



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 Red
OnionBrown&white
Onion
Parsnip
Peas
Potato
Pumpkin
Radish
Swede
Sweet Potato
Tomato
Turnip
Zucchini

List subject to change

MEATS

Bacon
Beef
Chicken
Duck
Goat
Ham
Kangaroo
Lamb
Pork
Turkey
Venison

OFFAL

Blood sausage
Heart Beef
Liver Lamb Liver Beef
Kidney Beef
Tripe

MEATS Alternative

Natures Kit. Meat Free Sausages
Naturli Plant based mince
Vege Delights Bacon Style Rashers

SEEDS

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

FRUIT

Apples
Apricot
Banana
Cherries
Custard apple
Dragon Fruit
Dates
Fig
Grapefruit
Grapes
Honeydew Melon
Kiwifruit
Lemon
Limes
Lychee
Mandarin
Mango
Nectarine

FRUIT Cont

Oranges
Passionfruit
Pawpaw
Peaches
Pears
Pineapple
Plums
Prunes
Raisins / Sultanas
Rockmelon
Watermelon

OILS / FATS

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

SEAFOOD

Anchovies
Calamari
Fish (white)
Mackerel Wild Caught
Mackeral herring Salmon (All)
Tuna
Sardine (All)
Octopus
Oysters/Mussels
Shellfish (All other)

BERRIES Fresh/ Frozen

Blackberry
Blueberry
Raspberry
Strawberry

SPROUTS

Alfalfa sprouts
Broccoli Sprouts
Mung Beans
Snow pea sprouts

NUTS

Almonds
Brazil
Cashews
Hazel
Macadamia

NUTS Cont

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

LACTOSE FREE Products

Butter Coconut
ButterAlmond
Biocheese Vegan
LF Cheese Liddells
LF Cream Liddells
LF Milk Liddells
LF Milk Zymil
LF Yoghurt
Pana Ice cream vanilla
Soy Mayonnaise
Vegenaise
Tempeh
Tofu
Vegan Aioli
Yoghurt Coconut (All)

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)
Coffee Decaf
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
Sage

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

SAUCES

B.B.Q. sauce(All)
Heinz Baked Beans Tom
SPC Baked BeansTom
Chipotle Beerenberg ranch
Fish sauce (All)
Horseradish
Oyster sauce (All)
Soy sauce (All)
Soy Tamari sauce (All)
Soy Coconut amino non
Sweet Chilli sauce (All)
Tomato sauce (All)
Tomato Paste (All)
Worcester sauce

DRIED VEGETABLES

Chick Peas (All)
Coconut
Lentils (All)
Split Peas

STOCK/GRAVY

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

SUGARS/ Sweeteners

Erythritol
Stevia
Honey
Honey Manuka
Mesquite powder
Monk fruit sweetener
Sugar Brown
Sugar Raw
Sugar White
Sugar Coconut
Syrup Agave
Sugar Palm
Syrup Coconut
Syrup Golden
Syrup Maple
Syrup Rice malt (All)
Xylitol

RICE

Rice Brown (All)
Rice Black (All)
Rice Red (All)
Rice White (All)

NOODLES

Rice noodles
Wheat noodles

PASTA/PASTRY

Orgran Rice & Vege Pasta
Orgran Rice-Corn Pasta
Konjac rice,pasta. (all)
GF Pasta Barilla
GF Pasta San Remo
Pasta (Durum wheat)
Buckwheat San Remo
Lasagne Sheets Macro Org

PASTA/PASTRY Cont

Puff pastry
San Remo Pulse Pasta

CRACKER/CRISPBREAD

Carmens Pepita Pop. Crackers
Mary's Gone crackers GF
Olina's Seeded Crackers
Sao
Rice crackers (All)
Ryvita rye crackers
Seaweed crackers
Vita Weat original

SPREAD/PASTE

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

BREAKFAST CEREALS

Abundant Earth Corn Puff
BLEND 11: GF Bircher Muesli
Carmens Muesli
Carmens/Jordans Granola (All)
Cornflakes (All)
Just Right
Lowan Rice Porridge
Millet Puffs
Oat Bran
Oats GF
Polenta
Rolled Oats
Special K
Special K GF
VitaBrits
WeetBix
Weet-Bix GF

