

NEW ZEALAND WHOLE FOOD SHOPPING GUIDE

Compiled by Deb Gully, www.diet.net.nz (Based on a US guide prepared by Stephen Byrnes, PhD, RNCP, www.powerhealth.net in conjunction with the Weston A. Price Foundation, www.WestonAPrice.org.)

This list is designed to serve as a guide for shopping in supermarkets and health food stores. You are encouraged to avoid all fast foods and processed foods and to prepare what you eat yourself--it's easier than you think! Where possible, brand names have been given, but there may be some names missed. **List last updated Aug 2004. Products are constantly changing. If you find anything that can be added (or should be taken off) this list, please email me at dietnet@frot.co.nz**

Good health begins with plants & animals raised in healthy ways (eg free range and organic); & that are either fresh, or processed so that the nutrients in them are preserved or enhanced. Look for fresh, minimally processed & organic foods like:

- Fresh proteins - Meats, seafood, eggs, whole milk products
- Unrefined carbohydrates - Whole grains or flours (in small amounts), legumes, vegetables, fruits
- Stable fats & oils – Butter, coconut products, nuts, seeds, extra virgin olive oil
- Natural flavourings - Sea salt, herbs & spices, whole food sweeteners such as raw honey, pure maple syrup, molasses

Good health also requires avoiding foods that are either empty or harmful. As a rule of thumb, the closer the food is to its natural state, the better it is. Most fast foods, or foods that are processed or pre-prepared, are unhealthy. If a food comes in a packet or tin, get into the habit of flipping it over and reading the ingredients. These are the main things you want to avoid:

- Sugars – including sucrose, glucose, fructose, dextrose, golden syrup, corn syrup, concentrated fruit juice
- Refined carbohydrates – such as white flour, white rice, grains that have been puffed or flaked
- Soy products such as soy milk, yoghurt or cheese; tofu; vegetable protein; soy flour & protein powders. (Normal processing doesn't neutralise their anti-nutrients, so only eat fermented products such as tempeh, miso & tamari)
- Dangerous fats – such as margarines and commercial vegetable oils such as soy and canola
- Artificial sweeteners – eg. aspartame (NutraSweet, Equal), sucralose (Splenda), saccharin, cyclamate, acesulfame-K
- Additives – such as artificial flavourings or colourings, MSG (often called natural flavour) and limit preservatives as much as possible
- Pesticides or GE foods – Full identification of GE foods is outside the scope of this guide, but I have marked some foods with a ^ sign. This indicates that the manufacturer has stated that the foods are GE free, or that they are committed to changing to GE free. Where the foods are not marked, it doesn't necessarily mean they contain GE ingredients, it may just mean I don't know. Organic foods should be free of both pesticides and GE materials (even if not marked). See www.greenpeace.org/nz/truefood/ for more details.

If you have a serious health problem, try to eat 100% from the “Best” column, avoiding anything noted as “treats”. For many people, it won't be necessary to be quite as strict, but the more you eat from the “Best” column, the better. Where you can't afford the “Best”, or they are not available, “Compromise” foods are still a lot better than many other foods. But “Avoid” foods are best not eaten at all. Also, remember that everybody has individual requirements, and it is up to you to find the foods from this list that work best for you. Avoid foods that you are allergic, intolerant or addicted to, even if they are organic and unprocessed. But don't be too hard on yourself. If you eat all whole foods at home, when you go out with friends you can probably afford to choose the best alternatives available and not stress about it (as long as it's not too often!)

Some good places to shop in NZ:

- Your local supermarket may be better than you expect, depending on where you live. Items that are often available in NZ supermarkets are **bolded** on this guide.
- Your local health food or organics store. Remember that health food shops, even the very best ones, still stock foods that are not whole foods, so you still have to check the label.
- Your local deli is likely to have quality foods, and may even have raw cheese
- There is now a page on [DietNet](http://www.diet.net.nz) listing good places to shop in NZ. The direct link is: <http://homepages.paradise.net.nz/rwgully/resources/wheretoshop.htm>

If you have found this page through a search engine, you may want to check out these other pages on [DietNet](http://www.diet.net.nz):

