

WOOLWORTHS 

 Discovery

WOOLWORTHS
**HEALTHY FOOD
CATALOGUE**



Discover healthy living!

Discovery Vitality brings you the HealthyFood benefit to help you make healthy food choices when shopping at Woolworths. The selection criteria for the list of foods in this catalogue were compiled by a team of nutrition and health experts, and include the latest dietary guidelines. These guidelines, which include the most recent scientific evidence, address dietary practices that are associated with chronic lifestyle-related diseases such as heart disease and type 2 diabetes.

In addition to the quality of food chosen, the quantity of food also plays a significant role in terms of your health. Portion sizes, from packaged foods to restaurant meals, have increased significantly over the last few decades. While kilojoule control is important, it can only go so far – living a healthy lifestyle depends on combining smart eating with the right amount of physical exercise on a regular basis.

IMPORTANT POINTS TO REMEMBER WHEN USING THIS CATALOGUE

Products listed in this catalogue are subject to seasonal and supplier availability, and may only be available at certain Woolworths stores. Vitality bases its principles on the most current policies and guidelines from local and international bodies. No collaborations were formed with suppliers or manufacturers and items were chosen based on the evidence-based criteria, independent of the brand they represented. Any person using information in this catalogue does so at his or her own risk and waives any right to action against the Discovery group of companies (Discovery) or Woolworths retailers (Proprietary) Limited (Woolworths).

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Note: The HealthyFood items identified on the HealthyFood Catalogue shall at all times supersede what is stated on the in-store shelf labels and on your till slips.

RECIPES

The recipes in this catalogue were provided by the Discovery Vitality HealthyFood Studio.

Fresh, seasonal ingredients, good nutrition and sustainable eating all come together with a dash of delicious as part of the Discovery Vitality HealthyFood Studio – a teaching and dining kitchen located in Sandton, Johannesburg where you can take part in fun and interactive cooking classes to help ignite a life-long love of healthy, appetising cooking.



Discovery Vitality HealthyFood benefit selection criteria

FRUIT

Unseasoned, unflavoured fresh and frozen fruit

VEGETABLES

Unseasoned, unflavoured, fresh, frozen and dried vegetables and herbs

Tinned tomato with no added sugar or salt

CARBOHYDRATE FOODS

Wholegrains (for example, oats, brown and wild rice, barley, buckwheat, quinoa, bulgur wheat, spelt, millet, raw popcorn kernels)

Wholewheat pasta and noodles, couscous, samp, maize rice, cereals, porridges, breads and crackers that meet nutrient cut offs for salt, sugar, saturated fat and fibre

PROTEIN FOODS

Uncooked eggs

Unflavoured, unseasoned fresh skinless chicken

Unflavoured, unseasoned and non-smoked fresh and frozen fish and seafood

Fish and seafood tinned in brine, water, olive or canola oil and tomato or chilli sauce

Unflavoured, unseasoned fresh and frozen ostrich and ostrich mince

Unflavoured, unseasoned fresh skinless turkey

Unflavoured, unseasoned tofu

DAIRY

Fat free plain milk

Fat free plain yoghurt

Fat free plain and unflavoured cottage cheese

Unsweetened plain soy milk

LEGUMES

Dried legumes and legumes canned or bottled in brine or water

OILS, NUTS AND SEEDS

Olive, canola and avocado oils and oil sprays

Plain, raw, unsalted nuts and seeds

Unsweetened, no added sugar or salt peanut and nut butters



How to use this catalogue

Use this catalogue as your guide to make HealthyFood choices when shopping at Woolworths, and for useful, healthy recipes. The products selected represent the healthiest choices within each food group and, when eaten in the recommended amounts, all form part of a healthy, balanced diet. Products not included in the catalogue are not necessarily unhealthy and may still have a place in a healthy eating pattern, depending on your individual needs.

The Vitality HealthyFood benefit is made up of hundreds of products that are divided into seven main product categories:

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Look out for the Vitality HealthyFood stamp on shelf labels in-store and on your till slip to identify HealthyFood items at Woolworths.



