



Tick Shopping Guide

July 2011



Healthier choices
part of your life



Tick Shopping Guide

The Tick makes it easy to shop for healthier food, and the Tick Shopping Guide can help you to plan your shopping in advance.

The Tick is on a wide range of popular foods to help you make healthier choices right across your diet.

To receive the Tick, products must be independently tested to meet standards for their food type. For most foods it's important to meet standards for salt, saturated fat, trans fat, and energy (kilojoules)*. Many foods must also have minimum levels of beneficial nutrients, fibre and calcium.

Food companies work hard to earn the Tick, and because the Tick nutrition standards are under continuous review they are constantly challenged to make nutritional improvements.

The Tick encourages the consumption of fresh fruit and vegetables too, so remember to aim for your 5+ A Day.

To find out more about the Tick programme, visit www.pickthetick.org.nz.

Inside this brochure you'll also find the Tick Nutrition Standard for each food type, and some helpful tips for using Tick products.

Look out for the Tick when you're shopping, and keep making healthier choices part of your life.

*People with health conditions or special dietary needs should consult a health professional before using the Tick as a guide to healthier eating.

Fruit & Vegetables

Fresh Fruit & Vegetables

Tick Nutrition Standard:

All fresh fruit and vegetables qualify for the Tick.



Tick Tip: Packed full of vitamins, minerals and fibre, fresh fruit and vegetables are great for a healthy diet and should form part of every meal.



Frozen Vegetables

Tick Nutrition Standard: Frozen with nothing added.

Tick Tip: Frozen vegetables are picked and frozen when fresh, providing a convenient and inexpensive way to eat vegetables in our everyday meals.

Birds Eye Steam Fresh – Broccoli, Corn, Peas and Green Beans Mix

McCain Frozen Vegetable Range, *Purely Potato* – Slices, Sweet Potato Cubes

Pams Sweet Corn Cobs, Whole Kernel Corn

Canned Vegetables

Tick Nutrition Standard: Salt, saturated fat, trans fat, kilojoules.

Tick Tip: Canned vegetables are a convenient way to add vegetables to meals, but can be high in salt. Look for canned vegetables which meet Tick standards limiting salt.

Edgell *Vege Mixes* – Butter Beans, Peas & Corn, Corn & Four Bean Mix

Pams Corn Cream, Corn Whole

Canned Legumes

Tick Nutrition Standard: Salt, saturated fat, trans fat.

Tick Tip: A quick and easy way to add fibre and protein to meals.

Craig's Chilli Beans Mild-Med, Mexican Style Chilli Beans, Salsa Chilli Beans & Corn, Large Red Kidney Beans, Red Kidney Beans, Cannellini Beans, Four



Bean Mix, Lentils, Chick Peas

Wattie's Baked Beans Lite

Pams Four Bean Mix, Chick Peas, Red Kidney Beans

Dried Legumes

Tick Nutrition Standard: Dried legumes with nothing added.

Tick Tip: For a hearty soup simmer dried legumes, chunky vegetables, diced onions, garlic and ground spices in a large pot of water until tender. Serve with wholegrain bread for a nutritious winter comfort food.

Pams Split Green Peas, Split Red Lentils, Split Yellow Peas

Potato Mash

Tick Nutrition Standard: Salt, saturated fat, trans fat, kilojoules.

Tick Tip: A convenient Tick approved source of carbohydrate made from real potatoes.

Continental *Potato Mash* – Cheese, Homestyle, Smooth & Creamy

Frozen Potato Chips & Wedges

Tick Nutrition Standard: Salt, saturated fat, trans fat, kilojoules.

Tick Tip: Tick chips and wedges are better for you because they are pre-cooked in healthier vegetable oil.

Wattie's Jacket Wedges, Chunky Cut Chips, Super Oven Fries

Pams Straight Cut Fries, Chunky Cut Fries, Crinkle Cut Fries, Crunchy Wedges

McCain *Superfries* – Straight Cut, Crinkle Cut *Healthy Choice* – Straight Cut



Canned Fruit

Tick Nutrition Standard: Fruit in unsweetened or natural juice.

Tick Tip: Canned fruit in natural or unsweetened juice gets our thumbs up.