- Whole Foods: http://homepages.paradise.net.nz/rwgully/basics/whole_foods.htm
- Good vs Bad fats: <http://homepages.paradise.net.nz/rwgully/basics/fats.htm>
- Sweeteners: <http://homepages.paradise.net.nz/rwgully/basics/sweeteners.htm>
- Dangers of Soy: <http://homepages.paradise.net.nz/rwgully/basics/soy.htm>
- Levels of mercury in NZ fish: http://homepages.paradise.net.nz/rwgully/basics/fish_nz.doc

BEST BABY FOODS:	COMPROMISES:	AVOID:
BABY FOOD IN JARS		
Organic, whole foods with no sugars, vegetable oils or other additives, pref homemade. (eg. Organic Baby, Green Monkey ^, Only Organic ^).	Those with no sugars, vegetable oils or other additives (Watties ^ and Robinsons both have some products that are OK, but not all. Check each label.)	Any “jars” with sugar, vegetable oils, hydrolysed vegetable protein, soy.
CEREAL BASED BABY FOOD		
<i>Note: Cereals can't be fully digested before about 18 months of age, so avoid till then (even the baby rice labelled for 4mths+)</i>		
Homemade rusks. Finely ground, semolina style grains, with nothing added, pref organic (eg. Lohra Thermo semolina – comes in various grains, not exclusively for babies)	Commercial rusks, without vegetable oils (eg. Heinz ^). Baby rice without vegetable oils (eg. Robinson 's)	Most commercial baby cereals and “sticks”.

For more info on suitable baby foods, see www.westonaprice.org/children/index.html

BEST PROTEIN:	COMPROMISES:	AVOID:
MEATS		
Organic or eco-farmed NZ beef and lamb. Free range chicken , turkey, and pork. Organic organ meats and chicken livers. Emu and venison is sometimes available from supermarkets like New World Metro or Moore Wilson's Fresh in Wellington.	Grass fed NZ beef or lamb (check the label to make sure it's NZ raised). Non-organic organ meats (marinate in lemon juice overnight, then rinse and dry).	Most commercial chicken, turkey, veal and pork is raised in confinement and often fed antibiotics. <i>Avoid these on animal welfare & health grounds.</i> But if it is all that is available, or you can afford, eat occasionally (except Inghams) to vary your meats.
PROCESSED MEATS		
Sausage, bacon, ham, and luncheon meats without additives or MSG. Brands like: Harmony meats range of organic, additive free smallgoods www.harmony.co.nz	Higher quality sausage, bacon, and processed meats without MSG. Brands such as: Verkerks ^ or Brooks ^ salamis	Most commercial sausage, ham, and luncheon meats.
SEAFOOD		
Fresh ocean-going fish, shell fish and fish roe in season from clean waters. See summary of mercury levels in NZ fish for more details	Trout from clean waters; frozen fish without batter or breadcrumbs; canned salmon without salt or additives (eg. John West ^ salmon in water); canned skipjack or albacore tuna; canned sardines (eg. Brunswick sardines in water); canned anchovies in olive oil; canned fish roe or caviar; canned oysters in water or olive oil.	Canned bluefin or yellow fin tuna (high in mercury); Farmed salmon and trout; canned fish containing vegetable oils or hydrolyzed protein. Fish sticks, deep-fried fish.
EGGS		
Eggs that are free range AND organic. Brands such as: Frenz ^, Pasture Poultry, Otaki Organic , Bio Eggs	Eggs that are free range OR organic, or anything with an SPCA approved sticker on. Brands such as: Natural Egg Co , Eco Eggs ^, Forest Hill Farms	Most commercial eggs, but if this is all that is available, buy them anyway. But avoid “vegetarian” eggs; powdered eggs or protein powders; egg substitutes.
CHEESE		
Whole milk, raw cheese from pasture-fed animals. In NZ, sometimes a raw cheese can be found in a deli. Swiss brand Le Superbe now in some supermarkets	Whole milk cheese, cottage cheese or ricotta. All NZ brands pasture fed. Brands like: Bouton d'or ^ ricotta	Soy cheese; low-fat or processed cheese "food". Cheese made with homogenised milk, such as Anchor.
YOGHURT & KEFIR		
Homemade kefir (<i>Note: Email deb@frot.co.nz for help in making own kefir</i>). Organic, plain, whole milk, naturally cultured yoghurt from grass-fed animals (eg. BioFarm Organic ^ Acidophilus (plain only; good for baking or on cereal), Cyclops ^ Organic (green top only; thick & tart, good for dips and sauces), Malabar^ goat yoghurt).	Plain, whole milk yoghurt. (eg. Yoplait ^ Yoplus Natural, Naturalea ^ Acidophilus Plain Unsweetened. <i>Note: These 2 do have skim milk powder added, so are not as good as the 2 organic brands, but aren't sweetened and are made from whole milk, so are OK.</i>)	Low-fat or fat free yoghurts and kefir; flavoured, sweetened yoghurts or kefir.
MILK		
Whole, raw organic milk, preferably from pasture-fed cows and a certified dairy. In NZ, not available commercially. If you're lucky, you live near a friendly farmer (or are one).	Whole milk from pasture fed cows. (eg. Ecofarm Organic whole milk, Naturalea ^ Organic whole milk, MeadowFresh ^ Traditional Full Cream Milk purple label). <i>Note: Only whole milk variety OK. Keep use of pasteurised milk to a minimum unless it has been cultured</i>	Ultra-pasteurised or homogenised milk; lowfat and skim milk, incl Trim & Calci-Trim; flavoured milks; soy milk; powdered milk.

