

HFG DIETITIAN  
APPROVED

# SHOPPING NEWS

Our dietitian scours the shelves to find the tastiest healthy foods in-store now!

Eat fresh!  
blood  
orange

Text: Karissa Woolfe. Source: Redbelly Citrus, 2017. Photos: iStock.

**K**nown for their crimson flesh and sweet taste, blood oranges abound in antioxidants to strengthen your body's defences. They're available from late July through to November, so look for firm, heavy fruit and store them at room temperature out of direct sunlight.

## KNOW YOUR ABCs

**A** Blood oranges take their striking signature colour from **anthocyanins**, which help protect the immune system from infection.

**B** They also have higher levels of **beta-carotene** than other varieties of orange, which help to fight the 'bad' free radicals associated with ultraviolet light. These have been linked to eye damage and skin ageing.

**C** One blood orange provides all of your daily **vitamin C** needs, and can help prevent a cold, protect heart health and promote healthy skin.



### 3 ways to add RED

- 1 Add refreshing blood orange segments to your favourite salad
- 2 Slice it on your porridge or eat whole
- 3 Make a tasty gremolata with the orange's zest to garnish casseroles

## Shelf watch

### Choc-rocket

Chocolate lovers, look no further than **Alter Eco Dark Salted Almonds** (\$5.49 per 80g bar). It's gluten free, and made with 70 per cent cocoa that's certified organic and fair trade. Per 40g serve (½ bar): 497kJ (119cal), 9.1g fat, 4.7g sat fat, 5.2g sugar



### Porridge with punch

**Carman's Gourmet Porridge Sachets** (\$5.70 per 8 sachets) are a nutritious combo of oats, barley, rye, sunflower seeds and puffed quinoa, and they have no added sugar.

Per 40g serve (Natural 5 Grain & Super Seed): 651kJ (156cal), 5.2g protein, 3.7g fat, 0.4g sugar, 4.6g fibre



### Lunch box hero

Made with tasty blend of dates, raisins, coconut, sunflower seeds, popped corn, sesame and chia seeds, **Kez's Kitchen Free & Naked Popcorn Bars** (\$5.99 per 5-pack) are gluten, wheat and egg free.

Per 25g bar: 388kJ (93cal), 1.8g protein, 2.2g fat, 12.7g sugar, 2.4g fibre, 3mg sodium



### Protein power

Low GI and packed with protein, **Herman Brot Protein Muesli** (\$14.95 per 550g) will keep you full and satisfied until lunchtime.

Per 45g serve (Red Fruits): 739kJ (177cal), 19.8g protein, 5.9g fat, 0.9g sat fat, 8.4g carb, 3.3g sugar, 4.9g fibre



### Top that!

It's not a cracker, it's not bread it's **Tip Top Sandwich Thins** (\$3.50 per 6-pack). Enjoy this low-kilojoule bread alternative fresh or toasted.

Per 40g thin (wholemeal): 412kJ (99cal), 3.9g protein, 1.4g fat, 3.1g fibre, 139mg sodium **hfg**