Wattie's *Go Fruity* – Diced Peaches in Juice, Fruit Salad in Juice

Goulburn Valley Apricot Halves, Fruit Salad, Peach Slices, Pear Slices, Whole Plums

Dried Fruit

Tick Nutrition Standard: No added sugar.

Tick Tip: A convenient way to enjoy seasonal fruits all year round.

Mother Earth – Gourmet Apricots, Sun-dried Figs, Turkish Apricots, Whole Pitted Prunes



Fruit Juice

Tick Nutrition Standard: Minimum 98% juice.

Tick Tip: Fruit juice contributes important vitamins and antioxidants to our diet.

Juicies *Frozen Fruit Juice* – Apple, Combo, Orange, Organic Apple, Tropical, Wildberry



Bread & Cereal Products

Bread & Flat Bread

Tick Nutrition Standard: Salt, saturated fat, fibre, trans fat.

Tick Tip: Tick sets a strict limit on sodium, as bread is a big contributor of salt in our diet.

OLD EL PASO *Healthy Fiesta* – Extra Light Tortillas
Yarrows Dutch Mill *Mixed Grain* – Sandwich Slice, Toast Slice. *Soy & Linseed* – Sandwich Slice, Toast Slice



Savoury Biscuits

Tick Nutrition Standard: Saturated fat, trans fat, salt, fibre, kilojoules.

Tick Tip: Savoury biscuits can be high in bad fats, salt and kilojoules. We place limits on these to give you a healthier option.

Huntley & Palmers Reduced Fat Crackers
Kavli *Crispbread* – Crispy Thin, Golden Rye

Sweet Biscuits

Tick Nutrition Standard: Saturated fat, trans fat, salt, fibre, kilojoules.

Tick Tip: Tick sets criteria for kilojoules in sweet biscuits, to limit levels of nutrients like sugar and fat.

Cookie Time *Smart Cookie* – Choc Chip, Fudge Brownie
Cookie Tree Go Cookie!

Breakfast Cereals

Tick Nutrition Standard: Saturated fat, salt, fibre, kilojoules, trans fat.



Tick Tip: For a great start to the day choose a Tick approved breakfast cereal. They're a good source of fibre and have met the Tick's strict nutrition standards limiting salt and saturated fat.

Sanitarium *Light 'n' Tasty* – Awaken to Apricot, Bursting Berry, Perfectly Plum & Almond, Peach & Raspberry with Oat Clusters, Morning Manuka Honey, Date & Nut, Weet-Bix with Oat Bran. *Natural Muesli* – Fruit & Five Grain

Kellogg's *Guardian. Just Right* – Original, Tropical, Berry & Apple, Clusters and 5 Grains. *Sultana Bran* – Original, Crunch, Buds. *All Bran* – Original, Tropical, Apple Crunch, Wheat Bran Flakes, Wheat Flakes Honey & Almond. *Mini Wheats* – Blackcurrant, Mixed Berry

Alison Holst Natural Harvest, Rise & Shine

Pams Fruit & Fibre Fruity Nut, Light & Fruity, Wheat Biskits

Hubbards Fruitful Lite, Berry Berry

Lite, Brantastix, Bran and Sultana, Berry Berry Good, Bran & Apricot, Bran & Berries, Bran & Clusters. *Light & Right* – Apricot, Nutty Charge, Berry, Feijoa, Blackcurrant

Uncle Toby's PLUS Antioxidant, PLUS Omega 3, Cheerios, Honey & Oats Cheerios



Hot Cereals

Tick Nutrition Standard: Saturated fat, salt, fibre, kilojoules, trans fat.

Tick Tip: There's no excuse for skipping brekkie now! These portion-controlled, winter warmers will get your day off to a positive start, and with 2 grams of fibre or 50% wholegrains in each serving, your body will thank you.

Harraways Apple, Sultana & Cinnamon Oat Singles

Uncle Toby's Smooth & Tasty Variety Pack (honey, strawberry, vanilla), Weightwise. *Quick Sachets* – Classics Variety Pack, Fruit Variety Pack, Creamy Honey, Brown Sugar & Cinnamon, Golden Syrup. *Gourmet Selections* – Sultanas, Apple & Honey, Hazelnuts, Almonds & Maple, Variety Pack

Grains

Tick Nutrition Standard: Natural grain with nothing added.