BEST FATS AND OILS:	COMPROMISE:	AVOID:
CREAM		
Fresh or cultured cream from pasture-fed cows, preferably raw. In NZ, raw not available commercially.	All NZ brands pasture fed, so any pasteurised, full fat cream, sour cream (eg. Cyclops organic, Tararua [^]) marscapone (eg. Mahoe Farm [^] - <i>but not their quark</i>); or crème fraiche (eg. Bouton d'or [^] or Kapiti [^]) - without additives, preferably organic.	Ultra-pasteurised cream; "lite" cream or sour cream; sour cream with additives; imitation sour cream; non-dairy creamer.
BUTTER		
Butter or ghee from pasture-fed cows, preferably raw or cultured; or organic (eg. Verona Farm [^] organic butter - pref unsalted)	Supermarket butter. All NZ butter is pasture fed, so supermarket butter is fine, as long as it's pure butter. Anchor [^] or Mainland [^] unsalted is best.	All margarines (including Olivani and Olivetti, which are actually low in olive oil); "Spreads" containing butter mixed with vegetable oils; whipped butter.
FATS & OILS FOR COOKING WITH		
Butter or ghee (see above); unprocessed coconut oil (eg. Kaiora [^] organic cold-pressed); palm oil (from Commonsense); lard from pasture-fed pigs; extra virgin olive oil (eg. Lupi, Rizzoli & Bertolli readily available in supermarkets; imported oils available at Med foods; boutique oils made in NZ; Bertolli also do an extra virgin olive oil spray).	Cold pressed sesame, peanut, high oleic sunflower oil; hardened coconut oil (eg. Kremelta); commercial lard (eg. Goulds); suet (eg Shreddo).	Canola oil; all commercial vegetable oils; all margarines and "spreads;" cottonseed oil. Crisco and other shortenings.
FATS & OILS FOR SALADS		
Extra virgin olive oil (see above); cold pressed flax oil (eg. Waihi Bush organic flax seed oil. <i>Note: don't heat</i>)	Small amounts of cold pressed avocado on occasions (don't overdo oils high in Omega 6)	Note most commercial salad dressings or oils contain dangerous fats and sugars
COCONUT, NUTS & SEEDS		
<i>NOTE: To enhance digestion, nuts and seeds should be soaked in salted water for 6-8 hours and dried on low heat in the oven before eating. Store walnuts in fridge.</i>		
Creamed coconut (available in Asian markets and some supermarkets). Raw pecans, cashews, pine nuts, almonds, macadamia nuts, walnuts, sunflower and pumpkin seeds. (Freely available packaged or in bulk bins. Fresh, raw macadamias available mail order from www.macnut.co.nz or www.macanuts.co.nz)	Canned whole coconut milk (eg. Trident – NOT Lite); nuts roasted with coconut/palm oil or no added oils (Eta [^] pistachios only, Paton's macadamias only); nut butters with no oils added (eg. Kaiora [^] , Ceres [^] , Melrose); hulled tahini (eg. Kaiora [^] , Commonsense Organics plain pack, Lisa's [^] tahini); dukkah (many brands, including Ma Healions)	Coconut milk that is either fat reduced (dilute it instead) or homogenised; canned or roasted nuts; nut butters with hydrogenated oils or sugars

