

Short failsafe shopping list



Short Failsafe Shopping List

Fresh fruit and veg – [MORE DETAIL](#)

Pears Bartlett (Williams), Packham (not apple shaped)

Potatoes, chives, garlic, swedes, chokos, red cabbage, mung bean sprouts, bamboo shoots, parsley (for decoration), green beans, celery, cabbage, Brussels sprouts, iceberg lettuce, leeks, shallots

Bakery and gluten-free – [MORE DETAIL](#)

Bread plain white or wholemeal (no 280-3 or 220-8), Breadmix no 282, e.g. Laucke's

Dairy and non-dairy – [MORE DETAIL](#)

Butter Pure e.g. Mainland Butter soft, supermarket own brands, butter blends only if preservative-free e.g. Helga's Continental style light butter blend

Cheese Cream cheese (no preservatives 200-203), e.g. Philadelphia, own brands; cottage cheese (no preservatives e.g. Jalna from health food stores), ricotta cheese (no preservatives e.g. Pantalica)

Cream Plain; sour cream

Margarine (no sorbates 200-203, no antioxidants 310-321, no artificial colours, no annatto 160b) e.g. Meadowlea original with dairy, Nuttalex dairy-free

Milk Unflavored, A2

Meat, poultry, seafood, eggs – [MORE DETAIL](#)

Eggs Fresh, free range

Fish Very fresh e.g. snapper, barramundi, whiting, crab, lobster, oysters, calamari, scallops (not salmon, tuna or prawns)

Meat Fresh beef, lamb, beef roast, preservative free mince, t-bone or sirloin steak, lamb leg for roasting, diced lamb, lamb loin chops, chump chops for stewing, veal for schnitzel,

Poultry Whole fresh or frozen chicken (no seasoning, stuffing, self basting or manufactured meat), chicken breast, thighs, pieces (no marinade or flavor enhancers)

Pantry – [MORE DETAIL](#)

Biscuits Arnotts Sao, Wholemeal Sao, Cruskits, Milk Arrowroot, Scotch Finger, Milk Coffee, Glengarry or Walker Shortbreads
No dairy – Arnotts original Water Crackers, Salada, Saltine, Vita-Weat original, Shredded Wheatmeal, Kavli and Ryvita crispbreads

No gluten or dairy – Sunrice plain rice cakes (not with corn), plain rice crackers (no flavour enhancers or synthetic antioxidants)

Cake and pancake mix Pastry Mix (White Wings), Plain pancake premix (many – e.g. White Wings, Original Shaker). To avoid added milk use buckwheat

Cakes and Croissants Woolworths baked in-store croissants; see also Sara Lee Pound Cake and SL Croissants in frozen foods

Canned and dried vegetables Canned beans eg red kidney, chickpeas, butter beans, borlotti beans, three or more bean mixes, green beans, Surprise dried green beans

Avoid these additives

COLOURS

102, 104, 110, 122, 123, 124, 127, 129, 132, 133, 142, 143, 151, 155
natural colour 160b (annatto)

PRESERVATIVES

Sorbates 200-203
Benzoates 210-219
Sulphites 220-228
Nitrates, nitrites 249-252
Propionates 280-283

SYNTHETIC ANTIOXIDANTS

Gallates 310-312
TBHQ, BHA, BHT 319-321

FLAVOUR ENHANCERS

Glutamates incl MSG 620-625
Ribonucleotides 627, 631, 635
Hydrolysed Vegetable Protein (HVP)

ARTIFICIAL FLAVOURS

No numbers since they are trade secrets
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Desserts Easiyo yoghurt premixes (natural and vanilla), Sago and Tapioca (Lion brands)

Dried fruit and nuts Cashew nuts raw eg Natura Natural Cashew Kernels, dried pears (peeled, no sulphite preservatives 220-228)

Flour Arrowroot flour (gluten free eg McKenzies), Cornflour (gluten free from corn eg White Wings), custard powder (no artificial colour, no annatto 160b eg Orgran gluten-free custard powder, Plain or self raising e.g. Defiance)

Pasta Couscous (e.g. San Remo); plain pasta in any shape (no colours, flavours, fillings)

Rice Plain e.g. Sunwhite, medium or long grain, Arborio, Doongara, glutinous but not flavored like basmati, jasmine, wild rice

Salt Sea salt or rock salt preferably iodised (only flavored McCormick garlic salt). **No pepper**

Soft drinks Lemonade (no preservative 211 e.g. Schweppes bottled occasionally as lemon has salicylates), tonic water no 211
Soda Water, sparkling mineral water (no flavours, no additives)

Soup and soup mixes Dried beans and lentils (e.g. red, brown and green lentils, chickpeas, split peas, red kidney and all other dried beans except broad beans); pearl barley and soup mix (e.g. McKenzies)

Spreads, jam etc Golden syrup (CSR), Malt extract (e.g. Saunders); No honey, no jam except home-made pear jam

Sugar Caster sugar, icing sugar (pure is gluten-free), Light brown sugar (not raw, no molasses for colouring), White sugar

Toppings and ice cream cones Betta natural ice-cream cones; Nestle caramel top and fill
Pure maple syrup (e.g. Camp)

Canned fruit Pears in syrup (not natural juice)**Cereal** Rolled oats no additives, flavours

Kelloggs Rice Bubbles, Rice Bran, All Bran, Special K, Uncle Toby's Weeties, Sanitarium Weetbix and other plain, additive free, wholewheat based cereals

Chips and snacks Arnotts "French Fries" potato straws, Colvan plain chips, Kettle original salted chips, Red Rock Deli plain chips

Confectionery No colors, preservatives or flavors except limited vanilla. Pascall vanilla marshmallows (white, limited due to flavours), Werthers Original butter candies

Cooking oils Canola cooking spray, canola, sunflower or safflower oil (not cold pressed, no synthetic antioxidants 310-321)

Freezer – [MORE DETAIL](#)

Ice cream (no colours, no annatto 160b) e.g. Peters original vanilla, Nestle Milky Bar, Norco Natural, Sara Lee French Vanilla, Toppa hokeypokey, Pure Chil or Dairy Bell organic Vanilla from Coles

Pastry eg Pampas Puff Pastry sheets not rolls, Pampas Butter Puff Pastry sheets not rolls, Home Brand puff pastry

Personal – [MORE DETAIL](#)

Shampoo Preferably no perfume e.g. DermaVeen shampoo and conditioner from pharmacies

Skin and sun care Moisturizers (fragrance free e.g. Redwin sorbolene with Vitamin E

Sunblock (free of parabens or benzoates and unperfumed, e.g Ego Sunsense

Toothpaste and dental care Plain dental floss (not mint) Unflavored toothpaste [see more details](#)

Cleaning – [MORE DETAIL](#)

Cleaning vinegar, bicarb soda, methylated spirits (no perfumes)

General – [MORE DETAIL](#)

Tissues and toilet paper No perfumes e.g. Sorbent hypoallergenic