Tick Tip: Look after your digestive health by including grains in your diet. Grains contain dietary fibre which aids digestion, and helps keep you feeling fuller for longer.



Harraways Oat Singles, Organic Oats, Rolled Oats, Scotch Oats

Pams Instant Oats Sachets Original, Rolled Oats, Wholegrain Oats, Creamy Porridge, Pearl Barley

Uncle Toby's Milk Oaties, Rolled Oats, Quick Sachets Original

Cereal Bars

Tick Nutrition Standard: Saturated fat, trans fat, salt, fibre, kilojoules.



Tick Tip: Cereal bars can be high in unhealthy fats and provide more kilojoules than needed in a snack. Tick cereal bars must meet standards limiting saturated fat and are generally smaller to meet energy standards.

Be Natural Trail Bars – Berry, Fruit & Nut, Honey Nut

Quaker Body Plus – Omega3, Superfruits.

Fruit Twists – Strawberry Smoothie, Berry Combo.

Fruit Bake Minis – Apple, Strawberry

LEDA Nurture – Apple loves Pomegranate, Blueberry loves Goji

Nice & Natural Scrumbles – Vanilla, Chocolate, Cookies & Cream

Tasti Milkies – Choc Orange, Choc Vanilla, Choc Strawberry.

Fruitsies – Berry Chocolate, Strawberry Vanilla, Apple Vanilla

Plain Pasta

Tick Nutrition Standard: Salt, saturated fat.

Tick Tip: It's handy to know a few good pasta recipes for quick and tasty family meals. Experiment with fresh herbs and vegetables, lean meat or chicken, and Tick approved cooking sauces.

Delmaine Fresh – Egg Fettuccine, Mista Fettuccine, Light Fettuccine, Spaghetti, Egg Tagliatelli, Angel Hair

Pams Fresh – Egg Spaghetti, Egg Fettuccine, Fettuccine Tri-colour



Fresh Filled Pasta

Tick Nutrition Standard: Salt, saturated fat, trans fat.

Tick Tip: Combine with a Tick approved pasta sauce for an easy and nutritious meal.

Delmaine Chicken Cashew & Tarragon Tortellini, Mushroom & Three Cheese Tortellini, Chicken & Basil Tortellini, Beef & Tomato Ravioli, Beef Sacchetti

Pams Chicken & Herb Tortellini, Ricotta & Basil Ravioli, Beef Sundried Tomato & Parmesan Ravioli

Convenience Pasta

Tick Nutrition Standard: Salt, saturated fat, trans fat.

Tick Tip: The Tick is a quick and easy guide to side dishes with limited levels of salt and saturated fat.

Continental Pasta & Sauce Alfredo, Cheese & Black Pepper, Chicken & Mushroom, Creamy Bacon Carbonara, Creamy Mushroom & Bacon, Four



Cheeses, Lite Alfredo, Lite Chicken Curry, Lite Creamy Bacon Carbonara, Macaroni Cheese, Mushroom Garlic & Black Pepper, Savoury Tomato & Onion
Wattie's Lite Spaghetti

Couscous

Tick Nutrition Standard: Salt, saturated fat, trans fat.

Tick Tip: A convenient source of carbohydrates. Prepare with boiling water and a teaspoon of Tick approved margarine.

Continental *Couscous* – Moroccan spices, Mediterranean Vegetable & Herbs, Mushroom & Garlic

Plain Rice

Tick Nutrition Standard: Natural grain with nothing added.

Tick Tip: Rice is the world's most widely eaten food and is a nutritious, quick and easy staple for the whole family.

Pams Brown, Basmati, Jasmine, Parboiled, Short Grain

Sunrice Doongara Clever Rice



Convenience Rice

Tick Nutrition Standard: Salt, saturated fat, trans fat.

Tick Tip: For rice in a hurry – here's a solution. Ready in minutes and perfect served with your favourite curry or stir fry.

Pams Basmati Rice Pouches

Seafood

Fresh Fish

Tick Nutrition Standard: Plain fish with nothing added.

Tick Tip: Regal Salmon is King Salmon which has the highest natural oil content of all salmon and is a rich source of omega-3.

Regal Salmon *Fresh* – Salmon Fillets, Salmon Steaks

Fresh Cuts – Salmon Loins, Salmon Stirfry



Frozen Plain Fish

Tick Nutrition Standard: Plain fish with nothing added.

