

PICK N PAY

HEALTHYFOOD CATALOGUE



Discover healthy living!

Discovery Vitality brings you the HealthyFood benefit to help you make healthy food choices when shopping at Pick n Pay.

The selection criteria for the list of foods in this catalogue were compiled by a team of nutrition and health experts, and include the latest dietary guidelines. These guidelines, which include the most recent scientific evidence, help to address dietary practices that are associated with chronic lifestyle-related diseases such as heart disease and type 2 diabetes.

In addition to the quality of food, the quantity of food also plays a significant role in terms of your health. Portion sizes, from packaged foods to restaurant meals, have increased significantly over the last few decades. While kilojoule control is important, it can only go so far – living a healthy lifestyle depends on combining smart eating with the right amount of physical exercise on a regular basis.

IMPORTANT POINTS TO REMEMBER WHEN USING THIS CATALOGUE

Products listed in this catalogue are subject to seasonal and supplier availability, and may only be available at certain Pick n Pay stores. Vitality bases its principles on the most current policies and guidelines from local and international bodies.

No collaborations were formed with suppliers or manufacturers and items were chosen based on evidence-based criteria, independent of the brand they represented. Any person using information in this catalogue does so at his or her own risk and waives any right to action against the Discovery group of companies (Discovery) or Pick n Pay retailers (Proprietary) Limited (Pick n Pay). Such a person indemnifies Discovery, Pick n Pay, and their employees, agents, subcontractors and suppliers against any claims for loss, damage to person or property, injury, liabilities, claims, sickness or death that may result from the use of or reliance on such information or from any other cause whatsoever suffered either by such person or by any third party. The product selection process is constantly under review, and we change the product list according to advancements in research, clinical practice and the industry. Check back regularly for the most updated list on www.discovery.co.za

Note: The HealthyFood items identified on the HealthyFood Catalogue shall at all times supersede what is stated on the in-store shelf labels and on your till slips.

RECIPES

The recipes in this catalogue were provided by Anne Till & Associates.

Photography by Dawie Verwey and sourced from Shutterstock.



Discovery Vitality HealthyFood benefit selection criteria

FRUIT

Unseasoned, unflavoured fresh and frozen fruit

VEGETABLES

Unseasoned, unflavoured, fresh, frozen and dried vegetables and herbs Tinned tomato with no added sugar or salt

CARBOHYDRATE FOODS

Wholegrains (for example, oats, brown and wild rice, barley, buckwheat, quinoa, bulgur wheat, spelt, millet, raw popcorn kernels)

Wholewheat pasta and noodles, couscous, samp, maize rice, cereals, porridges, breads and crackers that meet nutrient cut offs for salt, sugar, saturated fat and fibre

PROTEIN FOODS

Uncooked eggs

Unflavoured, unseasoned fresh skinless chicken

Unflavoured, unseasoned and non-smoked fresh and frozen fish and seafood

Fish and seafood tinned in brine, water, olive or canola oil and tomato or chilli sauce

Unflavoured, unseasoned fresh or frozen ostrich and ostrich mince

Unflavoured, unseasoned fresh skinless turkey

Unflavoured, unseasoned tofu

DAIRY

Fat free plain milk

Fat free plain yoghurt

Fat free plain and unflavoured cottage cheese

Unsweetened plain soy milk

LEGUMES

Dried legumes and legumes canned or bottled in brine or water

OILS, NUTS AND SEEDS

Olive, canola and avocado oils and oil sprays

Plain, raw, unsalted nuts and seeds

Unsweetened, no added sugar or salt peanut and nut butters



How to use this catalogue

Use this catalogue as your guide to make HealthyFood choices when shopping at Pick n Pay and for useful, healthy recipes.

The products selected represent the healthiest choices within each food group and, when eaten in the recommended amounts, all form part of a healthy, balanced diet. Products not included in the catalogue are not necessarily unhealthy and may still have a place in a healthy eating pattern, depending on your individual needs.

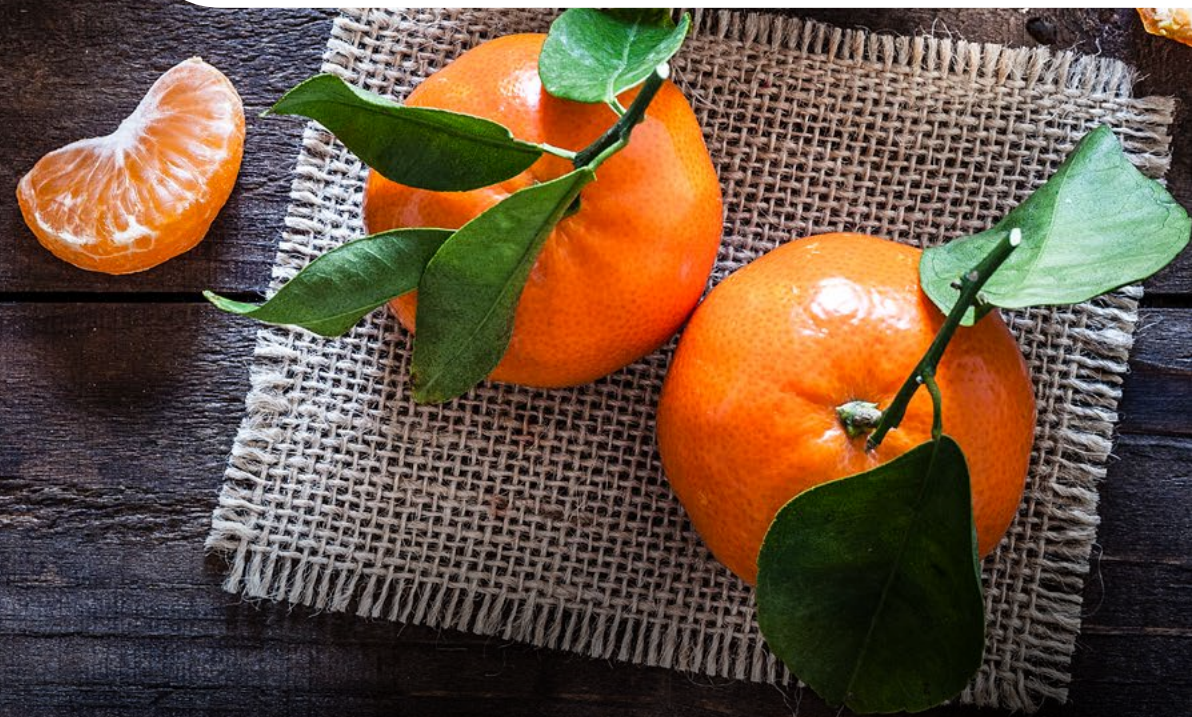
The Vitality HealthyFood benefit is made up of thousands of products that are divided into seven main product categories:

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Look out for the Vitality HealthyFood stamp on shelf labels in-store as well as on your till slip to identify HealthyFood items at Pick n Pay.





01. Vegetables



Recipe

Roasted asparagus and tomato salad

15 medium rosa tomatoes
1 tbsp olive oil
1 clove garlic, crushed
2 sprigs thyme
1 tbsp basil, roughly chopped
1 tbsp white wine vinegar
10 asparagus spears, trimmed
1 tbsp rocket, finely chopped
1/2 tbsp parmesan cheese, grated to serve
Ground black pepper, to taste

METHOD

Preheat the oven to 180° Celsius.

Halve each tomato horizontally and put them, cut side up, on a baking sheet. Season with pepper, half of the crushed garlic and a sprig of thyme.

Cook for at least 30 to 40 minutes. The tomatoes should be slightly dehydrated, but still juicy, when you remove them from the oven.

Combine the basil, remaining garlic and half of the olive oil in a food processor. Place the basil mixture into a bowl and whisk in the vinegar. Season with freshly-ground black pepper.

Arrange the asparagus on a dish and drizzle with the remaining olive oil. Heat a griddle pan over a high heat and cook the asparagus for about 5 to 10 minutes, turning the spears every 1 to 2 minutes.

Return the asparagus to the dish, cover with cling film and leave to steam slightly.

Place the tomatoes on a serving plate. Top each of the tomatoes with the asparagus spears and a drizzle of the basil dressing. Serve with freshly-chopped rocket and sprinkle of parmesan cheese to garnish.

TIPS TO REDUCE PREPARATION AND COOKING TIME

- Use dried herbs instead of fresh herbs.
- Buy grated parmesan cheese.

PREPARATION TIME: 20 to 25 minutes

COOKING TIME: 40 to 50 minutes



Vegetables

Vegetables and herbs

Vegetables are rich in vitamins and minerals, fibre, phytochemicals and antioxidants, and help to promote good health and prevent disease. International dietary guidelines recommend that you eat plenty of vegetables in various colours every day. All unseasoned, unflavoured, fresh, frozen and dried vegetables and herbs are included in the Vitality HealthyFood benefit, including those that are whole, chopped or sliced. Tinned tomato with no added sugar or salt is included in the HealthyFood benefit. Vegetables and herbs with added spices, seasoning, flavouring, fat, oil or sauces are excluded from the HealthyFood benefit.



Vegetables

Canned Vegetables

TOMATOES

All Gold Tomato Puree
Bio Italia Organic Cherry Tomato
Bio Italia Organic Chopped Tomato
Bio Italia Organic Tomato Paste
Bio Italia Organic Peeled Tomato
Fiamma Cherry Tomatoes
Fiamma Tomatoes Diced
Fiamma Whole Peeled Tomatoes
KTC Plum Tomatoes in Tomato Juice
Mayfair Diced Peeled Tomatoes
Mayfair Whole Peeled Tomatoes
Napolina Chopped Tomato
Napolina Peeled Plum Tomato
Napolina Tomato Puree
PnP Chopped Peeled Tomatoes
PnP Diced Peeled Tomatoes
PnP Whole Peeled Tomatoes
Rhodes Chopped and Peeled Tomatoes
Rhodes Tomato Puree Cup
Rodina Chopped Tomatoes
Royal Sun Plum Tomatoes
Serena Chopped Tomatoes
Serena Finely Chopped Tomatoes
Serena Whole Peeled Tomatoes
White Pearl Chopped Tomatoes In Juice
White Pearl Plum Tomato

Dried Herbs

ANISE SEED

La Flor Anise Seed

BASIL

Bodi Cafe B/L Basil
Family Basil Leaves

Khans Prepacking Basil
La Flor Basil Herbs
Mazin Basil
Natural Herbs Basil Shaker
PnP Sweet Basil
Robertsons Sweet Basil
Zamor Basil

BAY LEAF

Kuisine Organic Bay Leaves
Qualifresh Bay Leaves Refill

CHILLIES

PnP Birds Eye Whole Chillies
Keprisfoods Red Chilli flakes
Zamor Dried Chillies
Zamor Mixed Chillies

CHIVES

Kuisine Organic Chives

CORIANDER

Bodi Cafe B/L Coriander
Crown National Roasted Coriander
Good Life Organic Coriander Powder
John West Mincd Coriander
Mazin Coriander
Mr Spice Coriander
Natural Herbs Coriander Shaker
PnP Coriander
Robertsons Whole Coriander
Sage Valley Coriander
Zamor Crunchy Coriander

DILL

Kuisine Organic Dill
Zamor Delicious Dill



Vegetables

FENNEL

Kuisine Organic Fennel Powder
Kuisine Organic Fennel Seeds
Scalli's Fennel Ground
Scalli's Fennugreek Ground
W Spices Fennel Seeds
Zamor Funky Fennel

LEMONGRASS

Kuisine Organic Lemongrass
Nutripick Lemongrass
Premuni Lemon Grass

MARJORAM

Robertsons Marjoram

MINT

Bodi Cafe B/L Mint
Khans Prepacking Dried Mint
Robertsons Dried Mint

MIXED HERBS

Bragg Organic Herb Sprinkle
Flavourmagic Refill Mixed Herbs
Good Life Organic Garlic & Herb Mix
Good Life Organic Mixed Herbs Mix
Hinds Mixed Herbs
Khans Prepacking Mixed Herbs
Mazin Mixed Herbs
Natural Herbs Country Herbs Grinder
PnP Kosher Italian Herbs
PnP Kosher Mixed Herbs
PnP Mixed herbs
Qualifresh Mixed Herbs Refill
Raps Garden Herbs
Robertsons Italian Herb
Robertsons Mixed Herbs
Sage Valley Mixed Herbs

Scalli's Mixed Herbs
Spice Mecca Mixed Herbs
Walker Bay Mixed Herbs
Zamor Mixed Herbs

OREGANUM

Bodi Cafe B/L Oreganum
Flavourmagic Refill Origanum
Good Life Organic Origanum
Just Spice Origanum
Khans Prepacking Origanum
La Flor Oregano Whole
Mazin Origanum
Natural Herbs Oregano Shaker
PnP Kosher Oregano
PnP Origanum
Qualifresh Oreganum Refill
Robertsons Origanum
Spice Mecca Origanum
Scalli's Origanum Powder
Scalli's Origanum Rubbed
Steinz Dried Oregano
W Spices Oregano Herbs
Zamor Origanum

PARSLEY

Bodi Cafe B/L Parsley
Flavourmagic Refill Parsley
Hinds Parsley Refill
Khans Prepacking Parsley
Hinds Herbs Parsley
La Flor Parsley Flakes
Mazin Parsley
Mr Spice Parsley Leaves
Natural Herbs Parsley Shaker
PnP Parsley
Qualifresh Parsley Refill

 Vegetables

Robertsons Parsley
Scallii's Parsley Rubbed
Steinz Dried Parsley
Walker Bay Dried Parsley Sachet
Zam Brands Parsley
Zamor Mixed Parsley Leaf
Zamor Punchy Parsley

ROSEMARY

Bodi Cafe B/L Rosemary
Good Life Organic Rosemary
Khans Prepacking Rosemary
Mazin Rosemary
Mr Spice Rosemary
Natural Herbs Rosemary
Robertsons Rosemary
Sage Valley Rosemary
Scallii's Rosemary Ground
Spice Mecca Rosemary
Supreme Spice Rosemary Leaves
Zamor Rosemary