01. Vegetables



Vegetables

VEGETABLES AND HERBS

Vegetables are rich in vitamins and minerals, fibre, phytochemicals and antioxidants, and help promote good health and prevent disease. International dietary guidelines recommend that you eat plenty of vegetables in various colours every day.

All unseasoned, unflavoured, fresh, frozen and dried vegetables and herbs are included in the Vitality HealthyFood benefit, including those that are whole, chopped or sliced.

Tinned tomato with no added sugar or salt is included in the HealthyFood benefit.

Vegetables and herbs with added spices, seasoning, flavouring, fat, oil or sauces are excluded from the HealthyFood benefit.



Vegetables

CANNED VEGETABLES

Choice Grade Peeled Diced Tomatoes
Diced Tomatoes
Italian Chopped Tomatoes
Italian Whole Cherry Tomatoes
Organic Italian Whole Peeled Tomatoes
Organic Tomato Paste
Tomato paste

DRIED VEGETABLES

Chilli Flakes
Dried Chilli Rings
Dried Exotic Mushrooms
Dried Porcini and Shitake
Dried Porcini
Dried Shiitake Mushrooms
Dried Sweet Peppers
Dried Tomatoes
Garlic Flakes
Ginger Flakes
Onion Flakes
Sundried Tomatoes
Tomaraisins

FRESH VEGETABLES AND HERBS

All unseasoned, unflavoured, fresh
vegetables and herbs

 Vegetables**FROZEN VEGETABLES**

Baby Carrots
Baby Green Beans
Baby Spring Vegetable Mix
Brussels Sprouts
Carrots, Onions and Celery
Cauliflower Florets
Chunky Vegetable Selection
Country Crop Mix
Edamame Beans
Essential Sweetcorn
Garden Peas
Minted Peas
Mixed Vegetables Diced
Peas, Carrot, Corn
Peas and Corn
Petits Pois
Ruby Roast Vegetables
Steam Broccoli, Cauliflower, Carrot
Steam Carrots, Beans, Broccoli
Sweetcorn

DRIED HERBS

Basil
Bay Leaves
Bouquet Garni
Chives
Coriander
Coriander Leaves
Coriander Seeds
Curry Leaves
Dill
Dried Chillies
Fennel Seeds
Fenugreek
French Tarragon
Spearment
Sweet Basil
Italian Herbs
Lemon Grass
Lime Leaves
Marjoram
Mixed Herbs
Oregano
Parsley
Red Chillies
Rosemary
Sage
Tarragon
Thyme



Vegetables

POTTED HERBS

Basil
Borage
Chillies
Chives
Composite Seed Mix
Coriander
Edible Flowers
Herbs Composite
Mint
Origanum
Parsley
Rosemary
Thyme
Wheatgrass



Recipe

Baby marrow, tomato & basil rolls

3 large baby marrows
Large pinch salt
8 sundried tomatoes
16 basil leaves (or mint)
60g reduced fat feta cheese
2 cloves of garlic, crushed
20ml olive oil

METHOD

Slice the baby marrows lengthwise into 3mm strips and season with the salt. Set aside for about 30 minutes.

Combine the crushed garlic and olive oil and set aside.

Crumble the feta and slice the sundried tomatoes into strips.

After 30 minutes, wipe the moisture off the baby marrows and place them on a baking tray.

Brush with the olive oil and garlic on both sides.

Preheat the oven grill and cook the baby marrows for about 3 minutes a side under the grill.

Allow to cool, then place 3 basil leaves with a piece of sundried tomato onto each baby marrow slice, sprinkle the feta over as well as some black pepper and roll them up.

Serve at room temperature.

SERVES: 20 people

PREPARATION TIME: 30 minutes

COOKING TIME: 10 minutes



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02. Fruit



Fruit

Fruit is a good source of vitamins and minerals, fibre, phytochemicals and antioxidants, and help to promote good health and prevent disease. International dietary guidelines recommend that you eat moderate amounts of a variety of fruit every day. All unseasoned, unflavoured fresh and frozen fruit, including those that are whole, cut or sliced, are included in the HealthyFood benefit provided that they do not contain any added sugar, flavouring or include other ingredients. Dried and canned fruit are excluded from the HealthyFood benefit.