Tick Tip: A ready-to-use source of protein naturally lower in saturated fat.

Sealord *Simply Natural* – Hoki Fillets, Dory Fillets, Orange Roughy Fillets

Canned Salmon

Tick Nutrition Standard: Salt, saturated fat, trans fat.

Tick Tip: Canned salmon can be high in salt. Look for canned salmon with the Tick, which meets standards limiting salt.

John West Pink Salmon, Pink Salmon No Added Salt, Smoked Flavoured Pink Salmon, Red Salmon.

Salmon Tempters – Mayonnaise

Sealord Pink Salmon No Added Salt



Canned Tuna

Tick Nutrition Standard: Salt, saturated fat, trans fat.

Tick Tip: There are many ways to get your 2–3 servings of fish per week, and tuna with the Tick is a great example. Stir through cooked pasta with mixed veges and chopped herbs, or spread on wholegrain toast with tomato slices – easy!

Sealord Tuna Lite in Springwater

Trident Chunked Tuna in Springwater

John West *Tuna Tempters* – Naturally Smoked, Zesty Vinaigrette, Lemon & Cracked Pepper, Onion & Tomato Savoury Sauce

Crumbed & Other Seafood Products

Tick Nutrition Standard: Saturated fat, trans fat, salt.

Tick Tip: A convenient and appetising way to help achieve the recommended 2–3 servings of seafood per week. Serve hot with your favourite side and plenty of vegetables.

Sealord Orange Roughy Wholemeal Crumb, Dory Wholemeal Crumb. *Fish Fingers* – Classic Crumb, Oat Crumb. *Fish Tapas* – Kumara Crumb, Sweet Chilli Crumb. *Hoki* – Potato Crumb.

Simply Crumbed Hoki Fillets – With Linseed, Sunflower and Pumpkin Seeds, With Toasted Oats, With Wholemeal.

Simply Natural – Calamari Rings (with sauce),

Orange Roughy Fillets

Birds Eye *Oven Bake Fish* – Original, Lemon, Lemon Pepper, Herb & Garlic, Lightly Battered.

Steamed Fish – Thai Coconut

Curry, Lemon and

Parsley, Garlic and

Spring Onion

Independent Crumbed & Battered Fish

Fingers, Fish Burgers

Captain's Choice

Crumbed Fish Portions



Meat & Poultry Products

Lean Meat

Tick Nutrition Standard: Saturated fat.

Tick Tip: Tick lean meat must be trimmed of visible fat and can have no more than 4% saturated fat.

Quality Mark Beef & Lamb – Beef & Lamb Lean Meat Cuts

Silver Fern Farms Venison – Diced, Medallions, Mince, Stirfry.

Lamb – Leg Roast, Loin Fillets, Rumps, Stirfry

Trim Pork All Trim Pork Cuts

Lean Meat (Marinated/Flavour-Infused)

Tick Nutrition Standard: Saturated fat, salt, trans fat.

Tick Tip: Marinated and flavour-infused meats can be high in salt. Tick sets standards limiting added salt to offer you a better choice.

Fishers Apple Pork Sirloin with Manuka Honey, **Pork Sirloin Teriyaki**, **Beef Sirloin Teriyaki**, **Beef Sirloin with Red Wine & Roasted Garlic**

Trim Pork Apple Tender

Lean Poultry

Tick Nutrition Standard: Saturated fat.

Tick Tip: Tick lean poultry must be skinless and have no more than 3% saturated fat.

Tegel Lean & Lite Fresh Chicken – Skinless Boneless Breast, Skinless Boneless Thigh, Mince, Schnitzel, Tenderloins, Stir Fry



Sausages & Patties

Tick Nutrition Standard: Saturated fat, salt, trans fat.

Tick Tip: Next time you feel like sausages or hamburgers, buy sausages or patties with the Tick. They contain no more than 3% saturated fat.

Angel Bay Gourmet Lite– Burger Patties, Beef Bites

Land Meat Beef Burgers, Meat Balls

Mad Butcher Beef Supreme Sausages, Italian Sausages

Rosco's Chicken Patties, Beef Patties

Woodburn Venison Venison Hamburgers, Venison Meatballs

Crumbed & Other Poultry Products

Tick Nutrition Standard: Saturated fat, trans fat, salt.