SAGE

Bodi Cafe B/L Sage
Mazin Sage
Robertsons Sage
Scallii's Sage Ground

THYME

AACE Foods Thyme
Bodi Cafe B/L Thyme
Ducros Thyme
Flavourmagic Refill Thyme
Gino Thyme
Good Life Organic Thyme
Keprisfoods Thyme Leaves

Just Spice Thyme
Khans Prepacking Thyme
La Flor Thyme
Mazin Thyme
Natural Herbs Thyme Shaker
PnP Kosher Thyme
PnP Thyme
Robertsons Thyme
Scallii's Thyme Rubbed
Supreme Spice Thyme Leaves
Zamor Thyme

Dried Vegetables

CHILLIES

Fruit & Veg Dried Chilli
Premuni Dry Red Chillies
Zamor Dried Chillies

GARLIC

Good Life Organic Garlic Powder
Mazin Garlic Flakes
Natural Herbs Garlic Flakes Shaker

MOTHER OF THE SOIL DRIED LEAVES

Kachesha
Kanunka
Okra
Pumpkin Leaves
Tindigoma

ONION

Mazin Onion Flakes



Vegetables

MUSHROOMS

Nouvelle Exotic Mix Dried Mushrooms
Nouvelle Shiitake Dried Mushrooms

ONION

Just Spice Onion Flakes
Mazin Onion Flakes
Mr Spice Onion Flakes
Qualifresh Onion Flakes Refill

TOMATOES

Chankwakwa Sun Dried Tomato
Dew Crisp Sundried Tomatoes
Eden Sundried Tomatoes
Eden Sundried Tomatoes
Farm to Folk Dried Tomato
PnP Dried Tomatoes

Fresh Vegetables and Herbs

All unseasoned, unflavoured, fresh vegetables and herbs

Frozen Vegetables

BEETROOT

McCain Beetroot

BROCCOLI

Emborg Broccoli Florets
Emborg Broccoli Mix
Emborg Floret Mix Broccoli
Emborg Organic Broccoli
McCain Broccoli Cuts
Natures Garden Broccoli
Plein Soliel Broccoli
PnP Frozen Broccoli Floret

BRUSSEL SPROUTS

Emborg Brussels Sprouts
McCain Brussels Sprouts

CARROT

Dew Fresh Baby Carrots Rainbow
Dirlyn Carrots
Findus Baby Carrots
Findus Baby Carrots Bulk
Harvestime Diced Carrots
McCain Baby Carrots
McCain Carrots Diced
McCain Carrots Julienne
Natures Garden Baby Chante Carrots
Natures Garden Homestyle Carrot Mix
Natures Garden Veg Baby Carrot
No Name Frozen Diced Carrots
PnP Baby Carrots

CAULIFLOWER

Heaven and Earth Cauli Rice
McCain Cauliflower
Natures Garden Cauliflower
Natures Garden Cauliflow Savoury Rice
Natures Garden Cauliflower Rice
PnP Cauliflower

CORN

Americana Sweet Corn
Emborg Organic Sweet Corn
Emborg Sweet Corn
Gourmet Green Corn Kernel
Harvestime Sweet Corn
McCain Corn
McCain Harvestime Cut Corn
McCain Sweet Corn
Nature's Choice Kernel Corn
Natures Garden Sweetcorn
Natures Garden Supersweet Corn
No Name Frozen Corn



Vegetables

No Name Frozen Sweetcorn
Plein Soliel Sweet Corn Kernels

GREEN BEANS

Americana Green Beans
Culinex Cut Green Beans
Deli Veg PnP Sliced Beans
Emborg Edamame Whole Green Soybeans
Harvestime Green Beans
McCain Green Beans
McCain Beans Cut
Natures Garden Cut Green Beans
Natures Garden Homestyle Green Bean
No Name Frozen Cut Green Beans
PnP Edamame Beans

MIXED VEGETABLES

Americana 3 Way Mixed Veg
Americana 4 Way Mixed Veg
Americana 7 Way Mixed Veg
Americana Peas & Carrots
Deli Veg PnP Mixed Vegetables
Emborg French Salad Mix
Emborg Garden Mix Veg
Emborg Malaysian Workmix Veg
Emborg Mixed Vegetables
Emborg Organic Mixed Vegetables
Emborg Oriental Mix
Emborg Peas and Carrots
Emborg Peas and Diced Carrot
Findus Corn Broccoli and Red Pepper Mix
Findus Delicate Veg Mix
Findus Hand Peas Corn Broccoli Baby Carrots
Findus Peas B/Car Corn French Green Bean
Findus Selected Mixed Veg
Findus Stir Fry Wok Bali

Findus Stir Fry Wok Chinese
Findus Stir Fry Wok Classic
Findus Stir Fry Wok Thai
Fry's Family Country Roast
Genadendal Frozen Country Veg
Genadendal Valley Mix
Greens Country Mix
Greens Mixed Vegetables
Gourmet Green Hawaiian Stir Fry
Harvestime Country Mix
Harvestime Vegetables Oven Bake
Harvestime Mixed Vegetables
Harvestime Vegetable Mix
Heaven and Earth Cauliflower Butternut Rice
Heaven and Earth Cauliflower Carrot Rice
Heinz Mixed Veg
Iglo Legume Vapeur Du Jardin
McCain Asian Stir Fry
McCain Butternut and Sweet Potato
McCain Classic Roast Vegetables
McCain Country Crop
McCain French Stir Fry
McCain Hawaiian Stir Fry
McCain Stir Fry African
McCain Stir Fry Asian
McCain Stir Fry Mexican
McCain Garden Mix
McCain Harvestime Country Mix
McCain Mediterranean Roast Vegetables
McCain Mixed Vegetables
McCain Peas Carrots and Corn
McCain Roast Veg Classic
McCain Roast Veg Mediterranean
McCain Ruby Roast Veg
McCain Stew Mix

 Vegetables

McCain Stir Fry Banting Mix
McCain Stir Fry French
McCain Stir Fry Hawaiian
McCain Summer Mix
McCain Winter Vegetables
Mity Fresh Mixed Vegetables
Natures Garden Butternut and Beetroot Roast
Natures Garden Casserole Vegetables
Natures Garden Country Mix
Natures Garden Country Stir Fry
Natures Garden French Stir Fry
Natures Garden Fusion Stir Fry
Natures Garden Garden Veg
Natures Garden Hawaiian Stir Fry
Natures Garden Hearty Roasting Veg
Natures Garden Mixed Vegetables
Natures Garden Oriental Stir Fry
Natures Garden Peas Carrot and Corn
Natures Garden Peas & Corn
Neo Food Brocolis Choux Fleur and Carots
No Name Farmstyle Mixed Veg
No Name Farmstyle Veg
No Name Mixed Vegetables
No Name Seasonal Mix
Plein Soliel Asian Veg Mix
Plein Soliel Mixed Vegetables
Plein Soliel Peas & Carrots
PnP Butternut and Sweet Potato Chunks
PnP Country Crisp Mix Veg
PnP Corn and Pepper Mix
PnP Garden Mix Veg
PnP Hawaiian Fry
PnP Mediterranean Roast Veg
PnP Stew Mix

PnP Hawaiian Stir Fry
PnP Oriental Stir Fry
PnP Peas and Corn
PnP Roasting Vegetable Mix
PnP Vegetable Stir Fry Mix
Sunny Mixed Veg Frozen
Table Top Seasonal Mix

MUSHROOMS

Emborg Sliced Mushrooms
Penny Lane Sliced Mushrooms

ONIONS

McCain Diced Onions
Natures Garden Diced White Onion

PEAS

Americana Peas
Emborg Garden Peas
Emborg Organic Garden Peas
Findus Baby Peas
Findus Finest Swedish Peas
Findus Garden Peas
Green Peas Extra Fine
Gourmet Green Peas
Harvestime Peas
McCain Baby Peas
McCain Garden Peas
McCain Young and Tender Peas
Mity Fresh Green Peas
Natures Garden Baby Peas
Natures Garden Peas
Natures Garden Tender Garden Peas
Natures Garden Veg Baby Peas
Neo Food Pois Croquant Gour Haric



Vegetables

No Name Green Peas
Plein Soliel Extra Fine Peas
Plein Soliel Green Peas
PnP Baby Peas

PEPPERS

Natures Garden Diced Red Pepper
PnP Mixed Pepper Strip Tri Colour

PUMPKIN/HUBBARD SQUASH

McCain Pumpkin Chunks

SILVER BEET/SWISS CHARD/SPINACH

Bonduelle Epinard Feuilles Préserv
Iglo Legumes Vapeur Epinards

SPINACH

Emborg Organic Chopped Spinach
Findus Veg Chopped Spinach
McCain Spinach
Plein Soliel Spinach Leaves

POTATO

McCain Diced Potatoes
McCain Sweet Potato

POTTED HERBS

Deli Des Cieux Coriander Herb Pot
PnP Growing Herb Fennel
Produce PnP Grow Herbs Rosemary



Recipe

Italian roast red pepper and tomato soup

1 medium red pepper
1 tbsp olive oil
1/2 onion, chopped
1 clove garlic, crushed
1/2 tbsp tomato paste
1 medium tomato, roughly chopped
1/2 cup vegetable stock, low sodium
1 tbsp basil, torn into small pieces
Ground black pepper to taste

METHOD

Preheat the oven to 180 ° Celsius.

Place the red peppers into a shallow baking dish skin side up, and drizzle with half the olive oil. Roast for 20 to 25 minutes. Remove from oven, wrap in foil and allow to cool slightly.

Peel the skin off and chop the flesh into small blocks. Heat the remaining oil in a large saucepan and sauté the onion until soft.

Add the garlic and tomato paste and cook for 2 to 5 minutes while stirring constantly. Add the red pepper, tomato and stock, then cover and simmer for 10 to 15 minutes.

Allow to cool slightly, and then purée using a blender.

Reheat the soup and serve with freshly-ground black pepper and basil.

TIPS TO REDUCE PREPARATION AND COOKING TIME

- Use dried herbs instead of fresh herbs.

PREPARATION TIME: 20 minutes

COOKING TIME: 20 to 25 minutes



02. Fruit



Fresh Fruit

Fruit is a good source of vitamins and minerals, fibre, phytochemicals and antioxidants, and help to promote good health and prevent disease. International dietary guidelines recommend that you eat moderate amounts of a variety of fruit every day. All unseasoned, unflavoured fresh and frozen fruit, including those that are whole, cut or sliced, are included in the Vitality HealthyFood benefit provided that they do not contain any added sugar, flavouring or include other ingredients. Dried and canned fruit are excluded from the HealthyFood benefit.



Fruit

FRESH FRUIT

All unseasoned, unflavoured fresh fruit

FROZEN FRUIT

Americana Strawberry
Blue Mountain Frozen Blueberries
Burrst Blueberries
Burrst Mango Chunks
Burrst Pineapple
Burrst Summer Fruit Mix
Burrst Whole Mixed Berry
Burrst Whole Strawberries
Emborg Blueberries
Emborg Blueberries and Strawberries
Emborg Mango Chunks
Emborg Strawberries
Emborg Tropical Fruit Mix
Euroberry Banana Slices
Euroberry Pineapple
Euroberry Smoothie Green
Euroberry Smoothie Mix Red
Euroberry Smoothie Mix Yellow
Fruit SA Blueberry
Fruit SA Green Smoothie Mix
Fruit SA Mango Chunks
Fruit SA Mixed Berry
Fruit SA Orange Smoothie Mix
Fruit SA Pineapple Chunks
Fruit SA Pink Smoothie Mix
Fruit SA Red Smoothie Mix
Fruit SA Strawberry
Fruit SA Yellow Smoothie Mix
Greens Frozen Berrymix 6 Fruits
Greens Frozen Strawberry

Hillcrest Berries Orchards Blackberry
Hillcrest Berries Orchards Blueberry
Hillcrest Berries Orchards Strawberry
Impala Handcrafted Banana Berries
Impala Handcrafted Bananas
Impala Handcrafted Black Currants
Impala Handcrafted Black Figs
Impala Handcrafted Blackberries
Impala Handcrafted Blueberries
Impala Handcrafted Cranberries
Impala Handcrafted Dragon Fruit
Impala Handcrafted Gold Kiwi
Impala Handcrafted Gooseberries
Impala Handcrafted Green Kiwi
Impala Handcrafted Mango
Impala Handcrafted Mixed Berries
Impala Handcrafted Pineapples
Impala Handcrafted Raspberries
Impala Handcrafted Red Currants
Impala Handcrafted Sour Cherries
Impala Handcrafted Strawberries
Impala Handcrafted Sweet Cherries
Kauai Smoothie All The Green
Kauai Smoothie See Monster
Kauai Smoothie Strawberry Stinger
Kauai Smoothie Tropical Green
Kauai Smoothie Very Berry
PnP Assorted Fruit
PnP Berries Assorted
PnP Blackberries
PnP Blackcurrant
PnP Blueberries
PnP Cherry Sweet
PnP Cranberries



Fruit

- PnP Cranberries or Pomegranate
- PnP Dragon Fruit
- PnP Kiwi Diced
- PnP Mandarin Segment
- PnP Mango Diced
- PnP Mixed Berries
- PnP Mixed Fruit
- PnP Peaches
- PnP Pineapple Tidbits
- PnP Pomegranate
- PnP Raspberries
- PnP Red Currants
- PnP Strawberries
- PnP Trio of Berries
- PnP Tropical Fruit
- Soga Organic Lemon



Recipe

Nutty bulgur wheat salad with mint and cottage cheese

- 1 cup bulgur wheat, cooked
- 1 tsp almonds, flaked
- 1 tsp sesame seeds
- 10 medium roma tomatoes, halved
- 1 tbsp mint leaves, fresh, chopped
- 1/3 cup cottage cheese, fat free and chunky
- 1 tbsp parsley, fresh, chopped
- 1 medium spring onion, sliced

METHOD

Place the cooked bulgur wheat into a serving dish.

Heat a small non-stick pan and toast the almonds and sesame seeds until golden brown; approximately 30 seconds.

Add the toasted almonds and sesame seeds to the bulgur wheat and toss to coat.

Add the plum tomatoes and mint leaves to the bulgur wheat. Toss well.

Spread the chunky cottage cheese over the top.

Sprinkle the flat leaf parsley and spring onions over the cottage cheese.

Serve and enjoy.

