



Welcome to the Australian Shopping Guide!

Here's a buying foods guide for major Australian supermarkets like Woolworths, Coles, and Aldi, with specific examples for making healthier choices and maintaining a healthy weight

SHOPPING GUIDE	Food Examples	Why?
Fresh Produce	Spinach, kale, broccoli, carrots, apples, berries, and citrus fruits	Rich in vitamins, minerals, and fibre
Whole Grains	Brown rice, whole wheat pasta, quinoa, oats, and whole-grain bread	Sustained energy and fibre, helping you feel full and satisfied
Lean Proteins	Skinless chicken breast, lean ground turkey, salmon, tofu, and legumes (e.g., lentils, chickpeas)	Support muscle health and help you feel full, reducing the urge for unhealthy snacks
Dairy or Dairy Alternatives	Low-fat Greek yogurt, skim milk, almond milk, and unsweetened yogurt alternatives	Provide calcium and protein without excessive saturated fats
Healthy Fats	Avocados, nuts (e.g., almonds, walnuts), and olive oil	Essential for overall health and can help control cravings
Frozen Vegetables & Fruits	Frozen mixed vegetables, berries, and spinach	Convenient and nutritious, can be used in a variety of dishes and smoothies
Canned Goods	Canned tuna in water, canned beans with no added salt, and canned tomatoes	Versatile and a good source of protein and fibre
Snacks	Mixed nuts (unsalted), rice cakes, and air-popped popcorn	Healthier snacks can satisfy cravings without excess salt or sugar
Herbs & Spices	Basil, oregano, cinnamon, paprika, turmeric and chilli	Adds flavour to your dishes without relying on high-sodium sauces
Beverages	Water, herbal teas, and lemon water, sparkling water	Staying hydrated with low-calorie beverages can help control appetite.



Rules	How?	Why?
Limit Sugary Foods	Avoid sugary cereals, high-sugar yogurts, and excessive sugary snacks and drinks	High sugar intake can lead to weight gain and energy crashes
Read Labels	Check food labels for added sugars, unhealthy fats, and excessive sodium	Being aware of what you're consuming helps make healthier choices
Meal Planning	Plan meals in advance and stick to your shopping list	Planning reduces impulse purchases of junk foods
Portion Control	Buy single servings or smaller packages to avoid overeating	Smaller portions help with portion control and weight management
Support Local & Sustainable	Look for local and sustainable brands when possible	Supporting local and sustainable products can promote healthier and more environmentally friendly choices
Be Mindful of Sales	Sales and promotions can be tempting, but only buy items on sale if they fit into your planned healthy meals	Sales may encourage buying items that are not part of your healthier eating plan

By following this guide and making mindful choices while shopping at major Australian supermarkets, you can create a healthier food environment at home, making it easier to maintain a healthy weight and avoid junk foods. Remember that consistency in making nutritious choices is key to long-term success.

Allergy Advice

Remember, this guide serves as a general reference for replacement options but should not replace personalised medical advice. Your health and safety should always be the top priority in your dietary choices. Food allergies and sensitivities are common, and it's crucial to exercise caution.

If you have questions, need further guidance, or would like to explore how Aculife can support your health journey, we are here for you. We invite you to reach out to our dedicated team of experts. Your well-being is our priority, and we're eager to assist you in any way we can.

Bookings: <https://aculife-treatment.book.app/book-now>