



FoodFit

Compatibility

Singapore/Malaysia List

List subject to change

VEGETABLES

Garlic
Onion
Dow Miow
Carrot
Cucumber
Capsicums
Chili
Tomato
Corn
Ginger
Asparagus
Bean Sprouts
Broccoli
Cauliflower
Bok Choy
Choysum
Wongbok
Bamboo Shoots
Lettuce (Salad)
Celery
Kangkong (water spinach)
Dried Mushroom
Fresh Mushroom
Tinned Mushroom (Hosen)
Long Bean
French Beans
Cabbage
Snow/Sweet Pea
Lemon Grass (Serai)
Pandan Leaves
Spring Onion
Parsley
Chinese Chives
Leek
Pumpkin
Sweet Potato
Potato
Egg Plant (Terung)
Watercress
Kai Lan
Chinese Spinach
Phuay Leng
Brinjal
Chye Sim

NOODLES / TOFU

Fortune Instant Noodles
Hokkien Noodles
Super Noodles Tom Yam
Wonton Noodles
Fortune Silken Tofu
Fortune Silken Egg Tofu
Fortune Tau Kwa Tofu
KOKA inst.Noodle Curry
SUPER chicken noodles

NOODLES/TOFU CONT

KOKA noodles mushroom
Hosei Miso Udon Noodles
Maggi noodles chicken
Maggi noodles asam laksa

METALS
Gold (916)
Silver
Mercury
Aluminum

FRUIT

Apples
Oranges
Mandarines
Pears
Grapes
Banana
Papaya
Watermelons
Mango
Jambu (Guava)
Lemon
Limes
Pineapple
Starfruits
Mangosteen
Langsat
Jackfruit
Strawberry
Rambutan
Longans
Chiku (Sapodilla)
Rockmelon
Honeydew
Kiwi Fruit
Plums
Durian
Sugar Prune
Dragon fruit

HAIR/FIBRES

Wool
Cotton
Polyester

CONDIMENTS /SPICES

Apple Cider Vinegar
White Rice Vinegar
Black Vinegar
Bovril
Refined Salt (LTS)
Sea Salt (Local)
Pepper (Black and White)
MSG
Curry Powder
Star Anise (Ba Jiao)
Five Spices (Ng Heong)
Turmeric (Kunyit)
Cloves (Bunga Cingkeh)
Cinnamon (KManis)
Belacan (Shrimp Paste)
Tom Yum Paste (Ferry)
Tomato Ketchup (Heinz)
Chilli Sauce (SINSIN)
Chilli Sauce (Maggi)
Tomato Ketchup (Maggi)
Dark Soy Sauce (Tiger)
Light Soy Sauce (Tiger)
Thick Soy Sauce (Maggi)
Light Soy Sauce (Maggi)
Soy Sauce (Kikkomen)
Teriyaki (Kikkomen)
Worcestershire Sauce
Oyster Sauce (Lee Kum Kee)
Veg. Oyster Sauce (LKK)
Hoisin Sauce
KNOR ikanbilis stock cube
Maggi Chicken Stock cube

MEATS

Chicken
Pork
Duck
Beef (Aust)
Lamb (Aust)
Tulip Pork Luncheon
Maling pork luncheon
Ham

SEAFOOD

Fish (Sea)
Toman Fish
Crab
Prawns
Fresh Salmon
Sotong (Squid/Octopus)
Local Fish Balls
Ayam Tuna Light
Ikan Bilis (Anchovies)
Ayam Salmon Spread

COOKING OILS

Soya Bean Oil
Palm Oil
Blended Oil (Knife)
Peanut Oil
Corn Oil (Mazola)
Sunflower Seed Oil
Canola Oil
Olive Oil
Pure Ghee Sapi (Cow)
Pure Sesame Oil

GRAINS/FLOURS /NOODLES

White Flour (Wheat)
White Bread
Wholemeal Bread
Wholegrain Bread
Roti Pratha (Springhome)
Pau bread (yeast free)
Yeast (Bakers)
Bi Carb. Soda
Corn Flour (Butterfly)
Normal White Rice
LOTUS Organic Basmati
Golden Peony brown rice
Songhe wholegrain rice
Bee Hun (Rice Vermicelli)
Oats (Quaker)
Pasta
Quaker Crunchy Corn Bran
Baked Beans (Heinz)
Nestle KoKo crunch
Nestle Trix
Nestle Milo cereal
Nestle Honey Star
Alpen Original Muesli
Peanut Butter Planters
Green Beans
Meiji Plain Crackers
Kraft Ritz Crackers
Barley (Barli)
Lentils (Kacang Dhall)
McVities Digestive Biscuits
I XL strawberry jam
Bin Bin Rice Cracker



