

500 standard List

List subject to change

GREEN VEGETABLES

Asparagus
Beans
Bockchoy
Brussell Sprouts
Cabbage
Celery
Choy sum
Leeks
Lettuce
Olives
OKRA
Parsley
Rocket
Shallots
Snow Peas
Wombok

OTHER VEGETABLES

Avocado
B/Beans W.Worths Org
Baked Beans (Heinz)
Baked Beans SPC
Beetroot
Broccoli
Button Squash
Capsicum
Carrot
Cauliflower
Choko
Corn
Cucumber
Eggplant
Fennel
Gherkins (bottle)
Mushroom all
Onion
Parsnip
Peas
Potato
Pumpkin
Silverbeet/Spinach
Swede
Sweet Potato
Tomato
Turnip
Zucchini

MEATS

Bacon
Beef
Chicken
Duck
Ham
Kangaroo
Lamb
Pork
Turkey

SEEDS

Linseed/oil/meal
Pumpkin
Sesame
Sunflower
Chia

FRUIT

Apples
Apricot
Banana
Cherries
Dates
Fig
Grapefruit
Grapes
Honey Dew Melon
Kiwifruit
Lemon
Limes
Lychee
Mandarine
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 (Crisco)

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/meal
Brazil
Cashews
Hazel
Macadamia
Pecans
Pine Nuts
Pistachio
Walnut

ALCOHOL

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

OTHER DRINKS

Caro
Ecco
Coffee (all)
Cola (all)
Cranberry Juice
Drinking Choc (Cadbury)
Fanta (Orange)
Ginger Ale
Jarra Hot chocolate
L LOYDS Org Prune
juice
Milo
Ovaltine
Ribeena
Rooiboos Tea
Sprite-Lemonade
Schweppes Lemonade
Soda Water
Tonic water
Tea (black)

HERBAL TEAS

Chamomile Tea
Dandelion Tea
Green Tea

Olive Leaf Tea
Peppermint Tea

BISCUITS

Arnott Orange
Arnott Delta Cream
Crackers Snaps
Crackers Premium
Jatz original
Milk Arrowroot
Sakata plain
Sao
Vita Weat original

HERBS/dried & fresh

Basil
Chives
Coriander
Mixed Herbs
Oregano
Rosemary
SAUCES
AYAM Oyster
B.B.Q Eta
B.B.Q. Master Foods
Hoi Sin
Horseradish
Mayo. Praise Traditional
Mayonnaise Kraft
Soy sauce (ALL)
Sweet Chilli Fountain
Tomato HEINZ big red
Tomato Paste Leggo's
Tomato paste Select
Tomato Sauce Fountain
Worcester sauce

DRIED VEGETABLES

Chick Peas
Coconut
Dried Beans
Lentils
Split Peas

STOCK

Beef Stock (Magi)
Beef Stock (Massel)
Bonox
Chicken Stock (Magi)
Chicken Stock (Massel)
Miso
Massel Gravy mix
Vegetable Stock (Massel)

SUGARS/ Sweeteners

Agave
Golden Syrup
Honey

500 standard List
continued

Manuka Honey
Maple Syrup
Palm Sugar
Stevia
Sugar Brown
Sugar Raw
Sugar White
Xylitol

OTHER MILKS

Coconut milk
Oat milk
Rice Milk (So-Natural)
Rice Milk (Australia's Own)
Rice Milk (Rice Dream)
Soy Milk So-Good
Soy Milk So Natural
Bon Soy

FLOUR / GRAINS

Cornflour [wheat free]
Pasta (Durham wheat)
Rice Brown (ALL)
Rice White (ALL)
Rice noodles
White Flour (plain & S.R.)
Wholemeal Flour (ALL)

HERB-SPICE-

CONDIMENT

All spice
Baking Powder
Bay Leaf
Bi Carb Soda
Baking Powder
Cajun Spices
Chilli
Cinnamon
Cloves
Cream of Tartar
Cumin
Curry Powder
Dill
Fennel Seeds
Garam Masala
Garlic
Gelatine
Ginger
Guar Gum
Homus
Mixed Spice
Mustard
Nutmeg
Paprika
Pepper (black and white)
Pepper Cayenne
Salt (refined table)
Salt Celtic sea salt

Salt Herbemare Vege
Original
Salt Himalayan
Salt Rock Salt
Tabouli
Tarragon
Thyme
Trocomare Vege Salt
Turmeric
Vanilla (pure)
Vinegar (all types)
Vinegar Apple Cider
Xanthan gum

SOY PRODUCTS

Tofu
Tempey
SPREADS
Cottees Blackberry Jam
Cottees Marmalade
Nutella
St Dalfours strawberry
St Dalfours wild blueberry
Vegemite

BREAKFAST CEREALS

CRUNCHOLA Apple and
Blueberry
FREE AND LOW Muesli
GOOD MORNING Millet
Puffs
Lecithin
LOWAN Rice Porridge
Polenta

DAIRY

Butter
Cows Cheese
Cows Yoghurt
Cream
Eggs
Fetta Cheese (goat)
Goats Cheese
Goats Milk
Icecream (Peter's
Vanilla)
Icecream soy
Margarine (Flora)
Margarine (Nuttalex)
Milk A2
Milk Carnation
Milk Full Cream
Milk Skim
Sheep Cheese
Sheep Yoghurt
Zymil (lactose free milk)