BREADS Supermarket

White
Wholemeal

GRAIN Bread

AG Vital bread
Macro Ancient grains sprouted
Multigrain bread

SPELT Bread

Alpine Spelt & Sprouted
Ancient Grain Tigris
Bakers Delight Spelt
Bodhis DinklebrotW
Healthybake WM Spelt & sourdo.
Kamut bread
Naturis organic spelt

RYE Bread

Bodhi's Wupper
Burgen Rye bread
Helgas Light Rye
Abbott's Rye
Pumpernickel 100% Rye

SOURDOUGH Bread

Alpine Spelt & Barley
Bills Org Spelt SD
Brasserie Sourdough
Healthybake FH Rye
Zeally Bay Sourdough

SPROUTED Bread

Bodhis Sprouted mixed grain
Pure Life Sprouted Spelt
ESSENE sprouted bread
Pure Life Bio.D.ezekiel 4:9

GLUTEN FREE Bread

Abbots Mixed Seeds GF
Bodhis GF Multi Grain
Bodhis GF Yeast free
Bodhis Lupin loaf
Burgen GF Soy Lin
Burgen GF sunflower chia
Burgen GF White
Country Life Yeast GF
Helgas GF bread
Naturis GF rice loaf
Precinct GF Quinoa & Soy
Precinct GF Market Loaf
Precinct GF Fruit Loaf
Pure life GF 5 seeds
Strange Grains GF

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 Paper wraps
Spelt wraps
Sourdough Pizza Bases

BARS

Carman's Muesli fruit free bar
Carman's Dark Cranberry
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 Plain & SR
Flour Potato
Flour Quinoa
Flour Rye
Flour Sorghum
Flour Spelt
Flour Wheat Plain& SR

CRISPS

Macro org Corn chips
Macro Root Vege chips

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
Almond Meal
Betonite clay
Bone broth (All)
Beef Gelatin/collagen
Barley Grain
Bean Adzuki
Beans Black
Bean Borlotti
Bean Broad
Bean Cannellini
Beans Edamame
Bean Kidney
Bean Lima
Blackstrap Molasses
Braggs All purpose seasoning
Burghal
Coconut MCT Oil
Camu Camu
Cous Cous
Cranberries Dried
Dulse (All)
Falafel
Flaxseed meal/oil
Guar Gum
Goji Berries
Hemp seed
Hemp seed oil
Hemp Protein powder
Maca Powder
Millet Grain
Nori
Nutrition Yeast(All)
Quinoa Grain
Wakame Flakes
Xanthum gum

COMMON Supplements

Aloe Vera
Barley Green
Chlorella
Fish oil Capsules
Fish oil (practitioner)
Oregano oil
Krill Oil
Psyllium
Slippery Elm Powder
Spirulina
Wheat grass

PROTEIN Powder/shakes

Pea Protein powder
Rice Powder
Whey concentrate
Whey Protein Isolate

NATURAL HOME products

A bit hippy bubble bath
A bit hippy Deodorant
A bit hippy Eczema Crm
A bit hippy sham/cond
Abode dishwashing liquid
Abode floor cleaner
Abode Laund liquid
Abode surface spray
Carrot Sun Papaya oil
Cleopatras Bath Milk
Earth choice Dish Liquid
Earth choice Fabric Softener
Earth choice Floor-surface
Earth choice Laundry liquid
Earth choice Multi Purpose
Earth choice Wool Mix
Ecosense Laundry liquid
Ecostore Laundry powder
Ecostore Dish Liquid
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
Nat Instinct Body wash
Neem soap
Org Care 3 in 1
Shampoo (Alchemy)
Soapnuts
Sukin hand wash - original
Thank-you Hand Wash
Tea tree oil
Weleda lip balm

OINTMENTS

Sorbolene
PawPaw Lucas

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
Fabric Softener(all)
Lux Flakes (laundry)
Napisan
Omo
Radiant
Sard Wonder Soaker
Wool Mix

