

THE HEART MARK



APPROVED AS PART OF
THE HEART AND STROKE
FOUNDATION EATING PLAN

The Heart Mark is a guideline and incentive for shoppers to instantly identify healthy products on the shelf. These products are: lower in cholesterol, lower in saturated fat, lower in salt, high in fibre (where applicable) and lower in added sugar.

By choosing a product carrying the Heart Mark logo you know that:

- You are choosing the healthier option
- The product has met stringent nutritional standards set by the Heart and Stroke Foundation SA
- The product has undergone independent testing by a reputable laboratory

Should you need any dietary advice, contact the Heart Mark Diet Line on 0860 223 222 for assistance from a Registered Dietician or visit www.heartfoundation.co.za.

HEART MARK APPROVED PRODUCTS

BREADS

Albany Superior, Best of Both Tigerbrands (Albany Bakery)

FLOUR & MAIZE MEAL

Golden Cloud Capestyle Bread Mix (Tiger Milling)
Iwisa Braaipap (Premier Foods)
Pouyoukas Foods Rice Flour (Pouyoukas Foods Pty Ltd)
Pouyoukas Foods Rye Flour (Pouyoukas Foods Pty Ltd)
Quinoa Flour (Pouyoukas Foods)
Pouyoukas Foods Potato Flour (Pouyoukas Foods Pty Ltd)
Pouyoukas Foods Soya Flour (Pouyoukas Foods Pty Ltd)
Tafelberg Maize Samp (Ruto Mills)
Tafelberg Maize Meal (Ruto Mills)

BREAKFAST CEREALS

King Korn Mabele Coarse Breakfast Porridge (Tiger Brands)
King Korn Mabele Fine Breakfast Porridge (Tiger Brands)
Morvite Roasted Mabele (Tiger Brands)
Jungle Taystee Wheat (Tiger Brands)
Jungle Taystee Wheat Bran (Tiger Brands)
Instant Jungle Oats (Tiger Brands)
Tiger Oats (Tiger Brands)
Jungle Oats (Tiger Brands)
Jungle Oat Bran (Tiger Brands)
Jungle Oatso Easy Original (Tiger Brands)
Spar Toasted Fibre Bran (Spar Brands)
Muesli (Paul's Muesli)
Quinoa (Pouyoukas Foods)
Quinoa Bran (Pouyoukas Foods)
Whole Rolled (Pouyoukas Foods)
Weet-Bix (Bokomo)
ProNutro (Bokomo)
Bokomo Oats (Bokomo)
RS Oat Flakes (Bokomo)
Bokomo Fibre Plus (Bokomo)
Bokomo Oat Bran High Fibre Cereal (Bokomo Foods)
Nature's Source Breakfast Cereal - Lite (Bokomo)
Fruit and Nut Muesli (Fruithall & Prime Cut)
Tropical Fruit Muesli (Fruithall & Prime Cut)

PASTA

Pasta La Vita (NMI Group)
Wholewheat Pasta (Fatti's and Moni's)
Puccini Maize Pasta (Sasko Pasta (Pty) Ltd)
Puccini Durum Range (Sasko Pasta (Pty) Ltd)



LEGUMES

Imbo Red Speckled (Accolade Trading)
Imbo Kidney and Split Beans (Accolade Trading)
Red Lentils (Accolade Trading)
Crossbow Sugar Beans Canned (Sasko Grain)
Crossbow Lentils (Sasko Grain)
Crossbow Pea Dhall (Sasko Grain)
Lion 4 in 1 Soup Mix (Tiger Brands)
Lion Whole Lentils (Tiger Brands)
Lion Red Speckled Sugar Beans (Tiger Brands)
Lion Lappie Beans (Tiger Brands)
Lion Small White Beans (Tiger Brands)
Lion Pearled Barley (Tiger Brands)
Koo Sago (Tiger Brands)
Koo Pearled Barley (Tiger Brands)
Koo Green Split Peas (Tiger Brands)
Koo Yellow Split Peas (Tiger Brands)
Koo 4-in-1 Soup Mix (Tiger Brands)
Koo Whole Lentils (Tiger Brands)
Koo Dark Red Kidney Beans (Tiger Brands)
Koo Chickpeas (Tiger Brands)
Koo Tapioca (Tiger Brands)
Pouyoukas Foods Bulgar Wheat (Pouyoukas Foods Pty Ltd)
Pouyoukas Foods Chick Peas (Pouyoukas Foods Pty Ltd)
Pouyoukas Foods Couscous (Pouyoukas Foods Pty Ltd)
Pouyoukas Foods Crushed Wheat (Pouyoukas Foods Pty Ltd)
Pouyoukas Foods Green Lentils (Pouyoukas Foods Pty Ltd)
Pouyoukas Foods Linseed (Pouyoukas Foods Pty Ltd)
Pouyoukas Foods Black Eyed Beans (Pouyoukas Foods Pty Ltd)
Pouyoukas Foods Poppy Seed (Pouyoukas Foods Pty Ltd)
Pouyoukas Foods Sesame Natural (Pouyoukas Foods Pty Ltd)
Pouyoukas Foods Whole Green Peas (Pouyoukas Foods Pty Ltd)
Pouyoukas Foods Sesame White (Pouyoukas Foods Pty Ltd)
Pouyoukas Foods Raw Peanuts (Pouyoukas Foods Pty Ltd)
Pouyoukas Foods Polenta (Pouyoukas Foods Pty Ltd)
World Lentil Mix 500g (Pouyoukas Foods)
Omega Seed Mix 250g (Pouyoukas Foods)
5 Bean Mix 500g (Pouyoukas Foods)
Soup Mix 500g (Pouyoukas Foods)
Soya Beans 500g (Pouyoukas Foods)