TIPS TO REDUCE PREPARATION AND COOKING TIME

- Where possible, use dried herbs instead of fresh herbs.
- Extra salad can be made to take to work the following day.

PREPARATION TIME: 10 to 20 minutes



03. Carbohydrate



Carbohydrate foods

Wholegrains and wholegrain products are among the healthiest sources of carbohydrates. These provide a steady supply of energy to the body throughout the day. Including these foods helps improve your energy levels and your ability to perform everyday tasks. Apart from being a good source of carbohydrates, wholegrains also provide fibre, resistant starch, a number of vitamins and minerals, as well as beneficial phytochemicals. Local and international dietary guidelines recommend that at least half of the grains you eat be wholegrains. Wholegrains and high-fibre starchy foods low in salt, sugar and saturated fat are included in the HealthyFood benefit. Carbohydrate foods should meet **all** of the below criteria to be included:

- At least 6g of **fibre** per 100g
- No more than 1.5g of **saturated fat** per 100g
- No more than 5g of **total sugar** per 100g
- The **sodium** (salt) content of breads, cereals, porridges and crackers should align with government regulations:
 - **Bread:** no more than 380mg sodium per 100g
 - **Cereals and porridges:** no more than 400mg sodium per 100g
 - **Crackers:** no more than 700mg sodium per 100g
 - **Other carbohydrate foods:** no more than 600mg sodium per 100g



Carbohydrate foods

BREAD

Albany Bread-A-Betix Wholewheat Low GI
Albany Olde Cape Seeded Brown Bread
Albany Superior Best of Both
Albany Superior Best of Both Genius
Albany Superior Brown Bread Thick Slice
Albany Superior Brown Sliced Bread
Albany Superior Brown Wheat Wraps
Albany Superior Wholewheat Brown Bread Low GI
Albany Ultima Brown Bread kj Controlled
Albany Ultima Brown Bread Multigrain
Albany Ultima Brown Bread Rooibos and Rye
Albany Xtra Brown Bread
B&B Bakeries Squares Brown
Bakpro Low GI Seed Bread
Blue Ribbon Digesta Low GI Crush
Blue Ribbon Fuel High Fibre Low GI White Bread
Blue Ribbon Sandwich Square Multiseed and Oats
Blue Ribbon Sandwich Squares Brown
Blue Ribbon Sandwich Squares White
Blue Ribbon Wholewheat Brown Bread
Delba Bread Rye Wholegrain
Futurelife Dumpy Brown Bread Oat and Honey
Futurelife High Protein Ancient Grain Brown Bread
Futurelife Smart Brown Bread
Futurelife Smart White Bread
Sasko Brown Bread More Slice Yummy
Sasko Low GI Seeded Brown Bun
Sasko Brown Dumpy Low GI Seed Loaf
Sasko Dumpy Wholewheat Low GI
Sasko Plus Cranberry Brown Bread
Sasko Plus Rosehip and Honeybush Brown Bread
Sasko Premium Slices Brown Bread

Sasko White Bread Low GI Soy and Linseed
Sasko White Low GI All In One
Sasko Wholewheat Low GI Bread
Sunbake Large Seeded Rolls

CRACKERS

Bakers Crackerbread Black Pepper
Bakers Crackerbread Rye
Bakers Provita Corn Cakes
Bakers Provita Plain Rice Cakes
Burger Crispbread Classic
Burger Crispbread Delicacy
Burger Crispbread Sesame
Burger Knackebrot Delikates
Burger Knackebrot Urtyp
Finn Crisp 5 Wholegrains
Finn Crisp Caraway Thin
Finn Crisp Multi Grain Round
Finn Crisp Original Thin
Finn Crisp Crispbread Traditional
Finn Crisp Crispbread Hi-Fibre
Finn Crisp Original Rye Round
Finn Crisp Thin Multigrain
Life Bake Chilli Crackers
Life Bake Cumin Crackers
Life Bake Original Crackers
Life Bake Toast
Life Bake Rosemary Crackers
Nature's Choice Brown Rice Cakes
Orgran Gluten Free Buckwheat Cracker
Real Foods Multigrain Grain Corn Thin Cereal
Real Foods Organic Sesame Corn Thins
Real Foods Original Corn Thins
Real Foods Soya and Linseed Corn Thins



Carbohydrate foods

Ryvita Cracker Black Pepper
Ryvita Light Rye
Ryvita Original Rye
Ryvita Sesame
Sonko Crispbread Rye
The Snack Tree Rice Cakes Brown Unsalted
The Snack Tree Rice Cakes White Unsalted
Vital Corn Cakes

CEREALS

Alpen Nutrific Cereal
Bokomo Weet-Bix
Bokomo Weet-Bix Bran
Bokomo Weet-Bix Flakes Original
Bokomo Weet-Bix Lite
Bokomo Weet-Bix Protein
Milzu Rye Flakes No Added Sugar
Nestle Shredded Wheat Biscuits
PnP Wholewheat Flakes
Weetabix Wholewheat Cereal

PORRIDGES

Ace Maize Plus Fibre
Bodi Cafe Whole Food Oats
Bokomo Instant Oats Traditional
Bokomo Kreemy Meel
Bokomo Maltabella Minute
Bokomo Maltabella Regular
Bokomo Original Oats
Early Morning Quick Cooking Oats
Eden Oats
Faithful To Nature Quick Oats Gluten
Futurelife Smart Instant Oats Classic Wholegrain
Green Valley Oat Meal
Good Morning Oats

Green Mamba Oat Flakes Rolled Gluten Free
Green Mamba Oats Rolled
Hahne Oats White
HealthConnection Gluten Free Oats
HealthConnection Oats Rolled Gluten Free
HealthConnection Rolled Oats
HealthConnection Sorghum
Heartland Hi-Fibre Oats
Heartland Organic Oats So Fast
Heartland Organic Oats So Fast High Fibre
Heartland Quick Oats
Infinity Oats
Jungle Instant Porridge Original
Jungle Oats
Jungle Oats Bran
Jungle Oats Instant
Jungle Oats Original
Jungle Oats Traditional Large Flake
Jungle Taystee Wheat Bran
Jungle Taystee Wheat Regular
King Foods King Korn Malt Sorghum
King Foods Mabele Meal Coarse
King Foods Mabele Meal Fine
MJ's White Oat
Monati Mabela Meal Super Fine
Monati Super Mabela Meal Fine
Monati Supertieng
Mornflake Traditional Oats
Morning Time Oats
Nature's Choice Gluten Free Rolled Oats
Nature's Choice Oatmeal
Nature's Choice Organic Rolled Oats
Nature's Choice Rolled Oats
Nature's Source Super Quick Morning



Carbohydrate foods

No Name Oats
PnP Free From Oats Gluten Free
PnP Jungle Oats
PnP Instant Oats
PnP Instant Oats Original
PnP Mabele Fine
PnP Oat Bran
PnP Quick Cook Oats
PnP Oat Flakes Gluten Free
Pouyoukas Whole Rolled Oats
Pride BraaiPap GMO Free
Pride Super Maize Meal GMO Free
Prim Kitchen Organic Oats Porridge
Quaker Oat Sachet
Quaker Porridge Gluten Free
Quaker Rolled Oats
Simply Cereal Oat Bran
Spice & All Things Nice Gluten Free Oats
Wholesome Earth Gluten Free Quick Cooking Oats
Wholesome Earth Gluten Free Rolled Oats
Wholesome Earth Gluten Free Steel Cut Oats

WHOLEWHEAT PASTA AND NOODLES

Bio Italia Organic Wholewheat Fusilli Pasta
Bio Italia Pasta Spaghetti Wholewheat
Fatti's&Moni's Bellissimo Bellissimo
Fatti's&Moni's Bellissimo Farfalle
Fatti's&Moni's Bellissimo Linguine
Fatti's&Moni's Bellissimo Macaroni
Fatti's&Moni's Bellissimo Penne/Rigate
Fatti's&Moni's Bellissimo Spaghetti Bucat
Fatti's&Moni's Wholewheat Macaroni High Fibre
Fatti's&Moni's Wholewheat Screws
Fatti's&Moni's Wholewheat Spaghetti High Fibre

Happy Earth People Chickpea Fusilli
Happy Earth People Green Pea Penne
Happy Earth People Red Lentil Fusilli
Happy Earth People Yellow Lentil Penne
Helios Whole Weat Orzo
Helios Whole Weat Penne Rigate
Helios Whole Weat Spaghetti No 6
Helios Whole Weat Twist Pasta
Gracious Bakers Beetroot Fusilli
Livewell Yellow Lentil Spaghetti Pasta
Melissa Pasta Wholewheat Spaghetti
Misko Wholewheat Spaghetti
PnP Chickpea Fusilli
PnP Chickpea Penne
PnP Durum Wholewheat Spaghetti
PnP Green Tea Ditalini
PnP Organic Wholewheat Penne
PnP Organic Wholewheat Spaghetti
PnP Red Lentil Fusilli
PnP Red Lentil Penne
PnP Red Lentil Spaghetti
PnP Wholewheat Fusilli
PnP Wholewheat Lasagne
PnP Wholewheat Noodles
PnP Wholewheat Penne
PnP Wholewheat Spaghetti
PnP Yellow Lentil Lasagne
Riscossa Penne Wholewheat
Riscossa Spaghetti Whole Wheat
Riscossa Spirali Whole Wheat
San Remo Gluten Free Chickpea Fusilli
San Remo Pulse Pasta Penne
San Remo Pulse Pasta Spaghetti



Carbohydrate foods

BROWN RICE

Anika Thai Brown Rice
Eastern Treasure Heavenly Brown Rice
Faithful to Nature Brown Thai Rice
It's Wild Brown Rice
Lal Quilla Brown Basmati Rice
Mighty Rice Long Grain Low GI Brown
Mothers Pride Healthy Brown Rice
Nature's Choice Rice Basmati Brown
Old Mill Stream Brown Rice
Paddy Health Brown Rice
PnP Black Rice
PnP Brown Basmati Rice
PnP Brown Rice
PnP Wild Rice
Pouyoukas Brown Long Grain Rice
Reis Black Rice
Shakti Bhog Basmati Rice Brown
Spekko Rice Brown Saman
Spice & All Things Nice Black Rice
Spice & All Things Nice Brown Basmati
Spice & All Things Nice Brown Rice and Quinoa
Stallion Brown Rice
Tastic Long Grain Brown Rice Wholegrain
Tastic Natures Brown Rice Sun Dried Tomato
Tastic Natures Brown Wild Rice with Lentils
Tastic Natures Brown Wild Rice with Split Peas
Tastic Natures Brown Rice
Tastic Natures Brown Wild Rice
Tastic Natures Brown Basmati
Tastic Rapid Brown Rice
Tastic Rapid Rice Brown and Wild
Tilda Brown Rice & Quinoa Rice

Wholegrains

BARLEY

Green Mamba Pearl Barley
Imbo Barley
Koo Pearled Barley
Lion Barley Pearl
Nature's Choice Barley Whole
Nutti Beanz Barley
PnP Pearled Barley
Pride Pearl Barley
Tiger Barley Pearl

BUCKWHEAT

Bodi Cafe Protein Buckwheat
Faithful To Nature Buckwheat
Green Mamba BuckWheat Dehulled
Nature's Choice Buckwheat Whole
Nature's Choice Dehusk Buckwheat
PnP Buckwheat
Reis Buckwheat

BULGAR WHEAT

Bikai Brown Coarse Borghol
Bikai Fine Brown Borghol
Bikai White Coarse Borghol
Bodi Cafe Protein Bulgar Wheat
Green Mamba Bulgur Wheat
Lamis Brown Hard Burgul Wheat
Lamis Brown Soft Burgul Wheat
Manolis Munchies Bulgar Wheat
Nature's Choice Bulgar Wheat
Pouyoukas Bulgar Wheat
PnP Bulgur Wheat
PnP Bulgur Wheat Beetroot
PnP Italian Bulgur Wheat
Shogun Bulgur Wheat



Carbohydrate foods

DIGESTIVE BRAN

Bakers Pride Digestive Bran
Bakpro Digestive Bran
Bodi Cafe Digestive Bran
Lemepe Bran
Nature's Choice Digestive Bran
PnP Digestive Bran
Pouyoukas Digestive Bran
Sasko Digestive Bran
Snowflake Wheat Bran

MILLET

Bodi Cafe Protein White Millet
Green Mamba Millet Dehulled
Nature's Choice Millet Nutri Forte
Nature's Choice Nutri Forte
PnP White Millet

POPCORN KERNELS

3 Pees Popcorn Kernels
777 Popcorn
Beano Popcorn
Big Nuts Popcorn Seeds
Bikai Popcorn
Crossbow Popcorn
Eastern Treasure Popcorn
Faithful To Nature Butterfly Popcorn
Faithful To Nature Mushroom Popcorn
Imbo Popcorn
Jaja Popcorn
Khans Prepacking Popcorn Seeds
Lamis Yellow Popcorn Seeds
Lion Popcorn Superpop
Megastar Popcorn
Mirch Masala Popcorn

Mother's Pride Super Popcorn
Mothers Super Popcorn
Mukulu Popcorn
Nature's Choice Popcorn
No Name Popcorn
Ntanda Popcorn
Nutti Beanz Popcorn
Paddy Popcorn
PnP Popcorn
Popz Popcorns Raw Kernels
Pride Popcorn
Principle Health Popcorn
Ranch House Popcorn
Sunny Popcorn
Sunray Popcorn
Swazi Mills Popcorn
Swazi Yellow Popcorn
Taj Mahal Popcorn
Tops Popping Corn

PSYLLIUM HUSK

Bodi Cafe Psyllium
HealthConnection Psyllium Husks
Mojome Psyllium Husk
Nature's Choice Psyllium Husk Powder
PnP Psyllium Husk

QUINOA

Big Nuts Quinoa Black
Big Nuts Quinoa Red
Big Nuts Quinoa White
Bodi Cafe Protein White Quinoa
Budding Foods Brown Quinoa
Faithful To Nature Red Quinoa
Faithful To Nature White Quinoa



