

 Discovery

HealthyFood™



In partnership with

Pick n Pay

Inspired by you



Save up to 25% on over 6000 HealthyFood™ products

Discover *healthy living!*



Nothing feels quite as good as feeling healthy. It puts a spring in your step and a smile on your face. So to help you take good care of yourself, Discovery brings you the HealthyFood™ benefit to help you get a more nutritious, balanced diet. The list of HealthyFood™ in this catalogue was compiled by a team of top experts and is based on the South African Food-based Dietary Guidelines, those of the World Health Organisation and other international dietary guidelines.

Save up to 25% on HealthyFood™

And best of all, every time you put an approved Vitality HealthyFood™ product in your trolley at Pick n Pay you'll get up to 25%* cash back. You will also earn Vitality points that will enable you to treat yourself to Vitality's lifestyle and leisure rewards.



* All Vitality members immediately qualify for a 15% saving and by completing a Personal Health Review on www.discovery.co.za you will increase your saving to 25%.



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How to use this catalogue . . .

The HealthyFood™ list is made up of seven main product categories for you to choose from, including: vegetables; fruits; carbohydrate-rich foods; protein-rich foods; dairy and dairy alternatives; lentils and legumes; oils, spreads, nuts and seeds. You will find a list of these foods in this catalogue as well as on the Discovery website at www.discovery.co.za. The Vitality Nutrition Panel, who identify the HealthyFood™ products will continually review the HealthyFood™ product list and the criteria that determine the product selection based on any new clinical evidence.

The rewards of healthy living

How to benefit your health as well as your budget

Whenever you shop at Pick n Pay and buy any of the products in this catalogue, you will get **15% cash back**. If you (and your spouse) complete a Personal Health Review online at www.discovery.co.za, your savings will increase to an incredible **25%**. You will also earn **10 Vitality points** for every HealthyFood™ product you buy, up to a maximum of 500 Vitality points a month for each membership. If your spouse is also on your Vitality policy, he or she will qualify for the same saving.



How HealthyFood™ works

If you have a VISA DiscoveryCard all you have to do is go to www.discovery.co.za to activate the HealthyFood™ benefit. Your VISA DiscoveryCard will be used to track all of your HealthyFood™ transactions. Importantly, when you use your VISA DiscoveryCard at Pick n Pay you will also benefit from the VISA DiscoveryCard cash back benefit of 5% to 10% on all of your spend at Pick n Pay, according to your Vitality status. This is in addition to your savings on the HealthyFood™ benefit. Vitality members who do not have a VISA DiscoveryCard will get a HealthyFood™ card to record their HealthyFood™ savings.

You can use this catalogue to help you make the healthiest food choices in store. Once you have made your choices, you must swipe your HealthyFood™ card or VISA DiscoveryCard before the cashier rings up your products.

How your HealthyFood™ saving is calculated

Your overall saving applies on HealthyFood™ valued up to a limit of R2 000 (single members) and R4 000 (families) a month.

Your HealthyFood™ spend and saving is limited to the Vitality points you have earned. This is to encourage you to do other healthy activities as well as eating healthily.

The HealthyFood™ saving will be paid into your VISA DiscoveryCard each month. If you do not have a VISA DiscoveryCard, your savings will be paid into your chosen bank account.





All HealthyFood™ products are identified as “VIT” on your till slip.

The healthier you get, the more you save

To get the most savings when you buy HealthyFood™ at Pick n Pay, make sure you keep improving your health and keep earning Vitality points.

You save on HealthyFood™ up to the number of Vitality points you have earned during the year to date. For example, if you have earned 2 000 Vitality points, you can get savings on up to R2 000 of HealthyFood™.

Completing the Personal Health Review tells you more about your health status and immediately increases the saving on your HealthyFood™.



The HealthyFood™ benefit in action

Kate is a 41-year-old single woman. She spends R517.32 at Pick n Pay, R375.80 of which is spent on HealthyFood™. She has completed the Personal Health Review online which qualifies her for a 25% HealthyFood™ saving, bringing her Vitality HealthyFood™ saving to R93.95 which will be paid in the form of a monthly cash back payment.

Where to start

Activate the HealthyFood™ benefit on www.discovery.co.za and complete the online Personal Health Review to increase your savings.

Meet our experts . . .

Prof Tim Noakes

Discovery Health Professor of the UCT/MRC Research Unit for Exercise Science and Sports Medicine, Department of Human Biology, Faculty of Health Sciences, University of Cape Town, South Africa

Prof Marjanne Senekal

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Prof Vicki Lambert:

Professor and Medical Research Council Consultant on Chronic Diseases of Lifestyle, UCT/MRC Research Unit for Exercise Science and Sports Medicine, Department of Human Biology, Faculty of Health Sciences, University of Cape Town, South Africa

Anne Till RD (SA)

Director: Anne Till and Associates, Registered Dieticians, South Africa

Vegetables

Delicious, versatile and also part of your recommended five-a-day, like fruit, all fresh vegetables pack an awesome nutritional punch and qualify as a Healthy Food™. Whether you steam them, boil them or bake them, every forkful adds colour and variety to a meal while delivering amazing health-protective benefits

If you want the ultimate feel-good factor, then pile your plate with vegetables!

Not only are they high in antioxidants and phytonutrients, which neutralise the harmful free radicals that have been linked to cancer, but **they also contain vitamins, flavonoids and fibre** which have been shown to have a protective effect against coronary heart disease.

Best of all, they can be a lifesaver if you're trying to lose weight. Vegetables contain similar nutrients to fruit, but they have far less sugar, and so are lower in kilojoules. Therefore they're a great way to help you feel full at mealtimes, without hiking up your kilojoule intake.

Up to 25% off all vegetables at Pick n Pay!

C

Captain Green Peas
Captain Mixed Vegetables

F

Farmgirl Country Mix
Farmgirl Homestyle Mix
Farmgirl Vegetable Medley
Farmgirl Veggies Mix

G

Genadendal Cauliflower Florets
Genadendal Country Vegetables

Genadendal Two Mix
Green Valley Chopped Spinach
Greens Mixed Vegetables

Growers Brussels Sprouts
Growers Country Mix
Growers Cut Corn
Growers Mixed Vegetables

H

Harvest of Color
Catercraft Beans
Harvestime Baby Carrots
Harvestime Catercraft Corn
Harvestime Catercraft Peas

Harvestime Caterers Grade Mixed Vegetables
Harvestime Country Mix
Harvestime Diced Carrots
Harvestime First Butternut Vegetable Mix
Harvestime Mixed Vegetables
Harvestime Peas
Harvestime Peas and Baby Carrots
Harvestime Peas and Cut Corn
Harvestime Sweet Corn

I

I&J Young and Tender Sliced Green Beans
I&J Young and Tender Spring Mix

L

Lin Baby Cabbage
Lin Celery
Lin Okra
Lin Spinach
Lizzies Butter Lettuce Rock
Lizzies Continental Salad Pack

M

Makari Mixed Vegetables
McCain Chopped Spinach
McCain Combo's Bean Mix
McCain Combo's Cabbage Mix

McCain Corn in a Cup	McCain Y&T Carrot Julienne	Natures Garden Tender Garden Peas	PnP Organic Frozen Cauliflower
McCain Country Crop	McCain Y&T Cauliflower Florets	Natures Garden Young Garden Spinach	PnP Organic Frozen Green Beans
McCain Cut Corn	McCain Y&T Mint Peas	No Name Carrot Roundels	PnP Organic Frozen Vegetable Medley
McCain Farmer's Choice	McCain Y&T Peas	No Name Frozen Cauliflower	PnP Roasting Vegetable Mix
McCain Four Seasons Mix	McCain Y&T Sliced Green Beans	No Name Frozen Corn	Prins Farms Continental Herb Salad
McCain Garden Mix	McCain Y&T Sliced Sweet Potato	No Name Frozen Farmstyle Vegetables	Prins Farms Jumbo Herb Salad
McCain Mixed Vegetables	McCain Y&T Spinach	No Name Frozen Green Peas	Prins Farms Jumbo Mixed Leaf
McCain Mixed Vegetables Frozen	McCain Y&T Super Juicy Corn	No Name Frozen Mixed Vegetables	
McCain Pumpkin Chunks	Mcgregor's Country Mix	No Name Seasonal Mix	T
McCain Roasting Vegetables	Mcgregor's Mixed Vegetables		Table Top Frozen Vegetable Mix
McCain Steam It Broccoli/Cauliflower/Maro	Mr Mcgregor's Cut Green Beans	O	Table Top Garden Peas
McCain Steam It Cauliflower/Carrots/Peas		Oerlemans Baby Carrots	Table Top Sweetcorn
McCain Steam It Mixed Vegetables	N	Oerlemans Brussel Sprouts	Talley's Garden Peas
McCain Steam It Vegetables	Natures Garden Carrots Julienne	Oerlemans Garden Peas	
McCain Super 4 Pack Mixed Vegetables	Natures Garden Cut Green Beans	P	
McCain Super 4 Pack Peas	Natures Garden Supersweet Corn	PnP Butternut & Sweet Potato Chunks	
McCain Vegetables Super Six Pack	Natures Garden Sweet Potato Chunks	PnP Country Crisp Mixed Vegetables	
McCain Y&T Baby Carrots	Natures Garden Tender Baby Carrots	PnP Organic Frozen Carrots	
McCain Y&T Baby Peas			

Fruits

Need to grab something on the go to keep your energy levels up throughout the day? Want to give a boost to your bobotie? Fancy a sweet treat at the end of a meal? Fruit is not only a perfectly portable snack, recipe ingredient and dessert – it's jam-packed with nutrients too

We know that we should be eating at least five portions of vegetables and fruit a day, and yet few of us actually do this. Many think that fruit is full of waistline-expanding sugar. However, although a portion of fruit does contain more kilojoules than a portion of vegetables, the overall kilojoule content is low,

especially when compared with other sweet foods such as puddings or cakes! More importantly, **fruit is bursting with vitamins, minerals, fibre and phytonutrients** that help to boost your immunity and keep disease at bay. Which is why all fresh, dried and certain tinned fruits qualify as a HealthyFood™.