Imbo Half White Sugar Beans (Accolade Trading)
Soup Mix (Accolade Trading)
Spekko Red Speckled Sugar Beans (Accolade Trading)
Crossbow Mixed Beans (Sasko Grain)
Crossbow Green Split Peas (Sasko Grain)
Lion Split Peas (Tiger Brands)
Lion Pearled Barley (Tiger Brands)
Lion Red Lentils (Tiger Brands)
Lion Stampkoring (Tiger Brands)
Lion Kidney Beans (Tiger Brands)
Lion Samp Bone (Tiger Brands)
Paddy Whole Brown Lentils (Rice Tic SA (Pty) Ltd)
Paddy Green Split Peas, Paddy (Rice Tic SA (Pty) Ltd)
Paddy Red Split Lentils (Rice Tic SA (Pty) Ltd)
Paddy Red Speckled Beans (Rice Tic SA (Pty) Ltd)
Paddy Large White Kidney Beans (Rice Tic SA (Pty) Ltd)
Paddy Half White Speckled Beans (Rice Tic SA (Pty) Ltd)
Paddy Black Eyed Beans (Rice Tic SA (Pty) Ltd)
Paddy 6 in 1 Soup Mix (Rice Tic SA (Pty) Ltd)



RICE & SAMP

Old Mill Stream Rice (Tiger Brands)
Tastic - Brown Rice (Tiger Brands)
Tastic - Tastic Rice Parboiled (Tiger Brands)
Tastic Brown and Wild Rice (Tiger Brands)
Tastic Brown and Wild Rice with Mushrooms (Tiger Brands)
Tastic Brown Rice with Sundried Tomatoes (Tiger Brands)
Tastic Brown and Wild Rice with Lentils (Tiger Brands)
Tastic Brown and Wild Rice with Split Peas (Tiger Brands)
Tastic Bonnet Rice (Tiger Brands Ltd - Tastic Rice Corporation)
Tastic Basmati (Tiger Brands Ltd - Tastic Rice Corporation)
Tastic Risotto (Tiger Brands Ltd - Tastic Rice Corporation)
Tastic Sushi (Tiger Brand Ltd - Tastic Rice Corporation)
Tastic Fragrant Rice (Tiger Brands Ltd - Tastic Rice Corporation)
2 Minute Brown Basmati Rice (Tiger Brands Ltd - Tastic Rice Corporation)
Tastic Basmati Brown Rice (Tiger Brands Ltd - Tastic Rice Corporation)
Surprise Parboiled Rice (Tiger Brands Ltd - Tastic Rice Corporation)
Surprise White Rice (Tiger Brands Ltd - Tastic Rice Corporation)
Surprise Basmati Rice (Tiger Brands Ltd - Tastic Rice Corporation)
Luzaan Health Rice (Accolade Trading)
Paddy Aromatic White Rice (Rice Tic South Africa (Pty) Ltd)
Paddy Brown Health Rice (Rice Tic South Africa (Pty) Ltd)
Paddy Everyday Parboiled Rice (Rice Tic South Africa (Pty) Ltd)
White Unparboiled Rice (Sasko Grain)
Brown Parboiled Rice (Sasko Grain)
White Parboiled Rice (Sasko Grain)
Basmati Rice (Sasko Grain)
Crossbow Rice (Sasko Grain)

Jasmine Thai Rice (SASKO)
Zonke Complete Meal (Zonke Foods)
Really Rice (Namib Mills (PTY) LTD)
Monati Maize Rice (Ruto Mills)