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DAIRY FOODS

Butter
Margarine (Olive Oil)
Cows Yoghurt
Cows Cheese
Coffee Mate
Healtheries Goat milk
Nutrisoy Soy Milk
Vitasoy Soy Milk
Coconut (Milk/Fresh)
Carnation Milk
Condensed Milk
Magnolia Fresh Milk
Marigold HL milk
Ice Cream (Vanilla Nestle)
Ice Cream (Vanilla Kings)
Eggs

SUGARS

White Sugar
Brown Sugar
Equal
Saccharine
Rock Sugar
Palm Sugar
Honey
Chocolate (Nestle)
Chocolate (Cadbury)
Hersheys Chocolate
Van Houten chocolate

DRINKS

Tiger Beer
Carlsberg Beer
Heineken beer
Anchor beer
Wine (White & Red)
Whiskey (Johnnie Walker)
Coffee - Instant
Tea (Lipton/Boh)
Chinese Tea (Jas/Oolong)
Chinese Tea (Kuan Yin)
Chrysanthemum Tea
Green Tea
Seasons Ice Lemon Tea
Soy Bean Drink (Yeo's)
Green Tea (Yeo's)
JiaJia herbal tea
Ovaltine
Milo
Horlicks
Almond Powder Drink
Coke
Diet Coke
Sprite
Sarsi (F&N)
Ribeena

NUTS/SEEDS

Cashews
Peanuts
Almonds
Hazel
Walnut
Pistachio
Sunflower Seeds

CHEMICALS

MOZ Away (repellent)
Mosquito Coil
OFF repellent
Newspaper ink
Floor Cleaner (KIWI Clean)
Floor Cleaner (Bluebell)
Softlan Fabric Softener
UIC Big Value dish det.
Axion Dish Gel
MA Ma lemon Antibacterial
Dynamo (laundry powder)
FAB laundry powder
CLOROX lemon bleach
Cif Cleaner

BATHROOM PRODUCTS

Toothpaste DARLIE grape
Toothpaste (Oral B Stages)
Listerine MOUTHWASH (ORIG)
Toothpaste (Colgate)
Talcum Powder
Baby Soap (Johnsons)
Body Soap (Lux)
Simple Facial wash
Mild Body Wash Pure Essentials
Lactacyd Feminine Hygiene
Shokubutsu facial foam
Himalaya face wash cream
Summers Eve feminine wash
Banana boat sunscreen
Hair bleach (jolen)
Johnson baby shampoo
Latex glove
Lux body wash

FOOD COLOURINGS

Red (E124)
Blue (E133)
Green (E102/E133)
Yellow (E102)
Orange (E102/E110)
Pandan Flavour
Rose Flavour
Banana Flavour
Vanilla Flavour

DRIED HERBS

Oregano
Rosemary
Coriander
Basil
Thyme
Bay Leaves

OTHERS

Tiger Balm
Yu Yee Oil
Panadol
Aspirin
Neurofen/children
Sancotec (zurtec)
Cigarette Smoke
Joss Stick Smoke
Clarinase
Gelusil Plus
Campbells Mushroom Soup
Mixed FEATHERS

OTHER MILKS

Almond milk (almond dream)
Almond milk unsweetened (silk)
Coconut cream (kara)
Oat milk (oat dream)
Rice milk (rice dream)
Rice milk (aussie dream)

GRAINS/SEEDS

Amaranth
Avocado
Barley green
Chia seeds
Couscous
Flax seeds
Kelloggs crunchy nut
Koay teow noodles
Macadamia
Nestle nestum
Pecans
Pine nuts
Pumpkin seeds
Quinoa

BERRIES

Blueberries
Raspberries

CONDIMENTS/HERBS

Chicken rice chilli (singlong)
Kraft mayonnaise
Miso
Mixed herbs
Nasi lemak chilli (singlong)
Nutella

ALCOHOL/DRINKS

Champagne
Cognac (hennessy)
Dom (benedictine)
Gin
Guinness stout
Soda water
Tonic water
Vodka
Yomeishu

DAIRY

Feta cheese
Goats cheese
Iso whey protein

SNACKS

Kettle salt and vinegar
Lays salt and vinegar
Lays sour cream and onion
Pop pan crackers
Pringles sour cream and onion
Quakers oats cookies honey nut
Sweet popcorn (fairprice)

OILS

Nordic fish oils
Rice bran oil
Cod liver oil (seven seas)

