FoodFit

Standard 600 List

List subject to change

GREEN VEGETABLES

Asparagus
Beans
Bok choy
Brussel Sprouts
Cabbage
Celery
Choy sum
Kale
Leeks
Lettuce
Olives
Okra
Parsley
Pak choy
Rocket
Silverbeet/Spinach
Shallots/spring onions
Snow Peas
Wombok cabbage

OTHER VEGETABLES

Avocado
Beetroot
Bitter Melon
Broccoli
Button Squash
Capsicum
Carrot
Cauliflower
Corn
Cucumber
Eggplant
Fennel
Globe Artichoke
Mushroom all
Onion Red
OnionBrown&white
Onion
Parsnip
Peas
Potato
Pumpkin
Radish
Swede
Sweet Potato
Tomato
Turnip
Zucchini

MEATS

Bacon
Beef
Chicken
Duck
Goat
Ham
Kangaroo
Lamb
Pork
Turkey
Venison

OFFAL

Blood sausage
Heart Beef
Liver Lamb Liver Beef
Kidney Beef
Tripe

MEATS Alternative

Natures Kit. Meat Free Sausages
Naturli Plant based mince
Vege Delights Bacon Style Rashers

SEEDS

Chia
Linseed/oil/meal
Poppy
Pumpkin/Pepitas
Sesame
Sunflower

FRUIT

Apples
Apricot
Banana
Cherries
Custard apple
Dragon Fruit
Dates
Fig
Grapefruit
Grapes
Honeydew Melon
Kiwifruit
Lemon
Limes
Lychee
Mandarin
Mango
Nectarine

FRUIT Cont

Oranges
Passionfruit
Pawpaw
Peaches
Pears
Pineapple
Plums
Prunes
Raisins / Sultanas
Rockmelon
Watermelon

OILS / FATS

Avocado Oil
Coconut Oil
Ghee
Grape Seed Oil
Macadamia oil
Lard
Olive Oil
Rice Bran Oil
Sesame Oil
Sunflower Oil

SEAFOOD

Anchovies
Calamari
Fish (white)
Mackerel Wild Caught
Mackeral herring Salmon (All)
Tuna
Sardine (All)
Octopus
Oysters/Mussels
Shellfish (All other)

BERRIES Fresh/ Frozen

Blackberry
Blueberry
Raspberry
Strawberry

SPROUTS

Alfalfa sprouts
Broccoli Sprouts
Mung Beans
Snow pea sprouts

NUTS

Almonds
Brazil
Cashews
Hazel
Macadamia

NUTS Cont
Pecans
Pine Nuts
Pistachio
Walnut

ALCOHOL
Beer
Bourbon
Brandy
Cider
Gin
Kahlua
Rum
Tia Maria
Vodka
Whiskey
Wine Red
Wine White/champagne

DAIRY Products
Butter
Cream (All types)
Cheese Cows (All)
Cheese Fetta (goat)
Cheese Sheep
Margarine (All)
Milk A2
Milk Full Cream
Milk Skim
Milk Carnation
Milk Camel
Milk Goats
Mayo (All)
Mayo Organic
Yoghurt Cows Greek/plain
Yoghurt Sheep
Yoghurt Goat

LACTOSE FREE Products
Butter Coconut
ButterAlmond
Biocheese Vegan
LF Cheese Liddells
LF Cream Liddells
LF Milk Liddells
LF Milk Zymil
LF Yoghurt
Pana Ice cream vanilla
Soy Mayonnaise
Vegenaise
Tempeh
Tofu
Vegan Aioli
Yoghurt Coconut (All)

MILK Alternative
Almond milk
Coconut milk
Oat milk
Rice milk
Soy milk

EGGS
Duck eggs
Eggs
Eggs(Organic)
Orgran No Egg
Quail eggs

FERMENTED
Kefir(All)
Kimchi (All)
Kombucha (All)
Sauerkraut(All)

SOFT DRINKS
Cola (All)
Fanta(All)
Ginger Ale(All)
Lemonade(All)
Soda water
Tonic water

BEVERAGES
Caro
Coffee (All)
Coffee Decaf
Ecco
Milo
Ovaltine
Rooibos Tea
Tea (black all)

OTHER DRINKS
Cranberry Juice
Coconut water
Ribena

HERBAL TEAS
Chamomile Tea
Dandelion Tea
Green Tea
Peppermint Tea

HERBS dried & fresh
Basil
Chives
Coriander
Lemon Grass
Mixed Herbs
Oregano
Rosemary
Sage

SPICE-CONDIMENT
Bay Leaf
Bi Carb Soda
Baking Powder
Cajun Spices
Cardamom
Chilli
Cinnamon
Cloves
Cream of Tartar
Cumin
Curry Powder
Dill
Fennel Seeds
Garam Masala
Garlic
Ginger
Mustard
Nutmeg
Paprika
Pepper (black&white)
Pepper Cayenne
Salt (refined table)
Salt Celtic sea salt
Salt Herb Vege
Salt Himalayan
Salt Rock Salt
Tarragon
Thyme
Turmeric
Vanilla (pure)
Vinegar (all types)
Vinegar Apple Cider