Fruit

FRESH FRUIT

All unseasoned, unflavoured fresh fruit

FROZEN FRUIT

IQF Berry Medley
IQF Blueberries
IQF Mango
IQF Raspberries
IQF Strawberries
IQF Summer Fruits
Summer Berries



Recipe

Spicy guacamole

PREPARATION TIME: 15 minutes

- 2 avocados, large
- 1 lime, large
- 1 chilli
- ½ garlic clove
- 1 tomato, large
- 2 spring onions
- Pinch salt
- Large pinch black pepper, freshly ground

METHOD

Skin the avocado, cut into blocks and place in a bowl.

Cut the lime in half and squeeze the juice over the avocado.

Mash the avocado and lime juice together with a fork to a fairly soft puree.

Cut the chilli in half and deseed (unless you prefer it very spicy). Chop finely and then add to the avocado.

Chop the garlic and spring onions finely and add to avocado mixture.

Deseed the tomato and cut into small blocks and add to the avocado.

Season with salt and freshly ground black pepper and combine everything well. Add a bit more lime if the consistency is too thick.

Serve with the crispy, sweet potato wedges.



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 **03. Carbohydrate**



Carbohydrate foods

Wholegrains and wholegrain products are among the healthiest sources of carbohydrates. These provide a steady supply of energy to the body throughout the day. Including these foods helps improve your energy levels and your ability to perform everyday tasks. Apart from being a good source of carbohydrates, wholegrains also provide fibre, resistant starch, a number of vitamins and minerals, as well as beneficial phytochemicals. Local and international dietary guidelines recommend that at least half of the grains you eat be wholegrains. Wholegrains and high-fibre starchy foods low in salt, sugar and saturated fat are included in the HealthyFood benefit. Carbohydrate foods should meet **all** of the below criteria to be included:

- At least 6g of **fibre** per 100g
- No more than 1.5g of **saturated fat** per 100g
- No more than 5g of **total sugar** per 100g
- The **sodium** (salt) content of breads, cereals, porridges and crackers should align with government regulations:
 - **Bread:** no more than 380mg sodium per 100g
 - **Cereals and porridges:** no more than 400mg sodium per 100g
 - **Crackers:** no more than 700mg sodium per 100g
 - **Other carbohydrate foods:** no more than 600mg sodium per 100g



Carbohydrate foods

BREAD

Brown Sandwich Thins
Brown Seeded Rolls
Cape Seed Loaf
Crushed Wheat Boules
Crushed Wheat Sourdough Bread
Free From Gluten Seeded Rolls
Multiseed Bread
Multiseed and Oats Sandwich Thins
Multiseed Rolls
Seeded Wholewheat Brown Bread
Soft Rye Bread
Tante Anna Bread
White Sandwich Thins
Wholewheat High Fibre Brown Bread
Woolworths High Fibre White Bread
Woolworths Thick Slice Brown Bread

CRACKERS

Gluten Free Chickpea, Lentil, Pea Crackerbread
Oat and Sesame Rice Cakes
Oat Cakes Plain
Popped Cracker Cakes Carrot, Quinoa & Sesame Seeds
Provita Crackerbread Rye
Rice, Buckwheat and Quinoa Crackerbread
Rice Cakes
Ryvita Light Rye Crispbread
Quinoa and Sesame
Thins Seed Rice Cake
White Corn Cakes Chia
White Corn Cakes Plain

CEREALS

Weetbix

OTHER STARCHY FOODS

Polenta
Wholewheat Couscous

PORRIDGE

Plain Oats
Instant Oats
Jungle Taste Wheat Bran
Jungle Oat Bran
Jungle Oats
Jungle Oats Instant
Quick Cooking Oats
Rolled Oats
Sorghum Coarse
Steel Cut Wholegrain Oats

RICE

Brown Basmati Rice
Brown Rice
Organic Brown Basmati Rice
Organic Long Grain Brown Rice
Tastic Brown Basmati Rice
Tastic Brown Wild Rice
Tastic Natures Choice Brown Rice
Thai Black Rice
Woolworths Brown Wild Rice