SEAFOOD

Sardines (ayam)
Ikan bilis

SUPPLEMENTS

Solgar fish oils.
Solgar vitamin c
Spirulina
Wheatgrass
Birds nest
Stevia
Brands chicken essence
Basil dry
Aloe Vera



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VEGETABLES/FRUIT

Alfalfa sprouts
 Nori
 Prunes (sunkist)
 Rocket
 Sour plum (preserved)
 Turnip
 Zucchini
 Tempeh
 OTHERS
 Chlorine (pool)

INDIAN LIST

GRAINS, BEANS, LENTILS

Aval (Puffed /Flattened Rice)
 Bajra Flour
 Besan (Dhal Flour)
 Black Channa
 Black Whole Urad
 Black-Eyed Bean
 Broad Beans
 Broken Wheat
 Channa Dhal
 Corn Flour (Makki Ka Atta)
 Dried Green Peas
 Horsegram
 Kidney Beans
 Maida (Plain Flour)
 Masoor
 Moong Dahl Green
 Moth
 Ragi Flour
 Rice - Basmati Rice
 Rice - Brown
 Rice - Fragrant
 Rice - Parboiled
 Rice - Ponni Parboiled
 Rice - Thai White
 Rice Flour
 Roasted Channa Dhal
 Sago
 Semiya (Wheat Vermicelli)
 Semolina (Cream Of Wheat)
 Soy Nuggets
 Toor Dahl
 Urad [All]
 White Channa
 Wholewheat Flour (Atta)
 Yellow Mung Dahl [All]

PRAYER ITEMS

Indian (Holy) Basil - Dark/Green
 Karpooram (Soodam)
 Kum Kum
 Rose Water
 Saambri Incense
 Sandalwood Paste
 Vibhooti

SPICES

Aniseed
 Fennel seeds
 Asafoetida (Powder)
 Thymol Seeds [Omam]
 Black Pepper
 Dried Old Ginger- Suklu
 Dried Red Chillies (Long)
 Fenugreek Seeds
 Jeera (Cumin Seed)
 Mustard Seed - Black
 Pachai Karpuram
 Pomegranate Seed & Powder
 Poppy Seeds
 Saffron Threads
 Sesame Seed - Black
 Sesame Seed - White
 Small Green Cardamom
 Star Anise
 Black Cummin Seeds

SPICE MIXES, SEASONING

Black Salt Rock
 Chaat Masala
 Channa Masala
 Chicken Curry Masala
 Chilli Powder Coarse-Fine
 Coconut (Grated)
 Fish Curry Masala
 Garam Masala Powder
 Idli/Thosai Powder
 Kokam (Garcinia Indica)
 Mutton Curry Masala
 Rasam Powder
 Rock Salt [Black] Ground
 Sambhar Powder
 Tamarind Paste

SWEET : Confectionery

Jaggery
 Kalkandu (Rock Sugar)
 Red Sugar

VEGETABLES & GREENS

Banana Flower
 Bottlegourd
 Butter Beans
 Curry Leaf
 Fenugreek Leaf (Methi)
 Green Mango
 Indian Yam
 Radish
 Raw (Green) Banana
 Raw Papaya
 Snake Gourd

FRUIT

Custard Apple
 Dates
 Mango (Canned)
 Sugarcane
 Cooked Foods
 Appalam, Pappadam
 Idli
 Murukku [Rice Flour Stick]
 Roti Pratha
 Vadai
 Beverages
 Bru Coffee
 Ginger Tea
 Jaljeera
 Masala Tea

OILS

Coconut Oil
 Ghee
 Mustard Oil
 Sesame Oil [Til]
 Pickles
 Amla (Indian Gooseberry)
 Green Mango
 Lemon pickle
 Mixed Veg
 Young (Green) Pepper
 Toiletries
 Chandrika Bath Soap
 Henna Powder For Hair Colouring
 Herbal Toothpaste Vicco
 Mehendi Powder
 Mysore Sandal Soap
 Sandal Wood Powder
 Toothpaste [Dabur Meswak]

OTHERS

Chyawanprash
 Paakku, Seeval-Betel Nut
 Paneer (Amul - Processed)
 Samahan Ayurvedic Powder
 Supari For Poosa

ADDITIONAL ITEMS

Amaranth leaves
 Bitter gourd
 Dried figs
 Fresh alfanzo mango
 Fresh coconut water and cream.
 Fresh mint leaves
 Guar
 Himalya pink salt
 Nigella seeds (black seeds)
 Okra
 Prickly heat powder
 Psyllium husk
 Raisins/sultanas
 Rose brand rose syrup
 Sabjha seeds
 Pantamjali Toothpaste
 Nyle Herbal Shampoo