New Zealand Test list

List subject to change

FRUIT

Apples
Apricot
Bananas
Cherries
Dates
Feijoa
Grapefruit
Grapes
Honeydew Melon
Kiwifruit
Lemon
Limes
Lychee
Mandarins
Mango
Nectarines
Oranges
Passionfruit
Peaches
Pears
Pineapple
Plums
Prunes
Raisins
Rockmelon
Sultanas
Tamarillo
Watermelon

BERRIES Fresh/ Frozen

Blackberry
Blueberry
Goji
Raspberry
Strawberry

ALCOHOL

Beer (All)
Bourbon
Brandy
Gin
Port
Rum
Tequila
Vodka
Whiskey
Wine Red
Wine White /Champagne

OTHER DRINKS

Bundaberg Ginger beer
Cadbury drinking chocolate
Caro
Cocoa (Cadbury)
Coffee (all)
Cola (all)
Cranberry Juice (All)
Fanta orange
Gingerale (All)
Milo
Ovaltine
Ribena
Sprite Lemonade
Tea (All Black)
Soda Water
Tonic water

SEAFOOD

Calamari
Fish (white)
Mussels
Paua
Salmon (All)
Shellfish
Sardines in oil
Tuna (All)

HERBAL TEAS

Chamomile Tea
Green Tea
Olive Leaf Tea
Peppermint Tea
Rooibos Tea

CONDIMENTS

Allspice Masterfoods
Vinegar All other types
Vinegar Apple cider (All)
Bi-carb Soda
Cayenne Pepper
Celic Salt
Chilli
Cinnamon
Cream of Tartar
Cumin
Curry Powder (All)
Dill
Fennel Seeds
Garam masala
Garlic
Gelatine
Ginger
Guar gum
Himalayan Rock Salt
Leggo Tomato Paste
Mixed Spice Masterfoods
Mustard
Nutmeg
Sale Rock Salt
Pepper Black & White
Salt (refined table)
Sea Salt Maldon
Tarragon
Tumeric
Thyme
Vanilla (Pure)
Xanthum gum

SAUCES

Greg's BBQ sauce
Greg's Mint sauce
Lee Kum Kee Oyster
Watties BBQ sauce
Royalty Horseradish
Best Foods Mayonnaise
Edmonds Whole egg Mayonnaise
Soy sauce (ALL)
Sweet Chilli Trident
Sweet Chilli Gregs
Tomato HEINZ Ketchup
Tomato Paste Leggo's
Tomato paste Zito Organic
Tomato Sauce Watties
Worcester Lea & Perrins
Worcester Homebrand

MEATS

Bacon
Beef
Chicken
Duck
Ham
Lamb
Pork
Turkey
Venison
Canterbury Biltong Bier Sticks

OILS / FATS
Avocado Oil
Canola oil
Coconut Oil
Ghee
Grape seed oil
Lard

OILS / FATS cont.
Olive oil
Pams sunflower oil
Rice bran oil
Sesame oil

DAIRY
Butter
Cows cheese (All)
Cows yoghurt (All)
Cream (All types)
Eggs
Organic Eggs
Milk Carnation
Milk Condensed
Milk Extra Trim
Milk Full bodied
Tip Top ice cream (vanilla)
Sheep cheese

DAIRY ALTERNATIVES
Flora Margarine
Goats cheese (All)
Goats milk (ALL)
Alpro soya custard
Doctors choice Bio Yoghurt
Milk Rice Dream rice
Milk Macro Organic Rice
Milk Vitasoy rice
Milk Almond Macro Organic
Milk Almond Pure Harvest
Olivani dairy free spread
Alfa One Rice bran spread

SOY PRODUCTS
Tofu (plain)
Tempeh (plain)

SEEDS
Chia
Linseed/oil/meal
Poppy
Pumpkin /Papitas
Sesame
Sunflower

GREEN VEGETABLES
Asparagus
Beans
Bok Choy
Brussel Sprouts
Cabbage
Celery
Lettuce
Nori
Parsley
Rocket
Shallots
Silverbeet
Wakame (Seaweed)
Watercress

SPROUTS
Alfalfa
Mung beans
Snow peas

OTHER VEGETABLES
Avocado
Beetroot
Broccoli
Button squash
Capsicum
Carrot
Cauliflower
Corn
Courgette
Cucumber
Eggplant
Kumara
Leeks
Maori Potato
Mushroom
Olives
Onion
Parsnip
Peas
Potato
Pumpkin
Taro
Tomato
Watties Baked Beans
Yams (all)

NUTS
Almonds/meal
Brazil
Cashews
Hazel
Macadamia
Pecans
Pine Nuts
Pistachio
Walnut

HERBS & SPICES
Greggs Basil
Greggs Chives
Greggs Coriander
Greggs Mixed Herbs
Greggs Oregano
Greggs Rosemary
Greggs Sage
Masterfoods Italian Herbs

BREADS
Bread White
Bread Wholemeal
Corn thins Plain
Crumpets Golden
Cruskits Arnotts Corn
Old el Paso Plain Tortillas
Old el Paso Taco Shells
Rice crackers Sakata Plain
Rice Wafers Plain
World Oven Tortilla
Venerdi paleo bread
Mollenberg Toast
Vogel Spelt & Flaxseed