Carbohydrate foods

Green Mamba Quinoa Black
Green Mamba Quinoa Red
Green Mamba Quinoa White
HealthConnection Quinoa
Manolis Munchies Quinoa White
Nature's Choice Grains Quinoa
Nature's Choice Grain Tri Colour Quinoa
PnP Red Quinoa
PnP Red and White Quinoa
PnP White Quinoa
Reis White Quinoa
Shogun Quinoa Grain Dried
Shogun Quinoa Red
Shogun Tricolour Quinoa
Spice&All Things Nice Quinoa
The Nu Tree White Quinoa
The Soul Tree White Quinoa
Wholesome Earth A/Grains Quinoa Gluten Free
Wholesome Earth Red and White Quinoa Gluten Free

SPELT

PnP Spelt Grain

WHEAT

Agrino Wheat
Bodi Cafe B/L Wheat Germ
Imbo Stampkoring
Lion Stampkoring
Pouyoukas Crushed Wheat
Pride Pearl Whole Wheat Stampkoring
Snowflake Wheat Bran

Other starchy foods

Ace Braaipap
Bikai White Fine Borghol

SAMP

Ace Samp
Ace Samp Quick Cook
Iwisa Samp Parboiled
Iwisa Parboiled Quick Cook Samp
Iwisa Samp

SAMP AND BEANS

Beano Samp and Beans
Eastern Treasure Samp and Beans
Lion Samp and Beans
Megastar Samp and Beans
No Name Samp and Beans
Paddy Samp and Beans
PnP Samp and Beans
Pride Samp and Beans
Swazi Mills Sugar Bean

WHOLEWHEAT COUSCOUS

Bacchini Couscous Organic Wholewheat
Bodi Cafe Protein Wholewheat Couscous
Green Mamba Wholewheat Couscous
PnP Couscous Durum Wheat Semolina
PnP Wholewheat Couscous
Pouyoukas Wholewheat Couscous
Serena Couscous Wholewheat
Tipiak Organic Wholewheat



Recipe

Wild rice, chickpea and chicken salad

- 1/2 cup wild rice, cooked
- 1 large tomato
- 2 tsp lemon juice, freshly squeezed
- 2 tsp balsamic vinegar
- 1 tbsp olive oil
- 1/2 tin chickpeas, canned, rinsed and drained
- Large packet rocket, rinsed and drained
- 2 tbsp flat leaf parsley, finely chopped
- 2 small skinless chicken breasts
- Ground black pepper, to taste

METHOD

Cook the wild rice according to the packet instructions.

Cut the chicken breast into bite-sized pieces and pan fry in a non-stick pan with fresh lemon juice. Cook the chicken pieces until they are golden brown. Remove the chicken from the heat and allow to cool.

Chop the tomatoes and put them in a bowl. Season well with freshly-ground black pepper, then add the vinegar and olive oil.

Toss several times to make sure the tomatoes are well coated in the vinaigrette. Add the rice, chicken and chickpeas. Toss once more.

Arrange the rocket and parsley on a serving platter. Spoon the rice salad over and serve.

TIPS TO REDUCE PREPARATION AND COOKING TIME

- Extra salad can be made in advance and eaten the following day.

PREPARATION TIME: 15 to 25 minutes

COOKING TIME: 25 to 40 minutes



Recipe

Hot Irish oats with cinnamon, apple and banana

- 1 cup oats, cooked
- 1 medium apple, cored and grated
- 1 small banana, mashed
- 1/2 tsp ground cinnamon
- 2 tbsp toasted and chopped almonds

METHOD

Cook the oats according to the package directions. Once the oats is cooked, stir in the grated apple and mashed banana.

Divide the oats into serving bowls, and top with almonds and a dusting of cinnamon.

TIPS TO REDUCE PREPARATION AND COOKING TIME

- Cook the oats in the microwave.
- Combine the apple and banana in a blender to chop the fruit into small pieces.

PREPARATION TIME: 20 to 35 minutes



04. Protein foods



Protein foods

Protein foods are an important part of a healthy diet as they provide nutrients that are essential for your health and the maintenance of your body. Guidelines recommend including a variety of protein foods that are nutrient-dense and lower in saturated fat such as skinless chicken and turkey, ostrich, fish, seafood, tofu and eggs.



Recipe

Chicken and broccoli frittata

1/2 cup broccoli, cut into florets
1 baby onion, finely chopped
1 large chicken breast fillet, skinless, boiled
1 medium egg
1/2 cup milk, fat free
Ground black pepper, to taste

METHOD

Preheat the oven to 180° Celsius.

Bring a small amount of water to the boil in a heavy based saucepan.

Add the broccoli and cook for 5 to 8 minutes until tender, then drain into a colander.

Divide the broccoli, chicken and onion into a non-stick muffin tray according to the number of servings needed.

Beat the egg and milk together in a jug. Season the egg mixture generously with freshly-ground black pepper, then pour the mixture over the broccoli, onion and chicken.

Bake for 15 to 20 minutes or until golden. Loosen the edges of the frittatas then turn out.

Serve with a green salad and enjoy.

TIPS TO REDUCE PREPARATION AND COOKING TIME

- Make extra frittatas and freeze them. They can be defrosted and enjoyed as a convenient meal later.

PREPARATION TIME: 10 to 15 minutes

COOKING TIME: 15 to 20 minutes



Protein foods

Poultry

All unflavoured, unseasoned fresh skinless chicken and turkey is included on the HealthyFood benefit. Chicken and turkey in sauces, batter, crumbs, in pre-prepared meals, smoked, salted, or processed products are not included.

SKINLESS, FRESH CHICKEN

Anca Chix Fillet Breasts
County Fair Fresh Breast Fillets
Darling Fresh Chicken Bulk Fillets
Darling Fresh Chicken Mini Fillets
Farmer Brown Filleted Breasts
Hochland Deboned & Skinless Chicken Thighs
Hochland Chicken Fillets
Kosher Deli PnP Chicken Schnitzel
Kosher Deli PnP Chicken Stirfry
Nam Chicken Breast Fillets
PnP Bulk Skinless Fillet Breasts
PnP Butchery Chicken Stirfry
PnP Butchery Chicken Breast Fillet
PnP Butchery Chicken Fillet Bone In
PnP Butchery Chicken Fillet Boneless
PnP Butchery FR Chicken Breasts
PnP Butchery National Chicken Fillets
PnP Butchery SC Chicken Breast
PnP Chicken Bulk Skinless Fillet Breast
PnP Chicken Cubes
PnP Chicken Fillets
PnP Chicken Stirfry
PnP Chicken Tenderized Fillet
PnP Deboned Skinless Thigh
PnP Express Skinless 4 Drum and 4 Thigh
PnP Express Skinless Fillet Breasts
PnP Free Range Skinless Breast Fillets
PnP Free Range Boneless Skinless Thighs
PnP Free Range Mini Skinless Fillet Breast

PnP Free Range Skinless 4 Drum and 4 Thighs
PnP Free Range Chicken Breast Fillets

PnP Free Range Filleted Breast
PnP Hypers Skinless Fillet Breast
PnP Kosher Chicken Schnitzel
PnP Kosher Chicken Stirfry
PnP Mini Skinless Breasts
PnP Promo Skinless Fillet Breast
PnP Skinless 4 Drumsticks and 4 Thighs
PnP Skinless Chicken Drum and Thigh
PnP Skinless Chicken Thighs
PnP Skinless Fillet Chicken Breast
PnP Vacuum Pack Chicken Breast Fillet
PnP Whole Bird Skinless Tray
Qualimeats Skinless Fillet Breast

EGGS

All whole, uncooked eggs are included in the HealthyFood benefit.



Recipe

Cottage cheese and tuna patties

1 tin tuna drained
2 tbsp high-fibre bran, crushed
1/3 cup fat free cottage cheese
1 medium spring onion
1 tbsp chopped dill
1 egg yolk, beaten
Ground black pepper, to taste

METHOD

Flake the tuna into a bowl, add the high-fibre bran and beat in the cottage cheese, spring onions, dill, egg and pepper with a wooden spoon. Shape into small cakes about 7cm across by dividing the mixture equally.

Dry fry the fish cakes in a non stick frying pan with a little olive oil cooking spray over medium heat for 4 to 5 minutes on either side.

Serve with fresh lemon wedges and green salad.

TIPS TO REDUCE PREPARATION AND COOKING TIME

- Extra fish cakes can be made and frozen for future use.
- Dried dill can be used instead of fresh dill.

PREPARATION TIME: 10 to 15 minutes

COOKING TIME: 20 to 35 minutes



Protein foods

Fish and Seafood

All unflavoured, unseasoned, non-smoked fresh and frozen fish and seafood, whether whole or filleted, is included in the HealthyFood benefit. Fish and seafood tinned in brine, water, olive or canola oil and tomato or chilli sauce is also included.

All fish and seafood in sauces, crumbs, batter, smoked, flavoured, salted, curried, pickled, in pre-prepared meals, cooked or processed fish and seafood products are excluded. Fish and seafood tinned in vegetable oil and smoked have also been excluded from the HealthyFood benefit.



Protein foods

Canned fish

HERRING

Gut & Guenstig Heringsfilet Tomato
King Oscar Herring Fillets in Oil
Rugen Herring Fillet Tomato Sauce
Ruegenkronne Herring Fillet Hot Tomato

MAASBANKER

Efuta Maasbanker In Chilli
Efuta Maasbanker In Tomato Sauce

MACKEREL

Apple Mackerel Tomato Creme
Capri Mackerel Fillets in Sunflower Oil
Costa Mackerel In Tomato Sauce
Farmking Mackerel Tomato Sauce
Geisha Mackerel In Tomato Sauce
Glenryck Mackerel Naturel
Jasmine Mackerel
John West Mackerel In Oil
John West Mackerel In Tomato
King Oscar Mackerel Fillet Veg Oil
Lucky Star Mackerel In Tomato
Mayfair Mackerel In Peri Peri
Mayfair Mackerel In Tomato
Mayfair Mackerel in Veg Oil
Mayfair Mackerel In Water
Marc Joseph Mackerel
Micra Mackerel in Tomato Sauce
Princes Mackerel Fillet in Sunflower Oil
Princes Mackerel Fillet In Tomato Sauce
Rugen Smoke Mackerel Natural Juice
Sea-Farer Mackerel Natural
Tropical Sun Mackerel Tomato & Chilli

MIDDLECUT

Blue Crane Middlecut in brine
Lucky Star Middlecut Fish
Saldanha Middlecut In Brine

OTHER FISH

Efuta Chilli Fish
Efuta Tomato Fish
Vasco Da Gama Codfish C/P & Olive Oil

PILCHARDS

Blue Crane Pilchards In Tomato Sauce
Captain Joe Pilchards Hot Chilli
Captain Joe Pilchards In Brine
Captain Joe Pilchards Tomato Sauce
Efuta Pilchards Chilli
Efuta Pilchards Tomato
Glenryck Pilchards Chilli Sauce
Glenryck Pilchards In Hot Chilli
Glenryck Pilchards In Six Gun Sauce
Glenryck Pilchards In Tomato
Glenryck Pilchards In Tomato and Chilli
Glenryck Pilchards In Tomato Sauce
Koo Pilchards in Tomato Sauce
Lucky Star Pilchards Black Pepper
Lucky Star Pilchards In Chilli
Lucky Star Pilchards In Tomato Sauce
Lucky Star Pilchards Minced
Mama's Pilchards In Tomato
Mama's Pilchards In Tomato Chilli
Mega Pilchards in Tomato Sauce
No Name Pilchards in Tomato
Ocean Deli Pilchard In Chilli Sauce
Ocean Fresh Pilchards Hot Chilli
Ocean Fresh Pilchards In Tomato



Protein foods

PnP Pilchard In Hot Chilli
PnP Pilchard In Tomato Sauce
PnP Pilchard In Water
PnP Pilchards Hot Chilli
PnP Pilchards In Tomato Sauce
Rite Choice Pilchards In Tomato Sauce
Rite Choice Pilchards In Tomato Sauce and Chilli
Safi Sardine In Vegetable Oil
Saldanha Pilchards In Chilli
Saldanha Pilchards In Chilli Sauce
Saldanha Pilchards In Tomato Sauce
Sea-Farer Pilchards In Tomato Sauce
Sunny Pilchard Chilli
Sunny Pilchards In Chilli Sauce
Sunny Pilchards In Tomato Sauce
Super Good Pilchards In Chilli
Super Good Pilchards In Tomato
Trata Sardines In Olive Oil
Trata Sardines In Tomato Sauce
Trata Sardines In Vegetable Oil
Trata Sardines Piquant
Vega Pilchards In Chilli
Vega Pilchards In Tomato
Vega Saver Pilchards In Tomato Sauce

SALMON

Blue Crane Whole Salmon in Brine
Blue Crane Whole Salmon in Olive Oil
Capri Salmon Fillets in Sunflower Oil
John West Pac Pink Salmon
John West Pouch Pink Salmon
John West Salmon Keta
John West Salmon Pink
John West Salmon Red

Lucky Star Pink Salmon In Salt Water
Mayfair Pink Salmon
Mayfair Salmon Fancy Pink
Paramount Pink Salmon
PnP Finest Pink Salmon Boneless and Skinless
PnP Finest Red Salmon
PnP Finest Wild Alaskan Red Salmon
PnP Pink Salmon
PnP Pink Salmon In Brine
PnP Salmon In Brine
PnP Salmon Pink
Surefresh Norwegian Salmon in Spring Water

SARDINES

Blue Crane Sardines In Veg Oil
Bon Appetit Portugse Sardines Hot
Capri Sardines in Sunflower Oil
Capri Sardines in Sunflower Oil with Chilli
Capricorne Sardinien
Costa Sardine In Vegetable Oil
Don Fernando Sardine In Sunflower
Don Fernando Sardine Tomato Sauce
Estoril Sardines In Tomato and Chill
Family Sardine In Olive Oil
Gabriel Portuguese Sardines In Tomato and Chilli
Gabriel Portuguese Sardine Chilli
Gabriel Sardines In Olive Oil
Gabriel Sardines In Tomato Sauce
Gabriel Sardines In Veg Oil
Goldcrest Sardines Peri-Peri
Goldcrest Sardines In Tomato
Goldcrest Sardines Veg Oil
Golden Fish Chili Sardine In Veg Oil
Golden Fish Sardine In Veg Oil