OILS

Aeoliko Olive Oil (EP Distributing)
Da Gama Avocado Oil (Burpak Da Gama Avocado Oil)
Misty Valley Macadamia Nut Oil (Burpak Da Gama Avocado Oil)
Flora Sunflower Oil (Unilever)
Flora Regular Cooking Liquid (Unilever)
Flora Olive Cooking Liquid (Unilever)
Spray and Cook (Tiger Brands))
Extra Virgin Olive Oil (M&L Distributors))
Borges Extra Virgin Olive Oil Lite (M&L Distributors)
Borges Extra Virgin Olive Oil Pure (M&L Distributors)
Borges Grapeseed Oil (M&L Distributors)
Monini Classico Extra Virgin Olive Oil (M&L Distributors)
Monini Anfora Pure Olive Oil (M&L Distributors)
Monini Gran Frutatto (M&L Distributors)
Monini Delicato (M&L Distributors)
Monini Grapeseed Oil (M&L Distributors)
Excella Sunflower Oil (Continental Oil Mills (Pty) Ltd)
Bertolli Olive Oil (Patleys)
Ilios Sunflower Oil, First Value (Ilios Corporation (Pty)Ltd)
Extra Virgin Olive Oil (Eleos Products)
Canolive Oils (Wilson Thorp Foods)
Cholestro Go Sunflower Oil (Nola Industries)
Sunvalley Sunflower Oil (Nola Industries)
Helios Pure Sunflower Oil (Unity Food Products)
Sunfoil Canola Oil (Willowton Oil)
Canola Oil (Continental Oil Mills (Pty) Ltd)
Rice Bran Oil (Rice Tic South Africa (Pty) Ltd)
Avocado Puree, Dried Fruit (Westfalia Fruit Products (Pty) Ltd)
Westfalia Avocado Oil (Lemon, garlic & chilli variants)
Westfalia Macadamia Nut Oil (Westfalia Fruit Products (Pty) Ltd)
Conti Excella Oil (Continental Oil Mills (Pty) Ltd)
Conti Canola Oil (Continental Oil Mills (Pty) Ltd)
Conti Pan Oil (Continental Oil Mills (Pty) Ltd)
Sunco Oil (Continental Oil Mills (Pty) Ltd)
Caravela Olive Oil (OceanSide Trading)
Extra Virgin Olive Oil (The Olive Shed @ Tokara)
ArganGold Argan Oil (Gluten Free trading as Dental Discounts)
Crudigno Olive Oil (Gluten Free trading as Dental Discounts)
Deliko Pure Sunflower Oil (Epko Oil Seed Crushing (Pty) Ltd)
First Value Sunflower Oil (Epko Oil Seed Crushing (Pty) Ltd)
Qualifresh Conola & Extra Virgin Olive Oil (Mor Nap Enterprise cc)

Deliking oil (Epko Oil Seed Crushing (PTY) Ltd)
Extra Virgin Olive (AGX Importers & Exporters PTY LTD)
Grape Seed Oil, cold pressed (Rodash PTY LTD, Kalahari Grape Seed Oil)
Vesuvio Natural Extra Virgin Olive Oil (Vesuvio Estates)
Carotino Oil (Global Palm)
Directors' Reserve Extra Virgin Olive Oil (Willow Creek Olive Oil)
Extra Virgin Olive Oil (Willow Creek Olive Oil)
Parmesan -Infused Olive Oil (Willow Creek Olive Oil)
Basil - Infused Olive Oil (Willow Creek Olive Oil)
Lemon - Infused Olive Oil (Willow Creek Olive Oil)
High Oleic Acid (Vergezocht Plant Oils)
Virgin Sunflower Oil (Vergezocht Plant Oils)
Esencial Plus Oil Blend - Omega 3 (Tacoma Commercial)
Crede Cold Pressed Vegetable Oils (Crede Natural Oils)
B -Well Canola Oil (Southern Oil Ltd)
Spanjaard Cook n Bake Aerosol Pan Spray (Spanjaard Limited)
Cook n Bake Antonios Olive Oil (Spanjaard Limited)
Canola Oil (Epic Oil Mills)
Thembu Sugar Beans (Umoya)

MARGARINES

Flora Regular (Unilever)
Flora Light (Unilever)
Flora Extra Light (Unilever)
Flora Pro Active (Unilever)
Flora Olive Light Spread (Unilever)
Blossom Canola Light (Epic Foods)
Blossom Canola Margarine (Epic Foods)
Blossom Lite (Epic Foods)
Fleur d'or (Margarine Industries)
Tara Margarine (Margarine Industries)
Tara Light (Margarine Industries)
Nuvo Canola Margarine (Cape Oil & Margarine)
Canola Margarine (Cape Oil & Margarine)
Sunshine D Lite (Cape Oil & Margarine)
Best Margarine (Constantinos Sakkas)
Blossom Medium Margarine (Epic Foods)