Up to 25% off all fruits at Pick n Pay!

You should try to eat the equivalent of at least two cups of fruit (equivalent to two to four small pieces of fruit) daily as part of a balance diet. Aim to eat a variety of colours each day too. Choose from blue and purple (such as grapes and blueberries), orange and yellow (such as pineapple and paw paw), red (such as strawberries and cherries), white (such as bananas and litchis) and green (such as kiwi fruit).

A

A.N Mango Slices
Alman's Prunes
Alman's Raisins
Alman's Sultanas

B

B L Distributors
Dried Figs
B L Distributors
Dried Papino
B L Distributors

Dried Pineapple

B L Distributors
Dried Tomato

Betty Crocker Fruit Roll
Ups Strawberry

D

Deglet Nour Dates
Glove Box

Delicious Frozen
Gooseberries

Delicious Frozen
Mixed Berries

Delicious Frozen
Raspberries

Delicious Frozen
Strawberries

Denova Dried Banana

Denova Dried Mango

Denova Dried
Pineapple

Droegenot
Apple Roll

Droegenot
Banana Roll

Droegenot Dried
Mangoes

Droegenot Figs

Droegenot
Granadilla Roll

Droegenot
ManInaartjie Roll

Droegenot Paw Paw
Banana Roll

Droegenot Pears

Droegenot Peeled
Peaches

Droegenot Prunes

Droegenot Raisins

Droegenot Turkish
Apricots

F

Foodhall Cranberries
Foodhall Mango Strips
Fruits of Desert Dates

G

Gabys Earth Food Peaches
Golden Delicious apples

H

Hawkwood Pineapple Chunks
Health Connection Mango
Health Connection Raisins Organic
Hillcrest Apricot Halves
Hillcrest Assorted Berries
Hillcrest Black Cherries
Hillcrest Blackberries
Hillcrest Blackcurrants
Hillcrest Blueberries
Hillcrest Cape Figs

John West Pear Halves in Natural Juice

K

Kliyat Yossi Amar Dates
Kliyat Yossi Dry Figs
Kliyat Yossi Dry Majul Dates
Kliyat Yossi Dry Plums
Kliyat Yossi Dry Raisins

L

Laduma Raisins
Lets Date Pitted Dates

M

Macnut Turkish Apricots
Maitre Prunille Soft Apricots
Maitre Prunille Soft Figs
Maitre Prunille Soft Pitted Dates
Maitre Prunille Soft Pitted Prunes
Mary-Ann's Pitted Dates

Melissa's Sundried Nectarines
Melissa's Sundried Peaches
Melissa's Sundried Pear Roll
Melissa's Sundried Pears
Melissa's Sundried Royal Apricots
Melissa's White Genoa Figs
Montagu Sundried Peeled Peaches

N

Namib Dried Fruit Choice Peaches
Namib Dried Fruit Choice Prunes
Namib Dried Fruit Choice Turkish Apricots
Namib Dried Fruit Dates Pitted
Namib Dried Fruit Mango Strips Choice
Namib Dried Fruit Mix Fruit Choice Grade

Cape Peach
Nature's Delight Mango
Nature's Delight Turkish Apricot
Naturlite Grapefruit Segments
Naturlite Guava Halves in Fruit Juice
Naturlite Peach Slices
Naturlite Pear Halves
Naturlite Pineapple Rings
No Name Standard Grade Apricot Halves
No Name Standard Grade Peach Halves
No Name Standard Grade Peach Slices
Nourishing Pitted Dates
Nu Fruit Cranberry Slices
Nu Fruit Exotic Medley
Nu Fruit Fruit Roll Mango and Orange
Nu Fruit Mango Slices
Nu Fruit Papaya Slices

Fruit used as replacement snacks can help reduce one's overall kilojoule intake and therefore contribute to better weight regulation

Hillcrest Cape Gooseberries
Hillcrest Frozen Cranberries
Hillcrest Redcurrants

J

John West Apricot Halves in Natural Juice
John West Fruit Cocktail in Natural Juice
John West Mandarin Orange in Natural Juice
John West Peach Halves in Natural Juice

Mary-Ann's Organic Dried Pineapple
Mary-Ann's Raisins Non Oiled
Medjool Dates
Melissa's Hannepoot Stalk Raisins
Melissa's Sundried Apricot Roll
Melissa's Sundried Fig Roll
Melissa's Sundried Guava Roll
Melissa's Sundried Nectarine Roll

Namib Dried Fruit Mixed Fruit
Namib Dried Fruit Papaya Diced
Namib Dried Fruit Peeled Peaches
Namib Dried Fruit Pineapple Diced
Namib Dried Fruit Prunes
Namib Dried Fruit Raisins
Namib Dried Fruit Whole Red Cherries
Nature's Delight

Nuts & Fruit 4 You Cranberries

O

Ocean Spray Cranberry/Raisins
Ocean Spray Dried Cranberries

P

Pick'n Mix Yellow Nectarines
PnP Apple Rings
PnP Apricot and

Pear Roll
 PnP Apricots Turkish
 PnP Banana Fingers
 PnP Dried Cling Peaches
 PnP Dried Prunes
 PnP Dried Sharon Fruit
 PnP Fig Roll
 PnP Frozen Mixed Berries
 PnP Frozen Seasonal Fruit Mix
 PnP Frozen Trio of Berries
 PnP Mixed Dried Fruit
 PnP Peach Roll
 PnP Peaches Peeled
 PnP Pie Apple Segments
 PnP Raisins
 PnP Raspberry Roll
 PnP Seedless Raisins

PnP Snack Pack Jumbo Raisins/Sultanas
 PnP Snack Pack Prune

Q

Queen pineapple

S

Safari Choice Apple Rings
 Safari Choice Currants
 Safari Choice Extra Large Prunes
 Safari Choice Large Hanepoot Raisins
 Safari Choice Sultanas
 Safari Choice Peaches Nectarines
 Safari Choice Raisins
 Safari Choice Royal Apricots

Safari Choice Seeded Raisins
 Safari Datal Raisins
 Safari Dried Mangoes
 Safari Fruit Roll Guava
 Safari Fruit Roll Mango
 Safari Fruit Roll Peach
 Safari Golden Choice Sultanas
 Safari Pears Snack Pack
 Safari Pitted Dates
 Safari Pitted Prunes
 Safari Raisin Mix
 Safari Sun Dried Dates
 Safari Sun Dried Smyrna Figs
 Safari Turkish Apricots
 Spice Mecca Luscious Medjool Dates

Spice Mecca Medjool Dates
 Stumbo Turkish Apricots
 Sugarbird Apricots
 Sugarbird Figs
 Super B Pitted Dates
 Super Choice Fruits Peaches
 Supreme Fresh Dates
 Sweet Land Dried Figs

T

Trumps Pitted Dates

W

Weigh-Less Pear Halves
 Weigh-Less Pineapple Pieces

Carbohydrate-rich foods

The carbohydrates found in processed foods, such as white bread and biscuits, raise your blood sugar quickly, giving you an instant energy boost followed by a slump. However, those in whole grain foods, such as oats, porridge and brown rice, provide a steady supply of energy.

Bread

Wholegrain, seed and healthy breads have particularly valuable characteristics. Apart from being packed with fibre and many important micronutrients, the starch in these types of breads is usually changed into glucose slowly – resulting in a sustained energy supply over longer periods of time when compared to refined white alternatives.

A

Albany Oude Cape
Healthy Low GI Bread
Albany Oude Cape
Whole Grain Bread
Albany Slim Slice Malted
Wholewheat Bread
Albany Superior

Rye Sliced
Astoria Pumpkinseed
Rye Sliced
Astoria Wheat Free Rye
Pecan Nut
Astoria Wheat Free
Sunflower Seed
Astoria Wheat Free
Whole Grain

Blue Ribbon Premier
One Crush Wheat
Blue Ribbon Superior
Brown Crushed Wheat
Blue Ribbon Superior
Whole Grain Bread
Blue Ribbon Whole
Grain Sliced Bread
Bokomo Pronutro
Wholewheat
Braai Wholewheat Rolls

L

Lifestyle Pain Au Lev Rye
Lifestyle Pain Au Lev
Rye Roll

M

Mello Kornspitz
Low GI Bread

P

PnP Apito Sunseed Bread
PnP Family Loaf Brown
with Granary
PnP Five Seed Loaf
PnP Granary Bread
PnP Granary Nutty Loaf

C

California Sour Rye

D

Duens Dumpy
Wheat Sliced Bread

Nutrients in whole grains, especially when consumed together in the intact grain, have a protective effect against chronic lifestyle-associated diseases.

