

# 500 Standard List

List subject to change

## GREEN VEGETABLES

Asparagus  
Beans  
Bok choy  
Brussel Sprouts  
Cabbage  
Celery  
Choy sum  
Kale  
Leeks  
Lettuce  
Olives  
Okra  
Parsley  
Pak choy  
Rocket  
Silverbeet/Spinach  
Shallots/spring onions  
Snow Peas  
Wombok cabbage

## OTHER VEGETABLES

Avocado  
Beetroot  
Bitter Melon  
Broccoli  
Button Squash  
Capsicum  
Carrot  
Cauliflower  
Corn  
Cucumber  
Eggplant  
Fennel  
Globe Artichoke  
Mushroom all  
Onion  
Parsnip  
Peas  
Potato  
Pumpkin  
Swede  
Sweet Potato  
Tomato  
Turnip  
Zucchini

## MEATS

Bacon  
Beef  
Chicken  
Duck  
Emu  
Ham  
Kangaroo  
Lamb  
Pork  
Turkey  
Venison

## SEEDS

Chia  
Linseed/oil/meal  
Poppy  
Pumpkin/Pepitas  
Sesame  
Sunflower

## FRUIT

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

## OILS / FATS

Avocado Oil  
Coconut Oil  
Ghee  
Grape Seed Oil  
Macadamia oil  
Olive Oil  
Rice Bran Oil  
Sesame Oil  
Sunflower Oil

## SEAFOOD

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

## BERRIES Fresh/ Frozen

Blackberry  
Blueberry  
Raspberry  
Strawberry

## SPROUTS

Alfalfa sprouts  
Mung Beans  
Snow pea sprouts

## NUTS

Almonds  
Brazil  
Cashews  
Hazel  
Macadamia  
Pecans  
Pine Nuts  
Pistachio

Walnut

## ALCOHOL

Beer  
Bourbon  
Brandy  
Cider  
Gin  
Kahlua  
Rum  
Tia Maria  
Vodka  
Whiskey  
Wine Red  
Wine White/champagne

## DAIRY Products

Butter  
Cows Cheese (All)  
Cows Yoghurt Greek/plain  
Cream (All types)  
Fetta Cheese (goat)  
Goats Milk  
Margarine (all)  
Mayo (all)  
Mayo Organic  
Milk A2  
Milk Carnation  
Milk Full Cream  
Milk Skim  
Sheep Cheese  
Sheep Yoghurt

## LACTOSE FREE Products

Almond butter  
Biocheese Vegan  
Coconut butter  
Coconut Yoghurt(all)  
Liddells LF Cheese  
Liddells LF Cream  
Liddells LF milk  
Soy Mayonnaise  
Tempeh  
Tofu  
Vegenaise  
Zymil LF milk

## MILK Alternative

Almond milk  
Coconut milk  
Oat milk  
Rice Milk  
Soy Milk

## EGGS

Duck eggs  
Eggs  
Eggs(Organic)  
Orgran No Egg  
Quail eggs

## FERMENTED

Kefir(all)  
Kimchi (all)  
Kombucha (all)  
Sauerkraut(all)

## SOFT DRINKS

Cola (all)  
Fanta(all)  
Ginger Ale(all)  
Lemonade(all)  
Soda Water  
Tonic water

## BEVERAGES

Caro  
Coffee (all)  
Ecco  
Milo  
Ovaltine  
Rooibos Tea  
Tea (black all)

## OTHER DRINKS

Cranberry Juice  
Coconut water  
Ribena

## HERBAL TEAS

Chamomile Tea  
Dandelion Tea  
Green Tea  
Peppermint Tea

## HERBS dried & fresh

Basil  
Chives  
Coriander  
Lemon Grass  
Mixed Herbs  
Oregano  
Rosemary

## SPICE-CONDIMENT

Bay Leaf  
Bi Carb Soda  
Baking Powder  
Cajun Spices  
Cardamom  
Chilli  
Cinnamon  
Cloves  
Cream of Tartar  
Cumin  
Curry Powder  
Dill  
Fennel Seeds  
Garam Masala  
Garlic  
Ginger  
Mixed Spice  
Mustard  
Nutmeg  
Paprika  
Pepper (black&white)  
Pepper Cayenne  
Salt (refined table)  
Salt Celtic sea salt  
Salt Herb Vege  
Salt Himalayan  
Salt Rock Salt  
Tarragon  
Thyme  
Turmeric

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Vanilla (pure)  
Vinegar (all types)  
Vinegar Apple Cider

## SAUCES

B.B.Q. sauce(all)  
Coconut amino non soy  
Fish sauce (all)  
Horseradish  
Macro Organic Passata  
Orgran Tom Sauce  
Oyster sauce (all)  
Soy sauce (all)  
Sweet Chilli sauce (all)  
Tamari sauce (all)  
Tomato Paste (all)  
Tomato sauce (all)  
Worcester sauce