Carbohydrate foods

WHOLEGRAINS

- Barley
- Black Quinoa
- Bulgur Wheat
- Pearl Barley
- Popcorn
- Quinoa
- Red and White Quinoa
- Red Quinoa
- Red Sorghum
- White Quinoa

WHOLEWHEAT PASTA AND NOODLES

- Asian Medium Wholewheat Noodles
- Chickpea Pasta
- Everyday Fusilli
- Everyday Orzo Pasta
- Everyday Tagliatelle Pasta
- Kids Alphabet Pasta
- Organic Spelt Fusilli
- Organic Wholewheat Linguine
- Organic Wholewheat Penne Rigate
- Organic Wholewheat Spaghetti
- Wholewheat Fusilli
- Wholewheat Linguine
- Wholewheat Macaroni
- Wholewheat Penne
- Wholewheat Spaghetti



Recipe

Farmed kob in spicy tomato ragù

25ml olive oil
4 cloves of garlic, skinned
2 tins of cherry tomatoes
600g farmed kob or sustainable firm white fish, filleted into 150g portions
6 sprigs basil leaves, chopped
1 tbsp chilli olive oil (optional)
Pinch each salt, sugar, black pepper
2 sprigs basil leaves for garnish

METHOD

Heat the oil, add garlic and fry until golden brown.

Briefly brown the seasoned fish in the hot oil, for about 1 minute and then remove and set aside. Add the tomatoes and stir.

Cook the sauce for about 20 minutes and adjust seasoning with salt and sugar. The sauce should reduce and thicken at this stage. Add the chopped basil.

Place the fish back in the sauce and cook on a low heat for about 5 minutes, until the fish is just cooked. Don't cover the fish with sauce – retain the red, white and green colours for aesthetics.

To serve, dish the ragù in a serving plate first, then the fish on top and garnish with basil leaves and drizzle with chilli oil.

To dress this dish down for a comfortable lunch, serve it with wholewheat couscous. To dress it up for dinner, serve it with oven-roasted new potatoes and steamed asparagus or green beans.

SERVES: 4 people

PREPARATION TIME: 20 minutes

COOKING TIME: 20 minutes



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04. Protein foods



Protein foods

Protein foods are an important part of a healthy diet as they provide nutrients that are essential for your health and the maintenance of your body. Guidelines recommend including a variety of protein foods that are nutrient-dense and lower in saturated fat such as skinless chicken and turkey, ostrich, fish, seafood, tofu and eggs.



Protein foods

Poultry

All unflavoured, unseasoned fresh skinless chicken and turkey is included on the HealthyFood benefit.

Chicken and turkey in sauces, batter, crumbs, in pre-prepared meals, smoked, salted, or processed products are not included.

SKINLESS, FRESH CHICKEN

- 3 Chicken Breast Fillets
- African Chicken Mini Breast Fillets
- African Skinless Chicken Breast Breast Fillets
- Chicken Breast Fillet Cubes
- Chicken Stir Fry Strips
- Drumsticks and Thighs
- Free Range Breast Fillets
- Free Range Breast Strips
- Free Range Breasts
- Free Range Butterfly Chicken Breast
- Free Range Drumstick Fillets
- Free Range Drumstick and Thigh
- Free Range Mini Breast Fillets
- Free Range Thigh Fillets
- Free Range Thighs
- Mini Breast Fillets
- Thigh Fillets

EGGS

All whole, uncooked eggs are included in the Vitality HealthyFood benefit.

- Free Range Duck Eggs
- Free Range Extra Large Eggs
- Free Range Jumbo Eggs
- Free Range Large Eggs
- Free Range Liquid Egg Low Fat
- Free Range Liquid Egg Whites
- Free Range Liquid Whole Egg
- Free Range Loose Eggs
- Free Range Mixed Eggs
- Free Range Omega Eggs
- Free Range Organic Mixed Eggs
- Fresh Quail Eggs
- Indigenous Eggs
- Loose Eggs



Protein foods

Fish and Seafood

All unflavoured, unseasoned, non-smoked fresh and frozen fish and seafood, whether whole or filleted, is included in the HealthyFood benefit. Fish and seafood tinned in brine, water, olive or canola oil and tomato or chilli sauce is also included.

