Get cash back on thousands of HealthyFood items at Pick n Pay

HealthyFood

Catalogue

September 2019
Discover healthy living!

Discovery Vitality brings you the HealthyFood benefit to help you make healthy food choices when shopping at Pick n Pay.

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, help to 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, 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 Pick n Pay 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 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 Pick n Pay retailers (Proprietary) Limited (Pick n Pay). Such a person indemnifies Discovery, Pick n Pay, and their employees, agents, subcontractors and suppliers against any claims for loss, damage to person or property, injury, liabilities, claims, sickness or death that may result from the use of or reliance on such information or from any other cause whatsoever suffered either by such person or by any third party. The product selection process is constantly under review, and we change the product list according to advancements in research, clinical practice and the industry. Check back regularly for the most updated list on www.discovery.co.za

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 Anne Till & Associates.

Photography by Dawie Verwey and sourced from Shutterstock.
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 tinned in brine, water, olive or canola oil and tomato or chilli sauce
Unflavoured, unseasoned fresh or 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
Plain, raw, unsalted nuts and seeds
Unsweetenened, 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 Pick n Pay 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 thousands of products that are divided into seven main product categories:

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Get cash back on thousands of HealthyFood items

With the Vitality HealthyFood benefit, you can get up to 25% cash back by making healthy choices when buying food from Pick n Pay. This benefit makes healthy eating more affordable and makes it easier to identify healthy choices when you shop.

1 | Activate the HealthyFood benefit when you log in to www.discovery.co.za for up to 10% cash back.
2 | Choose your main HealthyFood partner.
3 | You and your spouse (if applicable) need to find out your Vitality Age and complete a Vitality Health Check at any accredited pharmacy in the Vitality Wellness Network to increase your cash back to up to 25%.
4 | Complete both assessments every 12 months to keep your cash back at up to 25% at your main partner.

Remember to swipe your Discovery Card twice – once before the cashier rings up your purchases and then again to pay. If you don't have a Discovery Card, you will get your Vitality Pick n Pay HealthyFood card in the post within three weeks, once you activate.

KeyFIT members get up to 15% cash back on thousands of HealthyFood items at Pick n Pay. To increase your cash back to up to 15%, you and your spouse (if applicable) have to complete a Vitality Health Check, once every 12 months.

Balance members get up to 15% cash back on thousands of HealthyFood items at Pick n Pay. To increase your cash back to up to 15%, all you and your spouse (if applicable) have to do is complete a Vitality Age and a Personal Health Assessment once every 12 months.

Look out for the Vitality HealthyFood stamp on shelf labels in store to identify HealthyFood at Pick n Pay.
Roasted asparagus and tomato salad

15 medium rosa tomatoes
1 tbsp olive oil
1 clove garlic, crushed
2 sprigs thyme
1 tbsp basil, roughly chopped
1 tbsp white wine vinegar
10 asparagus spears, trimmed
1 tbsp rocket, finely chopped
1/2 tbsp parmesan cheese, grated to serve
Ground black pepper, to taste

Method

Preheat the oven to 180° Celsius.

Halve each tomato horizontally and put them, cut side up, on a baking sheet. Season with pepper, half of the crushed garlic and a sprig of thyme.

Cook for at least 30 to 40 minutes. The tomatoes should be slightly dehydrated, but still juicy, when you remove them from the oven.

Combine the basil, remaining garlic and half of the olive oil in a food processor. Place the basil mixture into a bowl and whisk in the vinegar. Season with freshly-ground black pepper.

Arrange the asparagus on a dish and drizzle with the remaining olive oil. Heat a griddle pan over a high heat and cook the asparagus for about 5 to 10 minutes, turning the spears every 1 to 2 minutes.

Return the asparagus to the dish, cover with cling film and leave to steam slightly.

Place the tomatoes on a serving plate. Top each of the tomatoes with the asparagus spears and a drizzle of the basil dressing. Serve with freshly-chopped rocket and sprinkle of parmesan cheese to garnish.

Tips to reduce preparation and cooking time

- Use dried herbs instead of fresh herbs.
- Buy grated parmesan cheese.

Preparation time: 20 to 25 minutes
Cooking time: 40 to 50 minutes
Vegetables and herbs

Vegetables are rich in vitamins and minerals, fibre, phytochemicals and antioxidants, and help to 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

Tomatoes
Mayfair Diced Peeled Tomatoes
Mayfair Whole Peeled Tomatoes
Napolina Tomato Puree
PnP Chopped Peeled Tomatoes
PnP Whole Peeled Tomatoes
Rhodes Tomato Puree Cup
Serena Chopped Tomatoes
Serena Finely Chopped Tomatoes
Serena Whole Peeled Tomatoes

Dried Herbs

Basil
Bodi Cafe B/L Basil
Khans Prepacking Basil
PnP Sweet Basil

Chillies/Jalapeno
PnP Birds Eye Whole Chillies

Coriander
Bodi Cafe B/L Coriander
John West Minced Coriander
PnP Coriander
Robertsons Whole Coriander Refill

Mint
Bodi Cafe B/L Mint
Khans Prepacking Dried Mint
Robertsons Dried Mint Bottle

Mixed Herbs
Khans Prepacking Mixed Herbs
Robertsons Mixed Herbs
Walker Bay Mixed Herbs Shaker

Oreganum
Bodi Cafe B/L Oreganum
Just Spice Origanum
Khans Prepacking Origanum
PnP Kosher Oregano
PnP Origanum
Robertsons Dried Origanum Bottle
Robertsons Origanum
Robertsons Origanum Refill
Spice Mecca Origanum
Steinz Dried Oregano

Parsley
Bodi Cafe B/L Parsley
Hinds Parsley Refill
Khans Prepacking Parsley
PnP Parsley
PnP Parsley Refill
Robertsons Dried Parsley Bottle
Robertsons Parsley Refill
Steinz Dried Parsley
Walker Bay Dried Parsley Sachet
Zam Brands Parsley

Rosemary
Bodi Cafe B/L Rosemary
Khans Prepacking Rosemary
Robertsons Dried Rosemary Bottle
Spice Mecca Rosemary

Sage
Bodi Cafe B/L Sage
Robertsons Dried Sage Bottle
Vegetables

Thyme
- Bodi Cafe B/L Thyme
- Khans Prepacking Thyme
- PnP Thyme
- Robertsons Dried Thyme Bottle
- Robertsons Thyme Refill

Dried Vegetables

Mushrooms
- Nouvelle Exotic Mix Dried Mushrooms
- Nouvelle Shiitake Dried Mushrooms

Tomatoes
- Chankwakwa Sun Dried Tomato
- Dew Crisp Sundried Tomatoes
- Eden Sundried Tomatoes
- Eden Sundried Tomatoes
- PnP Dried Tomatoes

Fresh Vegetables and Herbs

All unseasoned, unflavoured, fresh vegetables and herbs

Frozen Vegetables

Broccoli
- McCain Broccoli Cuts
- PnP Frozen Broccoli Floret

Brussel Sprouts
- McCain Brussels Sprouts

Carrot
- Findus Baby Carrots
- Findus Baby Carrots Bulk
- McCain Baby Carrots
- McCain Carrots Diced

McCain Carrots Julienne
- Natures Garden Baby Chante Carrots
- Natures Garden Homestyle Carrot Mix
- No Name Frozen Diced Carrots
- PnP Baby Carrots

Cauliflower
- Heaven and Earth Cauli Rice
- McCain Cauliflower
- Natures Garden Cauliflower Savoury Rice
- Natures Garden Cauliflower Rice
- PnP Cauliflower

Corn
- McCain Corn
- McCain Harvestime Cut Corn
- McCain Sweet Corn
- Nature's Choice Kernel Corn
- Natures Garden Supersweet Corn
- No Name Frozen Corn
- No Name Frozen Sweetcorn

Green Beans
- Culinex Cut Green Beans
- McCain Beans
- McCain Beans Cut
- Natures Garden Cut Green Beans
- Natures Garden Homestyle Green Bean
- No Name Frozen Cut Green Beans

Mixed Vegetables
- Findus Corn Broccoli and Red Pepper Mix
- Findus Delicate Veg Mix
- Findus Hand Peas Corn Broccoli Baby Carrots
- Findus Peas B/Corn French Green Bean
- Findus Selected Mixed Veg
- Findus Stir Fry Wok Bali
Vegetables

