



GREEN FOOD GROUPS

Food type	Low Cost	Moderate cost
Fresh fruit* Aim for 2+ portions daily	Fresh tomatoes, Apples, Oranges, Canned Tomatoes	Nectarines, Peaches, Grapefruit, Kiwifruit, Rockmelon, Canned Fruit in Lite Syrup or Juice, Apricots, Mango, Fruit Salad, Pears, Pineapple
Vegetables* Aim for 3+ portions daily	Pumpkin, Onions, Celery, Lettuce, Carrots, Cabbage, Silverbeet, Cauliflower, Canned corn Frozen Vegetables: Peas, Corn, Mixed Vegetables, Green Beans Puha, Watercress	Cucumber, Taro, Zucchini, Asparagus, Broccoli, Broccoflower, Canned Vegetables: Mushrooms, Beetroot, Green Beans
Breads Aim for high fibre Limit the spread No more than 6 slices/day	Regular Wholemeal Bread, Toast and Sandwich Slice	Grain and Seed, Variety Breads, High Fibre White
Meat/Eggs/Beans/Legumes Sources of good protein Lean cuts Cut the fat before cooking Remove the skin	Minced Lamb, Pork, Beef, Corned Hogget Leg, Mutton Chops, Pork, Frozen Chicken Thighs/Legs, Frozen Chicken Pieces/Whole, Fresh Whole Chicken, Eggs, Beans, Lentils	Blade Steak, Diced Lamb, Topside Steak, Rump Steak, Fresh Chicken Drumsticks Canned Meat: Corned Beef, Port Slices, Port Stew, Mutton, Venison Sausages
Fish Aim for 3 portions/week Sources of good protein	Whole Terakihi, Flounder, Monkfish, Sole, Gurnard, Live Mussels, Surf Clams (Pipi), Canned Mackerel	Whole Blue Cod, Boned and Skinned, Red Cod, Marinated Mussels, Smoked Eel, Canned Smoked Fish Fillets, Sardines, Tuna in Spring Water, Pink Salmon.
Dairy Products Aim for 2+ low fat portions/day Sources of good protein	Homemade Yoghurt (e.g. Easiyo) Milk: Low Fat/Reduced Fat, Fresh, Skim Milk Powder (Reconstituted), Buttermilk, Cottage Cheese, Edam, Supermarket Edam	Acidophilis Yoghurt, Natural/Flavoured (200g, 500g, 1kg pottles), Natural and Flavoured Regular Yoghurt, Bega Superslim Slices (Cheese), Ricotta cheese
Pre-prepared foods	Canned Baked Beans, Chilli Beans, Low Fat Baked Beans, Tomato Based Pasta Sauces, Dried Soup, Dried Packet Sauces	Baked Beans & Sausages, Mexican Beans, Plain Popcorn, Hummus, Salsa
Sources of good carbohydrate	Rolled Oats, Weetbix, Sanitarium Kornies/Branflakes, Potatoes, Kumara, Banana, Creamota	Wholemeal Pasta, New Potatoes, Plantain Bananas, Peas
Beverages Have 2 glasses of water with your meals.	Water, Tea, Coffee, Milk: Lite Blue, Green, Clear Soup	Diet Soft Drinks, Bottled Water
Bought crackers and biscuits		Regular Water Crackers, Crispbread, Rice Crackers

* Subject to seasonal variation

References:

- Department of Human Nutrition, University of Otago
- Information Package for Users of the Estimated Food Costs, 2003, University of Otago



ORANGE FOOD GROUPS

Food type	Low Cost	Moderate cost
Fresh fruit	Dried Fruit, Fresh Fruit Juice, Water 50:50, Canned Fruit in Syrup: Apricots, Mango, Fruit Salad, Peaches	
Vegetables	Roasted Vegetables in Oil - preferably canola	Avocado
Breads	Regular White Bread: Toast and Sandwich slice	Fruit Bread/Buns White Bagels/Pita Bread English Muffins
Meat	Frozen Patties	Family Size Potato Top Pies
Fish		Canned Fish in Oil
Dairy Products	Homogenised Milk Lite Sour Cream	Processed Cheese Slice Grated Cheeses
Pre-prepared foods	Canned Spaghetti	Coleslaw, Pizza Bases, Canned: Spaghetti & Sausages, Pasta Alphabets
Sources of good carbohydrate	Rice, Barley, Pasta, Semolina, Couscous, Mashed Potato with Margarine	Kumara Wedges, Potato Wedges
Beverages	Flavoured Milk Drinks	
Bought crackers and biscuits	Gingernuts, Full of Fruit Biscuits, Arrowroot Biscuits, Malt Biscuits	Shaped Biscuits (eg. Teddies)

References:

- Department of Human Nutrition, University of Otago
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RED FOOD GROUPS

Food type	Low Cost	Moderate cost
Fats	Dripping, Lard, Suet, Chefade, Kremelta, Butter, Palm Oil, Coconut Cream	
Vegetables	Fried Chips Potato Chips Corn Chips	
Breads	Garlic/Cheese/Pizza Bread Cream Buns, Doughnuts	Croissants
Meat	Fatty Bacon, Pork, Beef, Flavoured Sausages, Chipolattas, Saveloys, Sausage Meat, Luncheon, Fried Chicken, Roasted Chicken, Crumbed Chicken	Sausage Rolls, Individual Pies
Fish	Deep Fried Fish Fish Fingers, Fish Cakes	
Dairy Products	Sweetened Condensed Milk, Cream, Evaporated Full Cream Milk, Bulk/Regular Ice Cream	Novelty Ice Cream
Pre-prepared foods		Potato Crisps, Big Mac, Cheeseburger, KFC, BBQ Chicken
Other cereals		Toasted Muesli
Beverages	Powdered Fruit Drinks, Fizzy Drinks, Fruit Juice Cordial	Energy Drinks
Bought crackers and biscuits	Wine Biscuits, Bran Biscuits, Digestives, Chocolate Chip Biscuits	Seasame Crackers, Cream Filled Biscuits, Shortbread, Peanut Brownies, Coconut Biscuits

References:

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