Protein foods

- Gut&Guenstig Sardinen Ohne Hau&Gra
- John West Sardines In Brine
- John West Sardines In Oil
- John West Sardines In Olive Oil
- John West Sardines In Spicy Tomato
- John West Sardines In Tomato
- John West Sild Sardines In Oil
- King Oscar Bris Sardine 1lay Olive Oil
- King Oscar Bris Sardine 2lay Olive Oil
- King Oscar Brisling Sardines In Basil
- King Oscar Brisling Sardines in Chilli
- King Oscar Brisling Sardines in Pepper
- King Oscar Brisling Sardine Soya Bean Oil
- King Oscar Sild Sardines In Soya Bean Oil
- King Oscar Brisling Sardine In Tomato Sauce
- King Oscar S/Sardines In Tomato Sauce
- King Oscar Sardines Hot Chili Sauce
- Laser Sardines In Sunflower Oil
- Lucky Star Sardinella Chilli
- Lucky Star Sardines In Hot Chilli
- Lucky Star Sardines in Peri Sauce
- Lucky Star Sardines In Tomato Sauce
- Lucky Star Sardines In Veg Oil
- Lucky Star Sardines In Water
- Mayfair Port Sardines In Tomato Sauce
- Mayfair Port Sardines In Veg Oil
- Mayfair Port Sardines Water
- Mayfair Sardines In Olive Oil
- Mayfair Sardines in Peri Peri
- Marc Joseph Sardines in Veg Oil
- Micra Sardine in Veg Oil
- Micra Mackerel In Tomato Sauce
- Micra Sardine In Vegetable Oil
- Milo Sardines In Vegetable Oil
- Ocean King Sardines Bss Oil
- Ocean King Sardines Chilli Pepper Oil
- Ocean King Sardines Olive Oil
- PnP Finest Sardine Brisling In Soya Oil
- PnP Portuguese Sardines In Peri Peri
- PnP Portuguese Sardines In Veg Oil
- PnP Portuguese Sardines In Water
- PnP Portuguese Sardines Tomato Sauce
- PnP Portuguese Sardines with Olive Oil
- PnP Sild Sardines Soya Bean Oil
- Princes Sardines In Sunflower Oil
- Princes Sardines In Tomato Sauce
- Ramirez Sardine In Tomato
- Ramirez Sardines In Vegetable Oil
- Ramirez Sardine Spicy Tomato
- Vega Sardines In Chilli
- Vega Sardines In Tomato Sauce
- Saldanha Sardines In Veg Oil
- Surefresh Sild Sardines in Rapeseed Oil
- Vasco Da Gama Sardines In Tomato Sauce
- Vasco Da Gama Sardine Petingas Virgin Olive Oil
- Vasco Da Gama Sardine Petingas Peri
- Vasco Da Gama Sardines In Chilli Pepper
- Vasco Da Gama Sardines In Olive Oil
- Vasco Da Gama Sardines In Sunflower Oil
- Vasco Da Gama Sardines In Veg Oil & Tom Paste



Protein foods

TUNA

Adam International Tuna Chunks In Brine
Amati Tuna Chunks In Olive Oil
Best One Sandwich Tuna in Brine
Blue Crane Shredded Tuna
Blue Crane Tuna Chunk
Bon Amigo Tuna Shredded
Capri Tuna In Olive Oil
Century Tuna Flakes in Brine
Goldcrest Tuna Chunks In Brine
Goldcrest Tuna Shredded In Brine
Goodburry Tuna Flakes in Brine
John West No Drain Tuna Chunks
John West Tuna Chunks In Brine
John West Tuna Pouches Tomato
John West Tuna Pouches Water
John West Tuna Shredded In Brine
John West Tuna Solid In Brine
John West Tuna Steak in Brine
Liberty Tuna Chunks In Brine
Liberty Tuna Shredded in Brine
Lucky Star Shredded Tuna In Water
Lucky Star Tuna Chunks In Water
Maruzzella Tuna In Olive Oil
Mayfair Shredded Tuna In Brine
Mayfair Tuna Chunks In Brine
No Name Kfp Shred Tuna In Water
No Name Kfp Tuna Chunk Spring Water
No Name Kosher Tuna Chunks In Water

No Name Tuna Chunk In Brine
No Name Tuna Shredded In Spring Water
No Name Tuna Shredded Salt Water
Ocean Tuna Chunks in Brine
Ocean Tuna Shredded in Brine
Ocean Supreme Grated Tuna In Tomato Sauce
Paramount Tuna Chunks Salt Water
Paramount Tuna Shredded In Salt Water
Paramount Tuna Solid In Salt Water
PnP Chunky Tuna In Salt Water
PnP Finest Yellow Fin Tuna
PnP Kfp Chunky Tuna In Salt Water
PnP Tuna Chunks In Salt Water
PnP Tuna Pouch In Water
PnP Tuna Solid In Salt Water
Princes Tuna Steak In Brine
Saldanha Flaked Tuna In Brine
Sea Queen Tuna Chunks In Brine
Sea Queen Tuna Shredded In Brine
Steinz Shredded Tuna in Brine
Sea Queen Tuna Solid Pack In Brine
Selwyn Segal Steinz Tuna Chunk
Vasco Da Gama Tuna In Olive Oil
Weigh-Less Light Meat Tuna Chunk Spring Water
Weigh-Less Tuna Shred Springwater



Protein foods

Canned Seafood

CLAMS

Goldcrest Clams Baby
John West Baby Clams In Brine
Mayfair Baby Clams Shelled

CRAB

Goldcrest Crabmeat
John West Crab Dressed
John West Crab Meat
Mayfair Crabmeat
Mayfair Pink Crab Meat

MUSSELS

Tuna Marine Mussels In Shell

OYSTERS

Mayfair S/Oysters In Water

PRAWNS

John West Prawns

SHRIMP

Mayfair Shrimps In Brine

SNAILS

Goldcrest Snails
Goldcrest Snails In Brine
Mayfair Snails
Ocean Deep Snails In Brine

Fresh and frozen fish and seafood

All unflavoured, unseasoned, non-smoked fresh and frozen fish and seafood



Recipe

Steamed salmon and vegetable stack

8 medium asparagus spears, fresh not tinned
2 small fresh salmon fillets
2 small carrots, peeled and cut into matchstick slices
2 medium courgettes, medium, cut into matchstick slices
1 medium spring onion, finely chopped
2 tsp lemon-flavoured avocado oil
2 tbsp parsley leaves, finely chopped
Ground black pepper, to taste
Lemon, fresh, cut into quarters

METHOD

Place the salmon in a steamer. Five minutes later, add the carrots and courgettes to the steamer until they are cooked but still crisp. Place asparagus in the steamer and steam until they are tender.

When the salmon is cooked according to your preference, remove the salmon from the steamer.

Stir the lemon-flavoured avocado oil through the vegetables and season with freshly ground black pepper.

Serve the vegetables on each plate, top with salmon, sprinkle with fresh parsley and add a lemon wedge on the side.

TIPS TO REDUCE PREPARATION AND COOKING TIME

- Use a very sharp vegetable knife when preparing the vegetables.
- Buy or use any vegetables that are already prepared in julienne style.
- Use dried herbs instead of fresh ones.

PREPARATION TIME: 20 to 35 minutes

COOKING TIME: 15 to 25 minutes



Protein foods

OSTRICH

All unflavoured, unseasoned fresh or frozen ostrich and ostrich mince is included in the HealthyFood benefit.

All ostrich meat in sauces, in pre-prepared meals, smoked, salted and processed ostrich products are excluded.

- Klein Karoo Ostrich Kebabs
- Klein Karoo Ostrich Mince
- Klein Karoo Ostrich Steak
- PnP Butchery Ostrich Mince
- PnP Butchery Ostrich Whole Fillet
- PnP Butchery Ostrich Prime Steak
- PnP Butchery Ostrich Fillet
- PnP Butchery Ostrich Steak Portions
- PnP Butchery Ostrich Kebabs
- PnP Butchery Ostrich Goulash
- San Giorgio Ostrich Mince

TOFU

All unflavoured, unseasoned tofu is included in the HealthyFood benefit.

- Budding Foods Tofu
- Clearspring Organic Tofu
- Goodfu Firm Tofu
- Morinaga Tofu Bean Curd
- PnP Plain Tofu
- Yutaka Tofu



05. Dairy



Dairy

Fat free dairy

Dairy products are good sources of protein and calcium, and help to maintain bone health. Dietary guidelines recommend choosing lower fat options in order to limit saturated fat intake. Unflavoured, fat free or skim milk (including fresh, long-life, UHT and powdered fat free milk), unsweetened soy milk, plain fat free yoghurt and plain, unflavoured fat free cottage cheese are included on the HealthyFood benefit.



Dairy

Fat free or skimmed milk

FRESH MILK

Bosparadys Fat Free Milk
Douglasdale Milk Fat Free Jug
Faircape Ecofresh Fat Free Milk
PnP Fat Free Fresh Milk
PnP Fresh Milk Fat Free
Sonnendal Fat Free Milk

MILK POWDER

Awesome Skimmed Milk Powder
Dano Slim Milk Powder
Elite Skimmed Milk Powder
First Choice Instant Skim Milk Powder
Marvel Skimmed Milk Powder Original
No Name Skimmed Milk Powder
PnP Skim Milk Powder

LOGLIFE MILK

Clover UHT Milk Fat Free
Coastal View Milk Fat Free
Dano 0.3% Skimmed Milk
Delta Fresh UHT Skim Milk
Dewfresh Kosher UHT Skim Milk
Dewfresh Milk Skim Long Life
Emborg Skimmed Milk
Ever Fresh Milk Fat Free Long Life
First Choice Milk Skim UHT
Milcasa Milk Skimmed 0.5% Fat
No Name UHT Skimmed Milk
Parmalat UHT Milk Fat Free
PnP UHT Fat Free Milk

Ultramel UHT Skim Milk

Soya milk

Alpro Soya Drink Unsweetened
Bodi Cafe New Cape Soya Milk Powder
Earth&Co Milk Soya Unsweetened
Good Hope Unsweetened Soy Milk
Nutramilk Original Unsweetened
Nutramilk Soyamilk Organic
Santal Soy Milk

Fat free plain yoghurt

Clover Inshape Plain
Danone Nutriday Smooth Yoghurt Plain Fat Free
Fabulite Yoghurt Smooth Plain
Fairfield Dairy Yoghurt Fat Free Plain
Gero Fat Free Plain Smooth Yoghurt
Gero Fat Free Yoghurt Plain
PnP Fat Free Plain Yoghurt
PnP Live Well Fat Free Plain Yoghurt

Fat free plain cottage cheese

Fat free plain cottage cheese
Lancewood Cottage Cheese Chunky Fat Free
Lancewood Cottage Cheese Smooth Fat Free
PnP Cottage Cheese Fat Free Chunky Plain
PnP Cottage Cheese Fat Free Smooth Plain
PnP Live Well Smooth Fat Free Cottage Cheese
PnP Live Well Plain Chunky Fat Free Cottage Cheese
Parmalat Cottage Cheese Fat Free Plain



Recipe

Butterbean mash

1 small potato, cubed
1/4 cup milk, fat free
1/4 tin butterbeans, drained and rinsed
Ground black pepper, to taste

METHOD

Boil the potatoes for 10 to 15 minutes or until cooked, then drain.

Heat the milk and add it to the potatoes with the butterbeans.

Use a potato masher to mash this mixture. Season with black pepper.

Serve with fresh vegetable crudité and enjoy.

TIPS TO REDUCE PREPARATION AND COOKING TIME

- Cook the potatoes in the microwave.
- Prepare the mash ahead of time, so that the butterbeans can just be added, mashed into the mixture and heated before serving.

PREPARATION TIME: 10 to 15 minutes

COOKING TIME: 10 to 15 minutes



06. Legumes



Legumes

Legumes are a good source of non-animal protein and fibre and contain a variety of vitamins and minerals. Local and international guidelines recommend that you eat dry beans, peas and lentils regularly. All dried legumes and legumes canned or bottled in brine or water are included on the HealthyFood benefit.

All texturised or processed soya products, such as burgers and sausages, are excluded.



Legumes

Canned and bottled Legumes

BEANS

- 3 Pees Brown Beans
- Agrino Dried Giant Beans
- Al-Bayrouty Broad Beans
- Bikai Bitter Lupins
- Bikai Brown Coarse Borghol
- Bikai Crushed Fava Beans
- Bikai Fava Beans
- Bikai Fine Brown Borghol
- Bikai Lima Beans
- Bikai White Coarse Borghol
- Bikai White Lima Beans
- Bikai Wild Fava Beans
- Bio Italia Organic Black Beans
- Bio Italia Organic Butter Beans
- Bio Italia Organic Mixed Beans
- Bio Italia Organic Red Kidney Bean
- Blue Crane Butter Beans In Brine
- Blue Crane Kidney Beans In Brine
- Carolina Sugar Beans
- Casa Portuguesa Lupin Beans
- Castello Black Eye Beans
- Ciao Butter Beans
- Ciao Cannellini White Beans
- Ciao Italian Borlotti Beans
- Ciao Red Kidney Beans
- Compal Butter Beans
- Compal Red Beans
- Compal White Beans
- Conserves Chtoura F/Moudamas Leban
- Conserves Chtoura Fava Beans
- Craft Borlotti Beans
- Craft Cannellini Beans
- Crossbow Beans Butter
- Crossbow Beans Mixed
- Divella Borlotti Beans
- Divella Cannellini Beans
- Divella Chick Beans
- Divine Black Eyed Beans
- Divine Butter Beans In Brine
- Dursots Bean A Betic
- Dursots Choice Butter Beans In Brine
- Eastern Treasure Butter Beans
- Eastern Treasure Pinto Beans
- Eastern Treasure Red Kidney Beans
- Eastern Treasure Soya Beans
- Estoril Brazilian Blackbeans
- Exotic Bean Sprouts
- Faithful To Nature Black Beans
- Family Fields White Beans
- Farmgirl Butter Beans
- Farmer's Harvest Beans In Tomato
- Farmer's Harvest Red Kidney Beans
- Ferbar Butter Beans
- Fiamma Beans Borlotti
- Fiamma Beans Canelini
- Fiamma Beans Lenticchie
- Fiamma Biachhi Di Spagna
- Gold Dish Sugar Beans
- Goldcrest Beans Borlotti
- Goldcrest Beans Kidney Red
- Goldcrest Black Beans
- Goldcrest Butter Beans
- Goldcrest Cannellini Beans
- Goya Black Beans
- Goya Red Kidney Beans
- Herbs&Spices PnP Sugar Beans