- Findus Stir Fry Wok Chinese
- Findus Stir Fry Wok Classic
- Findus Stir Fry Wok Thai
- Fry’s Family Country Roast
- Genadendal Frozen Country Veg
- Genadendal Valley Mix
- Greens Country Mix
- Greens Mixed Vegetables
- Harvestime Country Mix
- Harvestime Vegetables Oven Bake
- Harvestime Mixed Vegetables
- Harvestime Vegetable Mix
- Heaven and Earth Cauliflower Butternut Rice
- Heaven and Earth Cauliflower Carrot Rice
- Heinz Mixed Veg
- Iglo Legume Vapeur Du Jardin
- McCain Asian Stir Fry
- McCain Butternut and Sweet Potato
- McCain Country Crop
- McCain French Stir Fry
- McCain Stir Fry Asian
- McCain Stir Fry Mexican
- McCain Garden Mix
- McCain Harvestime Country Mix
- McCain Mixed Vegetables
- McCain Peas Carrots and Corn
- McCain Roast Veg Classic
- McCain Roast Veg Mediterranean
- McCain Ruby Roast Veg
- McCain Stew Mix
- McCain Stir Fry Banting Mix
- McCain Stir Fry French
- McCain Stir Fry Hawaiian
- McCain Summer Mix
- Natures Garden Butternut and Beetroot Roast
- Natures Garden Casserole Vegetables
- Natures Garden Country Mix
- Natures Garden French Stir Fry
- Natures Garden Garden Veg
- Natures Garden Hawaiian Stir Fry
- Natures Garden Hearty Roasting Veg
- Natures Garden Mixed Vegetables
- Natures Garden Oriental Stir Fry
- Natures Garden Peas Carrot and Corn
- Neo Food Brocolis Choux Fleur and Carots
- No Name Farmstyle Mixed Veg
- No Name Farmstyle Veg
- No Name Mixed Vegetables
- No Name Seasonal Mix
- PnP Butternut and Sweet Potato Chunks
- PnP Country Crisp Mix Veg
- PnP Corn and Pepper Mix
- PnP Hawaiian Fry
- PnP Stew Mix
- PnP Hawaiian Stir Fry
- PnP Oriental Stir Fry
- PnP Peas and Corn
- PnP Roasting Vegetable Mix
- Sunny Mixed Veg Frozen
- Table Top Seasonal Mix

Onions

- McCain Diced Onions
Vegetables

Peas
- Findus Baby Peas
- Findus Finest Swedish Peas
- Findus Garden Peas
- Harvestime Peas
- McCain Baby Peas
- McCain Garden Peas
- McCain Young and Tender Peas
- Natures Garden Baby Peas
- Natures Garden Peas
- Natures Garden Tender Garden Peas
- Neo Food Pois Croquant Gour Haric
- No Name Green Peas
- PnP Baby Peas

Peppers
- PnP Mixed Pepper Strip Tri Colour

Pumpkin/Hubbard Squash
- McCain Pumpkin Chunks

Silver Beet/Swiss Chard/Spinach
- Bonduelle Epinard Feuilles Préserv
- Iglo Legumes Vapeur Epinards

Spinach
- Findus Veg Chopped Spinach
- McCain Spinach

Sweet Potato
- McCain Sweet Potato
Italian roast red pepper and tomato soup

1 medium red pepper
1 tbsp olive oil
1/2 onion, chopped
1 clove garlic, crushed
1/2 tbsp tomato paste
1 medium tomato, roughly chopped
1/2 cup vegetable stock, low sodium
1 tbsp basil, torn into small pieces
Ground black pepper to taste

Method

Preheat the oven to 180 º Celsius.

Place the red peppers into a shallow baking dish skin side up, and drizzle with half the olive oil. Roast for 20 to 25 minutes. Remove from oven, wrap in foil and allow to cool slightly.

Peel the skin off and chop the flesh into small blocks. Heat the remaining oil in a large saucepan and sauté the onion until soft.

Add the garlic and tomato paste and cook for 2 to 5 minutes while stirring constantly. Add the red pepper, tomato and stock, then cover and simmer for 10 to 15 minutes.

Allow to cool slightly, and then purée using a blender. Reheat the soup and serve with freshly-ground black pepper and basil.

Tips to reduce preparation and cooking time

- Use dried herbs instead of fresh herbs.

Preparation time: 20 minutes
Cooking time: 20 to 25 minutes
Contents

Fruit

Fresh 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 Vitality 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**
- Blue Mountain Frozen Blueberries
- PnP Frozen Berries Assorted
- PnP Frozen Blueberries
- PnP Frozen Mixed Berries
- PnP Frozen Mixed Fruit
- PnP Frozen Raspberries
- PnP Frozen Strawberries
- PnP Frozen Trio of Berries
Nutty bulgur wheat salad with mint and
cottage cheese
1 cup bulgur wheat, cooked
1 tsp almonds, flaked
1 tsp sesame seeds
10 medium rosa tomatoes, halved
1 tbsp mint leaves, fresh, chopped
1/3 cup cottage cheese, fat free and chunky
1 tbsp parsley, fresh, chopped
1 medium spring onion, sliced

Method
Place the cooked bulgur wheat into a serving dish.
Heat a small non-stick pan and toast the almonds
and sesame seeds until golden brown; approximately
30 seconds.
Add the toasted almonds and sesame seeds to the
bulgur wheat and toss to coat.
Add the plum tomatoes and mint leaves to the bulgur
wheat. Toss well.
Spread the chunky cottage cheese over the top.
Sprinkle the flat leaf parsley and spring onions over
the cottage cheese.
Serve and enjoy.

Tips to reduce preparation and cooking time
- Where possible, use dried herbs instead of
  fresh herbs.
- Extra salad can be made to take to work the
  following day.

Preparation time: 10 to 20 minutes
Wholegrains and wholegrain products such as oats, wholegrain breads, porridge and brown rice 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, wholegrain 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 should 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 on the HealthyFood benefit:

- 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
Albany Bread-A-Betix Wholewheat Low GI
Albany Superior 100% Smooth Wholegrain Brown Bread
Albany Superior Best of Both
Albany Superior Best of Both Genius
Albany Superior Brown Bread Thick Slice
Albany Superior Brown Sliced Bread
Albany Superior Wholewheat Brown Bread Low GI
Albany Ultima Brown Bread kJ Controlled
Albany Ultima Brown Bread Multigrain
Blue Ribbon Digesta Low GI Crush
Blue Ribbon Fuel High Fibre Low GI White Bread
Blue Ribbon Sandwich Square Multiseed and Oats
Blue Ribbon Sandwich Squares Brown
Blue Ribbon Sandwich Squares White
Blue Ribbon Wholewheat Brown Bread
Delba Bread Rye Wholegrain
Futurelife High Protein Ancient Grain Brown Bread
Futurelife Smart Brown Bread
Futurelife Smart White Bread
Sasko Brown Dumpy Low GI Seed Loaf
Sasko Dumpy Wholewheat Low GI
Sasko Premium Slices Brown Bread
Sasko White Bread Low GI Soy and Linseed
Sasko White Low GI All In One
Sasko Wholewheat Low GI Bread

Crackers
Bakers Crackerbread Black Pepper
Bakers Crackerbread Rye
Bakers Provita Corn Cakes
Bakers Provita Plain Rice Cakes
Finn Crisp 5 Wholegrains
Finn Crisp Caraway Thin
Finn Crisp Multi Grain Round
Finn Crisp Original Rye Round
Finn Crisp Thin Multigrain
Life Bake Chilli Crackers
Life Bake Cumin Crackers
Life Bake Toast
Orgran Gluten Free Buckwheat Cracker
Real Foods Multigrain Grain Corn Thin Cereal
Real Foods Organic Sesame Corn Thins
Real Foods Original Corn Thins
Real Foods Soya and Linseed Corn Thins
Ryvita Cracker Black Pepper
Ryvita Light Rye
Ryvita Original Rye
Ryvita Sesame
Sonko Crispbread Rye
Vital Corn Cakes
Carbohydrate foods

Cereals
- Alpen Nutrific Cereal
- Bokomo Weet-Bix
- Bokomo Weet-Bix Flakes Original
- Bokomo Weet-Bix Lite
- Bokomo Weet-Bix Protein