SAUCES
B.B.Q. sauce(All)
Heinz Baked Beans Tom
SPC Baked BeansTom
Chipotle Beerenberg ranch
Fish sauce (All)
Horseradish
Oyster sauce (All)
Soy sauce (All)
Soy Tamari sauce (All)
Soy Coconut amino non
Sweet Chilli sauce (All)
Tomato sauce (All)
Tomato Paste (All)
Worcester sauce

DRIED VEGETABLES
Chick Peas (All)
Coconut
Lentils (All)
Split Peas

STOCK/GRAVY
Beef stock Aus Own org
Beef Stock (Massel)
Beef Stock Campbell's
Bonox
Chicken Stock Massel
ChickenStockCampbell
Vege stock Aus Own org
Vege Stock Massel
Gravox (All)
Gravy mix Massel
Gravy Mix Orgran
Miso (All)

SUGARS/ Sweeteners
Erythritol
Stevia
Honey
Honey Manuka
Mesquite powder
Monk fruit sweetener
Sugar Brown
Sugar Raw
Sugar White
Sugar Coconut
Syrup Agave
Sugar Palm
Syrup Coconut
Syrup Golden
Syrup Maple
Syrup Rice malt (All)
Xylitol

RICE
Rice Brown (All)
Rice Black (All)
Rice Red (All)
Rice White (All)

NOODLES
Rice noodles
Wheat noodles

PASTA/PASTRY
Orgran Rice & Vege Pasta
Orgran Rice-Corn Pasta
Konjac rice,pasta. (all)
GF Pasta Barilla
GF Pasta San Remo
Pasta (Durum wheat)
Buckwheat San Remo
Lasagne Sheets Macro Org

PASTA/PASTRY Cont
Puff pastry
San Remo Pulse Pasta

CRACKER/CRISPBREAD
Carmens Pepita Pop. Crackers
Mary's Gone crackers GF
Olina's Seeded Crackers
Sao
Rice crackers (All)
Ryvita rye crackers
Seaweed crackers
Vita Weat original

SPREAD/PASTE
St Dalfours GF jam
Vegemite/ Ozemite
ABC spread Melrose
Coco Hazlenut Pure Harvest
Dijon Mustard (All)
Hommus
Tahini Unhulled (All)
Vege spread Freedom

BREAKFAST CEREALS
Abundant Earth Corn Puff
BLEND 11: GF Bircher Muesli
Carmens Muesli
Carmens/Jordans Granola (All)
Cornflakes (All)
Just Right
Lowan Rice Porridge
Millet Puffs
Oat Bran
Oats GF
Polenta
Rolled Oats
Special K
Special K GF
VitaBrits
WeetBix
Weet-Bix GF

BREADS Supermarket
White
Wholemeal

GRAIN Bread
AG Vital bread
Macro Ancient grains sprouted
Multigrain bread

SPELT Bread
Alpine Spelt & Sprouted
Ancient Grain Tigris
Bakers Delight Spelt
Bodhis DinklebrotW
Healhtybake WM Spelt & sourdo.
Kamut bread
Naturis organic spelt

RYE Bread
Bodhi's Wupper
Burgen Rye bread
Helgas Light Rye
Abbott's Rye
Pumpernickel 100% Rye

SOURDOUGH Bread
Alpine Spelt & Barley
Bills Org Spelt SD
Brasserie Sourdough
Healthybake FH Rye
Zeally Bay Sourdough

SPROUTED Bread
Bodhis Sprouted mixed grain
Pure Life Sprouted Spelt
ESSENE sprouted bread
Pure Life Bio.D.ezekiel 4:9

GLUTEN FREE Bread
Abbots Mixed Seeds GF
Bodhis GF Multi Grain
Bodhis GF Yeast free
Bodhis Lupin loaf
Burgen GF Soy Lin
Burgen GF sunflower chia
Burgen GF White
Country Life Yeast GF
Helgas GF bread
Naturis GF rice loaf
Precinct GF Quinoa & Soy
Precinct GF Market Loaf
Precinct GF Fruit Loaf
Pure life GF 5 seeds
Strange Grains GF

OTHER Bread
Bakers Delight Low Fodmap
Naturis Buckwheat bread
Venerdi Paleo Almond
& Linseed
Venerdi Paleo Super Seed

WRAPS/BASES

Corn tortilla
GF wraps
Plain wheat wraps
Quinoa wraps
Rice Thins
Rice Paper wraps
Spelt wraps
Sourdough Pizza Bases

BARS

Carman's Muesli fruit free bar
Carman's Dark Cranberry
Go Natural Fruit & Nut bar

