocado Spicy 160g

Coles Simply Less
(only available at Coles)
Light Hommus Dip 200g
Light Hommus Mini Dips 180g (3x60g)
Light Tzatziki Dip 200g
Roast Pumpkin & Harissa Hommus 200g

Soups
Campbells Country Ladle
Minestrone 290g, 495g
Potato & Leek 505g
Pea & Ham 500g
Farmhouse Vegetable 495g
Minestrone with Wholegrain Pasta 500g
Spring Lamb & Vegetable 500g
Roast Chicken & Winter Vegetable 505g
Chicken & Pasta 500g
Chicken Noodle 500g
Garden Vegetable and Wholegrain Barley 500g
Rich & Creamy Pumpkin 500g
Beef & Vegetable 500g
Creamy Chicken 500g
Chicken & Sweet Corn 300g, 505g
Butternut Pumpkin 300g, 505g
Butternut Pumpkin with Nutmeg and Cream 430g
Chicken & Sweetcorn with Chives 430g
Italian Style Minestrone with Red Wine 430g
Lentils & Smokey Bacon 430g
Mushroom with Cream & Black Pepper 430g
Rustic Tomato & Spinach 430g

Coles (only available at Coles)
Vine Ripened Tomato & Quinoa Soup 300g (1 serve)
Pea & Bacon & Vegetable Soup 300g (1 serve)

Continental Professional
Beef & Vegetable Flavoured Soup Mix 1.9kg
Chicken Noodle Flavoured Soup Mix 2.15kg
Cream of Pumpkin Flavoured Soup Mix 1.7kg
Pea & Ham Flavoured Soup Mix 1.9kg
Minestrone Flavoured Soup Mix 1.9kg
Potato & Leek Flavoured Soup Mix 1.7kg
Thick Vegetable Flavoured Soup Mix 1.8kg
Tomato Flavoured Vegetable Soup Mix 1.8kg
French Onion Flavoured Soup Mix 2kg

Maggi Classic
Asparagus Soup Mix 1.8kg
Minestrone Soup Mix 1.8kg

The Soup Co.
(only available at Aldi)
Chicken & Sweet Corn Soup 430g
Butternut Pumpkin 430g
Premium French Onion Soup 400g
Chicken and Vegetable 430g
Tomato, Capsicum and Basil Soup 430g

Pies and pastries
Four ‘N Twenty
Lite Meat Pie 4 Pack 4 x 175g
Aussie Meat Pie 175g
Traveller Beef Pie 160g
Traveller Chicken & Vegetable Pie 160g
Aussie Sausage Roll 125g

Patties
Lite Party Pies 72 Pack 72 x 42g

Pizzas
McCain Pizza Singles
Ham & Pineapple 400g, 2.4kg
Supreme 400g, 2.4kg
Cheese & Bacon 400g, 2.4kg

Vegetarian alternatives
Quorn
Dippers 280g
Fillets 312g
Meat Free Pieces 300g
Meat Free Mince 300g
Meat-Style Balls 280g
Chicken-Style Burgers 280g
Versatile Mince 300g
Sweet Chilli Stir Fry Strips 200g
Pepper & Herb Sausages 250g

...whatever you eat, choose healthier.
Breakfast
Option one
• 1 serving of a Tick approved breakfast cereal, muesli or porridge (refer to pack for serving size)
• 1 serving of Tick approved yoghurt or ½ cup of reduced fat milk
• 1 serving of chopped fruit (1 serve is equivalent to 1 apple, ½ a cup of canned peaches in natural juice, drained or ½ a cup of frozen berries).

Option two
• 1 egg (boiled, scrambled with reduced fat milk, or poached)
• 2 slices of wholegrain toast with 1 teaspoon of Tick approved margarine spread
• Fruit smoothie (blend 1 banana, 1 cup of reduced fat milk, ½ a cup of frozen berries/fruit of your choice).

Lunch
Option one
• 2 slices of wholegrain bread with 1 teaspoon of Tick approved margarine spread
• 50–100g of lean protein (e.g. Tick approved canned tuna, sliced chicken)
• Vegetarian option: 50–100g of a Tick approved vegetarian alternative
• 1 cup of vegetable filling of your choice (e.g. tomato, avocado, lettuce, cucumber etc)
• 1 slice of Tick approved cheddar cheese
• 1 tablespoon of plain hummus, reduced fat cottage cheese or Tick approved dressing.