Porridges
- Bodi Cafe Whole Food Oats
- Bokomo Instant Oats Traditional
- Bokomo Kreemy Meel
- Bokomo Maltabella Minute
- Bokomo Maltabella Regular
- Bokomo Original Oats
- Eden Oats
- Hahne Oats White
- HealthConnection Gluten Free Oats
- HealthConnection Rolled Oats
- Jungle Instant Porridge Original
- Jungle Oats
- Jungle Oats Bran
- Jungle Oats Traditional Large Flake
- Jungle Oatso Easy Original
- Jungle Taystee Wheat Bran
- Jungle Taystee Wheat Regular
- King Foods Mabele Meal Coarse
- King Foods Mabele Meal Fine
- Monati Mabela Meal Super Fine
- Monati Super Mabela Meal Fine
- Monati Supertieng
- Nature’s Source Super Quick Morning
- No Name Oats
- PnP Free From Oats Gluten Free
- PnP Instant Oats
- PnP Instant Oats Original
- PnP Mabele Fine
- PnP Oat Bran
- Pouyoukas Whole Rolled Oats
- Simply Cereal Oat Bran
- Spice & All Things Nice Gluten Free Oats
- Wholesome Earth Gluten Free Quick Cooking Oats
- Wholesome Earth Gluten Free Rolled Oats
- Wholesome Earth Gluten Free Steel Cut Oats
- Nature’s Choice Gluten Free Rolled Oats
- Nature’s Choice Oatmeal
- Nature’s Choice Organic Rolled Oats
- Nature’s Choice Rolled Oats
Carbohydrate foods

Wholewheat pasta and noodles
Fatti’s&Moni’s Bellissimo Bellissimo
Fatti’s&Moni’s Bellissimo Farfalle
Fatti’s&Moni’s Bellissimo Spaghetti Bucat
Fatti’s&Moni’s Wholewheat Macaroni High Fibre
Fatti’s&Moni’s Wholewheat Screws
Fatti’s&Moni’s Wholewheat Spaghetti High Fibre
Melissa Pasta Wholewheat Spaghetti
Misko Wholewheat Spaghetti
PnP Durum Wholewheat Spaghetti
PnP Wholewheat Fusilli
PnP Wholewheat Lasagne
PnP Wholewheat Penne
PnP Wholewheat Spaghetti
San Remo Pulse Pasta Penne

Brown Rice
Eastern Treasure Heavenly Brown Rice
It’s Wild Brown Rice
Mighty Rice Long Grain Low GI Brown
Mothers Pride Healthy Brown Rice
Nature’s Choice Rice Basmati Brown
Paddy Health Brown Rice
PnP Brown Basmati Rice
PnP Brown Rice
Shakti Bhog Basmati Rice Brown
Spekko Rice Brown Saman
Spice&All Things Nice Brown Basmati
Spice&All Things Nice Brown Rice and Quinoa
Stallion Brown Rice
Tastic Long Grain Brown Rice Wholegrain
Tastic Natures Brown Rice Sun Dried Tomato
Tastic Natures Brown Wild Rice with Lentils
Tastic Natures Brown Wild Rice with Split Peas
Tastic Natures Brown Rice

Tastic Natures Brown Wild Rice
Tastic Natures Brown Basmati

Wholegrains
Barley
Imbo Barley
Koo Pearled Barley
Lion Barley Pearl
Nature’s Choice Barley Whole

Buckwheat
Bodi Cafe Protein Buckwheat
Nature’s Choice Buckwheat Whole
Nature’s Choice Dehusk Buckwheat

Bulgar Wheat
Bodi Cafe Protein Bulgar Wheat
Nature’s Choice Bulgar Wheat
Pouyoukas Bulgar Wheat
PnP Bulgar Wheat
PnP Bulgar Wheat Beetroot
PnP Italian Bulgar Wheat
Shogun Bulgar Wheat

Digestive Bran
Bakers Pride Digestive Bran
Bakpro Digestive Bran
Bodi Cafe Digestive Bran
Lemepe Bran
Nature’s Choice Digestive Bran
Sasko Digestive Bran

Millet
Bodi Cafe Protein White Millet
Nature’s Choice Millet Nutri Forte
Nature’s Choice Nutri Forte
Carbohydrate foods

**Popcorn Kernels**
- Big Nuts Popcorn Seeds
- Crossbow Popcorn
- Eastern Treasure Popcorn
- Imbo Popcorn
- Jaja Popcorn
- Khans Prepacking Popcorn Seeds
- Lion Popcorn Superpop
- Megastar Popcorn
- Mother’s Pride Super Popcorn
- Mothers Super Popcorn
- Mukulu Popcorn
- Nature’s Choice Popcorn
- No Name Popcorn
- Ntanda Popcorn
- Paddy Popcorn
- Popz Popcorns Raw Kernels
- Ranch House Popcorn
- Sunny Popcorn
- Sunray Popcorn
- Swazi Yellow Popcorn
- Taj Mahal Popcorn

**Psyllium Husk**
- Bodi Cafe Psyllium
- HealthConnection Psyllium Husks
- Mojome Psyllium Husk
- Nature’s Choice Psyllium Husk Powder

**Quinoa**
- Bodi Cafe Protein White Quinoa
- HealthConnection Quinoa
- Shogun Quinoa Grain Dried
- Shogun Quinoa Red
- Shogun Tricolour Quinoa

**Spice&All Things Nice Quinoa**
- The Nu Tree White Quinoa
- The Soul Tree White Quinoa
- Wholesome Earth A/Grains Quinoa Gluten Free
- Wholesome Earth Red and White Quinoa Gluten Free

**Wheat**
- Agrino Wheat
- Bodi Cafe B/L Wheat Germ
- Imbo Stampkoring
- Lion Stampkoring
- Pouyoukas Crushed Wheat
- Snowflake Wheat Bran

**Other starchy foods**

**Samp**
- Ace Samp
- Ace Samp Quick Cook
- Iwisa Samp

**Samp and Beans**
- Eastern Treasure Samp and Beans
- Lion Samp and Beans
- Megastar Samp and Beans
- No Name Samp and Beans
- PnP Samp and Beans
- Pride Samp and Beans

**Wholewheat Couscous**
- Bacchini Couscous Organic Wholewheat
- Bodi Cafe Protein Wholewheat Couscous
- PnP Wholewheat Couscous
- Pouyoukas Wholewheat Couscous
- Serena Couscous Wholewheat
- Tipiak Organic Wholewheat
Recipe

Wild rice, chickpea and chicken salad
1/2 cup wild rice, cooked
1 large tomato
2 tsp lemon juice, freshly squeezed
2 tsp balsamic vinegar
1 tbsp olive oil
1/2 tin chickpeas, canned, rinsed and drained
Large packet rocket, rinsed and drained
2 tbsp flat leaf parsley, finely chopped
2 small skinless chicken breasts
Ground black pepper, to taste

Method

Cook the wild rice according to the packet instructions.
Cut the chicken breast into bite-sized pieces and pan fry in a non-stick pan with fresh lemon juice. Cook the chicken pieces until they are golden brown. Remove the chicken from the heat and allow to cool.
Chop the tomatoes and put them in a bowl. Season well with freshly-ground black pepper, then add the vinegar and olive oil.
Toss several times to make sure the tomatoes are well coated in the vinaigrette. Add the rice, chicken and chickpeas. Toss once more.
Arrange the rocket and parsley on a serving platter. Spoon the rice salad over and serve.

Tips to reduce preparation and cooking time

- Extra salad can be made in advance and eaten the following day.

Preparation time: 15 to 25 minutes
Cooking time: 25 to 40 minutes
Recipe

Hot Irish oats with cinnamon, apple and banana
1 cup oats, cooked
1 medium apple, cored and grated
1 small banana, mashed
1/2 tsp ground cinnamon
2 tbsp toasted and chopped almonds

Method
Cook the oats according to the package directions. Once the oats is cooked, stir in the grated apple and mashed banana.

Divide the oats into serving bowls, and top with almonds and a dusting of cinnamon.

Tips to reduce preparation and cooking time
- Cook the oats in the microwave.
- Combine the apple and banana in a blender to chop the fruit into small pieces.

Preparation time: 20 to 35 minutes
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.
Recipe

Chicken and broccoli frittata
1/2 cup broccoli, cut into florets
1 baby onion, finely chopped
1 large chicken breast fillet, skinless, boiled
1 medium egg
1/2 cup milk, fat free
Ground black pepper, to taste

Method
Preheat the oven to 180° Celsius.
Bring a small amount of water to the boil in a heavy based saucepan.
Add the broccoli and cook for 5 to 8 minutes until tender, then drain into a colander.
Divide the broccoli, chicken and onion into a non-stick muffin tray according to the number of servings needed.
Beat the egg and milk together in a jug. Season the egg mixture generously with freshly-ground black pepper, then pour the mixture over the broccoli, onion and chicken.
Bake for 15 to 20 minutes or until golden. Loosen the edges of the frittatas then turn out.
Serve with a green salad and enjoy.