SEAFOOD

I&J Deep Water Hake Fillets (Irvin & Johnson)
I&J Deep Water Hake Prime Steaks (Irvin & Johnson)
I&J Deep Water Hake Prime Fillets (Irvin & Johnson)
I&J Deep Water Hake Medallions (Irvin & Johnson)
I&J Light & Crispy Classic crumbed Fish Fillet Portions (Irvin & Johnson)
I&J Light & Crispy Lemon crumbed Fish Fillet Portions (Irvin & Johnson)
I&J Light & Crispy Garlic & Parsley crumbed Fish Fillet Portions (Irvin & Johnson)
I&J Light & Crispy Roasted Sweet Pepper crumbed Fish Fillet Portions (Irvin & Johnson)
I&J Light & Crispy Oak Smoked Haddock crumbed Fish Fillet Portions (Irvin & Johnson)
I&J Extra Light Classic Crumbed Fish Fillet Portions (Irvin & Johnson)
I&J Extra Light Lemon and Herb crumbed Fish Fillet Portions (Irvin & Johnson)
I&J Light & Crispy Haddock (Irvin & Johnson)
I&J Tasty Fish Fingers (Irvin & Johnson)
Lucky Star Minced Fish (Pure Pilchards) (Oceana Brands)
Lucky Star Flaked Mackerel in Oil (Oceana Brands)
Lucky Star Pilchards in Tomato Sauce (Oceana Brands)
Lucky Star Pilchards in Chakalaka (Oceana Brands)
Lucky Star Mackerel in Chilli Sauce (Oceana Brands)
Lucky Star Mackerel in Tomato Sauce (Oceana Brands)
Pilchards in Chilli Sauce (Oceana Brands)
Lucky Star Sardines in vegetable oil (Oceana Brands)
Lucky Star Sardines (Oceana Brands)
Lucky Star Middlecut in brine (Oceana Brands)
Lucky Star Jack Mackerel Middle Cut in brine (Oceana Brands)
Lucky Star Shredded Tuna in water, salt added (Oceana Brands)
Lucky Star Shredded Tuna in vegetable oil (Oceana Brands)
Lucky Star Tuna Chunks in water, salt added (Oceana Brands)
Lucky Star Tuna Chunks in vegetable oil (Oceana Brands)
Lucky Star Pickled Pilchards (Oceana Brands)
Lucky Star Curried Pilchards (Oceana Brands)
Jack Mackerel in Chilli Sauce (Oceana Brands)
Jack Mackerel in Tomato Sauce (Oceana Brands)
SA Sardines Smoked Flavoured, vegetable oil added (Oceana Brands)
Hake Fillet (Sea Harvest Corporation Limited)
Hake Medallions (Sea Harvest Corporation Limited)
Hake Fillets Chunky (Sea Harvest Corporation Limited)
Hake Fillets Petite (Sea Harvest Corporation Limited)
Cape Whiting Steaks (Sea Harvest Corporation Limited)
Kingklip Fillet Cuts (Sea Harvest Corporation Limited)
Grill Bakes: Garlic & Herb (Sea Harvest Corporation Limited)
Grill Bakes: Chilli (Sea Harvest Corporation Limited)
Grill Bakes: Cheesy Garlic (Sea Harvest Corporation Limited)
Simply Steam: Roasted Garlic and Black Pepper (Sea Harvest Corporation Limited)
Salmon Steaks (Sea Harvest Corporation Limited)
Italian Cheese & Herb Steam (Sea Harvest Limited)
Lemon & Pepper Grill Bakes (Sea Harvest Limited)
Canned Mackerel in Tomato (Nexus Corporation)
Canned Mackerel in Tomato & Chilli (Nexus Corporation)
Hake Fillets (Hangana Seafood (Pty) Ltd)
Lam Folded Fillets (Hangana Seafood (Pty) Ltd)
Hake Stakes (Hangana Seafood (Pty) Ltd)
Calamari (Hangana Seafood (Pty) Ltd)



MEAT

Ostrich Steaks (Klein Karoo)
Ostrich Sausage (Klein Karoo)
Ostrich Ham (Klein Karoo)
Ostrich Fillet (Klein Karoo)
Ostrich Sosaties (Klein Karoo)
Ostrich Slim Choice Deli Range Ostrich Pastrami (Klein Karoo)
New Fashion Pork: Rib/Loin chop (SAPPO)
New Fashion Pork: Stir Fry Strips (SAPPO)
New Fashion Pork: Schnitzel (SAPPO)
Big T Lean Beef Burgers (General Mills)
Big T Lean Chicken Burgers (General Mills)
Big T Lean Ostrich Burgers (General Mills)
Blesbuck venison (Shoprite Meat Markets)
Ostrich Mince (Klein Karoo)
Ostrich Patties (Klein Karoo)
Ostrich Russians (Klein Karoo)
Ostrich Stroganoff (Klein Karoo)
Ostrich Goulash (Klein Karoo)
New Fashion Pork: Fillet Loin Steak (SAPPO)
New Fashion Pork: Fatless Diced Cubes (SAPPO)
Chevon Boar Goat Meat (Shoprite Meat Markets)
Bushveld Pride Springbok (Shoprite Meat Markets)
Homestyle Light Beef Burgers (Irvin & Johnson)
Homestyle Ostrich Burgers (Irvin & Johnson)