Tick Tip: Chicken nuggets with the Tick meet standards limiting saturated fat and salt, and should be eaten as part of a balanced diet.

Tegel Chicken Nuggets – Battered, Crumbed, Zoo Animal

Pams Tempura Chicken Nuggets, Crisp-Crumb Chicken Burgers, Crisp-Crumb Chicken Orbits

Ingham Chicken Tenders – Original. Chicken Nuggets – Tempura. Lite Chicken Breast Fillets – Lemon Herb & Garlic



Canned Chicken

Tick Nutrition Standard: Saturated fat, trans fat, salt.

Tick Tip: Tick approved canned chicken is a tasty and versatile source of protein. Perfect for sandwiches, wraps, salads and pasta, it's ready to eat at home or on the run.

Wattie's Chicken Smoked, In Springwater, With Lite Mayo, With Lite Lemon Mayo, With Lite Mayo & Sweetcorn, With Lite Honey Mustard, With Sweet Chilli. Shredded – With Lite Mayo, With Lite Mayo & Sweetcorn, With Lite Honey Mustard, With Sweet Chilli



Milk & Dairy Products

Tick Tip: Only plain milk, flavoured milk, yoghurt and dairy food with no more than 1.4% saturated fat can receive the Tick.

Plain Milk

Tick Nutrition Standard: Saturated fat, kilojoules, calcium.

Tick Tip: Choose plain milk with the Tick because it meets standards limiting saturated fat and ensuring minimum levels of calcium.

Anchor Lite Blue, Trim, Super Trim, Calci+, Trim Long Life Milk, Trim Milk Powder

Meadow Fresh Lite, Trim, Xtra Trim, Calci-trim, Calci-trim UHT, Calci Strong Lite, Pre-Bio Milk

Pams Lite, Calci Smart, UHT, UHT Slim, Skim Milk Powder

Sun Latte Milk

Tararua Buttermilk

Flavoured Milk

Tick Nutrition Standard: Saturated fat, kilojoules, calcium.



Tick Tip: Tick flavoured milk has been independently tested to prove it meets standards for saturated fat, kilojoules and calcium, and it tastes great too!

Primo Banana, Chocolate, Choc Mint, Lime, Strawberry, Cookies 'n Cream, Jaffa

CalciYum Wicked Chocolate, Banana, Caramel, Strawberry. *UHT* – Banana, Strawberry

Meadow Fresh *Nature's Energy* – Chocolate, Banana, Strawberry. *Calci Strong UHT* – Chocolate, Strawberry, Dora the Explorer Strawberry, Thomas & Friends Chocolate



Iced Coffee

Tick Nutrition Standard: Saturated fat, calcium, kilojoules.

Tick Tip: Here's a treat hubby will enjoy this summer, a refreshingly satisfying coffee flavoured milk drink with the Tick.

Tararua Real Iced Coffee, Real Iced Coffee Choc Hit
Mammoth Supply Co. *Iced Coffee* – Original, Mocha



Cream Alternatives

Tick Nutrition Standard: Saturated fat, calcium, kilojoules.

Tick Tip: These cream alternatives are a versatile ingredient and meet strict Tick standards for energy (kJ), saturated fat and calcium.

Nestlé *Carnation* – Light & Creamy Coconut Flavoured Evaporated Milk, Light & Creamy Evaporated Milk



Yoghurt

Tick Nutrition Standard: Saturated fat, kilojoules, calcium.

Tick Tip: If you're feeling peckish, reach for a Tick approved yoghurt. Yoghurt is a satisfying snack that provides calcium, and there are lots of yummy flavours to choose from!

Fresh 'n Fruity *Lite* – Apricot Crumble, Apricot Blast, Vanilla Dream, Berry Burst, Tropicana Crush, Passion Tango, Strawberry Splash, Vanilla Berries, Wildly Berry, Boysenberry 'n' Vanilla, Strawberry, Vanilla Bean, Mango, Passion Punch

Meadow Fresh *Smooth* – Strawberry, Berries & Strawberry, Apricot & Peaches 'n Cream, Forest Berries, Many Berries, French Vanilla, Sweet Delights, Family Favourites.