## DRIED VEGETABLES

Chick Peas (all)  
Coconut  
Lentils (all)  
Split Peas

## STOCK/GRAVY

Aus Own Beef stock org  
Aus Own Vege stock org  
Beef Stock (Massel)  
Beef Stock Campbell's  
Bonox  
Chicken Stock (Massel)  
ChickenStockCampbell  
Gravox (all)  
Massel Gravy mix  
Miso (all)  
Orgran Gravy Mix  
Vege Stock (Massel)

## SUGARS/ Sweeteners

Agave  
Coconut sugar  
Coconut syrup  
Erythritol  
Golden Syrup  
Honey  
Manuka Honey  
Maple Syrup  
Mesquite powder  
Palm Sugar  
Rice malt syrup All  
Stevia  
Sugar Brown  
Sugar Raw  
Sugar White  
Xylitol

## RICE

Orgran Rice Pasta  
Orgran Rice-Corn Pasta  
Rice Brown (ALL)  
Rice noodles  
Rice White (ALL)

## PASTA/PASTRY

Barilla GF Pasta  
Coles GF Spaghetti  
Macro Org Lasagna Shts  
Orgran Buckwheat Spirals  
Pasta (Durum wheat)  
Puff pastry  
San Remo Buckwheat  
San Remo GF Pasta  
Wheat Noodles

## CRACKER/CRISPBREAD

Mary's Gone crackers GF  
Orgran Buckwheat Crisp brd  
Orgran Multi Crispbread  
Rice crackers  
Sao  
Seaweed crackers  
Vita Weat original

## SPREAD/PASTE

St Dalfours GF jam  
Vegemite/ Ozemite  
ABC spread Melrose  
Freedom Vege spread  
Unhulled Tahini (all)  
Pure Harvest Coco  
Hazlenut Spread  
Hommus

## BREAKFAST CEREALS

AB Buckwheat & quinoa cereal  
Abundant Earth Corn Puff  
Carmens Muesli  
Cornflakes (all)  
Crunchola Apple and Blueberry  
Free & low Muesli  
G.F. Weet-Bix  
GF Oats  
Goodness Cereals (all)  
Just Right  
Lowan Rice Porridge  
Millet Puffs  
Oat Bran  
Polenta  
Rolled Oats  
Special K  
Vita Brits  
Weet Bix

## Supermarket BREADS

White  
Wholemeal

## Grain Bread

AG Vital Bread  
Bürgen Soy-Lin  
Goanna Bakery Rice&Arame  
Multigrain bread

## Spelt Bread

Alpine Spelt and Sprouted grain  
Ancient Grain Tigris Spelt  
Bakers Delight Spelt Bread

Bodis Dinklebrot wholegrain spelt  
Healthybake WM Spelt Sour Kamut bread  
Naturis organic spelt  
Paulos Spelt Loaf  
Sprouted Spelt bread  
Dinkelbrot

## Rye Bread

Bürgen Rye Bread  
Helgas Light Rye  
King Henry Rye  
Pumpnickel 100% Rye

## Sourdough Bread

Alpine Spelt & Barley  
Sourdough  
Alpine spelt sourdough  
sprouted grains  
Brasserie Sourdough  
BrasserieSourdough  
Quinoa/Soy  
Healthybake FH New Norcia  
Spelt sour dough  
Strange Grains Buckwheat sour dough  
Zeally Bay Sourdough

## Sprouted Bread

Bohdis Sprouted mixed grain  
Pure Life Sprouted Spelt  
ESSENE sprouted bread  
Pure Life Bio.D. Ezekiel 4:9

## Gluten Free Bread

Abbots Mixed Seeds GF bread  
Bohdis GF Chia Linseed  
Bohdis GF Multi Grain  
Bohdis GF Yeast free  
Bohdis Lupin loaf  
Bürgen GF Soy Lin  
Bürgen GF sunflower & chia  
Bürgen GF White  
Country Life Gluten & Dairy Free  
Country Life Yeast gluten wheat free  
Helga's GF Bread  
Moores GF yeast free bread  
Naturis GF rice loaf  
Precinct GF Quinoa & Soy Bread  
Strange Grains Bakery GF  
Sourdough Sorghum & Buckwheat

## Other Bread

Bakers Delight Low Fodmap  
Naturis Buckwheat bread  
Venerdi Paleo Almond & Linseed  
Venerdi Paleo Super Seed

## WRAPS/BASES

Corn tortilla  
GF wraps  
Plain wheat wraps  
Quinoa Wraps  
Rice Thins  
Rice Wraps  
Spelt wraps

## BARS

Carman's Muesli bar  
Carmens Dark Choc blueberry Bar  
Go Natural Fruit & Nut bar

## FLOURS

Flour Amaranth  
Flour Arrowroot  
Flour Banana  
Flour Barley  
Flour Besan  
Flour Buckwheat  
Cornflour [wheat free]  
Flour Cassava  
Flour Coconut  
Flour GF SR  
Flour GF Plain  
Flour Potato  
Flour Quinoa  
Flour Rye  
Flour Sorghum  
Flour Spelt  
Flour Wheat Plain& SR