Wholegrain Sliced Bread
Albany Superior
Whole Wheat Sliced
Brown Bread
Albany Superior Low
GI Seed Bread
Astoria Light Rye
Bread Round
Astoria Light Rye Loaf
Astoria Mild Rye Mixed
Astoria Pumpnickel

Astoria Wholewheat
Seeded Loaf

B

B.B Bakery Brown
Seed Loaf
B.B Bakery Nutty
Wheat Loaf
Blue Ribbon Low GI Loaf
Blue Ribbon Nutty
Wheat Sliced Dumpy

Duens Dumpy
Wholewheat Bread

H

Hansa Long Life
Sunflower Seed

J

Just Bread Long Life
Wholewheat

PnP Granary Sunflower
Loaf

PnP Health Bread Mini
PnP Health Roll
PnP Hildas Seed Loaf
PnP Homemade
Wholewheat
PnP Linseed Bread
PnP Low GI Multiseed
Bread

PnP Model Anchor Nut n Seed
 PnP Model Anchor Nutri Light Rye
 PnP Model Dark Wholewheat Bread
 PnP Model Rye Broetchen
 PnP Model Seed Bread
 PnP Multiseed Rolls
 PnP Nutty Loaf
 PnP Nutri Light Rye
 PnP Pita Bread
 PnP Pumpkin and Seed Roll
 PnP Raisin Health Bread
 PnP Rye Bagels
 PnP Rye Baguette
 PnP Rye Bread
 PnP Rye Bread Rolls
 PnP Rye Loaf
 PnP Seed Bread
 PnP Seeded Bagel
 PnP Seeded Rye Bread
 PnP Sliced Linseed Rye Bread
 PnP Superior Wholewheat Bread
 PnP Sunflower Bread
 PnP Traditional Whole Grain Rolls
 PnP Vienna Rye Baguette
 PnP Vienna Rye Loaf
 PnP Vienna Rye Oval
 PnP Vienna Rye Roll
 PnP Volkorn Bread
 PnP Volkorn Rye Bread
 PnP Wheat Free Pure Rye
 PnP Wholewheat Bagels
 PnP Wholewheat Granary Loaf

S

Sasko Dark Oval Rye Bread
 Sasko Daybreaker Brown with Granary
 Sasko Light Oval Rye Bread
 Sasko Sam Sunflower Rye Bread
 Sasko Sam Wholewheat Sliced Bread
 Sasko Sam Wholewheat Unsliced Bread
 Sunshine Wholewheat Plus Sliced Bread
 Swartland Wheat and Rye Bread

T

Tsitsikamma Wholewheat Dark Bread

V

Vrystaat Dumpy Wholewheat

Cereals

Breakfast is probably the most important meal of the day, and an excellent way to start your day is with a bowl of high fibre cereal or a wholegrain porridge like rolled oats

A

Alpen Nutrific
 Attwells Rolled Oats
 Attwells Wheat Germ

B

Bokomo Bran Flakes
 Bokomo Fibre Plus Cereal
 Bokomo Oats Quick Cook
 Bokomo Regular Oats
 Bokomo Pronutro Wholewheat Apple Bake
 Bokomo Pronutro Wholewheat Honey Melt
 Bokomo Right Start Oat Flakes
 Bokomo Weet-Bix

H

Health Connection Barley Flakes
 Health Connection Rolled Oats

J

Jungle Oats
 Jungle Oat Bran
 Jungle Oats in Bag

K

Kellogg's All Bran Flakes
 Kellogg's Nutrific
 Kraft Shredded Wheat Large

M

Mary-Ann's Organic Oats

N

Nabisco Post Shredded Wheat
 No Name Oats
 No Name Shredded Bran

P

PnP Bran Flakes
 PnP Oat Bran
 Pouyoukas Digestive Bran
 Pouyoukas Rolled Oats
 Pouyoukas Whole Rolled Oats

S

Simply Cereal Oat Bran
 Simply Cereal Traditional English Organic Oats
 Simply Cereal Traditional English Porridge Oats
 Supa Valu Oats

T

Tiger Oats

W

Weigh-Less High Fibre Bran with Raisins

Pasta & noodles

Pasta and noodles are also good sources of carbohydrate in the diet. The many different pasta options selected as part of the Healthyfood™ benefit, will enable you to include a variety of exciting pasta dishes as part of your balanced healthy diet

A

Agnesi Tagliatelline

B

Barfood Medium Noodles

Barfood Wide Noodles

Barilla Bavette

Barilla Bran Fusilli

Barilla Bran Spaghetti No.5

Barilla Conchiglie Rigate

Barilla Ditaloni Lisci

Barilla Egg Lasagne

Barilla Fettuccine No.130

Barilla Lasagne

Barilla Noodle Fusilli No.98

Barilla Pappardelle Semolina

Barilla Pipe Rigate Bran

Barilla Plain Tagliatelle

Barilla Plain Tagliatelle No.129

Barilla Spaghetti No.3

Barilla Spaghetti No.5

Barilla Tagliatelle Spinach

Barilla Tagliatelle Spinach No.149

Barilla Tortellini Shells

Buitoni Linguine

Buitoni Penne Rigate

Buitoni Spaghetti

Buonissima Fusilli

Buonissima Fusilli Tri Colour

Buonissima Large Conchiglie

Buonissima Rigatoni

C

Classic Pasta Tagliatelle

Classic Pasta Tagliatelle Spinach

Conimex Noodle Mie

D

De Niro Capelli D'Angelo

De Niro Egg Noodle Nests

De Niro Fusilli Tri Colour

De Niro Pipe Rigate

De Niro Spaghetti No.5

De Niro Spaghettini

De Niro Tagliatelle Large

De Niro Vermicelli No.7

Deboles Fusilli Pasta

Deboles Penne Pasta

Divella Pasta Capelli D'Angelo 93

Divella Pasta Capellini 11

Divella Pasta Caserecce 25

Divella Pasta Filini 79

Divella Pasta Fusilli 40

Divella Penne Mezzani

Divella Penne Ziti Rigate

Divella Penne Zitoni

Divella Saeme

Di Mellone

Divella Spaghetti

Divella Spaghetti Tri Colour

Divella Stellini 74

Divella Tagliolini

Dr Schar Pasta Lasagne

E

Erawan Rice Vermicelli

F

F G La Pasta Cappeletti

F G La Pasta Lasagna Vegetarian

F G La Pasta Lasagne Egg

F G La Pasta Organic Penne Riga

F G La Pasta Pappardelle White

F G La Pasta Ravioli Spring

F G La Pasta Risone

F G La Pasta Spaghetti Gluten Free

F G La Pasta Tagliolini Egg

F G La Pasta Tagliolini White

Fatti's & Moni's Curved Shells

Fatti's & Moni's Egg Macaroni

Fatti's & Moni's Egg Spaghetti

Fatti's & Moni's Elbow Macaroni

Fatti's & Moni's Lasagne Plain

Fatti's & Moni's Macaroni Cater Pack

Fatti's & Moni's Macaroni Value Pack

Fatti's & Moni's Noodle Rice

Fatti's & Moni's Noodle Spiral

Fatti's & Moni's Pasta Screws

Fatti's & Moni's Penne Rigate

Fatti's & Moni's Pipe Noodle

Fatti's & Moni's Plain Macaroni

Fatti's & Moni's Ridges

Fatti's & Moni's Spaghetti Cello

Fatti's & Moni's Spaghetti Plain

Fatti's & Moni's Spaghetti Value Pack

Fatti's & Moni's Tagliolini

Fatti's & Moni's Vermicelli Cut

Fatti's & Moni's Vermicelli Plain

Fatti's & Moni's Wholewheat Fusilli

Fatti's & Moni's Wholewheat Macaroni

Fatti's & Moni's Wholewheat Screws

Fatti's & Moni's Wholewheat Spaghetti

Fiamma Rigatoni

Fiamma Spaghetti

Fiamma Vesuviana Bucatini

Fiamma Vesuviana Ditali

Filiz Fusilli

Filiz Penne Rigate

Filiz Shells

Filiz Spaghetti

Fine Form Lasagne

Freddi Egg Pasta Gigli

Freddi Egg Tagliatelle

Fresco Fusilli Tri Colour

Fresco Lasagne Yellow

G

Giglio Fettuccini
 Giglio Lasagne Semola
 Giglio Pappardelle
 Glutenex Animal Shapes Pasta
 Glutenex Macaroni
 Glutenex Spaghetti
 Guacci Fettuce
 Guacci Linguine
 Guacci Pappardelle
 Guacci Penne Ziti Rigate
 Guacci Pennoni
 Guacci Stelline No.80

H

Hakubaku Organic Soba Noodle
 Hakubaku Organic Somen Noodle
 Hakubaku Organic Udon Noodle

K

King Mixed Pasta
 King Pasta Curly

L

La Vita Elbow Macaroni
 La Vita Fusilli
 La Vita Noodle Penne

M

M G Pasta Large Macaroni
 M G Pasta Large Shells
 M G Pasta Macaroni
 M G Pasta Penne Rigate
 M G Pasta Riso
 M G Pasta Shells
 M G Vermicelli Pasta

