



Basic Education  
Health



**NATIONAL NUTRITION WEEK AND NATIONAL OBESITY WEEK 2018:  
“BREAKFAST – THE BEST WAY TO START YOUR DAY”**

**EXAMPLE OF A MASTER SHOPPING LIST**



THE HEART  
AND STROKE  
FOUNDATION  
SOUTH AFRICA



South African Military Health Service

This is a master shopping list that can be used while purchasing groceries. The list includes food items from the different food groups to ensure preparation of meals that provides the different nutrients. Always buy vegetables and fruit that are locally available and in season. Some of the items such as mopani worms and amadumbe are area specific and are included on the shopping list to indicate that they form part of a healthy plan.

Starchy foods	Vegetables and fruit	Dry beans, peas, lentils, soya	Chicken, fish, meat, eggs	Milk	Oil	Other
Fortified maize meal/ mabele (sorghum)	Onions	Beans	Chicken, fresh	Low-fat milk	Sunflower/ canola/olive oil	Vinegar
	Carrots	Lentils	Chicken feet/ gizzards/hearts	Maas	Peanut butter	Salt
Breakfast cereals (high fibre)/oats	Butternut	Savoury soya mince	Ox/lamb/chicken livers	Buttermilk	Soft margarine	Mixed herbs
	Pumpkin	Split peas	Eggs	Unsweetened yoghurt	Peanuts/other nuts (unsalted)	Curry
Brown/whole wheat/ rye bread	Tomatoes		Pilchard/salmon/ tuna		Pumpkin/ sunflower seeds	Low-fat mayonnaise/ salad dressing
Rice/potato/sweet potatoes /amadumbe	Spinach/Imifino/ morogo/pumpkin leaves		Mopani worms		Avocado	Sugar
Samp/corn/ mealie	Beetroot		Lean pork/beef/ lamb chops (remove all visible fat before cooking)			Tea
	Cabbage					
Macaroni/ spaghetti	Frozen vegetables					
	Fresh fruit, e.g. orange, apple, banana, pineapple, pawpaw		Lean mince (Remove all visible fat before cooking)			
	Any other vegetable and					