



healthyfood GUIDE

2013 HEALTHY FOOD AWARDS



We've found the healthiest snacks on the market!

After closely analysing hundreds of brands, our dietitians chose these products as our finalists, as each snack is nutritionally balanced and moderately priced. When our discerning judges tasted them all (*that was quite a day!*), they selected those with the best flavour as our 2013 Healthy Food Awards snack winners. Think of them as your go-to guide to making health-smart choices!

THE JUDGES



Dr Andrew Rochford
GP and health expert on Network Ten's *The Living Room* and *The Project*.



Andrea Duvall
Editor, *Healthy Food Guide* magazine



Brooke Longfield
Dietitian, *Healthy Food Guide* magazine



Catherine Saxelby
Nutritionist, creator of popular blog *Foodwatch*, and author of bestselling book *Nutrition for Life*.



SWEET SNACKS

Sweet Treat

● Arnott's Snack Right Fruit Pillow (wild berry)

For a snack that's also a source of fibre, grab a couple of these and indulge your sweet tooth. Two bickies are just 530kJ (127cal).

● Cadbury Old Gold Dark Chocolate (original)

A luscious indulgence, four dark squares serve up 546kJ (131cal) along with natural antioxidants.

● Sunbeam Snacks That Go (sultanas, cranberries, almonds, pepitas & dark chocolate)

"I'd feel really satisfied eating this," said Brooke.
This cleverly portioned treat won points for its sweet taste. Each 30g packet provides about 603kJ (144cal) and 2.3g fibre, making it great for people on the go.

● Nestlé Mint Pattie

Trying to stick to just a few squares of chocolate? Reach for a petite Mint Pattie. At just 360kJ (86cal), it's perfectly portion controlled.

Muesli Bar

● Uncle Tobys Bodywise Digestive Balance (orange, almond & honey)

"I like the chewy texture; it's so more-ish!" said Andrea. At just 465kJ (111cal), one bar offers a whopping 8.9g of fibre, which is almost a third of your recommended daily intake (RDI). Stash a bar in your bag for a filling hunger fix.



● Be Natural Trail Bars (honey nut)

With only 4.8g of sugar per bar, these are naturally sweet thanks to honey. Packed with nuts and whole grains, they really satisfy.



● Goodness Superfoods FibreBoost 1st Cereal Bar (cranberry nut)

Made of CSIRO-developed whole grains (BARLEYmax™), just one bar offers 30 per cent of your RDI for fibre and only 3.8g of sugar.



● Be Natural Trail Bars (nut & fruit)

Enjoy five different whole grains plus nuts, dates and sultanas. Each bar provides 2.4g of protein and 4.2g of fibre for just 480kJ (115cal).



HFG HALL OF SHAME

The HFG Hall of Shame spotlights a not-so-healthy product that portrays itself as a wholesome choice for consumers.

THE LOSER

● All Natural Bakery Oat Slice (yoghurt, almond, apricot)

"You see 'oats' and think it's a healthy claim. But what didn't they claim?" said Andrew. This boasts that it's high in fibre and low GI, but each bar is loaded with more than half your RDI for saturated fat, along with nearly 20g of sugar and 1800kJ (431cal)!



KIDS' SNACKS



Kids' Savoury Snack

●Healthies KidsCare Potato Stix (roast potato)

With 75 per cent less fat than regular potato chips, these crunchy 'stix' are great lunch-box bonuses. Each serve has only 201kJ (48cal).

●Mainland Munchables Light Cheese & Rice Crackers

"These look great, and I really like the cheese," said Brooke. With 5.6g of protein, these perfectly portioned snacks were obvious winners, and they scored for their taste, too!

●Sakata Paws Rice Snacks (pizza supreme)

These cute paw-shaped snacks are low in kilojoules, saturated fat and sodium, so they're a good choice.

●Whole Kids Organic Popcorn (sea salt)

This well-portioned snack, provides just 233kJ (56cal) per serve. Low in sodium, it's also naturally high in fibre.