TEA

Five Roses Black and Rooibos Teas, Freshpak Rooibos Teas
Lipton Yellow Label (Unilever)
Lipton Rooibos (Unilever)
Lipton Rooibos Lightly Lemon (Unilever)
Lipton Rooibos Quietly Camomile (Unilever)
Lipton Rooibos Blissful Berry (Unilever)
Lipton Rooibos Honeybush Peach (Unilever)
Carmién Natural Organic Rooibos Honeybush Tea (Carmién Tea)
Carmién Natural Organic Rooibos Buchu Tea (Carmién Tea)
Carmién Natural Organic Rooibos Chai Tea (Carmién Tea)
Carmién Natural Organic Rooibos Camomile Tea (Carmién Tea)
Carmién Natural Organic Rooibos Vanilla Tea (Carmién Tea)
Carmién Natural Organic Rooibos Earl Grey Tea (Carmién Tea)
Carmién Natural Organic Rooibos Blackcurrant Tea (Carmién Tea)
Carmién Natural Organic Rooibos Lemon Tea (Carmién Tea)
Carmién Natural Organic Rooibos Strawberry (Carmién Tea)
Carmién Natural Organic Rooibos Loose Tea (Carmién Tea)
Carmién Natural Organic Rooibos Honeybush Loose Tea (Carmién Tea)
Carmién Natural Organic Green Tea (Carmién Tea)
Carmién Natural Organic Kiddies Tea (Carmién Tea)
Laager Rooibos (Joekels Tea Packers Pty Ltd)
Laager Green Rooibos (Joekels Tea Packers Pty Ltd)
Laager Rooibos & Honeybush (Joekels Tea Packers Pty Ltd)
Laager Green Citrus & Ginger (Joekels Tea Packers Pty Ltd)
Southalls Rooibos (Joekels Tea Packers Pty Ltd)
Black Standard Tea (UGL Foods)
Decaffeinated Tea (UGL Foods)
Rooibos Tea (UGL Foods)
Dr Nortiers Organic Rooibos Tea (Rooibos Limited)
Rooibos (Rooibos Limited)
Vital Rooibos Tea (Vital Health Foods (Pty) Ltd)
Vital Honeybush Tea (Vital Health Foods (Pty) Ltd)
Vital Camomile Tea (Vital Health Foods (Pty) Ltd)
Vital Chinese Green Tea (Vital Health Foods (Pty) Ltd)
Vital Chinese Green Tea Infusion (Vital Health Foods (Pty) Ltd)

BEVERAGES

Up & Go Liquid Breakfast Drink (Bokomo)
Cadbury Highlights Hot Chocolate (Tigerbrands)
Pearl's Iced Tea, Manhattan Lite Iced Tea (Clover Beverages Ltd)
Elgin Dew Ice Tea (Powder & Ready to drink) (Glen Apples)

MINERAL WATERS

Aquazone Mineral Water (Eastern Trading/Darsot Beverages)
Aqua Viva Mineral Water (Misty Sea Trading 144 (Pty) Ltd)
Exclusively Blue Mineral Water (Exclusive Blue Mineral Water)
Natural and Sparkling Spring Water (Ceres Fruit Juices (Pty) Ltd)
Pico Sparkling Mineral Water (Pico Mineral Water)
Pico Still Mineral Water (Pico Mineral Water)

WINES

TJ LIGHT (Twee Jonge Gezellen Wine Estate)
Montino Pettilant Light (Riebeek Cellars Ltd)
Goiya>Namaqua Verpakte Wyn (Noordweste Drankhandelaars)
Pettilante Fronte Wine (De Wet Co-op)

BEER

Bavaria Premium Light Beer, Point 5 (Bravaria Breweries SA Pty Ltd)