Live Lite – Mixed Berries, Trio of Apricots, Trio of Berries, Trio of Passionfruit, Trio of Strawberries, Vanilla Bean, Vanilla Trio, Passion Mango, Peach & Apricot

Yoplait Delite – Berry Bliss, Berry Favourites, Blueberry, Dessert Sensations, Fruit Fusion, Kiwi Tango, Passionfruit, Peach Mango, Vanilla Berry, Vanilla Custard, Vanilla.

Elivae – Fig & Honey, Vanilla, Rhubarb & Apple, Triple Berry

Yoplus Trim Yoghurt

Anchor Symbio – Apricot, Mango Passionfruit, Natural, Wild Berry.

CalciYum – Fruity Favs, Tropical, Strawberry, Raspberry

Slimmers Choice Plain Yoghurt

Activate-Body Boost Natural Yoghurt, Boysenberries Blueberries & Cranberries, Prune & Crisp Apple



Dairy Food

Tick Nutrition Standard: Saturated fat, kilojoules, calcium.

Tick Tip: Tick approved dairy food is a nutritious snack at home or at school. Keep some in the fridge for those hungry little tummies.

Anchor CalciYum – Caramel, Strawberry, Original Chocolate, Wicked Chocolate, Favourites pack (milk choc, ban, straw), Choc Twist pack (choc caramel, original choc, choc ban), Neapolitan pack (strawb milk choc vanilla), Nemo snack pack (choc, strawb, berry), Toy Story snack pack (milk choc, cola, caramel), Sponge Bob & Friends pack (choc, caramel, straw), Sponge Bob & Patrick (milk choc, caramel, ban), Triple Delight pack (van custard, berry, cookies & cream), Tripalicious pack (ban, milk choc, caramel)

Meadow Fresh Dora the Explorer Banana, Dora the Explorer Chocolate, Thomas & Friends Chocolate Custard, Thomas & Friends Custard Express. **Calci Strong** – Chocolate Bomb, Caramel Chaos & Raspberry Burst pack

Yogo Chocorama, Crazy Custard, Xtreme Choc



Soft Cheeses

Tick Nutrition Standard: Saturated fat, salt, calcium.

Tick Tip: Soft cheeses with less salt and saturated fat are better for you.

Country Goodness Cottage Cheese – Chives, Italian Herbs, Original, Light

Perfect Italiano Light Ricotta, Extra Light Ricotta



Tararua Cottage Cheese Lite – Plain, Garlic & Chives.
Cottage Cheese Traditional – Plain, Chives, Garlic & Chives
Kraft Philadelphia – Extra Light Cream Cheese, Extra Light Mini Tub

Hard & Semi Soft Cheeses

Tick Nutrition Standard: Saturated fat, salt, calcium.

Tick Tip: Hard cheeses commonly have high levels of saturated fat, but Tick cheeses contain no more than 17% saturated fat.

Perfect Italiano Light Mozzarella
Bega So Light – Slices, Extra Tasty Slices, Vintage Slices, Tasty Block, Vintage Block, Shredded Cheddar

Desserts

Ice Cream & Frozen Yoghurt

Tick Nutrition Standard: Saturated fat, kilojoules, calcium, protein.

Tick Tip: Ice cream with the Tick has significantly less saturated fat than regular ice cream.

Tip Top Light – Vanilla
Kiwi Lite – Vanilla
Zilch Chocolate, Vanilla, Passionfruit & Mango
Bulla Fruit N Yogurt – Apricot, Passionfruit, Raspberry, Strawberry
Much Moore Mini Calci Licks

Moosies Milk Freeze – Banana, Blue Moon, Chocolate, Lime, Strawberry
Mini Moosies Milk Freeze – Chocolate, Strawberry, Caramel



Custard

Tick Nutrition Standard: Saturated fat, kilojoules, calcium.

Tick Tip: Serve with fresh fruit for a healthier dessert.

Anchor Swiss Maid – Lite Vanilla Custard

Frozen Fruit-Based Desserts

Tick Nutrition Standard: Kilojoules, minimum fruit content.

Tick Tip: Tick places a limit on energy for a better frozen fruity treat

Popsicle Fruity Kanuti – Multipack

Nuts & Seeds

Nuts & Seeds

Tick Nutrition Standard: No added salt, limits serve size.