SPREADS
Cottees Blackberry Jam
Cottees Marmalade
Craigs Raspberry jam
Mother Earth strawberry
Bakers Raspberry Jam
Bakers Apricot Jam
St Dalfours Marmalade
Vegemite
Marmite

Rooibos Tea

DRIED VEGETABLES
Chick Peas
Dried Beans (All)
Lentils
Split Peas

FLOUR / GRAINS
Cornflour [wheat free]
Rice Brown (ALL)
Rice White (ALL)
Cornflour
Besan Chic flour
ORGRAN Buckwheat Flour
Quinoa flour
Spelt flour
Potato flour
Rye flour
Tapioca flour
White flour P&SR
Wholemeal flour

PASTA-SAUCES
Dolmio Chicken Carbonara
Dolmio Clas. Tom Pasta Sauce
Hokkien Noodles
Old El Paso Taco Sauce
Pasta (Durham Wheat)
Rice noodles (All)
Watties original pasta sauce
Watties Spaghetti
Watties Tomato Puree

Supermarket CEREALS
Crunchy Nut
Ceres organic Polenta
Kellogs cornflakes
Kellogs Just right
Kellogs Nutrigrain
Kellogs Rice bubbles
Kellogs Special K
Kellogs Sultana bran
Oat Bran
Pams light & fruity
Uncle Toby Rolled Oats
Weetbix

SUGARS/ Sweeteners
Agave
Golden Syrup
Honey
Manuka Honey
Maple Syrup
Palm Sugar
Rice Syrup
Stevia
Sugar Brown
Sugar Raw
Sugar White
Xylitol

CHOCOLATE / SWEETS
Cadbury
Carob
Lindt
Liquorice
Nestle
Sweet William DF
Whittaker's

METALS
Aluminium
Gold
Mercury
Silver
Copper

STOCK
Beef Stock Campbell's
Beef Stock (Massel)
Bonox
Chicken Stock Campbell's
Chicken Stock (Massel)
Miso
Massel Gravy mix
Vegetable Stock (Massel)
OXO beef cubes
OXO chicken cubes
Rapunzel Vege Bullion Powder

COCONUT PRODUCTS
Coconut Cream/milk
Coconut Yoghurt All
Coconut Desiccated
Coconut Water All
Coconut Flour
Coconut sugar

GLUTEN FREE
GF Bread crumbs
G.F. Weet-Bix
Greens Pancake mix
Fantastic Chicken Noodles
Fantastic Original crackers
Freedom free frm gluten wraps
Go Natural Fruit & Nut bar
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
Burgen G.F. Bread
Vogel G.F. bread
Venerdi GF Brown

LAUNDRY Products
Bio Zet
Bleach
Cold Power
Dynamo
Fab
Fabric Softener Cuddly
Fabric Softener Fluffy
Lux Flakes (laundry)
Napisan
Persil
Radiant
Sard Wonder Soaker
Surf
Mr Muscle Window Cleaner
Wool Mix M.Gardner

Ecostore PRODUCTS
laundry powder top and front
laundry liquid
fabric softener
dishwashing liquid
dish washer tablets
multi purpose spray
bath shower spray
body wash
Soap lemongrass

EARTHWISE Products
Shampoo/conditioner all
Laundry powder all
Laundry liquid
Multi-surface cleaning spray
Dishwasher tablets
Dishwashing liquid
Oxygenated Whitener
Disinfectant
Cleaning wipes

DEODORANTS/SUNSCREEN

Cancer Society Sunscreen
Crystal stick deodorant
Dove deodorant
Lynx deodorant (All)
Mum Deodorant
Nivea sensitive deodorant
Rexona sport deodorant

BATHROOM CHEMICALS

Dettol hand sanitiser
Dettol hand wash
Dettol Spray Cleaner apple
Gillette shaving foam
Health Basics Body Wash
Johnsons body wash
Johnsons holiday skin
Lynx shower gel PH neutral
Nivea shaving gel
Palmolive gold soap
Palmolive Shower milk
Pears soap
Radox shower gel

SHAMPOO-Conditioner

Head n Shoulders
Johnson's baby shampoo
Pantene
Sunsilk

Cleaning Products

Ajax Spray & Wipe
Domestos
Exit Mould
Insect Spray (all)
Jif
Morning Fresh
Palmolive Dish Liquid
Shower Power
Sunlight Dish Liquid
Ajax floor apple
Dettol Floor Lemon

TOOTHPASTE

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

HAIR/FIBRES

Cotton
Mixed Feathers
Polyester
Wool
Bamboo

COMMON SUPPLEMENTS

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

PETRO CHEMICALS

Diesel
Kerosene
Methylated Spirits
Petrol
Engine oil
Cigarette Smoke

CHEMIST PRODUCTS

Aspro
Demazin Cold & Flu
Nurofen
Nurofen Plus
Panadine
Paracetamol Heron
Paracetamol Panadol

Miessence Products (Web)

InLiven Probiotic Superfood
Mint Toothpaste
Lemon Toothpaste
Sunflower Body Wash
Aroma Free Roll-on Deodorant
Shampoo & Conditioner (All)
Complete Protein powder
BioPure Probiotic Cleaning Conc.
Dishwashing Concentrate