FRUIT JUICES

Cedar Nectars Mango Carrot (Bromor -Tiger Brands)
Cedar Nectars Orange Carrot (Bromor -Tiger Brands)
Cedar Nectars Mango Orange (Bromor -Tiger Brands)
Cedar Nectars Mango Litchi (Bromor -Tiger Brands)
Cedar Nectars Pineapple Orange (Bromor -Tiger Brands)
Cedar Nectars Fruit Harvest (Bromor -Tiger Brands)
Cedar Nectars Peach Apricot (Bromor -Tiger Brands)
Cedar Nectars Granadilla Pine (Bromor -Tiger Brands)
Cedar Nectars Granadilla Pine Lite (Bromor -Tiger Brands)
Cedar Nectars Grapefruit Lite (Bromor -Tiger Brands)
Cedar Nectars Peach Apricot Lite (Bromor -Tiger Brands)
Simply Fruit 100% Litchi Fruit Juice (Simply Fruit)
Simply Fruit 100% Orange Fruit Juice (Simply Fruit)
Simply Fruit 100% Mango Fruit Juice (Simply Fruit)
Simply Fruit 100% Apple Fruit Juice (Simply Fruit)
Simply Fruit 100% Tropical Fruit Juice (Simply Fruit)
Breakfast Blend Calcium Enriched Fruit Juice (Minute Maid)
Orange Calcium Enriched Fruit Juice (Minute Maid)
Naartjie Orange Calcium Enriched Fruit Juice (Minute Maid)
Orange Peach Calcium Enriched Fruit Juice (Minute Maid)
Apple Calcium Enriched Fruit Juice (Minute Maid)
White Grape Calcium Enriched Fruit Juice (Minute Maid)
Dairybelle "Real" Fresh Apple and Pear Fruit Juice (Tigerbrands)
Dairybelle "Real" Fresh Orange and Pear Fruit Juice (Tigerbrands)
Dairybelle "Real" Fresh Apple Berry Fruit Juice (Tigerbrands)
Dairybelle "Real" Fresh Apple Fruit Juice (Tigerbrands)
Dairybelle "Real" Fresh Symphony of Fruits Juice (Tigerbrands)
Dairybelle "Real" Fresh Cloudy Apple and Pear Fruit Juice (Tigerbrands)
Dairybelle "Real" Fresh Tangerine and Pineapple Fruit Juice (Tigerbrands)
100% Orange Blend (Fruitime (Pty) Ltd)
100% Mango & Orange Blend (Fruitime (Pty) Ltd)
100% Pinapple & Carrot Blend (Fruitime (Pty) Ltd)
100% Litchi Blend (Fruitime (Pty) Ltd)
100% Strawberry Blend (Fruitime (Pty) Ltd)
100% Plum & Berry Blend (Fruitime (Pty) Ltd)
100% Apple Juice (Fruitime (Pty) Ltd)
100% Red Grape Juice (Fruitime (Pty) Ltd)
100% Ruby Grapefruit Blend (Fruitime (Pty) Ltd)
100% Guava Juice (Fruitime (Pty) Ltd)
Tropical Fruit Mix Blend (Fruitime (Pty) Ltd)
Rooibos Iced Tea Light (Joekels Tea Packers)
100% Fresh Fruit Juice (Sip Juices)
Smitty's 100% Fruit Juice Blends (Smith's Dairy)
100% Juice (Greenacres Dairy)
Crystal Falls 100% Blueberry Fruit Juice (Pacmar)
Crystal Falls 100% Cranberry Fruit Juice (Pacmar)
Crystal Falls 100% Apple and Hoodia Fruit Juice (Pacmar)
Crystal Falls Cranberry Apple & Ginger 100% Fruit Juice (Pacmar)
Crystal Falls Morning Delight 100% Fruit Juice (Pacmar)
100% Elite Orange Juice (Marble Gold (Pty) Ltd)
100% Elite Tropical Punch Juice (Marble Gold (Pty) Ltd)
Nutri-Lite 100% Apple Juice (Marble Gold Pty Ltd)
Nutri-Lite 100% Grape Juice (Marble Gold Pty Ltd)
Nutri-Lite 100% Litchi Juice Blend (Marble Gold Pty Ltd)
Nutri-Lite 100% Mango/Orange Fruit Juice Blend (Marble Gold Pty Ltd)
Nutri-Lite 100% Orange Fruit Juice Blend (Marble Gold Pty Ltd)
Nutri-Lite 100% Tropical Punch Fruit Juice Blend (Marble Gold Pty Ltd)
100% Yes Pure Fruit Smoothie (GFB Business Link)
Fruit Cocktail in Natural Juice (Rhodes Food Group)
Peaches in Natural Juice (Rhodes Food Group)
Pineapple in Natural Juice (Rhodes Food Group)
Veggi Fruit Carrot & Banana (Koo - Tiger Brand)
Veggi Fruit Carrot & Pineapple (Koo - Tiger Brands)
Veggi Fruit Carrot & Papaya (Koo - Tiger Brands)
Veggi Fruit Carrot & Passion Fruit (Koo - Tiger Brands)
Veggi Fruit Carrot, Pear & Vanilla (Koo - Tiger Brands)
Veggi Fruit Carrot & Orange (Koo - Tiger Brands)
100% Granadilla Juice (Juice for Africa)
100% Apple Juice (Juice for Africa)
100% Orange Juice (Juice for Africa)
100 Ruby Grapefruit and Litchi Juice (Juice for Africa)
100% Guava Juice (Juice for Africa)
100% Mango Juice (Juice for Africa)