KITCHEN/Cleaning Products

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

DEODORANTS

Natural Crystal Stick
Dove Mum
Rexona Sport
Sukin Natural Deodorant
Tea Tree Oil Deodorant

SUNSCREEN

Banana Boat Every day
Cancer Council
Moo Goo Sunscreen
Soleo Sun screen
UV Triplegard
Wotnot SPF

TOOTHPASTE

Colgate (all types)
Gem (all types)
Grants Herbal
Hb herbal
Jack and Jill
McLeans (all types)
Red Seal
Sensodyne
Silicea silica
Steradent
Thieves
Vicco Herbal

HAIR/FIBRES

Bamboo
Cotton
Linen
Mixed Feathers
Nylon
Polyester
Silk
Wool

METALS

Aluminium
Copper
Gold
Lead
Mercury
Silver

PETRO CHEMICALS

Cigarette Smoke
Diesel
Engine oil
Kerosene
Methylated Spirits
Petrol

List subject to change

CREAMS AND POWDERS

AM-O-LIN Baby Cream
BEPANTHEN Antiseptic Cream
CURASH Baby Powder
CURASH Nappy Rash Cream
JOHNSONS Baby Lotion pink
JOHNSONS Baby Powder
JOHNSONS Baby Sorbolene Cream
JOHNSONS Cornstarch Powder
JOHNSONS Nappy Rash cream
Natures Child bottom balm
QV cream
Sudocrem healing cream

SHAMPOO SOAPS BATH

Amolin Baby Bath
Amolin Baby Shampoo
Bepanthen nappy rash cream
CEDEL Baby Shampoo (no tears)
Curash Shampoo & Conditioner
Curash Soap Free Bath
Eco store Baby Foaming Wash & Shampoo
Eco store baby moisturiser
Itchy baby Eczema
JOHNSONS baby bath moisturising
JOHNSONS baby bedtime bath
Ltl Innocents M. Whites Org T'paste
Ltl Innocents Natural Sun Lotion
Ltl Innocents Org Hair&Body Wash
Ltl Innocents Org Powder
Ltl Innocents Org Soap Bar
Natures Child Org Baby Bath Body
Weleda Calendula Shampoo Body Wash

BABY SUNSCREENS

Banana Boat Baby Roll On
Eco logical Baby SPF 30+
Eco Sonya suncream
Milk Baby Protect Me SPF 30+
MooGoo Natural SPF 40
Wotnot 30 SPF Natural Baby

BABY WIPES

Coles ultra sensitive
Coles comfy bots unscented
Curash wipes
dimples baby wipes
GAIA wipes
HUGGIES green unscented
Johnson & Johnson
Little Innocents Baby Wipes
Naty wipes
Tooshies wipes by TomTom
Water wipes
WotNot Baby Wipes

MEDICATIONS

Bonjella
Bosisto Calming Solution
Brauer Baby and Child Calm
Brauer Colic drops
Brauers Calm
Brauers Stomach Calm
Brauers Teething Gel
Epsom Salts
FESS little noses
Flordis Iberogast
Grahams bath oil
Gripe Water
Infacol Wind Drops
Infants Friend
Infants Friend cream
KIDS tissue salts BE CALM
KIDS tissue salts COLD & COUGH RELIEF
Kiwiherb De Stuff for Kids
Kiwiherb Kids Calm
Little Eyes eye wipes
MILTON Antibacterial Tablet
Moo Goo Moo Bubbly Wash
Moo Goo MSM Crm Nut Oil Free
Moo Goo Nappy Balm
Moo Goo soothing MSM Cream
Moogoo scalp cream
Mustela Dermo Cleansing
Mustela Vitamin barrier cream
Nurofen for kids
Panadol children cherry vanilla
Pentavite
SM33
Tinderbox Baby Massage oil
Ungvita Vit A cream
Vegesorb natural sorbolene cream
Vicks Baby Balsam
Weleda Bath Oil
Weleda calendula nappy cream
Weleda mallow baby lotion
Weleda nappy cream
Weleda Teething Powder
Weleda Nourish Body Cream