Supermarket BREADS

Corn Thins
Healthy Soft Sorj wrap
Rice Thins
White
Wholemeal
Mountain Rice
King Henry Rye
Pumpnickel 100% Rye

Health Shop BREADS

Ancient Grain Tigris
Spelt
Ancient Grain Devonport
Rye
ESSENE sprouted bread
Organic Kamut (SOL)
Paine DE Campagne (SOL)
Naturis organic spelt
Lifestyle Ancient Grain
Flinders Sourdough
bread

CHOCOLATE / SWEETS

Cocoa (Cadbury)
Chocolate (Darrell Lea)
Chocolate (Lindt)
Chocolate (Nestle)
Chocolate (Cadbury)
Chocolate (Dove)
Chocolate (Haig)
Chocolate (SWEET
WILLIAM)
Liquorice

GLUTEN FREE

BASCO bread mix
BASCO chicken & veg
soup
BASCO Chocolate Cake
Basco Date loaf
BASCO Pancake mix
Coles GF Spaghetti
Fantastic Chicken
Noodles
Fantastic Original
crackers
Freedom free frm gluten
wraps
Go Natural Fruit & Nut
bar
ORGRAN Buckwheat
Flour
ORGRAN custard
powder
ORGRAN Gravy Mix
ORGRAN No Egg

ORGRAN Rice Pasta
ORGRAN Rice-Corn
Pasta
ORGRAN spaghetti Tom
Sauce
SAN REMO Glut Free
Pasta
MOORE'S GF.yeast free
bread
Country Life Yeast gluten
wheat free
Common Ground
buckwheat sourdough
Naturis GF rice loaf
Supermarket CEREALS
Cornflakes
Crunchy Nut
Goodness Cereals (all)
Just Right
Oat Bran
Oat Brits
Rice Bran
Rice Bubbles
Rolled Oats
Special K
Sultana Bran
Vita Brits
Weet Bix

LAUNDRY Products

Bio Zet
Bleach
Cold Power
Dynamo
Fabric Softener Cuddly
Fabric Softener Fluffy
Lux Flakes (laundry)
Nappisan
Omo
Preen
Radiant
Sard Wonder Soaker
Windex
Wool Mix M.Gardner

**EARTH CHOICE
PRODUCTS**

Fabric Softener
Laundry liquid
Multi Purpose spray
Wool Mix
Dish Liquid
Floor-surface

DEODORANTS

Body Choice Natural
Crystal Stick
Dove

500 standard List
Continued

Mum
Rexona Sport
Tea Tree Oil Deodorant

SUNSCREEN

Sunscreen Banana Boat
Sunscreen UV
Tripplegard
Coles sensitive 30+
Oleo Sunscreen

BATHROOM

CHEMICALS

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

KITCHEN/Cleaning

Products

Ajax Spray & Wipe
Domestos
Exit Mould
Insect Spray
Jif
Morning Fresh
Palmolive Dish Liquid
Pine-O-Clean
Shower Power
Sunlight Dish Liquid

TOOTHPASTE

Colgate (all types)
Grants Herbal
McLeans (all types)
RED SEAL Herbal
Sensodyne
Steradent
VICCO Herbal

HAIR/FIBRES

Cotton
Mixed Feathers
Polyester
Wool

METALS

Aluminium

Gold
Mercury
Silver

COMMON

SUPPLEMENTS

Ammodine
Aloe Vera
Chlorella
Fish oil Capsules
Inner Health Plus
Inner Health plus Dairy
free
Lugol
Nordic Fish Oils
Psyllium
Rose Hip Oil
Tissue Salts/celloids
Slippery Elm Powder
Spirulina
Barley Green
Wheat grass
Herbal Fibre blend
ISOwhey Protein Powder

CREAMS AND

OINTMENTS

Arnica (Martin &
Pleasance)
Calendula (Martin &
Pleasance)
Comfrey (Martin &
Pleasance)
Chickweed (Greenridge)
Papaw ointment (Lucas)
Thuja (Martin &
Pleasance) Sorbolene

PETRO CHEMICALS

Diesel
Kerosene
Methylated Spirits
Petrol
Engine oil
Cigarette Smoke

CHEMIST PRODUCTS

Aspro
Nurofen
Panadine
Paracetamol Heron
Paracetamol Panadol

HEALTH SHOP/

ORGANIC

Barley Grain
Bean Broad
Bean Kidney

Bean Lima
Bean Adzuki
Bean Borlotti
Bean Cannellini
Carob
Chickpea Splits
Cous Cous
Cranberries Dried
Coconut water
Flour Amaranth
Flour BESAN
Flour Buckwheat
Flour Coconut
Flour Kamut
Flour Maize
Flour Rye
Flour Soy
Flour Spelt
Flour Tapioca
Gogi Berries
Hazelnut Meal
Maca Powder
Millet Grain
Moong Dahl
Nori

Butter Chicken

OZGANICS

Thai Green Curry

OZGANICS

Quinoa Flakes
Rapadura Sugar
Raw Cacao
Red Lentils
Wild Blueberry
Wild Raspberries
Wild Rice
Potato Flour
Psyllium
Tapico Flour
Falafel
raw cacao

Practitioner Items

item 1
item 2
item 3
item 4
item 5
item 6
item 7
item 8
item 9
item 10
item 11
item 12
item 13
item 14
item 15