FRUIT & VEGETABLE

Avocados (Saaga)
McCain Real Oven Bake Straight Cut Chips (McCain Foods)
McCain Microwave Chips (McCain Foods)
McCain Real Oven Bake Crinkle Cut Chips (McCain Foods)
McCain Oven Roast Potatoes (McCain Foods)
Qualifresh Pure Sliced Garlic Cloves (Mor Nap Enterprises)
Qualifresh Pure Garlic and Ginger (Mor Nap Enterprises)
Qualifresh Garlic Cloves (Mor Nap Enterprises)
Qualifresh Pure Crushed Garlic (Mor Nap Enterprises)
Qualifresh Pure Garlic Paste (Mor Nap Enterprises)
Salad Variants (Lettusgrow)



MILK

Skim Milk Long life (Clover)
Fat Free Vitamin Enriched (Clover)
Low Fat (DairyBelle)
UHT Skimmed Milk (DairyBell)
Rietfontein Low Fat Milk (Namibia Dairies)
2% First Choice (Woodlands Dairy)
Skim Milk (Woodlands Dairy)
2% Low Fat Milk (Smith's Dairy)
Low Fat Fresh Milk (Fairfield Dairy)
Fat Free Fresh Milk (Fairfield Dairy)

Low Fat Fresh, Fat Free Fresh (Clover)
Elite Skim Milk Powder (Clover)
Fat Free Milk (DairyBelle)
Ideal Light (Nestlé)
Bonmilk Low Fat Milk (Namibia Dairies)
Milk UHT (Woodlands Dairy)
Low Fat Milk (Transem Low Fat Milk)

MILK SUBSTITUTE

The Bridge Bio Oats Drink (Gluten Free trading as Dental Discounts)
The Bridge Bio Rice Drink Natural (Gluten Free trading as Dental Discounts)
The Bridge Rice Drink Almond (Gluten Free trading as Dental Discounts)
The Bridge Rice Drink Vanilla (Gluten Free trading as Dental Discounts)
Natures Source So Good Soya Milk (Pioneer Foods)

CHEESE

In Shape Cottage Cheese (DairyBelle)
Low Fat Smooth Cottage Cheese (Lancewood Cheese)
Low Fat Chunky Cottage Cheese (Lancewood Cheese)
Cheese (Signora Mozzarella Cheese Company)

Fat Free Smooth Cottage Cheese (Namibia Dairies)

YOGHURTS

Rietfontein Fat Free, Sugar Free Yoghurt (Namibia Dairies)
In Shape Low Fat Yoghurt (DairyBelle)
Banana Custard Low Fat Fruit Yoghurt (Parmalat)
Peach and Mango Low Fat Fruit Yoghurt (Parmalat)
Pineapple and Carrot Low Fat Fruit Yoghurt (Parmalat)
Stewed Fruit and Custard Low fat Fruit Yoghurt (Parmalat)
Fruit Salad Low Fat Fruit Yoghurt (Parmalat)
Raspberry Low Fat Fruit Yoghurt (Parmalat)
Apricot Low Fat Fruit Yoghurt (Parmalat)
Granadilla Low Fat Fruit Yoghurt (Parmalat)
Bulgarian Low Fat Smooth Yoghurt (Parmalat)
Strawberry Low Fat Fruit Yoghurt (Parmalat)
Vanilla Low Fat Smooth Yoghurt (Parmalat)
Simple Aloe Low Fat Smooth Yoghurt (Parmalat)
Parmalat Strawberry Drinking Yoghurt (Parmalat)
Parmalat Chocochino Drinking Yoghurt (Parmalat)
Parmalat Vanilla Drinking Yoghurt (Parmalat)
Parmalat Granadilla Drinking Yoghurt (Parmalat)
Parmalat Apricot Drinking Yoghurt (Parmalat)
Parmalat Pineapple and Coconut Drinking Yoghurt (Parmalat)
Honeydew Smooth Caramel Low Fat Yoghurt (Honeydew Dairies)
Honeydew Smooth Peach Low Fat Yoghurt (Honeydew Dairies)
Honeydew Smooth Strawberry Low Fat Yoghurt (Honeydew Dairies)
Honeydew Smooth Vanilla Low Fat Yoghurt (Honeydew Dairies)
Fairfield Low Fat Wild Berry Fruited Yogurt (Fairfield Dairy)
Fairfield Low Fat Fruit of the Cape Fruited Yoghurt (Fairfield Dairy)
Fairfield Low Fat Granadilla Fruited Yoghurt (Fairfield Dairy)
Fairfield Low Fat Pear Caramel Fruited Yoghurt (Fairfield Dairy)
Fairfield Low Fat Peach Fruited Yoghurt (Fairfield Dairy)
Fairfield Fat Free Plain Yoghurt (Fairfield Dairy)
Fairfield Fat Free Strawberry Fruited Yoghurt (Fairfield Dairy)
Fairfield Fat Free Wild Berry Fruited Yoghurt (Fairfield Dairy)
Fairfield Fat Free Peach and Granadilla Fruited Yoghurt (Fairfield Dairy)
Fairfield Fat Free Vanilla Flavoured Yoghurt (Fairfield Dairy)
Low Fat Fruit Yoghurt (Sappy, Transem)