BEST FLAVOURINGS:	COMPROMISE:	AVOID:
SALT & SPICES		
Fresh herbs; non-irradiated spices; Unrefined sea salt that is grey; Hawaiian Red salt;	Dried herbs; sea or rock salt that is white (partly refined) but un-iodised (eg. Hain's, Kaiora [^] or Maldon sea salt).	Iodised salt; MSG; hydrolyzed protein.
STOCKS, SAUCES & CONDIMENTS		
Raw vinegar; naturally fermented soy sauce or tamari (eg. Ceres [^] organic tamari - including a wheat free version); mustards without added sugar (eg. Crystal mustard; Maille - original only)	Naturally sweetened tomato sauce (if you can find one); sauces with natural ingredients and without MSG (eg. Tabasco ; some Kato [^] sauces; Nando's chilli sauce; Mama Africa's zulu sauces); canned broth and stock without sugar or additives.	Most commercial sauces, including pasta and stirfry sauces, mayonnaises and tomato sauces; bouillon cubes; Bragg's Liquid Aminos (as they are not fermented).
DIPS & PESTOS		
Organic pates without margarine. Organic dips or pesto made from legumes, herbs and vegetables, without additives (eg. Naked Organics [^] spreads and dips; Lisa's [^] organic hummus, Tataré River pesto); homemade guacamole	Non-organic pates without margarine (eg. SR [^] or Master Chef [^] pates); Dips made from legumes, herbs and vegetables, without additives (eg. Middle Eastern Food dips; rest of Lisa's [^] range; Puhoi Feta dip; Delmaine fresh Basil Pesto); homemade sour cream dips (eg. using Ma Healions pesto dip as flavouring)	Any that include sugars, margarines or vegetable oils other than olive oil; "lite" dips

BEST CARB SOURCES:	COMPROMISE:	AVOID:
FRUITS & VEGETABLES		
Fresh organic fruits & veggies, preferably from local farms. <i>(Note: In many fruit & vegetables, eg. potatoes, most of the nutrients are just below the skin. So where possible, don't peel)</i>	Fresh fruits & veggies in season <i>(Note: wash well to remove wax and pesticide residues)</i> . Frozen veggies. Frozen berries. Canned tomato products without sugar or salt (eg. San Remo [^] Italian tomatoes; No Frills tomato puree; Leggo [^] tomato puree, tomato paste with no added salt, and pizza sauce (but not their other products). Dried fruit without extra sugar, in small qtls, with fats eg. in trail mix.	Canned fruits and veggies. Imported fruits and vegetables, unless they are all that is available. <i>Note: this includes bananas, which many people are sensitive to, and which are not recommended at all.</i>
LEGUMES		
Dried beans & lentils, preferably organic. Naturally fermented soy products - miso; tempeh (eg. Bean Supreme [^]) and natto. Soup mixes based on dried legumes (see soups).	Plain canned legumes (excluding soy beans), pref without sugar. <i>Rinse well to remove brine, especially if they contain sugar.</i> Fefafel mixes with olive oil (eg. Sahara [^] or Olive Grove [^]).	Canned baked beans, chilli beans and similar products (have added sugar); commercial soy foods.
BREAKFAST CEREALS		
Whole grain breakfast cereals, pref organic. (eg. Harraways [^] Organic wholegrain rolled oats, Vitalia [^] organic & gluten free "porridges", Flemings [^] Wholegrain rolled oats, buckwheat groats, amaranth)	Commercial porridges, with no sugar added (eg. Flemings [^] rolled oats, most brands of rolled oats, scotch oats, creamoata, oaties)	Flavoured porridges (as they have sugar added), all puffed grain cereals, all cold breakfast cereals; muesli; granola. Note that alternative breakfast foods like instant drinks should also be avoided.
GRAINS, FLOURS & PASTA		
Whole grains & whole grain flours like: wheat, rye, oats, barley, kamut or spelt; or gluten free grains such as brown rice or basmati, amaranth, buckwheat, corn, millet, quinoa. Arrowroot and ground almonds also suitable for baking.	Whole grain pasta. (eg. Diamond [^] wholemeal spaghetti, Casalare [^] Spelt pasta, Orgran gluten free pastas)	White rice; white flour products, including cornflour; most pasta; most pizza bases.
BREADS & CRACKERS		
Homemade crackers made with soaked whole grain flours. Sour dough or sprouted breads (eg. Breadman [^] breads www.breadman.co.nz , Purebread [^] Sourdough Rye bread; Vitalia [^] Vollkorn bread or pumpernickel rounds (rye sourdough); Supernatural Foods sprouted wheat bread & sultana rolls).	Whole grain breads & crackers without partially hydrogenated oils. Eg. Vogel [^] - <i>Original is best, all OK except Soy & Linseed</i> ; Burgen [^] Barley & sunflower only; Dovedale [^] (incl some gluten free); rest of Purebread [^] range <i>(though does have some soy and white flour)</i> ; Breadman [^] crackers; Dr Karg organic crispbreads; Ryvita biscuits <i>(original or sesame)</i>	Most commercial breads or crackers containing white flour, soy flour or hydrogenated oils; all puffed grain products, including rice cakes.
SPREADS		
Homemade nut butter, made from nuts that have been soaked and dried	Peanut butter with no vegetable oils added (eg. Pam 's); nut butters with no oils added (eg. Kaioira [^] , Ceres [^] , Melrose organic); All-fruit spreads (ie no sugar); organic jams with natural sweeteners; raw honey (eg. Comvita [^] raw honey, Horsford Downs raw honeydew)	Vegemite, Marmite & Promite (contain sugar and MSG); peanut or nut butters with sugar or vegetable oils (usually rancid or hydrogenated); heated and filtered honey; jams with added sugar or artificial sweeteners; chocolate/nut spreads; cheese spreads
SAVOURY SNACK FOODS		
Organic chippies or corn chips cooked in lard, palm oil, peanut or olive oil; organic popcorn, with butter; jerky or pork cracklings without added sugar. (Also see nuts & seeds)	Chippies or corn chips cooked in lard, palm oil, olive oil or peanut oil. (eg. Krispa [^] Salute chippies, SR Sea Salt tortilla chips); dry-roasted peanuts, no additives, pref no salt; popcorn with butter; plain popcorn (eg. Pop'n'Good [^] , SunValley Foods [^]) home-popped, with butter	All chippies and snack foods cooked in vegetable oils or hydrogenated oils; Twisties & similar puffed snacks; canned or roasted nuts; popcorn with butter substitutes; microwaved popcorn; jerky with sugar.
SOUPS		
Homemade, using properly prepared stocks as a base. Soup mixes with dried legumes and grains only, no additives or flavourings (eg. Sun Valley [^]).	Some of the soups available in the fresh foods section of the supermarket are whole foods, but you need to check each individual flavour. (eg. Pitango [^] organic soups; Delmaine [^] Pea & Ham)	Instant soups. Canned or packaged soups. "Fresh" soups that have sugar in them (which is most of them). Stocks in cartons.