Legumes

- Hugo's Speckled Sugar Beans
- Komati Foods Mung Beans
- Koo Black Beans in Brine
- Koo Butter Beans
- Koo Choice Butter Beans
- Koo Four Bean Mix
- Koo Red Kidney Beans
- Koo Sugar Speckled Beans
- La Metteliana Beans Barlotti
- La Metteliana Beans Black Eyed
- La Metteliana Beans Broad
- La Metteliana Beans Cannellini
- La Metteliana Butter Beans
- La Metteliana Dark Red Kidney Bean
- Liberty Red Kidney Beans
- Manolis Munchies Black Eyed Beans
- Mayfair Black Beans
- Mayfair Black Eyed Beans
- Mayfair Borlotti Beans
- Mayfair Broad Beans
- Mayfair Fava Beans
- Mayfair Four Bean Mix
- Mayfair Garbanzo Beans
- Mayfair Pinto Beans
- Mayfair Red Kidney Beans
- Mayfair White Cannellini Beans
- No Name Butter Beans
- Nutro Black Beans
- Nutro Butter Beans
- Nutti Beanz Black Beans
- Nutti Beanz Black Eye Beans
- Nutti Beanz Butter Beans
- Nutti Beanz Mung Green Beans
- PnP 4 Bean Mix
- PnP Beans Kidney Red
- PnP Butter Beans
- Pouyoukas Five Bean Mix
- Pride Small White Beans
- Probrands Sugar Beans
- Produce PnP Red Kidney Bean
- Rhodes Black Beans In Brine
- Rhodes Butter Beans
- Rhodes Haricot Beans In Brine
- Rhodes Three Bean Mix In Brine
- Rhodes Soup Bean Mix In Brine
- Rhodes Speckled Bean Brine
- Rio Bravo Black Beans
- Sacla Beans Mixed
- Saikav Butter Beans
- Saikav Moongh Dhall
- Saikav Sugar Beans
- Serena Beans Red Kidney
- Serena Butter Beans
- Serena Cannellini Beans
- Serena Jumbo Butter Beans
- Serena Red Kidney Beans
- Sofia Black Beans
- Sofia Black Eyed Beans
- Sofia Borlotti Beans
- Sofia Butter Beans
- Sofia Cannellini Beans
- Sofia Mixed Beans
- Sofia Red Kidney Beans
- Tomango Butter Beans In Brine
- Tropical Sun Black Beans
- Tropical Sun Red Kidney Beans
- Tropical Sun White Kidney Beans
- TRS Boiled Red Kidney Beans



Legumes

Weigh-Less Beans Butter
Weigh-Less Beans Red Kidney
White Pearl Butter Bean in Spring Water

LENTILS

Bio Italia Organic Lentils
Blue Crane Lentils In Brine
Budding Foods Brown Lentils
Castello Lentils In Salt Water
Ciao Lentils
Craft Lentils in Brine
Di Naploi Lentils
Gold Dish Lentils
Goldcrest Lentils
Koo Lentils In Brine
Mayfair Lentils
PnP Lentils
Pride Mixed Lentils
Saikav Lentils in Brine
Serena Lentils
Sofia Lentils

PEAS

Bio Italia Organic Black-Eyed Peas
Bio Italia Organic Chickpeas
Blue Crane Chick Peas In Brine
Casa Portuguesa Chick Peas
Chtoura Fields Fava Beans Chickpeas
Ciao Italian Chick Peas
Compal Chick Peas In Brine
Conserves Chtoura Chick Peas in Brine
Di Napoli Chick Peas
Faithful To Nature Chickpeas
Farmer's Harvest Chickpeas
Gold Dish Chick Peas
Goldcrest Chick Peas
Koo Chick Peas In Brine

La Metteliana Chick Peas
Liberty Chick Peas
Nutti Beanz Brown Chana
Nutti Beanz Chana Dall
Nutti Beanz Chick Peas
PnP Chick Peas
Probrands Split Green Peas
Rhodes Chick Peas
Saikav Chick Peas
Serena Chick Peas
Sofia Chick Peas
Tiger Split Peas
Tropical Sun Chick Peas
Velha Chick Peas
Weigh-Less Chick Peas

Dried Legumes

BEANS

Agrino Beans Dry Medium
Agrino Black Eyed Beans Dry
Agrino Fava Beans
Archer Beans Sugar Red Speckled
Banja Solwezi Beans
Beano Black Eye Beans
Beano Butter Beans
Beano Sugar Beans
Bikai Fava Beans
Bikai Crushed Fava Beans
Bikai Lima Beans
Bikai Lupins
Bikai White Lima Beans
Bikai Wild Fava Beans
Bodi Cafe Ebony and Ivory Beans
Bodi Cafe Protein Jugo Bean
Bodi Cafe Protein Kidney Beans
Bodi Cafe Protein Mung Beans



Legumes

- Botlhe Sugar Beans
- Caravela Black Eye Beans
- Caravela White Beans
- Crossbow Beans Dried Kidney
- Crossbow Beans Dried Sugar
- Crossbow Beans White Haricot
- Crossbow Red Kidney Beans
- Crossbow Red Speckle Sugar Beans
- Denmar Magogo Beans
- Eastern Treasure Black Eye Beans
- Eastern Treasure Butter Beans
- Eastern Treasure Setswana Beans
- Eastern Treasure Soya Beans
- Eastern Treasure Sugar Beans
- Faithful To Nature Black Beans
- Golden Delight Beans
- Goldkeys Local Sugar Beans
- Harveld Soya Beans
- Imbo Beans Sugar
- Imbo Dried Kidney Beans
- Imbo Dried Red Speckled Sugar Beans
- Imbo Half White Sugar Beans
- Imbo Red Speckled Sugar Bean
- Imbo White Haricot Beans
- It's Wild Kabulangeti Beans
- It's Wild Serenje Beans
- Jaja Solwezi Beans
- Jumbo Red Speckled Beans
- Kabuluma Kabulangeti Beans
- Kabuluma Lusaka Beans
- Kent Kabulangeti Beans
- Kent White Beans
- Khans Prepacking Green Moongh
- Khans Prepacking Kidney Beans
- Komati Foods Mung Beans
- Lamis White Lima Beans
- Lion Beans Dried Kidney
- Lion Beans Sugar
- Lion Beans White Haricot
- Lucky Red Speckled Beans
- Luso Black Beans
- Luso Black Eyed Beans
- Luso Butter Beans Packet
- Luso Medium White Beans
- Luso Small White Beans
- Mirch Masala Haricot Beans
- Mirch Masala Kidney Beans
- Mirch Masala Red Rajma Beans
- Mirch Masala Sugar Beans
- Nasfam Malawi Sugar Beans
- Nature's Choice Black Eyed Beans
- Nature's Choice Mung Beans
- Nature's Choice Mung Beans Organic
- Nature's Choice Organic Adzuki Bean
- Nature's Choice Sugar Beans
- Naturz Red Speckled Kidney Beans
- NMC Red Speckled Split Sugar Beans
- No Name Kidney Beans
- No Name Red Speckled Beans
- No Name Red Speckled Sugar Beans
- No Name Sugar Beans Red Speckled
- Nutro Black Eyed Beans
- Nutro Blackeye Beans
- Nutro Dry Black Beans
- Nutro Dry Chick Peas
- Nutro Dry Cranberry Beans
- Nutro Dry Red Beans
- Nutro White Beans
- Nutti Beanz Jugo Beans
- Nutti Beanz Red Beans



Legumes

Nutti Beanz Small White Beans
Nutti Beanz Soya Beans
Nutti Beanz Sugar Beans
Nutti Beanz Sugar Beans
Nutti Beanz Sugar Beans
Nutti Beanz Yellow Mug Dall
Osman's Spices Beans Sugar
Paddy Black Eye Beans
Paddy Half White Sugar Beans
Paddy Large White Kidney Beans
Paddy Red Speckled Beans
PnP Dubla Beans
PnP Gadra Beans
PnP Kwest Kabulangeti Beans
PnP Kwest Lusaka Beans
PnP Kwest Red Beans
PnP Kwest Solwezi Beans
PnP Adzuki Beans
PnP Red Adzuki Beans
PnP Black Beans
PnP Black Eye Beans
PnP Cenneleni Beans
PnP Mung Beans
PnP Red Sugar Beans
PnP White Kidney Beans
Pouyoukas Black Eye Beans
Pouyoukas Five Bean Mix
Pouyoukas Soya Beans
Pride Red Speckled Beans
Pride Small White Beans
Principle Health Beans Lusaka
Principle Health Solwezi Beans
Royal Sugar Beans
Sun Sun Sugar Beans

Sunny Jugo Beans
Sunny Red Speckled Split Beans
Sunny Sugar Beans
Swazi Mills Sugar Beans
Thembu Red Speckled Sugar Beans
Umndeni Red Speckled Sugar Beans
Umvoti Sugar Beans
Zambia PnP White and Yellow Beans

PEAS

Agrino Chick Peas
Beano Cow Peas
Bodi Cafe Protein Chick Peas
Bodi Cafe Protein Yellow Peas
Brenneco Split Peas
Budding Foods Black Eyed Peas
Budding Foods White Chick Peas
Crossbow Chick Peas
Crossbow Peas Split Green
Crossbow Peas Split Yellow
Denmar Magogo Split Peas
Eastern Treasure Cow Peas
Estoril Chick Peas
Faithful To Nature Chickpeas
Green Mamba Chick peas
Green Mamba Split Green Peas
Herbs&Spices PnP Split Peas
Imbo Peas Dried Split
Key 4 Health Chick Peas
Khans Prepacking Pea Dhol
Koo Yellow Split Peas
Lamis Chick Peas
Lion Peas Split
Luso Chick Peas Grade
Mirch Masala Chick Peas



Legumes

Mirch Masala Green Split Peas
Mirch Masala Yellow Split Peas
Nature's Choice Chick Peas
Naturz Green Split Peas
No Name Split Peas
Nutro Dry Chick Peas
Nutti Beanz Green Split Peas
Paddy Green Split Peas
Paddy Whole Green Pea
PnP Chick Peas Whole
PnP Split Green Peas
Pouyoukas Chick Peas Whole
Pride Split Green Peas
Pride Split Yellow Peas
Spice Emporium Cow Peas
Taj Mahal Dhol Pea

LENTILS

Agrino Dry Fine Lentils
Agrino Dry Large Lentils
Bikai Crushed Lentils
Bikai Red Lentils
Bikai White Lentils
Bio Italia Organic Lentils
Bodi Cafe Protein 3 Lentil Mix
Bodi Cafe Protein Brown Lentil
Bodi Cafe Protein Red Lentils
Bodi Cafe Whole Food Yellow Lentils
Cassila's Black Lentils
Cassila's Gram Lentils
Cassila's Green Lentils
Cassila's Pink Lentils
Cassila's Yellow Lentils
Crossbow Lentils Whole Black
Eastern Treasure Green Moug

Faithful To Nature Green Lentils
Faithful To Nature Red Lentils
Green Mamba Black Lentils
Herbs&Spices PnP Brown/Black Lentils
Imbo Lentils Black
Imbo Lentils Dried Brown
Imbo Lentils Dried Red
Khans Prepacking Black Urad
Khans Prepacking Gram Dhol
Khans Prepacking Masoor Lentils
Komati Foods Organic Red Lentils
Lamis Crushed Lentils
Lamis Green Wide Lentils
Lamis Red Lentils
Lion Lentils Dried Red
Lion Lentils Dried Whole
Luso Brown Lentils
Luso Orange Lentils
Mirch Masala Black Whole Urad Lentil
Mirch Masala Brown Masoor Lentils
Mirch Masala Channa Dal Lentil
Mirch Masala Green Moong Lentils
Mirch Masala Moong Yellow Lentil 500gr
Mirch Masala Oil Lentils
Mirch Masala Pink Masoor Lentils
Mirch Masala White Urad Lentil
Nature's Choice Lentils Brown
Nature's Choice Lentils Green
Nature's Choice Lentils Red Organic
Naturz Whole Brown Lentils
Naturz Red Split Lentils
No Name Black Lentils
No Name Brown Lentils
No Name Red Lentils



Legumes

Nutti Beanz Lentils Brown
Nutti Beanz Lentils Pink/Dhal
Paddy Black Lentils
Paddy Breyani Lentils
Paddy Brown Lentils
Paddy Red Split Lentils
PnP Green Lentils
PnP Red Split Lentils
Pride Mixed Lentils
Probrands Red Split Lentils
Probrands Whole Brown Lentils
Pouyoukas Green Lentils
Pouyoukas World Lentil Mix
Produce PnP Yellow Lentils
Taj Mahal Black Lentils
Taj Mahal Dholi Gram
Taj Mahal Dholi Pea

SOUP MIX

Crossbow Soup Mix
Green Mamba Soup Mix
Nature's Choice Soup and Stew Mix Super
No Name Soup Mix
Imbo Soup Mix
Lion Soup Mix 4in1
Naturz Soup Mix
No Name Soup Mix
Paddy Soup Mix 6in1
Pouyoukas Soup Mix
Tiger Soup Mix 4in1



Recipe

Minted pea and pistachio pesto

- 1 cup peas, cooked
- 1 tbsp mint and basil, chopped
- 9 whole pistachio nuts, raw, crushed
- 1 tsp olive oil
- 2 tsp lemon juice, fresh

METHOD

Combine the cooked peas, pistachio nuts, basil and mint in a blender and blend to desired consistency.

Add the lemon juice and olive oil.

Season and serve spooned on high fibre crackers or toasted rye bread.

TIPS TO REDUCE PREPARATION AND COOKING TIME

- Use dried herbs instead of fresh herbs.
- Make extra pea pesto to keep in the fridge and enjoy it with other meals or as a snack.
- Simply microwave frozen peas for a few minutes and use those.

PREPARATION TIME: 3 to 5 minutes



07. Oils, nuts and seeds



Oils, nuts and seeds

Plant oils, nuts and seeds are good sources of healthy (unsaturated) fats, which is beneficial for heart health. Guidelines recommend choosing unsaturated fats over saturated (animal) fats.