Tick Tip: A natural source of good fats, nuts and seeds are both versatile and nutritious. Add them to recipes for texture and taste, or include a handful with morning or afternoon snacks.



Value Pack Roasted Unsalted Almonds, Roasted Unsalted Cashews, Natural Almonds, Pumpkin Seeds, Sunflower Seeds, Roasted Peanuts in Shell

Mother Earth Brazils, Walnuts, Natural Almonds, Batch Roasted Almonds, Batch Roasted Cashews, Deluxe Mix (Natural)

Nut & Seed Bars

Tick Nutrition Standard: Energy, sodium, saturated fat, trans fat, fibre, nut and seed content.

Tick Tip: For a snack on the run try these Tick approved bars – a convenient and delicious way to increase your intake of nuts and seeds.



Quaker Macadamia & Apricot, Almond & Berry, Mixed Nut

Peanut Butter

Tick Standard: Saturated fat, trans fat, no added salt.

Tick Tip: Tick peanut butter is an essential pantry item. It's a tasty, nutritious spread for growing kids, and can be used in a variety of recipes where a nutty flavour is desired.

100% NUTZ 100% Natural Peanut Butter
Sanitarium Smooth No Added Salt, Crunchy No Added Salt



Oils & Spreads

Vegetable Oils

Tick Nutrition Standard: Saturated fat, trans fat.

Tick Tip: Tick approved oils are a healthier choice when cooking, and olive or avocado oil is lovely lightly drizzled over pasta and vegetables, or used in salad dressings.

Amco Canola Oil, Peanut Oil, Soya Oil

Olivani Olive Oil Pure, Extra Light Olive Oil, Extra Virgin Olive Oil
Grove Extra Virgin Avocado Oil, Garlic Infused Avocado Oil, Horopito Infused Avocado Oil, Lime Infused Avocado Oil, Chilli Infused Avocado Oil, Avocado Oil Cooking Spray
Dot's Cooking Spray Canola Oil
Delmaine Olive Oil Light, Extra Virgin, 100% Pure Olive Oil
Pams Canola Oil, Peanut Oil, Salad & Cooking Oil, Soya Oil, Sunflower Oil
100% Kiwi Extra Virgin Olive Oil, Extra Virgin Olive Oil Spray
ProChef Canola Cooking Spray, Garlic Infused Olive Oil Spray, Australian Olive Oil Extra Virgin Cooking Spray, Australian Olive Oil Extra Virgin Light Cooking Spray

Vegetable Oil Spreads

Tick Nutrition Standard: Saturated fat, trans fat, salt.

Tick Tip: Tick spreads contain less than 1% trans fat (one of the lowest levels in the world), and far less saturated fat than butter. A simple change we can all make to improve our diet.

Flora Light Spread, Salt Reduced Spread, Ultra Light Spread, Canola Spread, Buttery Spread

Flora pro-activ Spread, Light Spread, Ultra Light Spread, Buttery

Meadowlea Canola Spread, Lite Spread, Reduced Salt Spread

Gold'N Canola Spread, Lite Spread

Bertolli *Olivio* – Classico Spread, Lite Spread, Extra Virgin Spread

Olivani Spread, Lite Spread, Extra Virgin Spread, Avocado Spread

Logicol Table Spread, Lite Spread

Olivite Olive Oil Lite Spread, Olive Oil Spread

Pams Canola Spread, Lite Canola Spread



Salad Dressings & Mayonnaise

Tick Nutrition Standard: Saturated fat, trans fat, salt.

Tick Tip: Jazz up your salads with a Tick approved dressing, there are lots of flavours to choose from and they're better for you.

ETA Lite & Free Coleslaw, French, Italian, Potato Salad, Feta & Garlic, Honey Mustard, Salad, Mayonnaise, Tartare, Garlic Mayonnaise with Chives, Balsamic Vinaigrette infused with Roasted Garlic, Lime & Coriander Dressing



Stocks

Stocks

Tick Nutrition Standard: Salt.

Tick Tip: Enhance the flavour and richness of your meals without adding too much salt. Tick approved stocks are perfect in soups, stews, risottos and sauces.

Foundation Foods Beef Stock, Chicken Stock

Convenience Foods

Ready Meals

Tick Nutrition Standard: Saturated fat, salt, kilojoules, trans fat, protein, fibre/vegetable content.