Magnolia Rice Vermicelli
 Mamma G's Shells
 Mamma G's Spaghetti
 Manischewitz Egg Noodles
 Manischewitz Fine Egg Noodles
 Manischewitz Medium Noodles
 Mary-Ann's Pasta Gluten Free Fettuccine
 Mary-Ann's Pasta Gluten Free Fusilli
 Mr Pasta Macaroni
 Mr Pasta Screws
 Mr Pasta Spaghetti
 Myojo Egg Noodle

N

No Name Elbows
 No Name Macaroni
 No Name Rigatoni
 No Name Shells
 No Name Spaghetti
 No Name Twirls

O

Orgran Buckwheat Spirals
 Orgran Italian Style Spaghetti
 Orgran Rice and Corn Macaroni

P

Pasta Grande Macaroni
 Pasta Grande Penne Rigate
 Pasta Grande Pipe Rigate
 Pasta Grande Screws
 Pasta Grande Screws Tri Colour
 Pasta Grande Spaghetti

Pasta La Vita Elbows
 Pasta La Vita Fusilli
 Pasta La Vita Penne Rigatoni
 Pasta La Vita Spaghetti
 Pasta La Vita Tagliatelle
 Pasta La Vita Vermicelli
 Pasta Zara Fidellini
 Pasta Zara Gramigna Kleine Elbow
 Pasta Zara Gramignone Rigato
 Pasta Zara Macaroni
 Pasta Zara Spirali
 Pasta Zara Tagliatelle
 Plain Stirfry Noodles
 PnP Fettuccini

PnP Lasagne Sheets Plain
 PnP Lasagne Sheets Verdi
 PnP Penne Rigate
 PnP Rigatoni
 PnP Shells
 PnP Spaghetti
 Polana Elbow Macaroni
 Polana Elbows
 Polana Fusilli
 Polana Fusilli Tri Colour
 Polana Macaroni
 Polana Noodle Shells
 Polana Pasta Magic
 Polana Spaghetti
 Polana Tagliatelli
 Polana Twirls
 Puccini Cavatappi
 Puccini Macaroni
 Puccini Penne Rigate
 Puccini Spaghetti

R

Regalo Egg Lasagna
 Regalo Fusilli Wheat Free

Regalo Lasagne Wheat Free
 Regalo Macaroni Gluten Free
 Regalo Organic Spaghetti
 Regalo Organic Wheat Free Spaghetti
 Regalo Organic Wheat Free Taglia
 Rio Bravo Spaghetti
 Riscossa Campanule No.15
 Riscossa Conchiglioni No.108
 Rokeach Pot Egg Noodle Medium

S

Savion Elbow Macaroni
 Savion Linguine Noodles
 Savion Noodles Medium
 Savion Noodles Wide
 Savion Spaghetti
 Shibolm Toasted Pasta Long
 Shibolm Toasted Pasta Round
 Shogun Authentic Pad Thai Noodle
 Shogun Egg Noodle
 Shogun Noodle Rice Vermicelli
 Shogun Vermicelli Chinese
 Spigadoro Pasta Capellini
 Spigadoro Pasta Cornetti
 Spigadoro Pasta Farfalle
 Spigadoro Pasta Fettucelle
 Spigadoro Pasta Fusilli
 Spigadoro Pasta Fusilli Tri Colour
 Spigadoro Pasta Nest
 Spigadoro Pasta Penne Rigate

Spigadoro Pasta Pipe Rigate
 Spigadoro Pasta Siciliani
 Supremo Fusilli
 Supremo Macaroni
 Supremo Shells
 Supremo Spaghetti
 Sweet Home Egg Noodle
 Sweet Home Wide Noodle

T

Tai Tai Rice Vermicelli
 Taste Of Japan Pad Thai Noodles
 Taste Of Thai Rice Noodles
 Thai Heritage Tom Yum Noodles Mealpa

V

Voeillo Fusilli
 Voeillo Linguine
 Voeillo Penne Lisce
 Voeillo Penne Rigate
 Voeillo Rigatoni
 Voeillo Spaghetti
 Voeillo Spaghetтини
 Voeillo Tripollini

W

Wai Wai Rice Vermicelli
 White Swan Instant Egg Noodle
 Willi Foods Broad Egg Noodle
 Willi Foods Narrow Egg Noodles

Z

Zar Spaghetti

Other starchy foods

Apart from being nutritious, brown rice has a nutty flavour and a different texture to white rice, and can add additional interest and variety to a balanced diet

777 Parboiled Rice

A

Ace Maize Rice
 Ace Maize Samp
 Ace Samp
 Aicha Couscous
 Ainsley Harriott Basmati Rice
 Ainsley Harriott Long Grain Rice
 Ainsley Harriott Thai Rice
 Alabama Brown Parboiled Rice
 Amy's Rice
 Ashoka Basmati Rice
 Ashoka Premium Basmati Rice
 Asif Real Couscous
 Attwells Couscous
 Attwells Gluten Free Rice
 Attwells Polenta
 Aunt Caroline Basmati Rice
 Aunt Caroline Rice

B

Bacchini Couscous
 Bacchini Organic Couscous
 Beano Plain Samp
 Blue Dragon Sushi Rice
 Bonnet White Rice
 Bramatta Maize Polenta
 Budget Beater Rice
 Buhlalu Rice

C

Champ Maize Rice
 Champion Samp
 Chobe Maize Rice
 Chobe Samp
 Chopstick Parboiled Rice
 Chopstick Rice
 Chopstick White Rice
 Cice King Parboiled Rice
 Cresta Rice
 Crossbow Rice
 Curry King Rice
 Curtiriso Basmati Rice

D

Dairi Couscous Wholewheat Mix
 Dairi Medium Grain Couscous
 Diamond Maize Rice
 Diamond Samp
 Divella Polenta

E

Enecorn Yellow Braaipap
 Everest Rice

F

Farmers Parboiled Rice
 Farmers White Rice

G

Golden Crown Rice

H

Health Connection Polenta
 Home Choice Parboiled Rice
 Home Choice Rice
 Home Choice Samp and Beans

I

Imbali White Rice
 Indagate Basmati Classic Rice
 Inkhanyeti Parboiled Rice
 Invicta Maize Rice
 Invicta Samp
 Invicta Samp in Poly Bag
 Iwisa Maize Rice
 Iwisa Samp

L

La Grande Ruota Instant Polenta
 La Grande Ruota Traditional Polenta

M

Magic Rice for Africa
 Magic Samp

N

Nambawane Rice
 Namib Mills Rice
 Natures Choice Polenta Mealie Meal
 Nicolli Polenta Integra
 Nicolli Polenta Svelta
 Noordfed Maize Plain Rice
 Noordfed Samp

O

Old Mill Real Brown Streamed Rice
 Organic World Basmati White Rice
 Organic World Wild Rice
 Osem Real Couscous
 Osem Toasted Rice

P

Paddy Basmati Rice
 Paddy Health Brown Rice
 PnP Basmati Rice
 PnP Brown Rice
 PnP Rice
 Pouyoukas Brown Long Grain Rice
 Pouyoukas Polenta Maize Grits
 Premier Long Grain Rice
 Pride Maize Rice
 Pride Plain Samp
 Pride Polenta
 Pride Samp
 Protea Parboiled Rice

R

Really Parboiled Rice
 Rice King Parboiled Rice
 Rio Rice
 Risso Gallo Basmati Rice
 Risso Gallo Panta Rice
 Risso Gallo Risotto
 Rice Arbot

S

Shaikh's Pilau Rice
 Sihlobo Parboiled Rice
 Spekko Brown

Basmati Rice
 Spekko Brown Rice
 Spekko Long Grain Parboiled Rice
 Spekko Parboiled Rice
 Spekko White Rice
 Spice & All Brown Basmati Rice
 Star Pride Rice
 Sunwhite Calrose
 Sushi Rice
 Superior Crop Parboiled Rice
 Surprise Basmati Rice
 Surprise Rice
 Surprise White Rice
 Swazi Mills Maize Rice

T

Tafelberg Maize Rice
 Tafelberg Maize Samp
 Taj Mahal Rice
 Tastic Rice
 Tastic Sushi
 Thriftpack Parboiled Rice
 Tilda Basmati Rice
 Tilda Rizzaz Brown
 Tipiak Couscous
 Top Parboiled Rice

V

Vaadi Basmati Rice

W

Wensleydale Long Grain Brown Rice
 Westra Maize Rice
 Westra Maize Rice Paper
 Westra Maize Samp
 Willinton Rice

Whole grains

Whole grains are nutritionally superior to refined grains, richer in dietary fibre, antioxidants, vitamins and minerals. Eating whole grain foods is associated with a reduced risk for chronic diseases, obesity, and certain gastrointestinal diseases

Alman's Popcorn	Pouyoukas Crushed Wheat
Beano Popcorn	Pouyoukas Quinoa
Brennco Popcorn	Pouyoukas Quinoa Bran
Crossbow Popcorn	Sunray Popcorn
Deliko Popcorn	Supa Valu Popcorn
Imbo Popcorn	Superior Crop Popcorn
Imbo Stampkoring	Swazi Mills Popcorn
Kos Vir Afrika Popcorn	Tiger Pearl Barley
Lins Popcorn	Tipiak Microwave Couscous
Organic World Barley	Tops Popping Corn
Organic World Bulgur Wheat	Wensleydale Quinoa
Paddy Pearled Barley	