All fish and seafood in sauces, crumbs, batter, smoked, flavoured, salted, curried, pickled, in pre-prepared meals, cooked or processed fish and seafood products are excluded. Fish and seafood tinned in vegetable oil and smoked have also been excluded from the HealthyFood benefit. We have included omega 3 rich tinned fish (mackerel, sardines and salmon) in vegetable oil.

Canned fish and seafood

HERRING

Sweet and Tangy Herring

MACKEREL

Grilled Mackerel Fillets with Extra Virgin Olive Oil
 Grilled Mackerel Fillets with Lemon Flavoured Vegetable Oil
 Lucky Star Jack Mackerel
 Mackerel Fillets in Tomato Sauce
 Mackerel Fillets with Rapeseed Oil

MIDDLERCUT

Lucky Star Middlecut in Water Salt added

OTHER FISH

Red Sock Eye Skinless and Boneless

PILCHARDS

Lucky Star Pilchards in Hot Chilli Sauce
 Lucky Star Pilchards Fillets Sweet Chilli Sauce
 Lucky Star Pilchards in Tomato Sauce
 Pilchards Hot Chilli

Pilchards in Chilli
 Pilchards in Hot Chilli Sauce
 Pilchards in Tomato
 Pilchards in Tomato Sauce

SALMON

Grilled Salmon Steaks With Olive Oil
 Pink Salmon
 Pink Salmon Skin on Bone in
 Pink Salmon Skinless and Boneless
 Salmon Fillets in Brine
 Salmon Pouch Brine
 Salmon Skin on Bone in
 Salmon Skinless and Boneless

SARDINES

Brisling Sardines in Olive Oil with Jalapeno Peppers
 Brisling Sardines with Rapeseed Oil added
 Lucky Star Sardine Flavoured Oil
 Lucky Star Sardines in Vegetable Oil
 Lucky Star Sardine Water
 Portuguese Sardines in Oil
 Portuguese Sardines in Tomato

Sauce
 Sardines in Tomato Sauce
 Sardines in Vegetable Oil
 Sild Sardines with Rapeseed Oil added

SEAFOOD

Mussels in canola oil
 Oysters
 Snails

TUNA

Albacore Tuna Fillets in Olive Oil
 Albacore Tuna Fillets in Spring Water
 Bulk Shred Tuna in Brine
 Light Meat Tuna Chunks in Brine
 Light Meat Tuna Pieces in Water
 Light Meat Tuna Shredded in Brine
 Light Meat Tuna Solid in Brine
 Shredded Tuna in Brine
 Tuna Chunks in Brine
 Tuna Chunks in Water
 Tuna in Brine Pouch
 Tuna Pieces in Brine
 Tuna Solid in Brine



Protein foods

Fresh and frozen fish and seafood

All unflavoured, unseasoned, non-smoked fresh and frozen fish and seafood.

OSTRICH

All unflavoured, unseasoned fresh or frozen ostrich and ostrich mince is included in the HealthyFood benefit.

All ostrich meat in sauces, in pre-prepared meals, smoked, salted and processed ostrich products are excluded.

Ostrich Cubes
Ostrich Fillet
Ostrich Mince
Ostrich Steak

TOFU

Morinaga Firm Tofu
Moringa Extra Firm Tofu
Mori-Nu Yuzu Flavoured Firm Tofu
PlantLove™ Paneer
PlantLove™ Tempeh
PlantLove™ Tofu



 05. Dairy



Dairy

Dairy products are good sources of protein and calcium, and help to maintain bone health. Dietary guidelines recommend choosing lower fat options in order to limit saturated fat intake. Unflavoured, fat free or skim milk (including fresh, long-life, UHT and powdered fat free milk), unsweetened soy milk, plain fat free yoghurt and plain, unflavoured fat free cottage cheese are included on the HealthyFood benefit.