Tips to reduce preparation and cooking time
- Make extra frittatas and freeze them. They can be defrosted and enjoyed as a convenient meal later.

Preparation time: 10 to 15 minutes
Cooking time: 15 to 20 minutes
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

- Anca Chix Fillet Breasts
- County Fair Fresh Breast Fillets
- Darling Fresh Chicken Bulk Fillets
- Darling Fresh Chicken Mini Fillets
- Farmer Brown Filleted Breasts
- Nam Chicken Breast Fillets
- PnP Bulk Skinless Fillet Breasts
- PnP Butchery SC Chicken Breast
- PnP Chicken Stirfry
- PnP Deboned Skinless Thigh
- PnP Express Skinless 4 Drum and 4 Thigh
- PnP Express Skinless Fillet Breasts
- PnP Free Range Skinless Breast Fillets
- PnP Free Range Boneless Skinless Thighs
- PnP Free Range Mini Skinless Fillet Breast
- PnP Free Range Skinless 4 Drum and 4 Thighs
- PnP Free Range Chicken Breast Fillets
- PnP Free Range Filleted Breast
- PnP Mini Skinless Breasts
- PnP Promo Skinless Fillet Breast
- PnP Skinless 4 Drumsticks and 4 Thighs
- PnP Skinless Chicken Drum and Thigh
- PnP Skinless Chicken Thighs
- PnP Skinless Fillet Chicken Breast

Eggs

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

Cottage cheese and tuna patties
1 tin tuna drained
2 tbsp high-fibre bran, crushed
1/3 cup fat free cottage cheese
1 medium spring onion
1 tbsp chopped dill
1 egg yolk, beaten
Ground black pepper, to taste

Method
Flake the tuna into a bowl, add the high-fibre bran and beat in the cottage cheese, spring onions, dill, egg and pepper with a wooden spoon. Shape into small cakes about 7cm across by dividing the mixture equally.

Dry fry the fish cakes in a non stick frying pan with a little olive oil cooking spray over medium heat for 4 to 5 minutes on either side.

Serve with fresh lemon wedges and green salad.

Tips to reduce preparation and cooking time
- Extra fish cakes can be made and frozen for future use.
- Dried dill can be used instead of fresh dill.

Preparation time: 10 to 15 minutes
Cooking time: 20 to 35 minutes
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.
Canned fish

Maasbanker
Efuta Maasbanker In Chilli
Efuta Maasbanker In Tomato Sauce

Mackerel
Farmland Mackerel Tomato Sauce
Glenryck Mackerel Naturel
Jasmine Mackerel
Lucky Star Mackerel In Tomato
Mayfair Mackerel In Peri Peri
Mayfair Mackerel In Tomato
Mayfair Mackerel In Water
Rugen Smoke Mackerel Natural Juice
Sea-Farer Mackerel Naturel

Middlecut
Lucky Star Middlecut Fish
Saldanha Middlecut In Brine

Other Fish
Efuta Chilli Fish
Efuta Tomato Fish

Pilchards
Efuta Pilchards Chili
Efuta Pilchards Tomato
Glenryck Pilchards Chili Sauce
Glenryck Pilchards In Hot Chilli
Glenryck Pilchards In Tomato
Glenryck Pilchards In Tomato and Chilli
Glenryck Pilchards In Tomato Sauce
Lucky Star Pilchards Black Pepper
Lucky Star Pilchards In Chilli
Lucky Star Pilchards In Tomato Sauce
Lucky Star Pilchards Minced
Lucky Star Pilchards Sweet Chili
Mama's Pilchards In Tomato
Mama's Pilchards In Tomato Chilli
Ocean Deli Pilchard In Chili Sauce
Ocean Fresh Pilchards Hot Chili
Ocean Fresh Pilchards In Tomato
PnP Pilchard In Hot Chili
PnP Pilchard In Tomato Sauce
PnP Pilchard In Water
PnP Pilchards Hot Chili
PnP Pilchards In Tomato Sauce
Rite Choice Pilchards In Tomato Sauce
Rite Choice Pilchards In Tomato Sauce and Chilli
Saldanha Pilchards In Chilli
Saldanha Pilchards In Chili Sauce
Saldanha Pilchards In Tomato Sauce
Sea-Farer Pilchards In Tomato Sauce
Sunny Pilchard Chili
Sunny Pilchards In Chili Sauce
Sunny Pilchards In Tomato Sauce
Super Good Pilchards In Chili
Super Good Pilchards In Tomato
Vega Pilchards In Chili
Vega Pilchards In Tomato
Vega Saver Pilchards In Tomato Sauce

Salmon
John West Pac Pink Salmon
John West Pouch Pink Salmon
John West Salmon Keta
John West Salmon Pink
John West Salmon Red
Lucky Star Pink Salmon In Salt Water
Mayfair Pink Salmon
Mayfair Salmon Fancy Pink
Paramount Pink Salmon
PnP Finest Pink Salmon Boneless and Skinless
PnP Finest Red Salmon
PnP Finest Wild Alaskan Red Salmon
Protein foods

Sardines
- Bon Appetit Portugese Sardines Hot
- Capricorne Sardenen
- Goldcrest Sardines Peri-Peri
- Gut&Guenstig Sardinen Ohne Hau&Gra
- John West Sardines In Brine
- John West Sardines In Olive Oil
- John West Sardines In Spicy Tomato
- John West Sardines In Tomato
- King Oscar Bris Sardine 1lay Olive Oil
- King Oscar Bris Sardine 2lay Olive Oil
- King Oscar Bрисling Sardine In Tomato Sauce
- King Oscar S/Sardines In Tomato Sauce
- King Oscar Sardines Hot Chili Sauce
- Lucky Star Sardinella Chilli
- Lucky Star Sardines In Hot Chili
- Lucky Star Sardines In Tomato Sauce
- Lucky Star Sardines In Water
- Mayfair Port Sardines In Tomato Sauce
- Mayfair Sardines In Olive Oil
- Ocean King Sardines Olive Oil
- PnP Portuguese Sardines In Peri Peri
- PnP Portuguese Sardines In Water
- PnP Portuguese Sardines Tomato Sauce
- PnP Portuguese Sardines With Olive Oil
- Ramirez Sardine In Tomato
- Ramirez Sardine Spicy Tomato
- Vega Sardines In Chilli
- Vega Sardines In Tomato Sauce

Tuna
- Adam International Tuna Chunks In Brine
- Amati Tuna Chunks In Olive Oil
- Bon Amigo Tuna Shredded
- Goldcrest Tuna Chunks In Brine
- Goldcrest Tuna Shredded In Brine
- John West Tuna Chunks In Brine
- John West Tuna Pouches Tomato
- John West Tuna Pouches Water
- John West Tuna Shredded In Brine
- John West Tuna Solid In Brine
- Liberty Tuna Chunks In Brine
- Liberty Tuna Shredded In Brine
- Lucky Star Shredded Tuna In Water
- Lucky Star Tuna Chunks In Water
- Lucky Star Tuna Shredded In Brine
- Mayfair Shredded Tuna In Brine
- Mayfair Tuna Chunks In Brine
- No Name Kfp Shred Tuna In Water
- No Name Tuna Shredded Salt Water
- Ocean Supreme Grated Tuna In Tomato Sauce
- Paramount Tuna Chunks Salt Water
- Paramount Tuna Shredded In Salt Water
- Paramount Tuna Solid In Salt Water
- PnP Chunky Tuna In Salt Water
- PnP Finest Yellow Fin Tuna
- PnP Kfp Chunky Tuna In Salt Water
- PnP Tuna Chunks In Salt Water
- PnP Tuna Solid In Salt Water
- Saldanha Flaked Tuna In Brine
- Sea Queen Tuna Chunks In Brine
- Sea Queen Tuna Shredded In Brine
- Sea Queen Tuna Solid Pack In Brine
- Vasco Da Gama Tuna In Olive Oil
- Weigh-Less Light Meat Tuna Chunk Spring Water
- Weigh-Less Tuna Shred Springwater
Canned Seafood
Clams
Goldcrest Clams Baby
Mayfair Baby Clams Shelled
Crab
Goldcrest Crabmeat
Mayfair Crabmeat
Mayfair Pink Crab Meat
Oysters
Mayfair S/Oysters In Water
Shrimp
Mayfair Shrimps In Brine
Snails
Goldcrest Snails
Goldcrest Snails In Brine
Mayfair Snails
Ocean Deep Snails In Brine

Fresh and frozen fish and seafood
All unflavoured, unseasoned, non-smoked fresh and frozen fish and seafood
Steamed salmon and vegetable stack
8 medium asparagus spears, fresh not tinned
2 small fresh salmon fillets
2 small carrots, peeled and cut into matchstick slices
2 medium courgettes, medium, cut into matchstick slices
1 medium spring onion, finely chopped
2 tsp lemon-flavoured avocado oil
2 tbsp parsley leaves, finely chopped
Ground black pepper, to taste
Lemon, fresh, cut into quarters

Method
Place the salmon in a steamer. Five minutes later, add the carrots and courgettes to the steamer until they are cooked but still crisp. Place asparagus in the steamer and steam until they are tender.
When the salmon is cooked according to your preference, remove the salmon from the steamer.
Stir the lemon-flavoured avocado oil through the vegetables and season with freshly ground black pepper.
Serve the vegetables on each plate, top with salmon, sprinkle with fresh parsley and add a lemon wedge on the side.