Kids' Sweet Snack

●That! Dairy Snack (wild chocolate)

With 20 per cent of your child's RDI for calcium, this low-GI, gluten-free snack has a rich chocolate taste without the added kilojoules. (And you don't have to refrigerate it!)

●Be Natural Wholegrain Lunchbox Bars (amazing apple)

Made from real fruit and five whole grains, each of these fibre-rich bars contains only 330kJ (79cal).



●Calci Yum No Bits Yoghurt (strawberry flavour)

"This is extra smooth for kids," said Catherine. Our judges liked this yoghurt's texture, and without the 'bits', it's sure to be a hit with kids. It's also packed with protein and calcium.



●Whole Kids Frooshie (banana, strawberry & apple organic smoothie)

With added fibre from psyllium husks and quinoa, this fruity snack is a delicious addition to children's lunch boxes. Pop it in the freezer for an icy summer treat!

BE SNACK SAVVY!

* Pick snacks with fewer than 600kJ (roughly 150cal) or 400kJ (around 100cal) if you're trying to lose weight.

* Protein and fibre keep you feeling fuller for longer. Reduced-fat milky drinks, low-fat cheese and nuts are all hunger-busting snacks.

* Stash snacks in your bag to eat on the run and resist unhealthy options. Opt for 30g boxes of trail mix or muesli bars and fresh fruit.

* Sugar can hide in some so-called healthy foods. Look for muesli bars with fewer than 10g of sugar per bar, and stick to a 200ml serve of fresh fruit juice, ideally including pulp.

* Be portion wise. When buying packaged foods, check the nutrition information panel and ensure you stick to the recommended serve.

DRINKS

Cool Drink

●GC Raw Citrus Crush (fruit & veg juice)

Each bottle is brimming with two serves of fruit and veggies to help you reach your daily targets.

●Golden Circle Healthy Life Probiotic Breakfast Juice

This is a dairy-free way to score the added benefits of probiotics for your digestive health. Just one 200ml serve also contains twice your RDI for vitamin C.

●Nudie Nothing But Oranges (juice with pulp)

"It tastes like it's fresh from the fruit shop!" said Andrew. Our judges loved this tangy juice. Full of vitamin C and 100 per cent fresh fruit and pulp, it's one of our favourites, too.

●Charlie's Apple Juice Drink

A clever combo of apple juice and water, this low-sugar, low-kilojoule lunch-box drink gives kids only 190kJ (45cal) per 200ml.

YOGHURT

●Jalna Proheart Low Fat Yoghurt (vanilla)

Enriched with plant sterols to help actively lower cholesterol levels, this yoghurt is low in saturated fat, and high in protein and calcium.

●Jalna Fat Free Natural Yoghurt

With only 220kJ (53cal) per 100g serve, this natural pot-set yoghurt is a great snack option. And it's ideal for both sweet and savoury dishes.



Milky drink

●Rush Low Fat Iced Latte
"This has the X-factor!" said Andrea. The judges were impressed with its creamy taste. Low in saturated fat, it also has 30 per cent less sugar than regular flavoured milk does and only 480kJ (115cal) per 250ml serve.



●Vitasoy VitaGo (chocolate)
Made from soy, oats and barley, VitaGo is a low-GI option that gives you a third of your RDI for calcium in a 250ml serve.



●Nestlé Milo (energy food drink; made with skim milk)
An oldie, but a goodie! This firm Aussie favourite is low GI, and high in calcium, iron and vitamin C. And kids love it as much as adults do!



●Bondi Chai (vanilla honey; made with skim milk)
This gluten-free, 98-per-cent fat-free chai latte has only 500kJ (120cal) per 200ml serve, making it a great choice for a warm drink.



●Brooklea Natural Fat Free Tub Set Yoghurt

A slightly tangy tub-set yoghurt, this contains a massive 255mg of calcium per 150g serve.

●Tamar Valley Greek Style Yoghurt (strawberry)

"It's smooth and creamy, and not too sweet," said Catherine. This yoghurt has just 6g of sugar per 100g tub, but its texture won judges' votes.