CONVENIENCE MEALS

Lentil and Rice Sweet and Sour (Pioneer Foods)
Werde Salad French Beans (Pioneer Foods)
Smart Lamb & Green Bean Stew (Eat Smart Organics)
Smart Tomato Chicken (Eat Smart Organics)
Smart Meat Balls with Tomato and Onion relish (Eat Smart Organics)
Lentil, Sweet Potato & Coconut Soup (Eat Smart Organics)
Chunky Vegetables Soup (Eat Smart Organics)
Pea & Mint Soup (Eat Smart Organics)
Orange Vegetables Soup (Eat Smart Organics)
Zonke Complete Meal (Zonke Foods)

SNACKS

Rice Cakes (Bakali Foodstuffs)
Popcorn (Tiger Brands)
Paddy Pop Popcorn (Rice Tic South Africa (Pty) Ltd)
Vital Corn Cakes (Vital Health Foods)
Vital Sunflower Seeds (Vital Health Foods)
Raw Macadamia Nuts (SAMAC)
Almonds (Fruithall & Prime Cut)
Almonds Flakes (Fruithall & Prime Cut)
Cashew Nuts Plain Roasted (Fruithall & Prime Cut)
Cashew Nuts Raw (Fruithall & Prime Cut)
Giant Peanuts - Redskins (Fruithall & Prime Cut)
Giant Peanuts & Raisins (Fruithall & Prime Cut)
Hazels Nuts (Fruithall & Prime Cut)
Nutty Mix (Fruithall & Prime Cut)
Pecan Nuts (Fruithall & Prime Cut)
Pecan Pieces (Fruithall & Prime Cut)
Pistachio Shelled Raw (Fruithall & Prime Cut)
Sprinkle Nuts (Fruithall & Prime Cut)
Walnuts (Fruithall & Prime Cut)
Green Pumpkin Seed (Fruithall & Prime Cut)
Poppy Seed (Fruithall & Prime Cut)
Sesame Seed (Fruithall & Prime Cut)
Sunflower Seeds (Fruithall & Prime Cut)
Apricot Halves (Fruithall & Prime Cut)
Banana Strips (Fruithall & Prime Cut)
Golden Sultanas (Fruithall & Prime Cut)
Health Mix (Fruithall & Prime Cut)
Imported Figs (Fruithall & Prime Cut)
Jumbo Black Raisins (Fruithall & Prime Cut)
Mango Strips (Fruithall & Prime Cut)
Mebos Croquettes (Fruithall & Prime Cut)
Cake Mix (Fruithall & Prime Cut)
Mixed Dried Fruit (Fruithall & Prime Cut)
Peaches (Fruithall & Prime Cut)
Pears (Fruithall & Prime Cut)
Peeled Peach (Fruithall & Prime Cut)
Prunes (Fruithall & Prime Cut)
Seedless Raisins (Fruithall & Prime Cut)
Sugar Free Fruit Danties (Fruithall & Prime Cut)
Sundried Tomatoes (Fruithall & Prime Cut)
Trail Snack (Fruithall & Prime Cut)
Tropical Fruit and Nuts (Fruithall & Prime Cut)
Biltong Low Fat Low Sodium (Fruithall & Prime Cut)
Nutty Mix (Fruithall & Prime Cut)
Whole Cranberries (Fruithall & Prime Cut)
Fruit Medley (Fruithall & Prime Cut)
Mixed Berry Bar (Fruithall & Prime Cut)



DRESSINGS

Flora Yo-Naise Tangy Dressing (Unilever)
Flora Yo-Naise Creamy Dressing (Unilever)

SPREADS & DIPS

Black Cat Peanut Butter Original Flavour (Tiger Brands)
Black Cat Smooth Peanut Butter (Tiger Brands)
Thokoman's Peanut Butter (Thokoman Foods)
Fruit Spread - Apricot, Strawberry & Youngberry (Rhodes Food Group)

Frozen Confectionery

Country Fresh Lite Vanilla (Dairymaid-Nestle, Tigerbrands)
Country Fresh Vanilla & Mango Fruit (Dairymaid - Nestle, Tigerbrands)
Country Fresh Sorbet Litchi (Dairymaid-Nestle, Tigerbrands)
Country Fresh Lite Strawberry & Cream Flavoured Frozen Dessert (Dairymaid-Nestle, Tigerbrands)

HEART & STROKE FOUNDATION SA ENDORSED

Weigh-Less Health and Weight Management
Non Stick Frying Pans (Hypertrade)
Cobb Cookware (Cobb International)
Cuisine Select (Rain Air Marketing)
Sunbeam BBQ Health Grill (Nu-World Industries (Pty) Ltd)