Tips to reduce preparation and cooking time
- Use a very sharp vegetable knife when preparing the vegetables.
- Buy or use any vegetables that are already prepared in julienne style.
- Use dried herbs instead of fresh ones.

Preparation time: 20 to 35 minutes
Cooking time: 15 to 25 minutes
Protein foods

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.

Klein Karoo Ostrich Kebabs
PnP Butchery Ostrich Mince
PnP Butchery Ostrich Whole Fillet
PnP Butchery Ostrich Prime Steak
PnP Butchery Ostrich Fillet
PnP Butchery Ostrich Steak Portions
PnP Butchery Ostrich Kebabs
PnP Butchery Ostrich Goulash
San Giorgio Ostrich Mince

Tofu

All unflavoured, unseasoned tofu is included in the HealthyFood benefit.

Goodfu Firm Tofu
Morinaga Tofu Bean Curd
PnP Plain Tofu
Yutaka Tofu
Dairy

Fat free 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

Fat free or skimmed milk
Fresh milk
Bosparadys Fat Free Milk
Douglasdale Milk Fat Free Jug
Faircape Ecofresh Fat Free Milk
PnP Fat Free Fresh Milk
PnP Fresh Milk Fat Free
Sonnendal Fat Free Milk

Milk Powder
PnP Skim Milk Powder

Longlife Milk
Clover UHT Milk Fat Free
Delta Fresh UHT Skim Milk
Dewfresh Kosher UHT Skim Milk
Dewfresh Milk Skim Long Life
Ever Fresh Milk Fat Free Long Life
First Choice Milk Skim UHT
Parmalat UHT Milk Fat Free
PnP UHT Fat Free Milk
Dairy

Soya milk
- Alpro Soya Drink Unsweetened
- Bodi Cafe New Cape Soya Milk Powder
- Good Hope Unsweetened Soy Milk

Fat free plain yoghurt
- Clover Inshape Plain
- Danone Nutriday Smooth Yoghurt Plain Fat Free
- Fabulite Yoghurt Smooth Plain
- Fairfield Dairy Yoghurt Fat Free Plain
- Gero Fat Free Plain Smooth Yoghurt
- Gero Fat Free Yoghurt Plain
- PnP Fat Free Plain Yoghurt
- PnP Live Well Fat Free Plain Yoghurt

Fat free plain cottage cheese
- Fat free plain cottage cheese
- Lancewood Cottage Cheese Chunky Fat Free
- Lancewood Cottage Cheese Smooth Fat Free
- PnP Cottage Cheese Fat Free Chunky Plain
- PnP Cottage Cheese Fat Free Smooth Plain
- PnP Live Well Smooth Fat Free Cottage Cheese
- PnP Live Well Plain Chunky Fat Free Cottage Cheese
- Parmalat Cottage Cheese Fat Free Plain
Recipe

Butterbean mash
1 small potato, cubed
1/4 cup milk, fat free
1/4 tin butterbeans, drained and rinsed
Ground black pepper, to taste

Method
Boil the potatoes for 10 to 15 minutes or until cooked, then drain.
Heat the milk and add it to the potatoes with the butterbeans.
Use a potato masher to mash this mixture. Season with black pepper.
Serve with fresh vegetable crudité and enjoy.

Tips to reduce preparation and cooking time
- Cook the potatoes in the microwave.
- Prepare the mash ahead of time, so that the butterbeans can just be added, mashed into the mixture and heated before serving.

Preparation time: 10 to 15 minutes
Cooking time: 10 to 15 minutes
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 and bottled Legumes

Beans
Castello Black Eye Beans
Compal Butter Beans
Compal Red Beans
Compal White Beans
Divine Black Eyed Beans
Dursots Bean A Betic
Dursots Choice Butter Beans In Brine
Eastern Treasure Butter Beans
Eastern Treasure Pinto Beans
Eastern Treasure Red Kidney Beans
Eastern Treasure Soya Beans
Estoril Brazilian Blackbeans
Farmgirl Butter Beans
Ferbar Butter Beans
Gold Dish Sugar Beans
Goldcrest Beans Borlotti
Goldcrest Beans Kidney Red
Goldcrest Black Beans
Goldcrest Butter Beans
Goldcrest Cannellini Beans
Hugo’s Speckled Sugar Beans
Koo Butter Beans
Koo Choice Butter Beans
Koo Red Kidney Beans
Koo Sugar Speckled Beans
Liberty Red Kidney Beans
Mayfair Black Beans
Mayfair Black Eyed Beans
Mayfair Borlotti Beans
Mayfair Broad Beans
Mayfair Fava Beans

Mayfair Four Bean Mix
Mayfair Garbanzo Beans
Mayfair Pinto Beans
Mayfair Red Kidney Beans
Mayfair White Cannellini Beans
No Name Butter Beans
Nutro Black Beans
Nutro Butter Beans
PnP Butter Beans
Rhodes Black Beans In Brine
Rhodes Butter Beans
Rhodes Haricot Beans In Brine
Rhodes Soup Bean Mix In Brine
Rhodes Speckled Bean Brine
Rio Bravo Black Beans
Saikav Sugar Beans
Serena Beans Butter
Serena Beans Red Kidney
Serena Butter Beans
Serena Cannellini Beans
Serena Jumbo Butter Beans
Serena Red Kidney Beans
Sofia Black Beans
Sofia Black Eyed Beans
Sofia Borlotti Beans
Sofia Butter Beans
Sofia Cannellini Beans
Sofia Red Kidney Beans
Tomango Butter Beans In Brine
Weigh-Less Beans Butter
Weigh-Less Beans Red Kidney
Legumes

Dried Legumes

Beans
Agrino Beans Dry Medium
Agrino Black Eyed Beans Dry
Agrino Fava Beans
Banja Solwezi Beans
Bodi Cafe Ebony and Ivory Beans
Bodi Cafe Protein Jugo Bean
Bodi Cafe Protein Kidney Beans
Bodi Cafe Protein Mung Beans
Bothe Sugar Beans
Caravela Black Eye Beans
Caravela White Beans
Crossbow Beans Dried Kidney
Crossbow Beans Dried Sugar
Crossbow Beans White Haricot
Crossbow Red Speckle Sugar Beans
Eastern Treasure Black Eye Beans
Eastern Treasure Butter Beans
Eastern Treasure Setswana Beans
Eastern Treasure Soya Beans
Eastern Treasure Sugar Beans
Goldkeys Local Sugar Beans
Imbo Beans Sugar
Imbo Dried Kidney Beans
Imbo Dried Red Speckled Sugar Beans
Imbo Half White Sugar Beans
Imbo Red Speckled Sugar Bean
Imbo White Haricot Beans
It's Wild Kabulangeti Beans
It's Wild Serenje Beans
Jaja Solwezi Beans

Jumbo Red Speckled Beans
Kent Kabulangeti Beans
Kent White Beans
Khans Prepacking Green Moongh
Khans Prepacking Kidney Beans
Lion Beans Dried Kidney
Lion Beans Dried Sugar
Lion Beans Sugar
Lion Beans White Haricot
Lucky Red Speckled Beans
Luso Black Beans Packet
Luso Black Eyed Beans
Luso Butter Beans Packet
Luso Medium White Beans Packet
Luso Small White Beans Packet
Nature's Choice Black Eyed Beans
Nature's Choice Mung Beans
Nature's Choice Mung Beans Organic
Nature's Choice Organic Adzuki Bean
Nature's Choice Sugar Beans
NMC Red Speckled Split Sugar Beans
No Name Kidney Beans
No Name Red Speckled Beans
No Name Red Speckled Sugar Beans
No Name Sugar Beans Red Speckled
Nutro Black Eyed Beans
Nutro Blackeye Beans
Nutro Dry Black Beans
Nutro Dry Chick Peas
Nutro Dry Cranberry Beans
Nutro Dry Red Beans
Nutro White Beans
Legumes