BEST SWEET STUFF:	COMPROMISE:	AVOID:
CAKES & BISCUITS <i>(Note: These are occasional treats only, not recommended for everyday eating.)</i>		
Those made with natural sweeteners & traditional fats like butter or coconut oil. <i>Homemade is best & cheapest, if there's time.</i> Eg. Eat Right [^] organic, low allergy treats www.eatright.co.nz (check each label, as they cater for various dietary needs, & something dairy free, for eg, may have vegetable oils in it); Sunshine Organic Treats, sot@xtra.co.nz but once again check each label. (At Easter: Breadman [^] or Venerdi organic, spelt hot cross buns.)	Those made with butter and other natural fats. (eg. Cookie Time [^] cookies and Bumper bars; some Weight Watchers biscuits; Mother Earth [^] Baked Oaty Bars, but not their other products, Quality Bakers [^] pikelets, Mrs Higgins oven fresh cookies) <i>Note: these all still have sugar and/or chocolate, so strictly limit.</i>	Commercial cookies made with hydrogenated oils and high amounts of sugar, which is nearly all of them.
SNACK BARS & SWEET TREATS <i>(in small quantities only)</i>		
Homemade from dried fruit, soaked and dried nuts, tahini and/or coconut oil.	Bars containing only dried fruit, nuts, seeds, tahini or coconut. (eg. Annie's Fruit chews, wiggles & laces; No-No or Truelife fruit and nut bars. <i>Note: choose bars with nuts and seeds, or eat with nuts, otherwise too high in sugar.</i>	Lollies; most fruit wraps, which have additives; muesli bars; sports or protein bars; chocolate <i>[if you must have some as an occasional treat, choose chocolate that is high in cocoa mass & sweetened with dried sugar cane juice (rapadura) or maltitol, eg. Rapunzel, Cavalier]</i>
ICE CREAM <i>(Note: These are occasional treats only, not recommended for everyday eating.)</i>		
Homemade ice cream using cream, egg yolks & natural sweeteners.	Commercial ice cream made with whole milk, cream, egg yolks, and natural flavourings (eg. Kapiti [^] , Snowflake and Connoisseur). <i>Note: these are the best, but they still have sugar in them.</i>	Ice creams high in sugar or containing skim milks; lowfat ice cream; soy ice cream
SWEETENERS <i>(Note: Use all sweeteners in moderation.)</i>		
Organic natural sweeteners like raw honey, pref not stored in plastic (eg. Bible Honey); pure maple syrup (eg. Natural Value 100% organic maple syrup); molasses, stevia (eg. Stevita or Radiance); and dried sugar cane juice (eg. Rapunzel [^] rapadura; Billingtons [^] molasses or dark muscovado sugar).	Non-organic natural sweeteners like raw honey (eg. Comvita [^] raw honey, Horsford Downs raw honeydew); pure maple syrup (eg O'Canada [^] ; <i>beware of syrups that say 100% natural, which may not mean 100% pure</i>); blackstrap molasses (eg. Healthieries [^]); treacle (eg. Chelsea [^]); palm sugar (jaggery).	Refined sugar (white, brown or raw); heated and filtered honey; corn syrup; imitation maple and other syrups; concentrated fruit juices; fructose; glucose; aspartame; artificial sweeteners.

