

Australian 400+

FRUIT

Apples
Apricot
Banana
Cherries
Dates
Fig
Grapefruit
Grapes
Honey Dew Melon
Kiwifruit
Lemon
Limes
Lychee
Mandarine
Mango
Nectarine
Oranges
Passionfruit
Pawpaw
Peaches
Pears
Pineapple
Plums
Prunes
Raisins / Sultanas
Rockmelon
Watermelon

BERRIES

Blackberry
Blueberry
Goji
Raspberry
Strawberry

ALCOHOL

Beer
Bourbon
Brandy
Gin
Rum
Vodka
Whiskey
Wine Red
Wine White

OTHER DRINKS

Caro
Ecco
Coffee (all)
Cola (all)
Cranberry Juice
Drinking Choc (Cadbury)
Fanta (Orange)
Ginger Ale
LLOYDS Org Prune juice
Milo
Ovaltine
Ribeena
Rooibos Tea
Sprite-Lemonade
Tea (black)

SEAFOOD

Calamari
Fish (white)
Salmon
Sardine in oil
Shellfish (All)
Tuna

HERBAL TEAS

Chamomile Tea
Dandelion Tea
Green Tea
Olive Leaf Tea
Peppermint Tea

HERBS/SPICES/CONDIMENTS

All spice
Baking Powder
Bay Leaf
Bi Carb Soda
Cajun Spices
Celtic Salt (sea salt)
Chilli
Cinnamon
Cloves
Cumin
Curry Powder
Dill
Fennel Seeds
Garam Masala
Garlic
Gelatine
Ginger
Herbemare Vege Salt
Homus
Mixed Spice
Mustard
Nutmeg
Paprika
Pepper (black and white)
Pepper Cayenne
Rock Salt
Salt (refined table)
Salt Herbemare Vege
Tabouli
Tarragon
Thyme
Turmeric
Vanilla (pure)
Vinegar (all types)
Vinegar Apple Cider

SAUCES

AYAM Oyster
B.B.Q. Eta
B.B.Q. Master Foods
Hoi Sin
Horseradish
Mayo. Praise Traditional
Mayonnaise Kraft
Soy sauce (ALL)
Sweet Chilli Fountain
Tomato HEINZ big red
Tomato Paste Leggo's
Tomato Sauce Fountain
Worcester sauce

SEEDS

Linseed (flax seed oil)
Pumpkin
Sesame
Sunflower
Chia

STOCK

Beef Stock (Maggi)
Beef Stock (Massel)
Chicken Stock (Maggi)
Chicken Stock (Massel)
Miso
Vegetable Stock (Massel)

MEATS

Bacon
Beef
Chicken
Duck
Ham
Kangaroo
Lamb
Pork
Turkey

OILS

Coconut oil
Ghee
Grape Seed Oil
Olive Oil
Rice Bran Oil
Sunflower (Crisco)

DAIRY FOODS

Butter
Cows Cheese
Cows Yoghurt
Cream
Eggs
Fetta Cheese (Goat)
Goats Cheese
Goats Milk
Margarine (Flora)
Margarine (Nuttalex)
Milk Carnation
Milk Full Cream
Milk Skim
Oat milk
Rice Milk (So-Natural)
Rice Milk (Australia's Own)
Rice Milk (Rice Dream)

SOY PRODUCTS

Tofu
Tempeh

GREEN VEGETABLES

Asparagus
Beans
Bockchoy
Brussell Sprouts
Cabbage

Celery
Choy sum
Leeks
Lettuce
Olives
Parsley
Rocket
Shallots
Snow Peas
Wombok

SPROUTS

Alfalfa sprouts
Mung Beans
Snow pea sprouts

OTHER VEGETABLES

Avocado
B/Beans WWorths Org
Baked Beans (Heinz)
Baked Beans SPC
Beetroot
Broccoli
Button Squash
Capsicum
Carrot
Cauliflower
Choko
Corn
Cucumber
Eggplant
Gherkins (bottled)
Mushroom all
Onion
Parsnip
Peas
Potato
Pumpkin
Silverbeet/Spinach
Swede
Sweet Potato
Tomato
Turnip
Zucchini

NUTS

Almonds
Brazil
Cashews
Hazel
Macadamia
Pecans
Pine Nuts
Pistachio
Walnut

HERBS/dried & fresh

Basil
Chives
Coriander
Mixed Herbs
Oregano
Rosemary

Australian 400+ continued

DRIED VEGETABLES

Chick Peas
Coconut
Dried Beans
Lentils
Split Peas

Supermarket BREADS

Corn Thins
Lavash [Bazaar]
Rice Thins
White
Wholemeal
Mountain Rice

Health Shop BREADS

Ancient Grain - Tigris Spelt
Ancient Grain
Devonport Rye
BRIGHTERLIFE Bread mix
ESSENE sprouted bread
Organic Kamut (SOL)
Paine DE Campagne (SOL)