Dairy

COTTAGE CHEESE

Fat Free Cottage Cheese Plain Chunky
Fat Free Cottage Cheese Plain Smooth
Organic Fat Free Cottage Cheese Smooth

FAT FREE PLAIN MILK

Fat Free Ayrshire Milk Fresh
Fat Free Milk Longlife
Fat Free Milk Organic
Fat Free Milk UHT

FAT FREE PLAIN YOGHURT

Fat Free Yoghurt Ayrshire Plain
Fat Free Yoghurt Creamy Plain

UNSWEETENED SOYA MILK

Barista Unsweetened Soya Drink
Soya Drink Unsweetened



 **06. Legumes**



Legumes

Legumes are a good source of non-animal protein and fibre and contain a variety of vitamins and minerals. Local and international guidelines recommend that you eat dry beans, peas and lentils regularly. All dried legumes and legumes canned or bottled in brine or water are included on the HealthyFood benefit.

All texturised or processed soya products, such as burgers and sausages, are excluded.



Legumes

Canned legumes

BEANS

Borlotti in Brine
Butter Beans in Brine
Cannellini Beans in Brine
Choice Grade Black Beans in Brine
Choice Grade Red Kidney Beans in Brine
Choice Grade Three Bean Mix in Brine
Chickpeas, Haricot beans, Adzuki beans and Oats in Brine
Organic Red Kidney Beans

LENTILS

Choice Grade Lentils
Organic Lentils in Water

CHICKPEAS

Choice Grade Chickpeas in Brine
Organic Chickpeas in Water

Dried legumes

BEANS

Black Beans
Red Kidney Beans
Red Speckled Beans
White Kidney Beans

LENTILS

Brown Lentils
Green Lentils
Split Red Lentils

PEAS

Chickpeas
Soup Mix
Split Green Peas



Recipe

Tandoori-spiced cauliflower

- 1 large whole cauliflower
- 1 cup fat free plain yoghurt
- 2 tsp garam masala
- 2 tsp paprika
- 1 tsp hot chilli powder
- 1 tsp ground cumin
- ½ tsp ground turmeric
- Juice of ½ a lemon
- 2 tbsp canola oil
- 10g tomato paste
- 10g garlic cloves, finely chopped or crushed
- 3cm fresh ginger, finely grated
- ½ tsp salt

METHOD

Combine all the ingredients (except the cauliflower) in a mixing bowl and taste. If you prefer it spicier, add more chilli.

Trim the outer leaves and bottom of the cauliflower, but keep it whole.

Baste the entire cauliflower thoroughly with the marinade. The marinade should be brushed on generously and reserve about two tablespoons to baste during cooking.

Allow the cauliflower to marinate while the oven preheats.

Preheat the oven to 200°C.

Cover the cauliflower with foil and bake for 45 minutes,

then remove the foil and bake for another 15 to 20 minutes, basting with the rest of the marinade. Baking time will depend on the size of the cauliflower – cook until soft, but still holding shape.

Present the cauliflower whole and carve into wedges at the table.

Serve with wholewheat pita or steamed brown rice, yoghurt and cucumber dip, Middle Eastern salads or sambals.

SERVES: 4 people

PREPARATION TIME: 10 minutes

COOKING TIME: 50 minutes to 1 hour



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Recipe

Grilled Brussel sprouts with almond & mustard dressing

PREPARATION TIME: 20 minutes

COOKING TIME: 20 minutes

500g Brussel sprouts
Large pinch salt
Large pinch pepper
1 tbsp olive oil
60g almonds, flaked and toasted
1 tbsp whole grain mustard
15ml lemon olive oil
1 lemon, zest and juice

METHOD

Wash and trim the bases of the Brussel sprouts.

Bring a pot of seasoned water to the boil and add the Brussel sprouts. Cook for about 10 minutes, then remove the sprouts and refresh in ice water. Drain, dry and cut the Brussel sprouts in half and then dress with the olive oil.

Warm a grill pan and grill the sprouts for 1 minute to give them good colour. Place in a bowl and keep hot as you grill the rest.

Combine the lemon juice, lemon oil and zest and briefly dress the Brussel sprouts in the bowl when they are piping hot, and then move them onto a hot serving platter.

Garnish with toasted almonds and cheeks of lemon.



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07. Oils, nuts and seeds



Oils, nuts and seeds

Plant oils, nuts and seeds are good sources of healthy (unsaturated) fats, which are beneficial for heart health. Guidelines recommend choosing unsaturated fats over saturated (animal) fats.