BEST DRINKS:	COMPROMISE:	AVOID:
CARBO DRINKS SUITABLE FOR DURING/AFTER EXERCISE		
<i>Note: altho juices not usually recommended, they are best tolerated straight after a workout, when the body can use the sugar</i>		
Naturally fermented beverages like kvass and kombucha (can be homemade, email deb@frot.co.nz for more info); plain mineral waters without added sugars	Plain filtered water; fruit flavoured mineral waters without added sugars (eg. Phoenix [^] , Charlies [^]); very diluted fruit juice - either home juiced, bottled as freshly squeezed (eg. Arano [^] , Stefan's [^] , Charlies [^]) or in cartons with no added sugar (eg. Freshup [^] , Just Juice [^]).	Most commercial sports drinks (eg. Charlies , Myzone), which contain sweeteners like fructose and glucose, or artificial sweeteners
OTHER COLD DRINKS		
Fresh vegetable juices	Bottled vege juice without sugar & additives (eg. V8); soft drinks made with natural sweeteners – in strict moderation (eg. Phoenix [^] honey sweetened)	Commercial soft drinks and diet drinks, incl Red Bull and V; Soda Stream; fruit “drinks” in cartons; cordials; packeted fruit flavoured drinks
HOT DRINKS		
Homemade meat or vegetable stocks and soups; organic herb teas (eg. Artemis, Claridges, Red Seal)	Non-organic herb teas without flavourings (eg. Celestial Seasonings); green tea (eg. Healthieries); coffee substitutes (eg. Golden Fields organic chicory, Caro , Inka [^] , Aromalt , mostly grain based); carob drinks made with whole milk and natural sweeteners	Coffee, including decaf; black tea; Milo & other hot chocolate drinks (best alternative is cocoa with whole milk & natural sweeteners); beef tea
SHAKES AND PROTEIN DRINKS		
<i>Note: make sure they include fat, to allow any protein to be used. eg. egg yolk, flaxseed oil, coconut oil, cream or yoghurt</i>		
Smoothies made from eggs; whole milk, yoghurt, cream or coconut oil; and berries.	Whey protein that is micro-filtered & produced without heat; & with natural sweeteners (eg. NFS Nutraceuticals Super Whey, Biochem Ultimate Lo Carb Whey, Solgar Whey to Go <i>vanilla only</i>). <i>Best as part of a smoothie.</i>	Most protein powders and all pre-mixed protein drinks; instant breakfast drinks; milk shakes mixes; flavoured milks
ALCOHOL – in moderation		
Unpasteurised, organic beers (eg. Emerson's lager, Mike's Mild Ale), cider, mead & wines.	Pasteurised, organic beers (eg. Founders Brewery, Green Fern), cider, mead & wines.	Spirits; liqueurs; non-organic beer, wine, mead & cider.