Option two
• 1 cup of cooked pasta or couscous
• 50–100g of lean protein (e.g. sliced beef or chicken)
• Vegetarian option: ½ cup canned chickpeas, beans or lentils (rinsed and drained)
• 1 serving of salad (toss together 1 cup of baby spinach or rocket, 1 handful of baby tomatoes, a handful (30g) of Tick approved nuts or seeds, and 10g grated Tick approved reduced fat cheddar cheese)
• 1 tablespoon of Tick approved dressing.
Dinner

Option one

• 1 serving of salad (toss together 1 cup of lettuce, ½ chopped tomato, ¼ cup of chopped cucumber and ¼ of an avocado)
• 2 servings of roasted vegetables (1 serve is equivalent to 1 medium kumara, ½ cup of cooked pumpkin or 1 carrot)
• 1 serving (100g) of lean meat or seafood
• Vegetarian option: ½ cup canned chickpeas (rinsed and drained)
• 1 cup of cooked plain couscous or pasta.

Option two

• 1 serving (100g) of lean meat or chicken sliced and stir-fried
• Vegetarian option: 100g of tofu
• 1 cup of cooked rice or udon noodles
• 2–3 servings of stir-fried or steamed vegetables (1 serve is equivalent to ½ a cup of frozen peas and corn, 1 corn cob or ½ a cup of chopped leek and onion).

Dessert

• 1 serving of a Tick approved frozen yoghurt or ice cream (refer to pack for serving size) with ½ cup of frozen berries, canned or fresh fruit. (Limit this type of meal to two or three times a week).
• 1 cup of fruit salad (chopped seasonal fruits) with 1 serving of Tick approved yoghurt.

Snack ideas

• A small handful (30g) of Tick approved nuts
• A small handful of Tick approved dried fruit (limit this snack to no more than once day)
• Raw fruit and vegetables (1 serve is equivalent to 1 banana, 2 small plums or 1 carrot)
• 1 serving of Tick approved yoghurt
• Tick approved crackers (refer to pack for serving size) with ½ a sliced tomato and ¼ of a fresh avocado, season with freshly cracked pepper.

For more tasty, healthier recipes, visit heartfoundation.org.au/recipes
What does the Tick mean?

Healthier choices made easier:
- The Tick provides healthier choices for all Australians by challenging food manufacturers to improve the foods we eat every day.
- If a food is Tick approved, it has met strict nutritional standards to ensure it’s a healthier choice, compared with similar foods.
- Specific nutrition standards are set for each type of food so that the less healthy (negative) nutrients can be reduced and healthier (positive) nutrients increased.

Who is the Tick for?

- The Tick is intended to help Australians in the general healthy population to make healthier choices.
- The Heart Foundation recommends Tick in the context of an overall healthy balanced diet including foods like vegetables, legumes and fruit, breads and cereals, reduced fat dairy products, lean meats and mono- and poly-unsaturated fats and oils.
- People with specific dietary needs related to an illness, such as heart disease, should seek tailored nutrition advice from a health professional.

How do products earn the Tick?

- Food companies work hard to earn the Tick. Every single product must meet strict standards in order to obtain Tick approval.
- Food companies are encouraged to reformulate or develop new products in order to meet the standards. If a product fails to meet these standards, it will not enter the Tick Program.
- In addition, all packaging for Tick foods must be approved and all advertising claims must be truthful.
- Every product with the Tick can be randomly audited at any time. These audits are essential to ensure Tick approved products continue to meet the Tick Program’s standards.

Do food companies pay for the Tick?

Food companies pay a licence fee only once their product has met these strict standards.

The Tick Program runs on a cost recovery basis and license fees are the only income source for the Tick.

Fees are used to manage the activities of the program, including:
- Reviewing the criteria and making them tougher
- Establishing new criteria
- Auditing of Tick approved products
- Public education about healthy eating
- Supporting national nutrition research
- Administration of the Tick Program.
The Heart Foundation Tick Program sets nutrition standards across different food categories using a combination of the latest available scientific evidence, Heart Foundation position statements and key government policies and regulations. Nutrition Information Panel and ingredient information from foods sold in the supermarket is collected by the Heart Foundation to ensure the Tick standards are challenging but achievable.

Foods with the Tick have lower levels of the “bad stuff” like unhealthy saturated fat, trans fat, salt and kilojoules (energy); and higher levels of the “good stuff” like vegetables, fibre and calcium.

Tick nutrition standards are reviewed every 3-5 years and, in many cases, made incrementally tougher.

The below table lists the nutrients which certain food categories must be tested against in order to be eligible to carry the Tick. Unique criteria are set for each food category so that the less healthy (negative) nutrients can be reduced and healthier (positive) nutrients increased.

