

# Free Foods

Free' foods are foods which do not contain significant amounts of carbohydrate, fat or protein. They can be rich sources of fibre, vitamins and minerals. These foods can be used to take the edge off the appetite and assist with hunger and can also add flavour and variety to foods eaten.

The following lists of foods contain examples of 'free' foods. This is not a complete list – check the label of the product.

## 'Free' Vegetables

|                  |                    |          |            |
|------------------|--------------------|----------|------------|
| Artichoke        | Cauliflower        | Garlic   | Peas       |
| Asian vegetables | Celery             | Gherkin  | Pumpkin    |
| Asparagus        | Celeriac           | Kale     | Radish     |
| Bamboo shoots    | Chicory            | Kohlrabi | Sauerkraut |
| Beans (green)    | Chillies           | Leeks    |            |
| Shallots         |                    |          |            |
| Bean sprouts     | Chives             | Lettuce  | Silverbeet |
| Broad beans      | Choko              | Marrow   | Snow peas  |
| Broccoli         | Courgette/Zucchini | Mushroom | Swede      |
| Brussel sprouts  | Cucumber           | Okra     | Spinach    |
| Carrots          | Dill pickle        | Olives   | Tomato     |
| Cabbage          | Eggplant/Aubergine | Onion    | Watercress |
| Capsicum/Peppers | Fennel             | Parsley  | Zucchini   |

## Some 'Free' Fruit and Juices

### Juice

|                 |      |        |      |
|-----------------|------|--------|------|
| Lemon vegetable | Lime | Tomato | Some |
|-----------------|------|--------|------|

### Fruit

|                  |                      |         |              |
|------------------|----------------------|---------|--------------|
| Lemon<br>Rhubarb | Lime<br>Strawberries | Loquats | Passionfruit |
|------------------|----------------------|---------|--------------|

Some foods listed below are high in salt, indicated with a + symbol. Choose ‘no added salt’ or ‘reduced salt’ products where possible. Herbs and spices both dried and fresh add flavour without salt.

### ‘Free’ Beverages

|                                  |                           |               |
|----------------------------------|---------------------------|---------------|
| Clear broth (+)<br>(unflavoured) | Herbal tea                | Mineral water |
| Cocoa                            | Low joule/diet cordial    | Soda water    |
| Coffee & substitutes             | Low joule/diet soft drink | Tea           |

### ‘Free’ Toppings & Flavourings

|                   |               |                 |
|-------------------|---------------|-----------------|
| Cocoa<br>essences | Diet toppings | Vanilla & other |
|-------------------|---------------|-----------------|

### ‘Free’ Spreads

|                |              |                 |
|----------------|--------------|-----------------|
| Fish paste (+) | Marmite™ (+) | Vegemite™ (+)   |
| Low joule jams | Promite™ (+) | Aussiemite™ (+) |

### ‘Free’ Seasonings

|  |                  |                    |
|--|------------------|--------------------|
| Barbeque sauce (+)                       | Mint             | Tomato sauce (+)   |
| Chilli, powder or fresh<br>red wine etc) | Mustard          | Vinegar (balsamic, |
| Chilli sauce                             | Onion            | Sweet chilli sauce |
| Chives                                   | Parsley          | Teriyaki sauce     |
| Curry powder                             | Pepper           | Black bean sauce   |
| Garlic                                   | Soy sauce (+)    | Plum sauce         |
| Ginger<br>sauce                          | Spices           | Sweet and sour     |
| Herbs, fresh or dried<br>pastes          | Stock cubes (+)  | Marinades &        |
| Lemon juice<br>amounts)                  | Tomato paste (+) | Pesto (small       |
| Lime juice                               | Tomato puree (+) | Some tomato        |
| pasta sauces                             |                  |                    |