ALDI PRODUCTS

Mamia 1 starter
Mamia Follow-on 2
Mamia Toddler 3
Mamia baby wipes
Mamia Breakfast fruit & cereal
Mamia First Breakfast Porridge
Mamia First Breakfast Muesli
Mamia Premium Baby Food (all)
Mamia Food Dinners Pasta (all)
Mamia Food Dinners Rice (all)

CEREALS

Bellamys Organic baby rice
Bellamys toothiepegs rusks
Farex original
Heinz Babys first rice cereal
Heinz Teething Rusks
Mum-mum organic rice rusks
Rafferty's garden rice cereals
Raffertys Gdn Banana apricot
Raffertys Gdn Sun Rice cakes

FORMULAS

A2 PLATINUM formula
Alfamino Infant
Aptamil Gold De-lact
Aptamil Gold No 2
Aptamil Sensitive
Aptamil Allerprosyneo 1- 6mths
Aptamil Allerprosyneo 6-12mths
Aptamil Gold Colic&Constipation
Bellamys organic formula
Blackmores Follow up
Bubs GOAT formula
Coles 2 Formula 6-12 mth
Coles Gold Formula stage 3 12mth
Elecare AA Jr (all flavours)
Elecare Infant with Iron
Elecare LCP
Heinz Nuture follow on
Heinz Nuture Gold
Holle cow formula
Holle goat milk formula
Karicare De-Lact
Karicare Goat
Karicare Gold
Karicare Plus
Karicare Soy Formula
Karicare thickened
Little munchkins toddler milk
Little Oak baby formula
Mims Gentle MilkCo Goat
Munchkins Grass fed Infant 1
Munchkins Grass fed Follow on 2
Nestle Nan Comfort 1
Nestle Nan OptiPro 1
Nestle Nan OptiPro 2
Nestle Nan Supreme Pro3
Novolak Allergy formula
Neo Cate
S26 Comfort Gold
S26 AR
S26 LF
S26Newborn
Sprout Org Plant Infant 0-12 Mths
Sprout Org Plant Infant 0-12 Mths
Org OptiGold 1
Org OptiGold 2
Org OptiGold 3



FoodFit Australian Baby List

List subject to change

PROCESSED DESSERTS

Golden Circle apple mango
Golden Circle fruit salad
Golden Circle banana custard
Heinz egg custard
Heinz apple & blackcurrant gel
Heinz chocolate custard
Heinz fruit salad yoghurt desert
Raffertys apple & mango

DISPOSABLE NAPPIES

ALDI nappies
Baby love nappies
Coles comfy bots nappies
Coles Ultra dry
Eco-original nappies
Home Brand
Huggies
Huggies Little Swimmers
Natures Child Baby Behinds Night
Naty nappies
Select Contour Fit
Thankyou nappies
Tooshies by Tom nappies
Treasures Giggles infant nappy

PROCESSED MEALS

Gldn Circle creamy tuna & veg
Gldn Circle pumpkin,beef,potato
Heinz Potato,Peas,Broccoli
Heinz sweetcorn & chicken
ORGANIC BABY FOODS
Only Organic pumpkin swt corn
Only Organic Pumpkin & wild Rice
Only Organic Apple custard
Only Organic pumpkin,potato,beef
HEINZ ORGANIC BABY FOOD
Banana & Mango
Beef pumpkin spinach & rice
Heinz apple pear berries
Heinz chicken & sweet potato
Heinz garden vegetable mash
Heinz lamb with baby veges
Heinz sweet baby vegetables
Mini rice cakes
Banana & Avocado
Vanilla rice & apple

ONLY ORGANIC POUCHES

Apple Custard
Apple Peach Apricot
Banana Apple
Carrot Pumpkin & Apple
Mango Sweet Potato & Quinoa
Pear Banana & Apple

Sweet potato Apple
Wild Rice Risotto Spring Lamb

BUBS ORGANIC POUCHES

berry & banana bircher muesli
pear & white grape
raw chocolate custard
super vegetable & rice
sweet potato carrot pumpkin
sweetcorn pumpkin chia

OTHERS

Hemp fibre
Latex teat/soother
Silicone teat/soother