**Fruit and vegetables**

**Criteria:**
- Frozen fruit and vegetables (frozen with nothing added)
- Frozen potato chips (saturated fat; trans fat; salt; kilojoules; potato content)
- Canned vegetables (saturated fat; trans fat; kilojoules; salt; vegetable content)
- Canned fruit (fruit in unsweetened or natural juice)
- Dried fruit (limited serve size)
- Juice (Fruit Juice: 98% or more juice and/or fruit; limited serve size)  
  (Vegetable Juice: 98% or more juice and/or vegetable; limited serve size; salt)

**Legumes**

**Criteria:**
- Dried legumes (all acceptable)
- Canned legumes (saturated fat; trans fat; salt; legume content)

**Breads and cereals**

**Criteria:**
- Bread (salt; saturated fat; trans fat; fibre)
- Biscuits (saturated fat; trans fat; salt; fibre; wholegrain content; kilojoules)
- Breakfast cereals (saturated fat; trans fat; salt; fibre; wholegrain content; kilojoules)
- Grains (plain cereal with nothing added)
- Cereal based bars (saturated fat; trans fat; salt; fibre; kilojoules)

**Seafood**

**Criteria:**
- Fresh and frozen seafood (plain seafood with nothing added)
- Canned salmon (saturated fat; trans fat; salt; seafood content)
- Canned tuna (saturated fat; trans fat; salt; seafood content)
- Canned seafood (saturated fat; trans fat; salt; seafood content)
- Crumbed and other seafood (saturated fat; trans fat; salt; seafood content)
Tick nutrition standards

fat; trans fat; salt; seafood content)

Meat and poultry

Criteria:
• Meat
  (Plain meat: saturated fat; trimmed of all visible fat)
  (Processed / flavoured meat: saturated fat; salt; trimmed of visible fat)
• Poultry
  (Plain poultry: saturated fat; trimmed or all visible fat and skin)
  (Processed / flavoured poultry: saturated fat; trans fat; salt; trimmed of visible fat and skin)
• Smallgoods (saturated fat; salt; trimmed of visible fat (meat and poultry); trimmed of visible skin (poultry))

Milk and dairy

Criteria:
• Milk (saturated fat; kilojoules; calcium)
• Breakfast drinks (saturated fat; kilojoules; calcium; fibre; wholegrain content)
• Cream alternatives (saturated fat; calcium; kilojoules)
• Yoghurt and dairy desserts (saturated fat; calcium; kilojoules)
• Frozen desserts (saturated fat; kilojoules; calcium; protein)
• Cheese (saturated fat; salt; calcium)

Eggs

Criteria:
• Whole chicken eggs with or without their shell

Nuts and seeds

Criteria:
• Nuts and seeds
  (Plain nuts: limited serve size; nothing added)
  (Nuts with added ingredients: trans fat; no added salt; limited serve size)
• Nut and seed spreads (at least 85% nuts/seeds; trans fat; salt; no added coconut or palm oil products)
• Fruit and nut bars [saturated fat; trans fat; salt; kilojoules; fibre; nut and seed content (excluding coconut)]

Oils and spreads

Criteria:
• Vegetable oils (saturated fat; trans fat)
• Vegetable oil spreads (saturated fat; trans fat; salt)
• Salad dressings and mayonnaise (saturated fat; trans fat; salt)

Convenience foods

Criteria:
• Ready meals (saturated fat; trans fat; salt; protein; kilojoules; fibre; vegetable/fruit content)
• Meal kits (saturated fat; trans fat; salt; kilojoules; fibre; vegetable content)
• Recipe bases (saturated fat; trans fat; salt; kilojoules; fibre; vegetable content)
• Stocks and gravies
  (Stocks: salt)
  (Gravies: saturated fat; trans fat; salt)
• Cooking sauces (saturated fat; trans fat; salt)
• Dips (saturated fat; trans fat; salt)
• Soups (saturated fat; trans fat; salt; kilojoules; fibre; vegetable content; limited serve size)
• Pies and pastries (saturated fat; trans fat; salt; kilojoules; fibre; vegetable content)
• Pizzas (saturated fat; trans fat; salt; kilojoules; fibre; vegetable content)
• Vegetarian alternatives (saturated fat; trans fat; salt; protein)
For practical tips on raising a healthier family, visit heartfoundation.org.au/mumsunited and sign up for our monthly newsletter, which includes:

- Easy to prepare, seasonal recipes for the whole family to enjoy
- Healthy eating and activity advice
- Practical tools for healthier living.

You can find us on Facebook at Facebook.com/wearemumsunited