Oils, nuts and seeds

Oils

Olive, canola and avocado oils are included on the HealthyFood benefit.

AVOCADO OIL

Avocado Oil
Avocado Oil Garlic Infused
Avocado Oil Lemon Infused

CANOLA OIL

Canola Oil
Canola Olive Blend

OLIVE OIL

Babylonstoren Extra Virgin Olive Oil
Cooking Olive Oil
Costas Artisano Olive Oil
Delicate Intensity Extra Virgin Olive Oil
Directors' Reserve Extra Virgin Olive Oil
Estate Blend Extra Virgin Olive Oil
Extra Virgin Olive Oil Basil Infused
Extra Virgin Olive Oil Garlic Infused
Extra Virgin Olive Oil Lemon Infused
Extra Virgin Olive Oil Truffle Infused
Italian Extra Virgin Olive Oil
Jalapeno Flavoured Extra Virgin Olive Oil
Mardouw EVOO
Medium Intensity Extra Virgin Olive Oil
Morgenster Extra Virgin Olive Oil
Organic Extra Virgin Olive Oil



Oils, nuts and seeds

OLIVE OIL

Babylonstoren Extra Virgin Coratina Olive Oil
De Rustica Estate Collection Coratina EVOO
Mediterranean Extra Virgin Olive Oil
Prince Albert Extra Virgin Olive Oil
Robust Intensity Extra Virgin Olive Oil
SA Extra Virgin Olive Oil
Tokara Estate Limited Edition EVOO
Tokara Frantoio Robust EVOO
Tokara Mission EVOO
Tokara Multi Varietal EVOO
Ubuntu Extra Virgin Olive Oil
Willow Creek Basil Flavoured Olive Oil
Willow Creek Directors Reserve Olive Oil
Willow Creek Estate Blend Olive Oil
Willow Creek Frantoio Single Cultivar EVOO
Willow Creek Garlic Flavoured EVOO
Willow Creek Jalapeño Flavoured EVOO
Willow Creek Lemon Flavoured Olive Oil

SPRAYS

Extra Virgin Olive Oil Spray
Willow Creek Estate Blend EVOO Spray



Oils, nuts and seeds

Nuts

All plain, raw, unsalted nuts are included on the HealthyFood benefit. Nuts that are salted, seasoned or roasted in oil are not included.

ALMONDS

Almond Pieces
Almond Sprinkles
Almonds Flaked Raw
Almonds Ground
Almonds Raw
Dry Roasted and Unsalted Almond Nuts

BRAZIL NUTS

Brazil Nuts Raw

CASHEW NUTS

Cashew Pieces
Cashews Raw

HAZELNUTS

Hazelnuts Blanched
Hazelnuts Raw

MACADAMIA NUTS

Macadamia Raw

MIXED NUTS

Raw Luxury Tree Nuts

PECAN NUTS

Pecan Nuts Raw
Pecan Pieces Raw
Pecans Raw Shelled

PINE NUTS

Pine Nuts Raw

PISTACHIO NUTS

Pistachio Nuts Shelled Raw

WALNUTS

Walnuts Raw



Oils, nuts and seeds

Seeds

All plain, raw, unsalted seeds are included on the HealthyFood benefit. Seeds that are salted, seasoned or roasted in oil are not included.

CHIA SEEDS

Chia Seeds

HEMP SEEDS

Dehulled Hemp Seeds

LINSEED

Linseeds

MIXED SEEDS

Breakfast Seed Mix

Multiseed mix

Seed Mix

POPPY SEEDS

Poppy Seeds

PUMPKIN SEEDS

Pumpkin Seeds

SESAME SEEDS

Sesame Seeds

Sesame Seeds Black

Sesame Seeds White

SUNFLOWER SEEDS

Sunflower Seeds

Nut Butters

All unsweetened, no added sugar or salt peanut and nut butters are included on the HealthyFood benefit.

Almond Nut Butter

Black Cat Smooth Peanut Butter No added Salt and Sugar

Cashew Nut Butter

Crunchy No Added Salt and Sugar Peanut Butter

Macadamia Nut Butter

No added Salt and Sugar Peanut Butter

Organic Peanut Butter Crunchy

Organic Peanut Butter Smooth

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