Protein-rich foods

Foods from animal origin play an important role in ensuring that optimal diets and adequate nutrient intakes are achieved as part of a balanced diet. Skinless chicken, turkey, fish and eggs are protein rich foods, that can be eaten daily. When included into your diet, they provide good quality protein

Poultry

Poultry is an excellent source of good quality protein. It also provides essential micronutrients to the diet, such as iron, zinc and a number of B vitamins. These nutrients are more available for the body to use when provided from animal foods than from plant sources

A

Argyle Fresh Skinless Chicken Breasts

Argyle Fresh Skinless Chicken Breasts 8

Argyle Fresh Skinless Chicken Thighs 4

Argyle Fresh Skinless Chicken Thighs 8

H

Hanbury Fresh Skinless Chicken Thighs Small

P

PnP Butchery Fresh Turkey Mince

PnP Butchery Kosher Chicken Mince

PnP Butchery Kosher Skinless Chicken Drumsticks

PnP Butchery Skinless Chicken Thighs

PnP Butchery X-Trim Boneless Chicken Breast

PnP Deboned Skinless Chicken Thighs 10

PnP Skinless Filleted Chicken Breasts 5

PnP Skinless Filleted Chicken Breasts 12

PnP Skinless Filleted Chicken Breasts 18

PnP Skinless Chicken Thighs 18

PnP Skinless Chicken Thighs and Drumsticks

S

Sangiro Chicken Breast Pieces

Specline 13 Deboned Skinless Chicken Thighs

T

Tydstroom Free Range Skinless Chicken Breast Fillets

Fish

Fish is the ultimate fast food – it cooks in minutes, is easy to prepare and tastes great too, making it perfect for today's hectic lifestyles.

Love your heart

Fish is a source of omega-3 fatty acids, which can help to lower your risk of getting coronary heart disease. Fish that are high in omega-3 fatty acids include sardines, mackerel, snoek and pilchards. So-called white fish, like hake and yellowtail, are good sources of protein, but aren't good sources of omega-3s.

An excellent source of high-quality protein, fish is also great for the figure-conscious as it contains fewer kilojoules per portion compared with other sources of animal protein.

Love your planet

Pick n Pay is the first major South African retailer to work with the South African Sustainable Seafood Initiative (SASSI) to evaluate the choice of fish on offer, remove the least-sustainable ones and promote the best, so you can rest assured that you're making an eco-friendly choice.

Why not use the handy FishMS scheme that enables you to check the status of the fish you're about to buy. Just SMS the name of the fish to **0794998795** and they'll send you an instant reply.

The best way to choose and cook fish



Worried that eating fish will expose you to toxic substances such as mercury and dioxins? You can reduce your exposure by choosing your fish carefully and removing the skin and visible fat before you cook it. Larger fish are likely to accumulate more mercury, so steer clear of fish such as shark, king mackerel and swordfish. Bear in mind too, that these fish are not included on the SASSI green list of the most sustainable species. Avoid frying fish in animal fat or butter as this can seal in the toxins. Bake, grill, poach, shallow fry or steam it instead.

C

- Cape Seafood Whole Hake Petite
- Crossed Fish Sild Sardines in Olive Oil
- Crossed Fish Sild Sardines in Tomato
- Crossed Fish Sild Sardines in Water
- Crossed Fish Two Layer Sild Sardines

- Gabriel Spiced Sardines in Oil
- Gefen Pink Salmon
- Gefen Sardines in Water
- Glenryck Baby Hake Whole
- Glenryck Hake Fillets
- Glenryck Pilchards in Tomato Sauce
- Glenryck Pilchards Natural
- Goldcrest Pink Salmon

- John West Mackerel in Mustard
- John West Mackerel in Oil
- John West Mackerel Pepered
- John West Pink Salmon
- John West Pouch Pink Salmon
- John West Red Salmon
- John West Rillets Mackerel

- John West Tuna Stir in Pepper and Tomato
- John West Tuna Stir in Tomato

K

- King Oscar Brisling Sardines in Olive Oil
- King Oscar Brisling Sardines in Soyabean Oil
- King Oscar Herring in Vegetable Oil

Foods from animal origin play an important role in ensuring that optimal diets and adequate nutrient intakes are achieved as part of a balanced diet

E

- Eagle Pilchards in Chilli
- Eagle Pilchards in Tomato
- Eagle Portuguese Sardines in Vegetable Oil
- Eagle Tuna Chunks in Oil
- Eagle Tuna Flakes in Oil
- Estoril Sardines in Tomato
- Estoril Sardines in Tomato and Chilli
- Estoril Sardines in Vegetable Oil
- Estoril Tuna Chunks in Vegetable Oil

- Goldcrest Salmon Red Sockeye
- Goldcrest Sardines in Vegetable Oil
- Goldcrest Tuna Chunks in Brine
- Goldcrest Tuna Chunks in Oil
- Goldcrest Tuna Shredded in Brine
- Goldcrest Tuna Shredded in Oil
- Goldcrest Tuna Solid in Oil

- John West Sardines in Chilli
- John West Sardines in Oil
- John West Sardines in Olive Oil
- John West Sardines in Tomato
- John West Sardines Skinless and Boneless
- John West Shredded Tuna in Brine
- John West Sild Sardines in Oil
- John West Tuna Chunks in Brine

- King Oscar Herring Fillets in Tomato Sauce
- King Oscar Sardines in Mediterranean Sauce
- King Oscar Sardines in Salsa Sauce
- King Oscar Sardines in Soya Oil

I

- I&J Cape Salmon Portions
- I&J Chilled Haddock Wet
- I&J Chilled Tuna Wet
- I&J Salmon Portions

- John West Tuna Pouches Black Pepper
- John West Tuna Pouches Tomato
- John West Tuna Salad Garlic
- John West Tuna Salad Mediterranean
- John West Shredded Tuna in Oil
- John West Tuna Solid in Oil
- John West Tuna Solid in Brine

L

- Lucky Star Jack Mackerel in Chilli
- Lucky Star Jack Mackerel in Hot Chilli
- Lucky Star Jack Mackerel in Tomato
- Lucky Star Jack Middlecut Mackerel
- Lucky Star Pilchards in Chilli
- Lucky Star Pilchards in Tomato
- Lucky Star Sardines in Vegetable Oil
- Lucky Star Shredded Tuna in Vegetable Oil
- Lucky Star Shredded Tuna in Water
- Lucky Star Tuna Chunks in Vegetable Oil

F

- Freedom Connection Pilchards in Chilli
- Freedom Connection Pilchards in Tomato

J

- John West Keta Salmon
- John West Tuna Thai Sweet Chilli
- John West Mackerel in Brine
- John West Mackerel in Greenpepper