Oils, nuts and seeds

Oils

Olive, canola and avocado oils are included on the HealthyFood benefit.

AVOCADO OIL

Denova Avocado Oil
Earthfood Avocado Oil
Sky Avocado Oil
Westfalia Avocado Oil Basil
Westfalia Avo-Mediterranean
Westfalia Oil Avocado Plain
Westfalia Avocado Oil with Basil
Westfalia Oil Avocado with Chilli
Westfalia Oil Avocado with Garlic
Westfalia Oil Avocado with Lemon

CANOLA OIL

B-Well Canola Oil
B-Well Cheeky Chilli Flavour
B-Well Omega 3 Cooking Oil
B-Well Saute Oil
B-Well Simply Garlic Flavour
B-Well Wok Oil
B-Well Zesty Lemon Flavour
Cape Canola Extra Virgin Oil
Continental Canola Oil
Epic Canola Oil
Excella Canola Oil
PnP Canola Oil
Sunfoil Canola Oil

OLIVE OIL

Agean Gold Extra Virgin Olive Oil PGI Lesvos
Agrotiki Olive Blended Oil
Altis Extra Virgin Olive Oil

AL Wazir Olive Oil
Babylonstoren Extra Virgin Olive Oil Blend
Babylonstoren Olive Oil Fragrant Tin
Basso Unfiltered XV Olive Oil
Basso V Virgin Olive Oil
Basso Xtra Virgin Costolato Bottle
Belvedere Extra Virgin Olive Oil
Bertolli Olive Oil X-Virgin
Bertolli Olive Oil Classic
Bertolli Olive Oil Light
Bertolli Olive Oil Virgin
Bom Dia Extra Virgin Olive Oil
Bom Dia Extra Virgin Olive Oil Herb
Bom Dia Olive Oil
Borges Olive Oil 100% Pure
Borges Olive Oil Extra Virgin
Borges Olive Oil Extra Lite
B-Well Cooking Olive Oil
B-Well Extra Virgin Olive Oil Canola Blend
B-Well Extra Virgin Olive
B-Well Olive Oil Canola
Capegold Extra Virgin Olive Oil
Cape Olives Extra Virgin Olive Oil
Carbonell Extra Light Olive Oil
Carbonell Extra Virgin Olive Oil
Carbonell Pure Olive Oil
Carvavela Extra Virgin Olive Oil
Casa Rinaldi Extra Virgin Olive Oil
Casa Rinaldi Xtra Virgin Olive Oil
Coricelli Extra Virgin Olive Oil



Oils, nuts and seeds

- Costas Artisano Olive Oil
- Crystal Gold Olive Oil Blend
- Darna Olive Oil
- Del Papa Olive Oil Extra Virgin
- De Rustica Extra Virgin Olive Oil
- Desantis Oleo De Sansa Pet
- Ellinis Extra Virgin Olive Oil
- Erato Virgin Olive Oil
- Faithful To Nature Extra Virgin Olive Oil
- Filippo Berio Light Pet Olive Oil
- Filippo Berio Extra Virgin Olive Oil
- Galantino Extra Virgin Olive Oil
- Gallo Extra Virgin Special Edit Olive Oil
- Gallo Late Harvest Extra Virgin Olive Oil
- Gallo Moments Extra Virgin Olive Oil
- Gallo Olive Oil Extra Virgin
- Gallo Olive Oil
- Gallo Portugese Olive Oil
- Goed Extra Virgin Olive Oil
- Goedgedacht Extra Virgin Olive Oil
- Goedgedacht Olive Oil
- Goya Olive Oil
- Greenleaf Extra Virgin Olive Oil
- Gusto Extra Virgin Olive Oil
- Iberia Extra Virgin Olive Oil
- Iliada Extra Virgin Olive Oil
- Jamie Oliver Extra Virgin Olive Oil
- Kalamata Extra Virgin Olive Oil
- Karpea Extra Virgin Olive Oil
- Karpea Ferro Extra Virgin Olive Oil
- Karpea Gallon Extra Virgin Olive Oil
- Karpea Koroneiki Olive Oil
- Karpea Koroneiki Olive Oil Bottle
- Kleo Olive Oil
- La Familia Extra Virgin Olive Oil
- La Familia Olive Oil Blend
- Laser Olive Oil Extra Virgin
- Luglio Extra Virgin Olive Oil
- Marbrin Extra Virgin Olive Oil
- Mardouw Extra Virgin Olive Oil
- Mark Joseph Extra Virgin Olive Oil
- Melissa's Basil and Lemon Olive Oil
- Mont Rouge Spanish Extra Virgin Olive Oil
- Morgenster Olive Oil Extra Virgin
- Morgenster Olive Oil Lemon Flavour
- Mr George Pomance Olive Oil
- Naturalis Wellness Extra Virgin Oil
- Nature's Choice Olive Oil
- Nuy Valley Extra Virgin Olive Oil
- Olio Extra Virgin Olive Oil
- Olive Pride Blend
- Olive Pride Extra Virgin Olive Oil
- Olive Pride Xtra Virgin Olive Oil and Seed
- Olive Pride Xtra Virgin Olive Oil Prem
- Oliveira Da Sera Extra Virgin Olive Oil
- Oliveira Da Sera Pure Olive Oil
- Oliveira Da Sera Xtra Virgin Olive Oil
- Olivina Olive Oil Extra Virgin
- Olivina Olive Oil Normal
- Orino Extra Virgin Olive Oil
- Oro De Cristal Extra Virgin Olive Oil
- Pietro Coricelli Olive Oil Extra Virgin
- Pietro Coricelli Olive Oil Pure
- Pietro Coricelli Olive Oil Xtra Virgin
- Pietro Coricelli Olive Oil Xtra Virgin
- Pirolio Pomace Olive Oil
- PnP Canola and Olive Oil Blend
- PnP Finest Garlic and Chilli Infused Olive Oil



Oils, nuts and seeds

PnP Finest Greece Extra Virgin Olive Oil
PnP Finest SA Olive Oil
PnP Finest Thyme Rosemary Infused Olive Oil
PnP Italian Extra Virgin Olive Oil
PnP Local Extra Virgin Olive Oil
PnP Olive Oil
PnP Olive Oil Basil Flavoured
PnP Olive Oil Extra Lite
PnP Olive Oil Extra Virgin
PnP Olive Oil Extra Virgin Chilli
PnP Olive Oil Extra Virgin Fynbos
PnP Olive Oil Extra Virgin
PnP Olive Oil Garlic Flavoured
PnP Olive Oil Jalpeno Flavoured
PnP Olive Oil Extra Virgin Lemon
PnP Olive Oil Pure
PnP Olive Oil Truffle Flavoured
PnP Org Extra Virgin Olive Oil
PnP Premium Multi Extra Virgin Olive Oil
PnP Single Cultivar Frantoio Extra Virgin Olive Oil
PnP Special Blend Extra Virgin Olive Oil
Pons Traditional Span Org Xtra Virgin Olive Oil
Portucale Olive Oil
Prince Albert Extra Virgin Olive Oil
Rio Largo Extra Virgin Olive Oil
Sofia Extra Virgin Olive Oil
Sparta Xtra Virgin Olive Oil
St Sebastian Bay Extra Virgin Olive Oil
Sunfoil Prochef & Extra Virgin Olive Oil
Sun Sun Olive Oil Blend
Sunny Extra Virgin Olive Oil
Verlaque Birdseye Chilli Olive Oil
Verlaque Cape Lemon Oil & Raspberry
Verlaque Sweet Basil Olive Oil

Vesugio EVOO Passover
Vesuvio Olive Oil Extra Virgin
Virginia Garden Olive Oil
Viva Pomace Olive Oil
Viva Extra Virgin Olive Oil
Weigh-Less Olive Oil C/P Extra Virgin
Willow Creek Basil Infused Olive Oil
Willow Creek Coriander Olive Oil
Willow Creek Directors Olive Oil
Willow Creek Directors Reserve Olive Oil
Willow Creek Estate Blend Squeeze Me Olive Oil
Willow Creek Garlic Olive Oil
Willow Creek KFP Directors EVOO
Willow Creek KFP Estate Blend EVOO
Willow Creek Lemon Infused Olive Oil
Willow Creek Olivia Extra Virgin Squeeze
Willow Creek Parmesan Infused Olive Oil
XXV Intense Extra Virgin Olive Oil
Ybarra Olive Oil Pure
Zeta Olive Oil Extra Virgin Hot Pepper

Oil Sprays

Antonios Olive Oil Spray
Bertolli Classico Olive Oil Spray
Bertolli Extra Virgin Olive Oil Spray
B-Well Canola Spray Non Stick Baking
B-Well Canola Spray Non Stick Cooking
Colman's Spray and Cook Olive Oil
Cook & Bake Olive Oil Spray
Mrs Micray's Olive Oil Spray
PnP Canola Non Stick Spray
PnP Olive Oil Spray
Willow Creek Extra Virgin Olive Oil Spray



Oils, nuts and seeds

Nuts

All plain, raw, unsalted nuts are included on the HealthyFood benefit. Nuts that are salted, seasoned or roasted in oil are not included.

ALMONDS

- Alman's Almonds
- Amy's Almond Plain
- Best Nuts Almonds
- Best Nuts Almonds Blanched
- Best Nuts Almonds Raw
- Best Nuts Almonds Natural
- Best Nuts Almonds Sliced
- Big Nuts Almonds Blanched
- Big Nuts Almonds Diced
- Big Nuts Almonds Ground
- Big Nuts Almonds Raw
- Big Nuts Almonds Sliced/Flaked
- Big Nuts Almonds Slivered
- Bodi Cafe Blanched Almond Nuts
- Cassila's Almonds
- Country In A Box Almonds Raw
- Droegenot Almonds
- Droegenot Almonds Flaked
- Eastern Treasure Almond
- Eden Almonds Flaked
- Eden Almonds Raw
- Faithful To Nature Almond Super Raw
- Faithful To Nature Flaked Almonds
- Faithful To Nature Karoo Almonds
- F.O.T.E Almonds
- Fruithall Almonds
- Just Spice Almond Slivers
- Just Spice Almond Whole
- Khans Prepacking Almonds
- Khans Prepacking Nibbed Almonds
- Khans Prepacking Sliced Almonds
- Khans Prepacking Slivered Almonds
- Lamis Natural Whole Almond
- Manolis Munchies Raw Almonds
- Messar's Almonds Blanched
- Messar's Almonds Diced
- Messar's Almonds Flaked
- Messar's Almonds Ground
- Messar's Almonds Raw
- Messar's Almonds Slivered
- Messar's Organic Almonds
- Mojome Almond Flakes
- Montagu Almonds Flaked
- Montagu Almonds Natural
- Montagu Almonds Raw
- Nam Dried Fruit Almonds Flakes
- Nature's Choice Almonds Snack Pack
- No Name Almonds Ground
- No Name Almonds Slivered
- Once Upon A Farm Almonds Flaked
- Once Upon A Farm Almonds Ground
- Once Upon A Farm Almonds Raw
- PnP Almonds Blanched
- PnP Almonds Flaked
- PnP Almonds Natural
- PnP Almonds Plain
- PnP Almonds Slivered
- PnP Dry Roast Unsalted Almonds
- PnP Ground Almond Kosher Passover



Oils, nuts and seeds

PnP Blanched Almond
PnP Flaked Almond
PnP Raw Shelled Almond
PnP Live Well Raw Almonds
PnP Raw Almonds
PnP Raw Almonds Diced
PnP Raw Almonds Flaked
PnP Raw Almonds Ground
PnP Raw Almonds Slivered
PnP Raw Blanched Almonds
PnP Raw Almonds Flaked
PnP Raw Blanched Almonds
Premuni Almonds
Roastwell Almonds Unsalted
Safari Almonds Blanched
Safari Almonds Flaked
Safari Almonds Natural
Safari Almonds Nibbed
Serano Raw Almond Kernels
Snackit Almonds Raw
The Fruit Orchard Raw Almonds
The Nut Factory Almonds Raw
The Soul Tree Almond Flakes
The Soul Tree Diced Almonds
Umoyo Raw Almonds

BRAZIL NUTS

Alman's Brazil Nuts
Best Nuts Brazil Nuts
Big Nuts Brazil Nuts Raw
Bodi Cafe Blanched Brazil Nuts
Droegenot Brazil Nuts
Eden Brazil Nuts
Faithful To Nature Raw Brazil Nuts
Messaris Shelled Brazil Nuts
Montagu Brazil Nuts

Nature's Choice Brazil Nuts
PnP Brazil Nuts
PnP Live Well Raw Brazil Nuts

CASHEWS NUTS

Alman's Cashews Plain
Amy's Cashew Plain
Best Nuts Cashew Raw
Big Nuts Cashew Nuts Raw
Country In A Box Cashews Raw
Diamond Touch Raw Cashews
Droegenot Cashews
Eden Cashew Raw
Faithful To Nature Cashew Unsalted
Family Cashew Plain Dry Roasted
F.O.T.E Raw Cashews
Lion Cashew Nuts Unsalted
Manolis Munchies Raw Cashews
Messaris Nuts Plain Cashew
Messaris Nuts Raw Cashews
Montagu Cashew Plain
Montagu Cashew Raw
Nature's Choice Cashew Nuts
Once Upon A Farm Cashew Raw
PnP Cashews Raw
PnP Dry Roast Unsalted Cashew
PnP Live Well Cashew Nut Strip
PnP Live Well Raw Cashew Nuts
PnP Plain Cashew Nuts
PnP Plain Cashew Nuts Large
PnP Value Cashews Raw Unsalted
Roastwell Cashew Nuts Unsalted
Safari Raw Cashews
Snackit Cashews Plain
Snackit Cashews Raw
Snackit Cashews Roasted Plain



Oils, nuts and seeds

The Fruit Orchard Raw Cashew Nuts
The Nut Factory Cashew Nuts Raw
Wender Unsalted Cashew Nuts

CHESTNUTS

Dalfour Whole Chestnuts
Fruit&Veg Chestnuts

GROUND NUTS

Kingdom Delicacy Raw Ground Nuts One Banja Pounded
Ground Nuts
PnP Kwest Dried Ground Nuts
PnP Raw Groundnuts
Principle Health Groundnuts Whole
Tidye Organic Ground Nuts