SPREADS

Cottees Blackberry Jam
Cottees Marmalade
Nutella
St Dalfours strawberry
St Dalfours wild blueberry
Vegemite

FLOUR / GRAINS

Cornflour [wheat free]
Couscous
Rice Brown (ALL)
Rice White (ALL)
Rye Flour
Spelt flour
White Flour (plain & S.R.)
Wholemeal Flour (ALL)

GLUTEN FREE

Amaranth Flour
BASCO bread mix
BASCO chicken & veg soup
BASCO Chocolate Cake
Basco Date loaf
BASCO Pancake mix
Falafel
Fantastic Chicken
Noodles
Fantastic Original crackers
Freedom free frm gluten wraps
Go Natural Fruit & Nut bar
Natures First Millet Meal

ORGRAN Buckwheat

Flour
ORGRAN custard powder
ORGRAN Gravy Mix
ORGRAN No Egg
ORGRAN Rice Pasta
ORGRAN Rice-Corn Pasta
ORGRAN spaghetti *Tom Sauce*
Potato Flour
Quinoa flour
SAN REMO Glut Free Pasta
MOORE'S GF, yeast free bread

BREAKFAST CEREALS

CRUNCHOLA Apple and Blueberry
FREE AND LOW Muesli
GOOD MORNING
CEREALS Millet Puffs
Lecithin
LOWAN Rice Porridge
Polenta

CHOCOLATE / SWEETS

Carob
Cocoa (Cadbury)
Chocolate (Darrell Lea)
Chocolate (Lindt)
Chocolate (Nestle)
Chocolate (Cadbury)
Chocolate (Dove)
Chocolate (Haig)
Chocolate (SWEET WILLIAM)
Liquorice

BISCUITS

Digestive original
Fantastic GF original
Milk Arrowroot
Jatz original
Sakata plain
Sao
Vita Weat original

Supermarket CEREALS

Cornflakes
Crunchy Nut
Just Right
Oat Bran
Oat Brits
Rice Bran
Rice Bubbles
Rolled Oats
Special K
Sultana Bran
Vita Brits
Weet Bix

SUGARS/ Sweeteners

Golden Syrup
Honey
Manuka Honey
Maple Syrup
Stevia
Sugar Brown
Sugar CSR smart blend
Sugar Raw
Sugar White
Xylitol

LAUNDRY Products

Bio Zet
Bleach
Cold Power
Dynamo
Fabric Softener Cuddly
Fabric Softener Fluffy
Nappisan
Omo
Preen
Radiant
Sard Wonder Soaker
Wool Mix *M.Gardner*
Wool Mix *Earth Choice*

DEODORANTS

Body Choice Natural
Crystal Stick
Dove
Mum
Rexona Sport
Tea Tree Oil Deodorant

SUNSCREEN

Sunscreen Banana Boat
Sunscreen UV
Tripplegard

BATHROOM CHEMICALS

Lux Body Wash
Palmolive Shower Milk
Shampoo Baby (Johnsons)
Shampoo Head & Shoulders
Shampoo Pantene
Shampoo (Alchemy)
Shampoo Wella Balsam
Shaving Foam Gillette
Shaving Gel Nivea
Soap Pears
Soap Sunlight Personal
Talcum Powder

KITCHEN/Cleaning Products

Ajax Spray & Wipe
Domestos
Earth Choice Dish Liquid
Earth Choice Floor-surface
Exit Mould
Insect Spray

Jif

Morning Fresh
Palmolive Dish Liquid
Pine-O-Clean
Shower Power
Sunlight Dish Liquid

TOOTHPASTE

Colgate (all types)
Grants Herbal
McLeans (all types)
RED SEAL Herbal
Sensodyne
Steradent
VICCO Herbal

HAIR/FIBRES

Cotton
Mixed Feathers
Polyester
Wool

METALS

Aluminium
Gold
Mercury
Silver

COMMON SUPPLEMENTS

Aloe Vera
Chlorella
Fenugreek Tea (Indian)
Fish oil Capsules
Inner Health Plus
Psyllium
Rose Hip Oil
Silica tissue salts
Slippery Elm Powder
Spirulina
Barley Green
Wheat grass
Herbal Fibre blend
ISOwhey Protein Powder

MISCELLANEOUS

Aspro
Cigarette Smoke
Diesel
Kerosene
Methylated Spirits
Nurofen
Panadine
Paracetamol Heron
Paracetamol Panadol
Petrol
Sorbolene

OTHER PRODUCTS

Nordic Fish Oils
Pasta