G

- Gabriel Sardines in Olive Oil
- Gabriel Sardines in Tomato Sauce

Lucky Star Tuna Chunks in Water

M

Manna Mackerel in Vegetable Oil

Mayfair Port Sardines in Water

Mayfair Red Salmon

Mayfair Salmon Fancy Pink

Mayfair Salmon Pink Pieces in Brine

Mayfair Sardines in Olive Oil

Mayfair Sardines in Peri Peri

Mayfair Shredded Tuna in Oil

Mayfair Tuna Chunks in Oil

N

Namibia Pilchards in Chilli

Namibia Pilchards in Tomato

O

Ocean Deep Tuna Chunks in Oil

Ocean Deli Pilchards in Chilli Sauce

Ocean Deli Pilchards in Tomato Sauce

Ocean Fresh Smoorsnoek

Ocean's Best Shredded Tuna in Water

P

PnP Angelfish Fillets

PnP Angelfish Whole

PnP Assorted Line Fish Fillets

PnP Assorted Sashimi Combo

PnP Atlantic Salmon Cutlets

PnP Atlantic Salmon Fillets

PnP Butterfish Cut Frozen

PnP Butterfish Fillet

PnP Butterfish Portion

PnP Butterflied Baby Kingklip

PnP Canadian Salmon

PnP Cape Salmon Fillets

PnP Chilean Trout

PnP Dorado Cutlets

PnP East Coast Soles

PnP Food Snoek Fleck

PnP Gamefish Fillets

PnP Hake Baby Frozen

PnP Hake Large Frozen Fillets

PnP Hake Petite Frozen Fillets

PnP Hake Skinless Fillet Fresh

PnP Hake Whole Fresh

PnP Kingklip Medium Fillet

PnP Kingklip Twirls

PnP Kingklip Whole Fresh

PnP Kosh Solid Tuna in Water

PnP Kosh Tuna Chunks in Water

PnP Matjes Herring Fillet

PnP Norwegian Salmon Frozen

PnP Norwegian Salmon Sashimi

PnP Norwegian Salmon Sashimi Combo

PnP Norwegian Sardines

PnP Pilchards Chilli Buff

PnP Pilchards Hot Chilli

PnP Pilchards in Chilli

PnP Pilchards in Salt Water

PnP Pilchards in Tomato Sauce

PnP Pilchards Tomato Buff

PnP Pink Salmon

PnP Port Sardines in Olive Oil

PnP Port Sardines in Peri Peri

PnP Port Sardines in Tomato Sauce

PnP Port Sardines in Vegetable Oil

PnP Port Sardines in Water

PnP Premium Line Fish

PnP Ribbon Snoek Portion

PnP Salmon & Tuna Sashimi Combo

PnP Salmon Cutlets Fresh

PnP Silvers Medallion Cutlets

PnP Soles Large Fresh

PnP South West Australian Salmon Whole

PnP Stumpnose Fillet Fresh

PnP Tuna Chunks in Brine

PnP Tuna Chunks in Olive Oil

PnP Tuna Chunks in Spring Water

PnP Tuna Chunks in Vegetable Oil

PnP Tuna Pieces in Sunflower Oil

PnP Tuna Pieces in Water

PnP Tuna Pieces with French Dressing

PnP Tuna Pieces with Sunflower Oil and Lime

PnP Tuna Sashimi

PnP Tuna Sashimi Combo

PnP Tuna Shredded in Brine

PnP Tuna Shredded in Salt Water

PnP Tuna Shredded in Spring Water

PnP Tuna Shredded in Vegetable Oil

PnP Tuna Solid in Brine

PnP Tuna Solid in Vegetable Oil

PnP Trout Deboned

PnP Trout Fillet Fresh

PnP Trout Selection

PnP Yellow Tail Farmed Frozen

PnP Yellowtail Fillets

PnP Yellowtail Sashimi

PnP Yellowtail Whole Fresh

PnP Yellowtail Whole Frozen

Port Clyde Sardines in Soybean Oil

R

Richter Heringfilets in Tomaten Sauce

Richter Makrelenfilets China Sauce

Richter Makrelenfilets Mexico Sauce

Rokeach All White Fish in Sabra Sauce

Rokeach All White Fish in Tomato Sauce

Ruegenfisch Heringfillet Mango

Ruegenfisch Heringfillet Pfeffer

Ruegenfisch Heringfillet Tomato

Ruegenkrone Herring Fillet Horseradish

Ruegenkrone Herring Fillet in Hot Tomato

Ruegenkrone Herring Fillet in Mustard

Rugen Herring Fillet Horseradish Sauce

Rugen Herring Fillet in Paprika Sauce

Rugen Herring Fillet in Tomato Sauce

Rugen Herring in Aspic

Rugen Herring in Mustard Sauce

Rugen Makrelen Fillets in Sauce

S

Saldanha Jack Mackerel in Brine

Saldanha Pilchards in Hot Chilli Sauce

Saldanha Pilchards in Tomato

Saldanha Pilchards in Tomato Sauce

Scansa Lyons Salmon Portion

Scansa Norwegian Salmon Fillet

Sea Pride Pilchards in Chilli Sauce

Sea Pride Pilchards in Tomato

Sea Queen Tuna Chunks in Oil

Sea Queen Tuna Shredded in Brine

Sea Queen Tuna Shredded in Oil

Seasons Pink Salmon No Salt

St.Dalfour Salad in a Can Tuna

Supa Valu Pilchards in Chilli

T

Tonno Bonno Pilchards in Chilli Sauce

Tonno Bonno Tuna in Brine

V

Vasco Da Gama Sardines in Olive Oil

Vasco Da Gama Sardines in Tomato

Vasco Da Gama Sardines in Sunflower Oil

Vasco Da Gama Skinless and Boneless Sardines

Vasco Da Gama Solid Tuna in Brine

Vasco Da Gama Solid Tuna in Oil

Viva Pilchards in Chilli

Viva Pilchards in Tomato

Viva Pilchards in Water

W

Weigh-Less Light Meat Tuna Chunks in Spring Water

Eggs

Eggs provide a relatively inexpensive source of high quality protein, vitamins and minerals. Eggs are a good source of vitamin B12, which is important for the normal functioning of all cells, in particular in the gastrointestinal tract, bone marrow and the nervous system. Eggs yolks contain lecithin, a type of fat that provides the body with choline. Choline is a structural component of all animal tissues and an important component of all cell membranes. Eggs are also a source of dietary cholesterol, but in recent years it has become clear that the saturated hard fats found in fatty meats,

sausages and hard cheese have a greater effect on blood cholesterol than dietary cholesterol found in eggs. Nonetheless, it is still the recommendation of the American Heart Association to restrict cholesterol to 300mg daily for the general population and to 200mg daily if you already have coronary heart disease or a family history of coronary heart disease. A single large egg contains 230mg of cholesterol, so by restricting your intake of eggs to three to four a week, it is very easy to comply with these recommendations.

Vegetarians can benefit from eating eggs as the absence of meat in their diet means a low intake of vitamin B12. Vitamin B12 is vital for growth and development in children, as well as for the manufacture of red blood cells and for the maintenance of the nervous system.

Dairy & dairy alternatives

Dairy products (and other calcium-rich alternatives) build strong bones and healthy smiles. Both children and adults should aim for two to three servings a day. Adults should go for fat-free dairy products, which will help to reduce one's overall intake of detrimental saturated fat and unnecessary calories

Milk

Milk is a good source of high quality protein, B vitamins and calcium and can be readily added to breakfast cereals, porridges, hot beverages or consumed as a nourishing beverage. Boost your calcium intake by including fat free milk into your diet

A

Alric Skim Milk Bottle
Alric Skim Milk Jug

C

Clover Fat Free Milk

D

Dairybelle Inshape
UHT Milk

Dairybelle Skimmed
UHT Milk

Dewfresh Long Life
Skim Milk

Douglasdale Fat Free
Milk Jug

E

Eitan Skim Milk
Elite Skim Milk Powder

F

Fairfield Dairy Milk
Fat Free Sachet

First Choice Fat Free
Hi-Calcium Milk

M

Montic Fat Free
Long Life Milk

O

Orange Grove Fat Free
Jersey Gold Milk

Orange Grove Fat Free
Jersey Milk Bottle

Orange Grove Fat Free
Jersey Milk Sachet

P

Parmalat EverFresh Fat
Free Long Life Milk

Parmalat Physical Fat
Free UHT Milk

PnP Fat Free Fresh Milk

PnP Fat Free Instant
Milk Powder

PnP Fat Free UHT Milk

S

Sonnendal Skim Milk

U

Ultramel Skim
UHT Milk

Yoghurt

Yoghurt is a delicious way to boost your calcium and dairy intake. Remember to choose low-sugar yoghurt

A

Ambledale Fat Free Yoghurt

D

Dairybelle Inshape Apple & Cinnamon, Strawberry, Vanilla Yoghurt

Dairybelle Inshape Tropical Fruits Yoghurt

Dairybelle Inshape Vanilla Yoghurt

F

Fairfield Dairy Fat Free Yoghurt Plain

G

Gero Diet Litchi & Raspberry Yoghurt

Gero Diet Pear & Apricot Yoghurt

Gero Diet Strawberry & Blackcurrant Yoghurt

Gero Fat Free Plain Yoghurt

Gero Fat Free Vanilla Yoghurt

H

Hygienik Fat Free Apricot Yoghurt

Hygienik Fat Free Banana Yoghurt

Hygienik Fat Free Fruit Cocktail Yoghurt

Hygienik Fat Free Strawberry Yoghurt

N

Nammilk Fat Free Apricot & Peach Yoghurt

Nammilk Fat Free Fruit Salad Yoghurt

Nammilk Fat Free Natural Yoghurt

Nammilk Fat Free Peach & Apricot Yoghurt

Nammilk Fat Free Pineapple Yoghurt

Nammilk Fat Free Strawberry Yoghurt

Nammilk Fat Free Sugar Free Bulgarian Yoghurt

Nammilk Fat Free Sugar Free Fruit Salad Yoghurt

Nammilk Fat Free Sugar Free Strawberry Yoghurt

P

Parmalat Fat Free Black Cherry Yoghurt

Parmalat Fat Free Plain Yoghurt

Parmalat Fat Free Strawberry Yoghurt

PnP Fat Free Blackcurrant, Apricot, Yoghurt

PnP Fat Free Cranberry & Apple Yoghurt

PnP Fat Free Muesli, Raspberry, Apricot, Cranberry Yoghurt

PnP Fat Free Peach & Granadilla Yoghurt

PnP Fat Free Pear Yoghurt

PnP Fat Free Plain Yoghurt

PnP Fat Free Raspberry & Blackberry Yoghurt

PnP Fat Free Smooth Dessert Yoghurt

PnP Fat Free Smooth Vanilla Yoghurt

PnP Fat Free Strawberry Yoghurt

PnP Fat Free Strawberry, Peach, Granadilla Yoghurt

PnP Fat Free Strawberry, Raspberry, Cranberry, Apple Yoghurt

V

Vitalinea Cherry, Raspberry, Cranberry Yoghurt

Vitalinea Fat Free Plain Yoghurt

Vitalinea Smooth Flavour Yoghurt

Vitalinea Strawberry, Pineapple, Mango Yoghurt

Cottage cheese

Fat free cottage cheese is low in kilojoules and can be used as a tasty topping on salads, wholegrain bread or even a baked potato

F

Fairfield Fat Free Chunky Cottage Cheese

Fairfield Fat Free Smooth Cottage Cheese

L

Lancewood Chunky Fat Free Cottage Cheese

Lancewood Fat Free Smooth Cottage Cheese

P

PnP Fat Free Chunky Cottage Cheese

PnP Fat Free Smooth Peppadew Cottage Cheese

PnP Fat Free Smooth Plain Cottage Cheese

Soya

Soybeans are sources of good quality protein that can substitute for animal protein sources. Great for individuals who do not tolerate dairy products

A

Alpro Unsweetened Soya Drink

Attwells Soya Milk Powder

B

Bokomo So Good Fat Free Soya Milk

Bokomo So Good Original Soya Milk

G

Good Hope Regular Soya Milk

Good Hope Regular Soya Milk Value Pack

H

Health Connect GMO Free Soya Milk

L

Lovesoy Soya Milk

S

Simply Soya Premium Soy Milk

So Fresh Soya Milk Powder

Soya Beverage Fresh Soya Milk

Soya Sun 1% Fat Soya Milk

Soya Sun 1% Natural Long Life Soya Milk

Lentils & legumes

These make a great alternative to meat as they contain no cholesterol and are a source of protein, carbohydrate, vitamins, minerals, phytonutrients and fibre, yet they are low in saturated fat and salt. Best of all, they're easy on the pocket too!