Tick Tip: Delicious, nutritious and best of all no dishes! Tick approved ready meals must have minimum levels of protein, fibre or fruit/vegetable content, and limited salt, saturated and trans fats. Convenient and balanced for a guilt-free night off.

McCain Healthy Choice – Pasta Bake, Cottage Pie, Apricot Chicken, Mexican Chicken, Mild Indian Chicken Curry, Beef Lasagne, Beef Goulash, Beef Florentine, Beef Stirfry with Hokkien Noodles, Fillet of Lamb, Pumpkin Ravioli, Spinach Ricotta Ravioli, Spaghetti Bolognese, Singapore Noodles

Wattie's Italian-Style Tomato & Basil Tortellini, Beef and Vegetable Stockpot, Peppered Steak & Onion Casserole. *Meal Sensations* – Alfredo Chicken Penne, Creamy Tomato Chicken Penne, Creamy Garlic Chicken, Honey Soy Chicken, Thai Beef Curry

Pams Snack Meals – Apricot Chicken, Butter Chicken, Cottage Pie, Macaroni Cheese, Beef Casserole, Chilli Con Carne, Lasagne

Harvest Irish Stew

Sealord Deli Menu – Mexican Rice & Tuna



Meal Kits

Tick Nutrition Standard: Saturated fat, salt, kilojoules, trans fat, protein, fibre/vegetable content.

Tick Tip: Meal Kits get the Tick when made according to the recipe on pack.

OLD EL PASO Healthy Fiesta – Burrito Kit, Taco Kit



Cooking Sauces

Tick Nutrition Standard: Saturated fat, sodium, trans fat.

Tick Tip: Create a quick and easy Italian-inspired meal using these Tick approved cooking sauces.

Leggo's *Sugo di Pomodoro* – Classic Tomato Premium Cooking Sauce, Italian Herbs with Basil Premium Cooking Sauce

Soups

Tick Nutrition Standard: Saturated fat, salt, kilojoules, trans fat, protein, fibre/vegetable content.

Tick Tip: Tick soups provide a quick and easy light meal or snack.

Continental *Vegiful Cup-a-Soup* – Rich Tomato, Eight Vegetable, Potato & Leek, Winter Vegetable. *Professional* – Chicken Noodle, Cream of Pumpkin, Tomato, Minestrone, Pea & Ham, Potato & Leek, Thick Vegetable
Campbell's *Country Ladle* – Butternut Pumpkin, Rich & Creamy Pumpkin, Creamy Chicken, Chicken & Sweetcorn, Chicken Noodle, Roast Chicken & Winter Veg, Farmhouse Vegetable, Creamy Chicken & Mushroom with Wholegrain Brown Rice, Hearty Vegetable with Wholegrain Pasta, Minestrone with Wholegrain Pasta, Potato & Leek, Potato & Sweetcorn Chowder
Maggi *Classic* – Asparagus, Minestrone, Thick Vegetable



Pizza & Bread Based Foods

Tick Nutrition Standard: Saturated fat, trans fat, salt.

Tick Tip: Pizza can be loaded with bad fats. To get the Tick, pizza and other bread-based foods have no more than 4% saturated fat.

McCain *Healthy Choice Pizza* – Deluxe. *Pizza Singles* – Supreme, Meatlovers, Ham & Pineapple
Hot Bites Murphies, Hawaiian Pizza, Volcanoes
Rapperz Hawaiian Calzone Pizza
Good Time *Monty* – Mince, Spaghetti

Pies & Pastries

Tick Nutrition Standard: Saturated fat, trans fat, salt.

Tick Tip: Pies are a Kiwi favourite but contribute unhealthy fat to our diet. Pies with the Tick must have no more than 5% saturated fat.

Hot Bites Chicken, Potato Top, Mince & Vegetable, Mince & Cheese
Good Time *Metro Pies* – Choice of 5 Savoury Pies.
Mini Metros – Choice of 4 Savoury Pies

Join the Tick Club

www.heartfoundation.org.nz/Tick

Tick Club members have access to:

- Easy to prepare, seasonal recipes for the whole family to enjoy
- Exclusive online offers and free Tick product giveaways
- Practical healthy eating advice from our Tick Dietitian, Rhodi
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