



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



ANNEXURE VII

EXAMPLE OF A MASTER SHOPPING LIST

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) Wheat porridge	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
Brown/whole wheat/ rye bread	Pumpkin	Split peas	Eggs	Low-fat, unsweetened yoghurt	Peanuts/other nuts (unsalted)	Curry
Rice/potato/sweet potatoes /amadumbe	Tomatoes		Pilchard/salmon/ tuna	Mozzarella/ low-fat cottage cheese	Pumpkin/ sunflower seeds	Low-fat mayonnaise/ salad dressing
Samp/corn/ mealie	Spinach/Imifino/ morogo/pumpkin leaves		Mopani worms Lean pork/beef/ lamb chops (remove all visible fat before cooking)		Avocado	Sugar
Macaroni/ spaghetti	Beetroot		Lean mince (Remove all visible fat before cooking)			Tea
	Cabbage					
	Lettuce					
	Frozen vegetables					
	Fresh fruit, e.g. orange, apple, banana, pineapple, pawpaw					
	Any other vegetable and fruit that is locally available					