A

All Gold Baked Beans
All Gold Baked Beans in Tomato Sauce
Archer Sugar Beans
Archer Red Speckle Sugar Beans
Attwells Chick Peas
Attwells Green Moong Beans
Attwells Large Brown Lentils
Attwells Soya Beans

B

Beano Blackeyed Beans
Beano Cow Peas
Brennco Brown Lentils
Brennco Kidney Beans
Brennco Split Peas
Brennco Sugar Beans

C

Crossbow Chick Peas
Crossbow Dried Kidney Beans
Crossbow Dried Sugar Beans
Crossbow Green Split Peas
Crossbow Lentils
Crossbow Red Kidney Beans

Crossbow Red Speckle Sugar Beans

Crossbow Red Split Lentils

Crossbow Samp and Beans

Crossbow Small White Beans

Crossbow Sugar Beans

Crossbow White Haricot Beans

D

Deliko Split Peas
Deliko White Haricot
Deliko White Kidney Beans Plain
Divine Butter Beans in Brine
Dried Fruit Black Eye Cow Peas
Dried Fruit Brown/Black Lentils
Dried Fruit Red Kidney Beans

Dried Fruit Red Lentils

Dried Fruit Split Peas

Dried Fruit Sugar Beans

Dried Fruit Yellow Lentils

Dursots Choice Beans Baked in Tomato Sauce

Dursots Choice Butter Beans in Tomato Sauce

Dursots Choice Beans in Tomato Sauce

E

Estoril Blackeyed Compal Beans
Estoril Blackeyed Frade Beans
Estoril Compal Chick Peas
Estoril Dried Chick Peas
Estoril Green Large Lentils
Estoril Sugar Speck Beans
Estoril White Haricot Beans
Evergreen Dehydrated Reddi Beans
Everyday Beans in Tomato Sauce

F

Farmers Sugar Beans
Farmgirl Baked Beans in Tomato Sauce
Fiamma Red Kidney Beans

G

Gants Baked Beans in Tomato Sauce
Gants Butter Beans
Gants Butter Beans in Brine
Gants French Cut Green Beans

Gants Soya Beans in Tomato Sauce

Gibson Baked Beans

Gibson Baked Beans in Tomato Sauce

Gibson Blackeyed Beans

Gibson Butter Beans

Gibson Chick Peas

Gibson Lentils

Gibson Red Kidney Beans

Gibson Three Bean Salad

Gibson White Beans

Gold Dish Butter Beans

Gold Dish Butter Beans in Tomato Sauce

Gold Dish Chick Peas

Gold Dish Sugar Beans

Goldcrest Bean Sprouts

Goldcrest Beans Borlotti

Goldcrest Canned Lentils

Goldcrest Chick Peas

Goldcrest Red Kidney Beans

Golden Dice Sugar Beans

H

Hak Broad Beans

Harveld Soya Beans

Hawkwood Borlotti Beans

Hawkwood Cannellini Beans

Hawkwood Chick Peas

Health Connection Blackeyed Beans

Health Connection Chick Peas

Health Connection Organic Barley

Health Connection Green Lentils

Health Connection Organic Mung Beans

Health Connection Soya Beans

Heinz Baked Beans Reduced Salt

Heinz Baked Beans in Tomato Sauce

Home Choice Green Split Peas

Home Choice Whole Brown Lentils

Hugo's Baked Beans in Tomato Sauce

I

Imbo Dried Brown Lentils

Imbo Dried Split Peas

Imbo Dried Whole Peas

Imbo Red Speckled Sugar Bean

Imbo Samp and Sugar Beans

Imbo Sugar Beans

Imbo White Haricot Beans

K

Koo Baked Beans in Jalapeno Tomato

Koo Baked Beans in Tomato Sauce

Koo Butter Beans

Koo Chilli Beans

Koo Four Bean Mix

Koo Red Kidney Beans

Koo Speckled Sugar Beans

Koo Whole Lentils

L

La Doria Cannellini Beans

La Metteliana Broad Beans

La Metteliana Butter Beans

La Metteliana Cannellini Beans

La Metteliana Dark Red Kidney Beans

La Metteliana Lentils

L'Aragonese Dry Chick Peas

L'Aragonese Dry Sugar Beans

Lion Pearl Barley

Lion Yellow Split Peas

M

Magic Split Peas

Magic Sugar Beans

Mayfair Borlotti Beans

Mayfair Chilli Beans

Mayfair Four Bean Mix

Mayfair White Beans

N

Natures Choice Soya Beans

No Name Baked Beans

No Name Split Peas

O

Osman's Spices Sugar Beans

P

Paddy Half White Sugar Beans

Paddy Large White Kidney Beans

Paddy Red Speckled Beans

Paddy Red Split Lentils

PnP Whole Green Beans

PnP Baked Beans in Tomato Sauce

PnP Butter Beans

PnP 4 Bean Mix

PnP Cannellini Beans

Pouyoukas Chick Peas Whole

Pouyoukas Five Bean Mix

Pouyoukas Green Lentils

Pouyoukas Soya Beans

Pouyoukas World Lentil Mix

Pride Kidney Beans

Pride Red Lentils

Pride Red Speckled Beans

Pride Yellow Split Peas

Pride Whole Yellow Peas

R

Rio Bravo Chick Peas

S

Serena Chick Peas

Spekko Dried Van Zyl Beans

Spekko Red Speckled Sugar Beans

St.Dalfour Three Bean Salad in Can

Stollenwerk Young Yellow Beans

Sunkist Butter Beans

Sunkist Red Kidney Beans

Sunkist Chick Peas

Supa Valu Butter Beans

Supa Valu Kidney Beans

Supa Valu Small White Beans

Supa Valu Sugar Beans

Superior Crop Red Speckled Beans

T

Taj Mahal Black Lentils

Thriftpack Brown Lentils

Thriftpack Split Peas

Tiger Dried Split Peas

U

Umgeni Dried Kidney Beans

Umgeni Sugar Beans

Universal Mill Sugar Beans

W

Wensleydale Soy Beans

Werda Bean Salad

Werda Three Bean Salad

Oils, spreads, nuts & seeds

Vegetable oils, spreads, nuts and seeds are a rich source of unsaturated fat, which are highly beneficial in terms of promoting health and preventing disease. Certain seeds and seed oils contain a potent antioxidant, vitamin E, which can protect against ageing, arthritis, cardiovascular disease, diabetes and even cataracts

Oils

There are many health benefits associated with consuming sufficient mono-unsaturated fats. Research shows that replacing saturated fats with mono-unsaturated fats in the diet results in improved cholesterol levels and lower blood pressure. Olive oil and canola oil are rich sources of these valuable fats, but remember to use them sparingly

A

Andorinha Olive Oil

B

Bertolli Extra Virgin Olive Oil

Borges 100% Pure Olive Oil

Borges Extra Light Olive Oil

Borges Extra Virgin Olive Oil

Borges Extra Virgin Olive Oil Tin

Borges Hojiblanca Extra Virgin Olive Oil

Burgundy Bourg Extra Virgin Olive Oil

B-Well Canola Oil

C

Camponesa Extra Virgin Olive Oil

Camponesa Olive Oil

Canaan Extra Virgin Olive Oil

Castelvetera Extra Virgin Olive Oil

Castelvetera Pure Extra Light Olive Oil

Costas Cold Pressed Olive Oil

Costas Extra Virgin Olive Oil

Costas Olive Oil

D

Divella Extra Virgin Olive Oil

E

Eliana Extra Virgin Olive Oil

Estoril Extra Virgin Olive Oil

Estoril Olive Oil

Extra Virgin Olive Oil

F

F G La Pasta Olive Oil

Flor Do Ave Extra Virgin Olive Oil

G

Gaea Extra Virgin Olive Oil Crete

Gallo Extra Virgin Olive Oil

Gallo Olive Oil

Gallo Portuguese Olive Oil

H

Haddar Extra Virgin Olive Oil

Hillcrest Extra Virgin Olive Oil

Hillcrest Frantoio Extra Virgin Olive Oil

I

Ilana Cold Pressed Olive Oil

Isle Of Crete Extra Virgin Olive Oil

K

Knossos Extra Virgin Olive Oil

M

Manischewitz Extra Virgin Olive Oil

Mary-Ann's Cold Pressed Olive Oil

Minerva Extra Virgin Olive Oil

Morgenster Extra Virgin Olive Oil

Mothers Pan Coating Olive Oil

Mrs Micray's Avocado Oil

Mytilinio Extra Virgin Olive Oil

Mytilinio Virgin Olive Oil

O

Olitalia Extra Virgin Olive Oil

Oliveira Da Sera Pure Olive Oil

Olivina Olive Oil

Ouro De Portugal Extra Virgin Olive Oil

P

Pietro Coricelli Extra Virgin Olive Oil

Pietro Coricelli Organic Olive Oil

Pietro Coricelli Pure Olive Oil

PnP Extra Light Olive Oil
 PnP Extra Virgin Olive Oil
 PnP Organic Extra Virgin Olive Oil
 PnP Pure Olive Oil
 Portucale Portuguese Olive Oil