FLOURS

Flour Amaranth
Flour Arrowroot
Flour Banana
Flour Barley
Flour Besan
Flour Buckwheat
Cornflour [wheat free]
Flour Cassava
Flour Coconut
Flour GF Plain & SR
Flour Potato
Flour Quinoa
Flour Rye
Flour Sorghum
Flour Spelt
Flour Wheat Plain& SR

CRISPS

Macro org Corn chips
Macro Root Vege chips

CHOCOLATE / SWEETS

Cacao Butter
Cacao raw powder
Carob
Chocolate (Lindt)
Chocolate (Cadbury)
Chocolate (Dove)
Chocolate (Haigs SA)
Chocolate (Nestle)
Chocolate (Sweet William)
Frey Dark Choc
Green & BlackOrgDarkChoc
Liquorice
Loving Earth Choc
Loving Earth Dk Org Choc
Pana Chocolate

HEALTH SHOP Products

Acai powder
Almond Meal
Betonite clay
Bone broth (All)
Beef Gelatin/collagen
Barley Grain
Bean Adzuki
Beans Black
Bean Borlotti
Bean Broad
Bean Cannellini
Beans Edamame
Bean Kidney
Bean Lima
Blackstrap Molasses
Braggs All purpose seasoning
Burghal
Coconut MCT Oil
Camu Camu
Cous Cous
Cranberries Dried
Dulse (All)
Falafel
Flaxseed meal/oil
Guar Gum
Goji Berries
Hemp seed
Hemp seed oil
Hemp Protein powder
Maca Powder
Millet Grain
Nori
Nutrition Yeast(All)
Quinoa Grain
Wakame Flakes
Xanthum gum

COMMON Supplements

Aloe Vera
Barley Green
Chlorella
Fish oil Capsules
Fish oil (practitioner)
Oregano oil
Krill Oil
Psyllium
Slippery Elm Powder
Spirulina
Wheat grass

PROTEIN Powder/shakes

Pea Protein powder
Rice Powder
Whey concentrate
Whey Protein Isolate

NATURAL HOME products

A bit hippy bubble bath
A bit hippy Deodorant
A bit hippy Eczema Crm
A bit hippy sham/cond
Abode dishwashing liquid
Abode floor cleaner
Abode Laund liquid
Abode surface spray
Carrot Sun Papaya oil
Cleopatras Bath Milk
Earth choice Dish Liquid
Earth choice Fabric Softener
Earth choice Floor-surface
Earth choice Laundry liquid
Earth choice Multi Purpose
Earth choice Wool Mix
Ecosense Laundry liquid
Ecostore Laundry powder
Ecostore Dish Liquid
Hurraw Lip Balm
Jojoba oil
Lavender oil
Melrose massage oil
Moo Goo Conditioner
Moo Goo Eczema Cream
Moo Goo Milk Wash
Moo Goo Shampoo
Moogoo deodorant
Nat Instinct Body wash
Neem soap
Org Care 3 in 1
Shampoo (Alchemy)
Soapnuts
Sukin hand wash - original
Thank-you Hand Wash
Tea tree oil
Weleda lip balm

OINTMENTS

Sorbolene
PawPaw Lucas

BATHROOM CHEMICALS

Lux Body Wash
Palmolive Shower Milk
Shampoo Baby (Johnsons)
Shampoo Head & Shoulders
Shampoo Pantene
Shampoo Wella Balsam
Shaving Foam Gillette
Shaving Gel Nivea
Soap Pears
Soap Dove
Talcum Powder

LAUNDRY Products

Bio Zet
Bleach
Cold Power
Dynamo
Fabric Softener(all)
Lux Flakes (laundry)
Napisan
Omo
Radiant
Sard Wonder Soaker
Wool Mix

KITCHEN/Cleaning Products

Ajax Spray & Wipe
Exit Mould
Insect Spray (All)
Jif
Morning Fresh
Palmolive Dish Liquid
Pine-O-Cleen

DEODORANTS

Natural Crystal Stick
Dove Mum
Rexona Sport
Sukin Natural Deodorant
Tea Tree Oil Deodorant

SUNSCREEN

Banana Boat Every day
Cancer Council
Moo Goo Sunscreen
Soleo Sun screen
UV Triplegard
Wotnot SPF

TOOTHPASTE

Colgate (all types)
Gem (all types)
Grants Herbal
Hb herbal
Jack and Jill
McLeans (all types)
Red Seal
Sensodyne
Silicea silica
Steradent
Thieves
Vicco Herbal

HAIR/FIBRES

Bamboo
Cotton
Linen
Mixed Feathers
Nylon
Polyester
Silk
Wool

METALS

Aluminium
Copper
Gold
Lead
Mercury
Silver

PETRO CHEMICALS

Cigarette Smoke
Diesel
Engine oil
Kerosene
Methylated Spirits
Petrol