## CRISPS

Macro organic corn chips  
Macro Root Vege chips  
Smiths original

## GLUTEN FREE

Orgran custard powder

## CHOCOLATE / SWEETS

Cacao Butter  
Cacao raw powder  
Carob  
Chocolate (Lindt)  
Chocolate (Cadbury)  
Chocolate (Dove)  
Chocolate (Haigs SA)  
Chocolate (Nestle)  
Chocolate (Sweet William)  
Frey Dark Choc  
Green & BlackOrgDarkChoc  
Liquorice  
Loving Earth Choc  
Loving Earth Dk Org Choc  
Pana chocolate

## HEALTH SHOP Products

Acai powder  
Betonite clay  
Black seed (nigella)  
Bone broth (all)  
Beef Gelatin/collagen  
Barley Grain  
Bean Adzuki  
Bean Borlotti

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Bean Broad  
Bean Cannellini  
Bean Kidney  
Bean Lima  
Blackstrap Molassas  
Braggs All purpose  
seasoning  
Coconut MCT Oil  
Camu Camu  
Cous Cous  
Cranberries Dried  
Diatomaceous Earth FG  
Dulse (all)  
Falafel  
Goji Berries  
Hazelnut Meal  
Hemp seed  
Hemp seed oil  
Hemp Protein powder  
Flaxseed meal  
Maca Powder  
Millet Grain  
Nori  
Nutrition Yeast(all)  
Quinoa Grain  
Wakame Flakes

## COMMON SUPPLEMENTS

Aloe Vera  
Barley Green  
Chlorella  
Fish oil Capsules  
Inner health  
Iodine  
Krill Oil  
Psyllium  
Slippery Elm Powder  
Spirulina  
Wheat grass

## PROTEIN POWD/shakes

Pea Protein powder  
Rice Powder  
Whey concentrate  
Whey Protein Isolate

## NATURAL HOME products

A bit happy bubble bath  
A bit happy Deodorant  
A bit happy Eczema Cream  
A bit happy sham/cond  
Abode bathroom cleaner  
Abode dishwashing liquid  
Abode floor cleaner  
Abode Laund liquid  
Abode laundry powder  
Abode surface spray  
Abode toilet gel  
Abode wool and delicate  
liquid  
Bodytalk Cleanser envirocare  
Carrot Sun Papaya Oil  
Cleopatra's Bath Milk  
Dr Bronners shav gel  
Earth choice Dish Liquid  
Earth choice Fabric Softener  
Earth choice Floor-surface  
Earth choice Laundry liquid

Earth choice Multi Purpose  
spray  
Earth choice Wool Mix  
Ecosense Laund Detergent  
Hurraw Lip Balm  
Jojoba oil  
Lavender oil  
Melrose massage oil  
Moo Goo Conditioner  
Moo Goo Eczema Cream  
Moo Goo Milk Wash  
Moo Goo Shampoo  
Moogoo deodorant  
MooGoo Sunscreen  
Nat Instinct Body wash  
Neem soap  
Org Care Conditioner  
Org Care Shampoo  
Organic Care 3 in 1  
Shampoo (Alchemy)  
Soapnuts  
Soleo Sun screen  
Tea tree oil  
Wotnot Baby SPF 30  
Wotnot SPF 30+

## BATHROOM CHEMICALS

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

## LAUNDRY Products

Bio Zet  
Bleach  
Cold Power  
Dynamo  
Ecostore Laund Powder  
Fabric Softener(all)  
Lux Flakes (laundry)  
Napisan  
Omo  
Radiant  
Sard Wonder Soaker  
Wool Mix M.Gardner

## KITCHEN Cleaning Products

Ajax Spray & Wipe  
Exit Mould  
Ecostore Disk Liquid  
Insect Spray ( all)  
Jif  
Morning Fresh  
Palmolive Dish Liquid  
Pine-O-Cleen

## DEODORANTS

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

## SUNSCREEN

Banana Boat Every day  
UV Triplegard  
Coles every day  
Cancer Council

## TOOTHPASTE

Activated Charocoal  
toothpaste  
Colgate (all types)  
Grants Herbal  
Jack and Jill toothpaste  
McLeans (all types)  
Red Seal  
Sensodyne  
Silicea silica toothpaste  
Steradent  
Thieves toothpaste  
Vicco Herbal

## HAIR/FIBRES

Bamboo  
Cotton  
Mixed Feathers  
Polyester  
Wool

## METALS

Aluminium  
Gold  
Mercury  
Silver

## CREAMS AND OINTMENTS

Calendula (M&P)  
Comfrey (M&P)  
Sorbolene

## PETRO CHEMICALS

Cigarette Smoke  
Diesel  
Engine oil  
Kerosene  
Methylated Spirits  
Petrol