Paddy Black Eye Beans
Paddy Half White Sugar Beans
Paddy Large White Kidney Beans
Paddy Red Speckled Beans
PnP Dubla Beans
PnP Gadra Beans
PnP Kwest Kabulangeti Beans
PnP Kwest Lusaka Beans
PnP Kwest Red Beans
PnP Kwest Solwezi Beans
Pouyoukas Black Eye Beans
Pouyoukas Five Bean Mix
Royal Sugar Beans
Sun Sun Sugar Beans
Sunny Jugo Beans
Sunny Red Speckled Split Beans
Sunny Sugar Beans
Umndeni Red Speckled Sugar Beans
Umvozi Sugar Beans
Zambia PnP White and Yellow Beans

Peas

Agrino Chickpeas
Bodi Cafe Protein Chickpeas
Bodi Cafe Protein Yellow Peas
Crossbow Peas Split Green
Crossbow Peas Split Yellow
Eastern Treasure Cow Peas
Imbo Peas Dried Split
Khans Prepacking Pea Dholl
Lion Peas Split Dried
Luso Chickpeas Grade
Nature’s Choice Chickpeas
Nature’s Choice Chickpeas

No Name Split Peas
Paddy Green Split Peas
Pouyoukas Chickpeas Whole
Pride Split Green Peas
Spice Emporium Cow Peas

Lentils

Agrino Dry Fine Lentils
Agrino Dry Large Lentils
Bodi Cafe Protein 3 Lentil Mix
Bodi Cafe Protein Brown Lentil
Bodi Cafe Protein Red Lentils
Bodi Cafe Whole Food Yellow Lentils
Cassilia’s Black Lentils
Cassilia’s Gram Lentils
Cassilia’s Green Lentils
Cassilia’s Pink Lentils
Cassilia’s Yellow Lentils
Crossbow Lentils Whole Black
Eastern Treasure Green Moung
Imbo Lentils Black
Imbo Lentils Dried Brown
Imbo Lentils Dried Red
Khans Prepacking Black Urad
Khans Prepacking Gram Dholl
Khans Prepacking Masoor Lentils
Lion Lentils Dried Red
Lion Lentils Dried Whole
Luso Brown Lentils
Luso Orange Lentils
Nature’s Choice Lentils Brown
Nature’s Choice Lentils Green
Nature’s Choice Lentils Red Organic
No Name Black Lentils
Legumes

No Name Brown Lentils
No Name Red Lentils
Paddy Brown Lentils
Paddy Red Split Lentils
Pouyoukas Green Lentils
Pouyoukas World Lentil Mix

Soup Mix
Crossbow Soup Mix
Nature's Choice Soup and Stew Mix Super
No Name Soup Mix
Imbo Soup Mix
Lion Soup Mix 4in1
Paddy Soup Mix 6in1
Pouyoukas Soup Mix

Peas
Compal Chick Peas In Brine
Gold Dish Chick Peas
Goldcrest Chick Peas
Koo Chick Peas In Brine
Liberty Chick Peas
Rhodes Chick Peas
Saikav Chick Peas
Serena Chick Peas
Sofia Chick Peas
Weigh-Less Chick Peas

Lentils
Castello Lentils In Salt Water
Gold Dish Lentils
Goldcrest Canned Lentils
Koo Lentils In Brine
PnP Lentils
Serena Lentils
Sofia Lentils
Recipe

Minted pea and pistachio pesto
1 cup peas, cooked
1 tbsp mint and basil, chopped
9 whole pistachio nuts, raw, crushed
1 tsp olive oil
2 tsp lemon juice, fresh

Method
Combine the cooked peas, pistachio nuts, basil and mint in a blender and blend to desired consistency. Add the lemon juice and olive oil. Season and serve spooned on high fibre crackers or toasted rye bread.

Tips to reduce preparation and cooking time
- Use dried herbs instead of fresh herbs.
- Make extra pea pesto to keep in the fridge and enjoy it with other meals or as a snack.
- Simply microwave frozen peas for a few minutes and use those.

Preparation time: 3 to 5 minutes
Plant oils, nuts and seeds are good sources of healthy (unsaturated) fats, which is 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
- Denova Avocado Oil
- Westfalia Avocado Oil Basil
- Westfalia Avo-Mediterranean
- Westfalia Oil Avocado Plain
- Westfalia Oil Avocado With Chilli
- Westfalia Oil Avocado With Lemon

Canola oil
- B-Well Canola Oil
- B-Well Cheeky Chilli Flavour
- B-Well Omega 3 Cooking Oil
- B-Well Saute Oil
- B-Well Simply Garlic Flavour
- B-Well Wok Oil
- B-Well Zesty Lemon Flavour
- Cape Canola Extra Virgin Oil
- Excella Canola Oil
- PnP Canola Oil
- Sunfoil Canola Oil

Olive oil
- Agrotiki Olive Blended Oil
- Altis Extra Virgin Olive Oil
- Basso Unfiltered XV Olive Oil
- Basso V Virgin Olive Oil
- Basso Xtra Virgin Costolato Bottle
- Belvedere Extra Virgin Olive Oil
- Bertolli Olive Oil X-Virgin
- Bertolli Olive Oil Classic
- Bertolli Olive Oil Light
- Bertolli Olive Oil Virgin
- Bom Dia Extra Virgin Olive Oil
- Bom Dia Extra Virgin Olive Oil Herb
- Bom Dia Olive Oil
- Borges Olive Oil 100% Pure
- Borges Olive Oil Extra Virgin
- Borges Olive Oil Extra Lite
- B-Well Cooking Olive Oil
- B-Well Extra Virgin Olive Oil Canola Blend
- B-Well Extra Virgin Olive
- B-Well Olive Oil Canola
- Cape Olives Extra Virgin Olive Oil
- Carbonell Extra Light Olive Oil
- Carbonell Extra Virgin Olive Oil
- Carbonell Pure Olive Oil
- Carvavela Extra Virgin Olive Oil
- Casa Rinaldi Extra Virgin Olive Oil
- Casa Rinaldi Xtra Virgin Olive Oil
- Costas Artisano Olive Oil
- Crystal Gold Olive Oil Blend
- Del Papa Olive Oil Extra Virgin
- Desantis Oleo De Sansa Pet
- Ellinis Extra Virgin Olive Oil
- Filippo Berio Light Pet Olive Oil
- Filippo Berio Extra Virgin Olive Oil
- Gallo Extra Virgin Special Edit Olive Oil
- Gallo Late Harvest Extra Virgin Olive Oil
Oils, nuts and seeds

Gallo Moments Extra Virgin Olive Oil
Gallo Olive Oil Extra Virgin
Gallo Olive Oil
Gallo Portugese Olive Oil
Goedgedacht Extra Virgin Olive Oil
Goedgedacht Olive Oil
Greenleaf Extra Virgin Olive Oil
Gusto Extra Virgin Olive Oil
Iliada Extra Virgin Olive Oil
Jamie Oliver Extra Virgin Olive Oil
Kalamata Extra Virgin Olive Oil
Karpea Ferro Extra Virgin Olive Oil
Karpea Gallon Extra Virgin Olive Oil
Karpea Koroneiki Olive Oil
Karpea Koroneiki Olive Oil Bottle
Mardouw Extra Virgin Olive Oil
Melissa's Basil and Lemon Olive Oil
Morgenster Olive Oil Extra Virgin
Morgenster Olive Oil Lemon Flavour
Naturalis Wellness Extra Virgin Oil
Nature's Choice Olive Oil
Nuy Valley Extra Virgin Olive Oil
Olio Extra Virgin Olive Oil
Olive Pride Xtra Virgin Olive Oil and Seed
Olive Pride Xtra Virgin Olive Oil Prem
Oliveira Da Sera Extra Virgin Olive Oil
Oliveira Da Sera Pure Olive Oil
Oliveira Da Sera Xtra Virgin Olive Oil
Olivina Olive Oil Extra Virgin
Olivina Olive Oil Normal
Pietro Coricelli Olive Oil Extra Virgin
Pietro Coricelli Olive Oil Pure
Pietro Coricelli Olive Oil Xtra Virgin
Pietro Coricelli Olive Oil Xtra Virgin
Pirolio Pomace Olive Oil