HAZEL NUTS

Alman's Hazel Nuts
Best Nuts Hazelnuts Natural
Big Nuts Hazel Nuts Raw
Eden Hazel Nuts
Messaris Organic Hazelnuts
Messaris Shelled Hazel Nuts
Nam Dried Fruit Hazelnuts
PnP Raw Hazelnuts

MACADAMIA NUTS

Alman's Macadamia Nuts Plain
Amy's Macadamia Plain
Best Nuts Macadamia Nuts Plain
Big Nuts Macadamia Raw
Bodi Cafe Macadamia Nuts
Cilla's Plain Macadamia Nuts
Droegenot Macadamia Nuts
Eden Macadamia Nuts Raw
Faithful To Nature Macadamia Nuts Raw
F.O.T.E Macadamia Nuts Raw
Messaris Macadamia Nuts

Montagu Macadamia
Montagu Macadamia Nuts Plain
Nature's Choice Macadamia Nuts
PnP Live Well Raw Macadamia Nuts
PnP Macadamia Nuts Plain
PnP Macadamias Plain
Wigwam Macadamia Nuts

MIXED NUTS

Alman's Mixed Nuts Plain
Amy's Mixed Nuts Plain
Best Nuts Mixed Nuts Raw
Big Nuts Mixed Nuts Raw
Country In A Box Mixed Nuts Raw
Eden Mixed Nuts Exotic Raw
Faithful To Nature Mixed Nuts Raw
Faithful To Nature Whole Nut Pieces Raw
F.O.T.E Mixed Raw Nuts
Jab Mixed Nuts In Shell
Khans Prepacking Mixed Raw Nuts
Manolis Munchies Raw Mix Tree Nuts
Montagu Mixed Nuts Plain
Montagu Mixed Nuts Raw
Nature's Choice Mixed Nuts
Once Upon A Farm Mixed Nuts Raw
Pick N Pay Whole Mixed Nuts
PnP Live Well Mixed Treenuts Strip
PnP Live Well Raw Mixed Tree Nuts
PnP Mixed Nut
PnP Nuts Mixed Raw
PnP Roasted Unsalted Tree Nuts
Pouyoukas Munch Pack
Roastwell Mix Exotic Nuts Unsalted
Roastwell Mixed Nuts Unsalted
Serano Raw Mixed Nuts
Snack Factory C/Style Unsalted Raw



Oils, nuts and seeds

Snackit Mixed Nuts Raw
The Fruit Orchard Raw Mixed Nuts
Monkey Nuts
PnP Monkey Nuts

PEANUTS

AWS Foods Raw Peanuts
Big Nuts Peanut Blanched Giant Raw
Big Nuts Peanut Red Cocktail Raw Bulk
Big Nuts Peanut Reds Giant Raw
Big Nuts Peanuts Blanched Raw
Droegenot Peanuts Raw
Eden Peanuts Giant Blanched Raw
Eden Peanuts Red Skin Plain
Fruit&Veg Peanuts Plain
HealthConnection Raw Peanuts
Manolis Munchies Blanched Peanuts
Messaris Blanched Plain Peanuts
Messaris Peanuts Giant Plain
Pick N Pay Raw Giant Blanch Peanut
Pick N Pay Raw Redskin Peanuts
PnP Dryroast Unsalted Cocktail Peanut
PnP Giant Blanch Peanut Unsalted
PnP Roast Unsalted Peanuts
Pouyoukas Raw Peanuts
Pride Shelled Raw Peanuts
The Fruit Orchard Raw Peanuts

PECAN NUTS

Alman's Pecan Nuts
Best Nuts Pecan Halves
Big Nuts Pecan Nut Halves
Bodi Cafe Pecan Nuts
Country In A Box Pecans
Droegenot Pecan Nuts
Eden Pecan Nuts

Faithful To Nature Pecan Nuts Raw
Gaby's Earth Food Pecan Nuts
Manolis Munchies Pecans
Manolis Munchies Pecan Halves
Messaris Pecan Nuts
Montagu Pecan Nuts
Nature's Choice Hazel Nuts
Nature's Choice Pecan Halves
PnP Pecan Halves
PnP Pecan Nuts
PnP Pecan Nuts Shell
PnP Raw Pecan Nuts
PnP Raw Pecan Nuts
Prenumi Pecans
Safari Shelled Pecans
Snackit Pecan Halves
The Fruit Orchard Raw Pecan Nuts

PINE NUTS

Best Nuts Pine Kernel
Big Nuts Pine Nut Kernels
Droegenot Pine Kernels
Eden Pine Kernels
Faithful To Nature Pine Nuts Raw
La Lidia Pine Nuts
MacNut Pine Nuts
Mediterranean Pine Nuts
Messaris Pine Kernels
Montagu Snacks Pine Kernels
Nature's Choice Pine Kernels
Nutman Pine Nuts
PnP Live Well Raw Pine Nuts

PISTACHIO

Alman's Pistachio White
Best Nuts Pistachio White



 Oils, nuts and seeds

Big Nuts Pistachio Kernels
Bodi Cafe Pistachio Nuts
Droegenot Pistachios
Manolis Munchies Pistachios
Montagu Raw Pistachio Kernels
Nature's Choice Pistachio Nuts
PnP Dryroast Unsalted Pistachio
PnP Live Well Raw Pistachio Shell
PnP Pistachios White

WALNUTS

Best Nuts Walnut Halves
Big Nuts Walnuts
Bodi Cafe Walnuts
Droegenot Walnuts
Eden Walnuts
Faithful To Nature Walnuts Raw
Manolis Munchies Walnuts
Messaris Organic Shelled Walnuts
Messaris Shelled Walnuts
Montagu Walnuts
Once Upon A Farm Walnuts
PnP Walnuts
PnP Raw Walnut Whole & Broken
PnP Raw Walnut Whole & Broken
PnP Walnuts PnP Walnuts Shelled
Prenumi Walnuts
Roastwell Light Walnut Halves
Safari Shelled Walnuts
Serano Walnut Kernels
Faithful To Nature Walnuts Raw
Manolis Munchies Walnuts
Messaris Organic Shelled Walnuts
Messaris Shelled Walnuts

Montagu Walnuts
Once Upon A Farm Walnuts
PnP Walnuts
PnP Raw Walnut Whole & Broken
PnP Raw Walnut Whole & Broken
PnP Walnuts
PnP Walnuts Shelled
Prenumi Walnuts
Roastwell Light Walnut Halves
Safari Shelled Walnuts
Serano Walnut Kernels



 Oils, nuts and seeds

Seeds

All plain, raw, unsalted seeds are included on the HealthyFood benefit. Seeds that are salted, seasoned or roasted in oil are not included.

CHIA SEEDS

Antonia's Chia Seeds
Big Nuts Chia Seeds
Bodi Cafe Blanched Chia Seeds
Budding Foods Chai Seeds
Eden Chia Seed
Faithful To Nature Chia Seeds
Green Mamba Chia Seed
HealthConnection Chia Seeds
Manolis Munchies Chia Seeds
Mojome Chia Seeds
Nam Dried Fruit Chia Seed
Nature's Choice Chai Seeds
Nutti Beanz Chia Seeds
PnP Chai Seeds
Prenumi Chai Seeds
Reis Chia Seeds
Umoyo Chai Seeds

FENNEL SEEDS

Bodi Cafe Blanched Fennel Seeds
Prenumi Fennel Seeds

FENUGREEK SEEDS

Bodi Cafe Blanched Fenugreek Seeds
Cassila's Fenugreek Seeds

FLAXSEED

Bodi Cafe Blanched Flax Seed
Bodi Cafe Whole Food Flax Seed
Cassila's Flaxseeds

Pouyoukas Golden Flaxseed
Prenumi Flaxseed
Umoyo Flax Seed
Wholesome Earth Golden Flax G/Free

FLAXSEED POWDER

HealthConnection Flaxseed Powder
Nature's Choice Flaxseed Powder

HEMP SEEDS

Big Nuts Hemp Seeds
Faithful To Nature Hemp Hearts
Green Mamba Hemp Seeds
Nature's Choice Hemp Seeds
PnP Dehulled Hemp Seeds

LINSEED

Alman's Linseeds
Big Nuts Linseeds
Eden Linseed
Faithful To Nature Linseed Flax Seed
Green Mamba Linseed
HealthConnection Linseed
Mojome Brown Linseeds
Mojome Golden Linseed
Nature's Choice Linseed
Nutti Beanz Linseed
PnP Linseeds
Pouyoukas Linseed

 Oils, nuts and seeds

MIXED SEEDS

Big Nuts Seed Mix
Bodi Cafe Blanched Big 5 Seed Mix
Bodi Cafe Blanched Essential 3 Seed Mix
Cassila's Mix Seeds
Droegenot Seedmix
Eden Seed Mix
Faithful To Nature Seeds Mix
Green Mamba Health Booster Seed
HealthConnection Ultimate Seed Mix
Manolis Munchies Omega 3 Seed Mix
Mojome Four Seed Mix
Nature's Choice Miracles Plus Plus
Nuseed Original Seeds Strip
PnP Mixed Seeds
Pouyoukas Omega Seed Mix
Seeberger Vital Kernels
Umoyo Ultimate Seed Mix

POPPY SEEDS

Big Nuts Poppy Seeds
Eden Poppy Seed
HealthConnection Poppy Seeds
Just Spice Poppy Seeds
Namib Poppy Seed
Nature's Choice Poppy Seeds
PnP Poppy Seeds

PUMPKIN SEEDS

Best Nuts Pumpkin Seeds Green
Big Nuts Pumpkin Seeds
Bodi Cafe Blanched Pumpkin Seeds
Cassila's Pumpkin Seeds
Castania Pumpkin Seeds
Country In A Box Pumpkin Seeds Raw

Droegenot Pumpkin Seeds
Eden Pumpkin Seeds
Faithful To Nature Pumpkin Seeds
Green Mamba Pumpkin Seed
HealthConnection Pumpkin Seed
Manolis Munchies Pumpkin Seeds
Mojome Pumpkin Seeds
Nature's Choice Pumpkin Seeds
Nutti Beanz Pumpkin Seeds
PnP Green Pumpkin Seeds
PnP Raw Pumpkin Seeds
Pouyoukas Pumpkin Seeds

SESAME SEEDS

Alman's Dehul Sesame Seed
Best Nuts Sesame Seeds
Big Nuts Sesame Seeds Black
Big Nuts Sesame Seeds White
Bodi Cafe Blanched Sesame Seed
Budding Foods Sesame Seeds
Cassila's Sesame Seeds
Eastern Treasure Sesame Seeds
Eden Sesame Seed
Faithful To Nature Sesame Seeds
Family Sesame Seeds Spreme
Fishermans Deli Sushi Sesame Seed
Green Mamba Black Sesame Seed
Green Mamba White Sesame
HealthConnection Hulled Sesame
Nam Dried Fruit Black Sesame Seed
Nature's Choice Nat Sesame Seeds
Nature's Choice Sesame Dehuske
Nature's Choice Sesame Seeds
Nutti Beanz Sesame Seeds
PnP White Sesame Seed



Oils, nuts and seeds

Pouyoukas Sesame Natural

Pouyoukas Sesame White

Prenumi Sesame Seed Black

Prenumi Sesame Seed White

TRS Sesame Seeds

Umoyo Sesame Seeds

SUNFLOWER SEEDS

Bestnut Sunflower Seeds

Big Nuts Sunflower Seeds

Bodi Cafe Blanched Sunflower Seed

Bodi Cafe Whole Food Sunflower

Cassila's Sunflower Seeds

Castania Sunflower Seeds

Droegenot Sunflower Seeds

Manolis Munchies Sunflower Seeds

Eden Sunflower Seeds

Faithful To Nature Sunflower Seeds

Green Mamba Sunflower Seed

HealthConnection Sunflower Seed

Khans Prepacking Sunflower Seeds

Manolis Munchies Sunflower Seeds

Mojome Sunflower Seeds

Nature's Choice Sunflower Seeds

Nutti Beanz Sunflower Seeds

PnP Dehulled Sunflower Seeds

PnP Raw Sunflower Seeds

PnP Sunflower Seeds

Pouyoukas Sunflower Kernels

Prenumi Sunflower Seed

Vital Sunflower Seeds



Oils, nuts and seeds

Nut Butters

All unsweetened, no added sugar or salt peanut and nut butters are included on the HealthyFood benefit.

ALMOND NUT BUTTER

Buttanutt Roasted Almond Spread
Buttanutt 100% Almond Nut Butter
Nature's Choice Almond Nut Butter
Nature's Choice Nut Butter White Almond
OhMega Almond Nut Butter

CASHEW NUT BUTTER

Nature's Choice Nut Butter Cashew
OhMega Cashew Nut Butter

MACADAMIA NUT BUTTER

Buttanutt Almond Macadamia Spread
Buttanutt Cinnamon Macadamia Spread
Buttanutt Roasted Macadamia Spread
Denova Macadamia Nut Oil
Nature's Choice Cashew Nut Butter
Nature's Choice Macadamia Butter
Nature's Choice Nut Butter Macadamia
OhMega Macadamia Nut Butter

PEANUT BUTTER

Black Cat Crunchy No Sugar and Salt
Black Cat Crunchy Peanut Butter No Sugar and Salt
Black Cat Smooth No Added Sugar and Salt
Black Cat Smooth No Sugar and Salt Kosher
Black Cat Smooth Peanut Butter No Sugar and Salt
Buttanutt 100% Hi-Oleic Peanut Butter
Eden Crunchy Peanut Butter
Faithful to Nature Almond Butter
Good Life Peanut Butter Natura
Nature's Choice Peanut Butter Crunchy
Nature's Choice Peanut Butter Smooth
Peel's Peanut Butter
PnP Live Well Smooth Peanut Butter
PnP Smooth Peanut Butter Sugar Free
Thokoman Peanut Butter Smooth No Add Salt & Sugar
Tropical Sun Peanut Butter NO Added Sugar
Yum Yum Peanut Butter Sugar Free

SEED BUTTER

Nature's Choice Nut Butter Tahini
Nature's Choice Tahini Sesame Butter



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