S

Sasso Olive Oil
 Sky Peanut Oil
 So Go Olive Oil

T

Taste Of Japan Peanut Oil
 The Olive Shed Tokara Extra Virgin Olive Oil
 Theofilos Extra Virgin Olive Oil

V

Vesuvio Extra Virgin Olive Oil
 Villa Native Olive Oil

W

Weigh-Less Cold Pressed Extra Virgin Olive Oil
 Westfalia Plain Avocado Oil
 Westfalia Premium Avocado Oil
 Willow Creek Craffe Extra Virgin Olive Oil
 Willow Creek Extra Virgin Olive Oil

Y

Ybarra Extra Virgin Olive Oil
 Ybarra Pure Olive Oil

Margarine Nuts

Spreads made with olive oil and canola oil offer similar benefits to the oils. Remember to use fats sparingly

B

Blossom Canola Lite Margarine
 Blossom Canola Lite Medium Fat Spread
 Blossom Canola Margarine

F

Flora Light Olive Spread

N

Nuvo Olive Oil Margarine

Spray

Non-stick sprays provide convenient low fat cooking methods, which in turn promote healthy living

C

Colman's Spray and Cook Olive Oil
 Cook & Bake Olive Oil Spray

M

Mrs Micray's Olive Oil Spray

Nuts have many health benefits and are a valuable source of unsaturated fat. Regular consumption of nuts can form part of a balanced diet

A

Alman's Plain Macadamia Nuts
 Alman's Plain Mixed Nuts
 Alman's Slivered Almonds
 Attwells Raw Peanuts

B

B.L. Distributors Blanched Almonds
 B.L. Distributors Diced Almonds
 B.L. Distributors Plain Cashew Nuts
 B.L. Distributors Slivered Almonds
 B.L. Kosher Assorted Plain Cashew Nuts
 B.L. Kosher Plain Macadamia Nuts

C

Champ Food Diced Almonds
 Champ Food Plain Almonds
 Champ Food Unsalted Cocktail Peanuts

D

Droegenot Almonds

F

Farmers Raw Peanuts
 Foodhall Almonds

Foodhall Plain Roasted Cashew Nuts
 Foodhall Raw Mixed Nuts

G

Gabys Earth Food Raw Peanuts
 Green Valley Plain Cashew Nuts

K

Kirkland Signa Almonds

M

Macnut Plain Redskin Peanuts
 Mary-Ann's Almonds
 Mary-Ann's Cashew Nuts
 Mary-Ann's Raw Pecan Nuts
 Messaris Blanched Almonds
 Messaris Diced Almonds
 Messaris Flaked Almonds
 Messaris Giant Plain Peanuts
 Messaris Plain Blanched Peanuts
 Messaris Plain Cashew Nuts
 Messaris Plain Roast Cashew Nuts
 Messaris Raw Almonds

Messaris Shelled Brazil Nuts

Messaris Shelled Pecan Nuts
 Messaris Shelled Walnuts

Messaris Slivered Almonds

Mr Webb Plain Peanuts

N

Namib Dried Fruit Flaked Almonds

Namib Dried Fruit Raw Peanuts

Namib Plain Cashew Nuts

Namib Raw Cashew Nuts

Namib Raw Natural Almonds

Nature's Delight Slivered Almonds

Nuts & Fruit 4 You Pine Kernels

P

PnP Almonds

PnP Blanched Almonds

PnP Brazil Nuts

PnP Cashew Bar

PnP Diced Almonds

PnP Hazelnuts

PnP Ground Almonds

PnP Mixed Nuts in Shell

PnP Plain Cashew Nuts

PnP Plain Mixed Nuts

PnP Pecan Halves

PnP Pecan Nuts

PnP Pistachio Nuts

PnP Pistachios White

PnP Raw Almonds

PnP Raw Cashew Nuts

PnP Slivered Almonds

PnP Walnuts

Pouyoukas Raw Peanuts

S

Safari Blanched Almonds

Safari Natural Almonds

Safari Raw Cashews

Safari Shelled Pecans

Safari Shelled Walnuts

Snack Raw Factory Peanuts

Star Plain Cashew Nuts

Star Slivered Almonds

Stumbo Plain Cashew Nuts

Supa Snax Natural Almonds

T

Taste Of Nature Almonds

Tom Sawyer Raw Nuts

W

Wallaby Natural Macadamia Choice

Who's Nuts No Salt Peanuts

Seeds

Seeds are good sources of unsaturated fat and contain valuable nutrients such as zinc, iron, calcium, potassium, phosphorus and magnesium

A

Alba Pumpkin Seed

Alba Sesame Seed

Alman's Poppy Seeds

Alman's Raw Pumpkin Seeds

Alman's Sunflower Seeds

Attwells Four Essential Seeds

Attwells Poppy Seeds

Attwells Pumpkin Seeds

Attwells Sunflower Seeds

Attwells Unhulled Sesame Seeds

Attwells White Sesame Seeds

D

Drakensberg Sunflower Seeds

Droegenot Pumpkin Seeds

F

Fishermans Deli Sushi Sesame Seeds

H

Health Connection Hulled Sesame Seeds

Health Connection Hulled Organic Sesame Seeds

Health Connection Linseeds

Health Connection Organic Linseeds

Health Connection Organic Pumpkin Seeds

Health Connection Sunflower Seeds

Health Connection Ultimate Seed Mix

K

Key 4 Health Dehulled Sunflower Seeds

Key 4 Health White Sesame Seeds

M

Maya Foods Dried Sunflower Seeds

Maya Foods Pumpkin Seeds

N

Namib Dried Fruit Linseeds

Namib Dried Fruit Poppy Seeds

Namib Dried Fruit Pumpkin Seeds

Namib Dried Fruit Sesame Seeds

Namib Dried Fruit Sunflower Seeds

Nuts & Fruit 4 You Linseeds

Nuts & Fruit 4 You Poppy Seeds

O

Organic World Caraway Seeds

Organic World Certified Poppy Seeds

Organic World Mineral Boost Seeds

Organic World Sunflower Seeds

P

PnP Sunflower Seeds

Pouyoukas Natural Sesame Seeds

Pouyoukas Poppy Seeds

Pumpkin Seeds

S

Star Sunflower Seeds

V

Vital Sunflower Seeds

Top up your intake of protein, fibre, vitamins and minerals by sprinkling a tablespoon of crunchy seeds onto your breakfast cereal or salad

On a final note . . .

Certain products in Pick n Pay stores have not been selected for the Vitality discount, although they may be considered as healthy options depending on one's overall diet, and may have a place in a healthy eating and exercise plan. You may continue to include some of these foods (below) into your diet, unless advised otherwise by a registered nutrition expert. The products selected for the HealthyFood™ catalogue represent the best choices within each food group, and, when eaten in the recommended quantities, will all form part of a healthy balanced diet. The product selection process is constantly in review, with the addition and deletion of products where relevant.

Red meat:

Lean red meat has a place within a healthy balanced diet. The South African Food-based Dietary Guidelines (FBDG) recommend reducing one's red meat intake to 560g/week. On average South Africans readily eat more than this recommended amount. In an attempt to implement the SA FBDG and assist South Africans in achieving this goal, we have not included red meat; however, we do provide alternative healthy protein options.

Low fat dairy:

Dairy has an important part to play in the diet. For the adult population, both low fat and fat free products are considered to be acceptable. Low fat dairy products contain more saturated fat than fat free products and because we are advocating the best choice within each food group, only fat free dairy products are included.

Beverages:

Water: While bottled water products provide convenience, currently tap water in SA is considered to be clean and safe. For this reason, although we encourage people to drink adequate amounts of water, we have not included these items.

Fruit juices: Although fruit juices are healthy beverage choices, whole fruit is a better choice. In addition to this, beverages often contribute to caloric intake; therefore, in order to maintain kilojoule balance, we recommend the intake of water and whole nutritious foods instead.

Further information

Products listed in this catalogue are subject to seasonal and supplier availability, and may only be available at participating outlets. Every effort has been made to ensure that the information contained in this catalogue is based on clinically sound and up to date nutrition principles and guidelines. However, it is not intended to replace recommendations, particularly those relating to any medical conditions, by a medical or nutrition expert. Any person using information contained 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, sub-contractors and suppliers against any claims for loss, damage to person or property, injury, liabilities, claims, sickness or death which 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. This product catalogue may be updated from time to time and is based on information available at the time of compilation.

Recipes

Recipes contained in this catalogue were sourced from *The Ultimate Diet Solution Cookbook*, by Nicola Duffield, RD (SA) and Anne Till, RD (SA). STRUIK, 2007.

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