PnP Canola and Olive Oil Blend
PnP Finest Garlic and Chilli Infused Olive Oil
PnP Finest Greece Extra Virgin Olive Oil
PnP Finest SA Olive Oil
PnP Finest Thyme Rosemary Infused Olive Oil
PnP Italian Extra Virgin Olive Oil
PnP Local Extra Virgin Olive Oil
PnP Olive Oil
PnP Olive Oil Extra Lite
PnP Olive Oil Extra Virgin
PnP Olive Oil Extra Virgin
PnP Olive Oil Pure
PnP Org Extra Virgin Olive Oil
Pons Traditional Span Org Xtra Virgin Olive Oil
Portucale Olive Oil
Prince Albert Extra Virgin Olive Oil
Sofia Extra Virgin Olive Oil
St Sebastian Bay Extra Virgin Olive Oil
Vesuvio EVOO Passover
Vesuvio Olive Oil Extra Virgin
Weigh-Less Olive Oil C/P Extra Virgin
Willow Creek Basil Infused Olive Oil
Willow Creek Coriander Olive Oil
Willow Creek Directors Olive Oil
Willow Creek Directors Reserve Olive Oil
Willow Creek Estate Blend Squeeze Me Olive Oil
Willow Creek Garlic Olive Oil
Willow Creek KFP Directors EVOO
Willow Creek KFP Estate Blend EVOO
Willow Creek Lemon Infused Olive Oil
Willow Creek Parmesan Infused Olive Oil
XXV Intense Extra Virgin Olive Oil
Ybarra Olive Oil Pure
Zeta Olive Oil Extra Virgin Hot Pepper
Oils, nuts and seeds

Oil Sprays
Antonios Olive Oil Spray
Bertolli Classico Olive Oil Spray
Bertolli Extra Virgin Olive Oil Spray
B-Well Canola Spray Non Stick Baking
B-Well Canola Spray Non Stick Cooking
Colman’s Spray and Cook Olive Oil
PnP Canola Non Stick Spray
PnP Olive Oil 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

Best Nuts Almonds
Best Nuts Almonds Blanched
Best Nuts Almonds Raw
Best Nuts Almonds Natural
Best Nuts Almonds Sliced
Big Nuts Almonds Blanched
Big Nuts Almonds Diced
Big Nuts Almonds Ground
Big Nuts Almonds Raw
Big Nuts Almonds Sliced/Flaked
Big Nuts Almonds Silvered
Bodi Cafe Blanched Almond Nuts
Cassila's Almonds
Country In A Box Almonds Raw
Droegenot Almonds
Droegenot Almonds Flaked
Eastern Treasure Almond
Eden Almonds Flaked
Eden Almonds Raw
Just Spice Almond Slivers
Just Spice Almond Whole
Khans Prepacking Almonds
Khans Prepacking Nibbed Almonds
Khans Prepacking Sliced Almonds
Khans Prepacking Silvered Almonds
Messeris Almonds Blanched
Messeris Almonds Diced
Messeris Almonds Flaked
Messeris Almonds Ground
Messeris Almonds Raw
Mojome Almond Flakes
Montagu Almonds Flaked
Montagu Almonds Natural
Montagu Almonds Raw
Nam Dried Fruit Almonds Flakes
Nature's Choice Almonds Snack Pack
No Name Almonds Ground
No Name Almonds Silvered
Once Upon A Farm Almonds Flaked
Once Upon A Farm Almonds Ground
Once Upon A Farm Almonds Raw
PnP Almonds Blanched
PnP Almonds Flaked
PnP Almonds Natural
PnP Almonds Plain
PnP Almonds Silvered
PnP Dry Roast Unsalted Almonds
PnP Ground Almond Kosher Passover
PnP Blanched Almond
PnP Flaked Almond
PnP Raw Shelled Almond
PnP Live Well Raw Almonds
PnP Raw Almonds
PnP Raw Almonds Diced
PnP Raw Almonds Flaked
PnP Raw Almonds Ground
PnP Raw Almonds Silvered
PnP Raw Blanched Almonds
PnP Raw Almonds Flaked
Oils, nuts and seeds

**Brazil Nuts**
- Alman's Brazil Nuts
- Best Nuts Brazil Nuts
- Big Nuts Brazil Nuts Raw
- Bodi Cafe Blanched Brazil Nuts
- Droegenot Brazil Nuts
- Eden Brazil Nuts
- Messaris Shelled Brazil Nuts
- Montagu Brazil Nuts
- Nature's Choice Brazil Nuts
- PnP Brazil Nuts
- PnP Live Well Raw Brazil Nuts

**Cashews Nuts**
- Alman's Cashews Plain
- Best Nuts Cashew Raw
- Big Nuts Cashews Nuts Raw
- Country In A Box Cashews Raw
- Droegenot Cashews
- Eden Cashew Raw
- Messaris Nuts Plain Cashew
- Messaris Nuts Raw Cashews
- Montagu Cashew Plain

**Montagu Cashew Raw**
- Nature's Choice Cashew Nuts
- Once Upon A Farm Cashew Raw
- PnP Cashews Raw
- PnP Dry Roast Unsalted Cashew
- PnP Live Well Cashew Nut Strip
- PnP Live Well Raw Cashew Nuts
- PnP Plain Cashew Nuts
- PnP Value Cashews Raw Unsalted
- Roastwell Cashew Nuts Unsalted
- Safari Raw Cashews
- Snackit Cashews Plain
- Snackit Cashews Raw
- Snackit Cashews Roasted Plain
- Wender Unsalted Cashew Nuts

**Chesnuts**
- Dalfour Whole Chestnuts
- Fruit&Veg Chestnuts

**Ground Nuts**
- One Banja Pounded Ground Nuts
- PnP Kwest Dried Ground Nuts

**Hazel Nuts**
- Alman's Hazel Nuts
- Best Nuts Hazelnuts Natural
- Big Nuts Hazel Nuts Raw
- Eden Hazel Nuts
- Messaris Organic Hazelnuts
- Messaris Shelled Hazel Nuts
- Nam Dried Fruit Hazelnuts
- PnP Raw Hazelnuts
Oils, nuts and seeds

Macadamia Nuts
Alman's Macadamia Nuts Plain
Best Nuts Macadamia Nuts Plain
Big Nuts Macadamia Raw
Bodi Cafe Macadamia Nuts
Droegenot Macadamia Nuts
Eden Macadamia Nuts Raw
Messaris Macadamia Nuts
Montagu Macadamia
Montagu Macadamia Nuts Plain
Nature's Choice Macadamia Nuts
PnP Live Well Raw Macadamia Nuts
PnP Macadamia Nuts Plain
PnP Macadamias Plain
Wigwam Macadamia Nuts

Mixed Nuts
Alman's Mixed Nuts Plain
Best Nuts Mixed Nuts Raw
Big Nuts Forest Mix Raw
Big Nuts Mixed Nuts Raw
Country In A Box Mixed Nuts Raw
Eden Mixed Nuts Exotic Raw
Jab Mixed Nuts In Shell
Khans Prepacking Mixed Raw Nuts
Messaris Shelled Mixed Nuts
Montagu Mixed Nuts Plain
Montagu Mixed Nuts Raw
Nature's Choice Mixed Nuts
Once Upon A Farm Mixed Nuts Raw
Pick N Pay Whole Mixed Nuts
PnP Live Well Mixed Treenuts Strip

Peanuts
Big Nuts Peanut Blanched Giant Raw
Big Nuts Peanut Red Cocktail Raw Bulk
Big Nuts Peanut Reds Giant Raw
Big Nuts Peanuts Blanched Raw
Droegenot Peanuts Raw
Eden Peanuts Giant Blanched Raw
Eden Peanuts Red Skin Plain
Fruit&Veg Peanuts Plain
HealthConnection Raw Peanuts
Messaris Blanched Plain Peanuts
Messaris Peanuts Giant Plain
Messaris Red Skin Peanuts
Pick N Pay Raw Giant Blanch Peanut
Pick N Pay Raw Redskin Peanuts
PnP Dryroast Unsalted Cocktail Peanut
PnP Giant Blanch Peanut Unsalted
PnP Roast Unsalted Peanuts
Pouyoukas Raw Peanuts
Oils, nuts and seeds

Pecan Nuts
- Alman's Pecan Nuts
- Best Nuts Pecan Halves
- Big Nuts Pecan Nut Halves
- Bodi Cafe Pecan Nuts
- Country In A Box Pecans
- Droegenot Pecan Nuts
- Eden Pecan Nuts
- Messaris Pecan Nuts
- Montagu Pecan Nuts
- Nature's Choice Hazel Nuts
- Nature's Choice Pecan Halves
- PnP Pecan Halves
- PnP Pecan Nuts
- PnP Pecan Nuts Shell
- PnP Raw Pecan Nuts
- PnP Raw Pecan Nuts
- Safari Shelled Pecans
- Snackit Pecan Halves

Pine Nuts
- Best Nuts Pine Kernel
- Big Nuts Pine Nut Kernels
- Droegenot Pine Kernels
- Eden Pine Kernels
- Messaris Pine Kernels
- Nature's Choice Pine Kernels
- PnP Live Well Raw Pine Nuts

Pistachio
- Alman's Pistachio White
- Best Nuts Pistachio White
- Bodi Cafe Pistachio White
- Droegenot Pistachios
- Messaris Pistachio Nuts
- Nam Dried Fruit Pistachios
- Nature's Choice Pistachio Nuts
- PnP Dryroast Unsalted Pistachio
- PnP Live Well Raw Pistachio Shell
- PnP Pistachios White

Walnuts
- Best Nuts Walnut Halves
- Big Nuts Walnuts
- Bodi Cafe Walnuts
- Droegenot Walnuts
- Eden Walnuts
- Messaris Organic Shelled Walnuts
- Messaris Shelled Walnuts
- Montagu Walnuts
- Once Upon A Farm Walnuts
- PnP Walnuts
- PnP Raw Walnut Whole & Broken
- PnP Raw Walnut Whole & Broken
- PnP Walnuts
- PnP Walnuts Shelled
- Roastwell Light Walnut Halves
- Safari Shelled Walnuts
- Serano Walnut Kernels
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
Big Nuts Chia Seeds
Bodi Cafe Blanched Chia Seeds
Eden Chia Seed
HealthConnection Chia Seeds
Mojome Chia Seeds
Nam Dried Fruit Chia Seed
Nature’s Choice Chai Seeds

Fennel Seeds
Bodi Cafe Blanched Fennel Seeds

Fenugreek Seeds
Bodi Cafe Blanched Fenugreek Seeds
Cassila’s Fenugreek Seeds

Flaxseed
Bodi Cafe Blanched Flax Seed
Bodi Cafe Whole Food Flax Seed
Cassila's Flaxseeds
Pouyoukas Golden Flaxseed

Flaxseed Powder
HealthConnection Flaxseed Powder
Nature’s Choice Flaxseed Powder

Hemp Seeds
Nature’s Choice Hemp Seeds

Linseed
Alman’s Linseeds
Big Nuts Linseeds
Eden Linseed
HealthConnection Linseed

Mojome Brown Linseeds
Mojome Golden Linseed
Nature’s Choice Linseed
Pouyoukas Linseed

Mixed Seeds
Big Nuts Seed Mix
Bodi Cafe Blanched Big 5 Seed Mix
Bodi Cafe Blanched Essential 3 Seed Mix
Cassila’s Mix Seeds
Droegenot Seedmix
Eden Seed Mix
HealthConnection Ultimate Seed Mix
Mojome Four Seed Mix
Nature’s Choice Miracles Plus Plus
Nuseed Original Seeds Strip
PnP Mixed Seeds
Pouyoukas Omega Seed Mix
Seeberger Vital Kernels

Poppy Seeds
Big Nuts Poppy Seeds
Eden Poppy Seed
HealthConnection Poppy Seeds
Just Spice Poppy Seeds
Namib Poppy Seed
Nature’s Choice Poppy Seeds

Pumpkin Seeds
Best Nuts Pumpkin Seeds Green
Big Nuts Pumpkin Seeds
Bodi Cafe Blanched Pumpkin Seeds
Oils, nuts and seeds

**Sesame Seeds**
- Alman’s Dehul Sesame Seed
- Best Nuts Sesame Seeds
- Big Nuts Sesame Seeds White
- Bodi Cafe Blanched Sesame Seed
- Cassila’s Sesame Seeds
- Eastern Treasure Sesame Seeds
- Eden Sesame Seed
- HealthConnection Hulled Sesame
- Nature’s Choice Nat Sesame Seeds
- Nature’s Choice Sesame Dehuske
- Nature’s Choice Sesame Seeds
- Pouyoukas Sesame Natural
- Pouyoukas Sesame White

**Sunflower Seeds**
- Best Nuts Sunflower Seeds
- Big Nuts Sunflower Seeds
- Bodi Cafe Blanched Sunflower Seed
- Bodi Cafe Whole Food Sunflower Seed
- Cassila’s Sunflower Seeds
- Droegenot Sunflower Seeds
- Eden Sunflower Seeds
- HealthConnection Sunflower Seed
- Khans Prepacking Sunflower Seeds
- Mojome Sunflower Seeds
- Nature’s Choice Sunflower Seeds
- PnP Raw Sunflower Seeds
- PnP Sunflower Seeds
- Pouyoukas Sunflower Kernels
- Vital Sunflower Seeds

**Pumpkin Seeds**
- Cassila’s Pumpkin Seeds
- Country In A Box Pumpkin Seeds Raw
- Droegenot Pumpkin Seeds
- Eden Pumpkin Seeds
- HealthConnection Pumpkin Seed
- Mojome Pumpkin Seeds
- Nature’s Choice Pumpkin Seeds
- PnP Green Pumpkin Seeds
- PnP Raw Pumpkin Seeds
- Pouyoukas Pumpkin Seeds

**Sesame Seeds**
- Alman’s Dehul Sesame Seed
- Best Nuts Sesame Seeds
- Big Nuts Sesame Seeds White
- Bodi Cafe Blanched Sesame Seed
- Cassila’s Sesame Seeds
- Eastern Treasure Sesame Seeds
- Eden Sesame Seed
- HealthConnection Hulled Sesame
- Nature’s Choice Nat Sesame Seeds
- Nature’s Choice Sesame Dehuske
- Nature’s Choice Sesame Seeds
- Pouyoukas Sesame Natural
- Pouyoukas Sesame White

**Sunflower Seeds**
- Best Nuts Sunflower Seeds
- Big Nuts Sunflower Seeds
- Bodi Cafe Blanched Sunflower Seed
- Bodi Cafe Whole Food Sunflower Seed
- Cassila’s Sunflower Seeds
- Droegenot Sunflower Seeds
- Eden Sunflower Seeds
- HealthConnection Sunflower Seed
- Khans Prepacking Sunflower Seeds
- Mojome Sunflower Seeds
- Nature’s Choice Sunflower Seeds
- PnP Raw Sunflower Seeds
- PnP Sunflower Seeds
- Pouyoukas Sunflower Kernels
- Vital Sunflower Seeds

**Pumpkin Seeds**
- Cassila’s Pumpkin Seeds
- Country In A Box Pumpkin Seeds Raw
- Droegenot Pumpkin Seeds
- Eden Pumpkin Seeds
- HealthConnection Pumpkin Seed
- Mojome Pumpkin Seeds
- Nature’s Choice Pumpkin Seeds
- PnP Green Pumpkin Seeds
- PnP Raw Pumpkin Seeds
- Pouyoukas Pumpkin Seeds
Oils, nuts and seeds

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

- **Almond Nut butter**
  - Buttanut Roasted Almond Spread
  - Nature's Choice Almond Nut Butter
  - Nature's Choice Nut Butter White Almond
  - OhMega Almond Nut Butter

- **Cashew Nut Butter**
  - Nature's Choice Nut Butter Cashew
  - OhMega Cashew Nut Butter

- **Macadamia Nut Butter**
  - Buttanut Almond Macadamia Spread
  - Buttanut Cinnamon Macadamia Spread
  - Buttanut Roasted Macadamia Spread
  - Denova Macadamia Nut Oil
  - Nature's Choice Cashew Nut Butter
  - Nature's Choice Macadamia Butter
  - Nature's Choice Nut Butter Macadamia
  - OhMega Macadamia Nut Butter

- **Peanut Butter**
  - Black Cat Crunchy No Sugar and Salt
  - Black Cat Crunchy Peanut Butter No Sugar and Salt
  - Black Cat Smooth No Added Sugar and Salt
  - Black Cat Smooth No Sugar and Salt Kosher
  - Black Cat Smooth Peanut Butter No Sugar and Salt
  - Eden Crunchy Peanut Butter
  - Nature's Choice Peanut Butter Crunchy
  - Nature's Choice Peanut Butter Smooth
  - PnP Live Well Smooth Peanut Butter
  - Yum Yum Peanut Butter Sugar Free

- **Seed Butter**
  - Nature's Choice Nut Butter Tahini
  - Nature's Choice Tahini Sesame Butter
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