

WOOLWORTHS 

 Discovery

WOOLWORTHS  
**HEALTHYFOOD  
CATALOGUE**



## Discover healthy living!

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Discovery Vitality brings you the HealthyFood benefit to help you make healthy food choices when shopping at Woolworths. The selection criteria for the list of foods in this catalogue were compiled by a team of nutrition and health experts, and include the latest dietary guidelines. These guidelines, which include the most recent scientific evidence, address dietary practices that are associated with chronic lifestyle-related diseases such as heart disease and type 2 diabetes.

In addition to the quality of food chosen, the quantity of food also plays a significant role in terms of your health. Portion sizes, from packaged foods to restaurant meals, have increased significantly over the last few decades. While kilojoule control is important, it can only go so far – living a healthy lifestyle depends on combining smart eating with the right amount of physical exercise on a regular basis.

### **IMPORTANT POINTS TO REMEMBER WHEN USING THIS CATALOGUE**

Products listed in this catalogue are subject to seasonal and supplier availability, and may only be available at certain Woolworths stores. Vitality bases its principles on the most current policies and guidelines from local and international bodies. No collaborations were formed with suppliers or manufacturers and items were chosen based on the evidence-based criteria, independent of the brand they represented. Any person using information in this catalogue does so at his or her own risk and waives any right to action against the Discovery group of companies (Discovery) or Woolworths retailers (Proprietary) Limited (Woolworths).

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**Note:** The HealthyFood items identified on the HealthyFood Catalogue shall at all times supersede what is stated on the in-store shelf labels and on your till slips.

### **RECIPES**

The recipes in this catalogue were provided by the Discovery Vitality HealthyFood Studio.

Fresh, seasonal ingredients, good nutrition and sustainable eating all come together with a dash of delicious as part of the Discovery Vitality HealthyFood Studio – a teaching and dining kitchen located in Sandton, Johannesburg where you can take part in fun and interactive cooking classes to help ignite a life-long love of healthy, appetising cooking.



## Discovery Vitality HealthyFood benefit selection criteria

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### **FRUIT**

Unseasoned, unflavoured fresh and frozen fruit

### **VEGETABLES**

Unseasoned, unflavoured, fresh, frozen and dried vegetables and herbs

Tinned tomato with no added sugar or salt

### **CARBOHYDRATE FOODS**

Wholegrains (for example, oats, brown and wild rice, barley, buckwheat, quinoa, bulgur wheat, spelt, millet, raw popcorn kernels)

Wholewheat pasta and noodles, couscous, samp, maize rice, cereals, porridges, breads and crackers that meet nutrient cut offs for salt, sugar, saturated fat and fibre

### **PROTEIN FOODS**

Uncooked eggs

Unflavoured, unseasoned fresh skinless chicken

Unflavoured, unseasoned and non-smoked fresh and frozen fish and seafood

Fish and seafood tinned in brine, water, olive or canola oil and tomato or chilli sauce

Unflavoured, unseasoned fresh and frozen ostrich and ostrich mince

Unflavoured, unseasoned fresh skinless turkey

Unflavoured, unseasoned tofu

### **DAIRY**

Fat free plain milk

Fat free plain yoghurt

Fat free plain and unflavoured cottage cheese

Unsweetened plain soy milk

### **LEGUMES**

Dried legumes and legumes canned or bottled in brine or water

### **OILS, NUTS AND SEEDS**

Olive, canola and avocado oils and oil sprays

Plain, raw, unsalted nuts and seeds

Unsweetened, no added sugar or salt peanut and nut butters



## How to use this catalogue

Use this catalogue as your guide to make HealthyFood choices when shopping at Woolworths, and for useful, healthy recipes. The products selected represent the healthiest choices within each food group and, when eaten in the recommended amounts, all form part of a healthy, balanced diet. Products not included in the catalogue are not necessarily unhealthy and may still have a place in a healthy eating pattern, depending on your individual needs.

The Vitality HealthyFood benefit is made up of hundreds of products that are divided into seven main product categories:

	PAGE
Vegetables	06
Fruit	11
Carbohydrate foods	14
Protein foods	18
Dairy	22
Legumes	24
Oils, nuts and seeds	28





Look out for the Vitality HealthyFood stamp on shelf labels in-store and on your till slip to identify HealthyFood items at Woolworths.



## Vegetables

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### **VEGETABLES AND HERBS**

Vegetables are rich in vitamins and minerals, fibre, phytochemicals and antioxidants, and help promote good health and prevent disease. International dietary guidelines recommend that you eat plenty of vegetables in various colours every day.

All unseasoned, unflavoured, fresh, frozen and dried vegetables and herbs are included in the Vitality HealthyFood benefit, including those that are whole, chopped or sliced.

Tinned tomato with no added sugar or salt is included in the HealthyFood benefit.

Vegetables and herbs with added spices, seasoning, flavouring, fat, oil or sauces are excluded from the HealthyFood benefit.



## Vegetables

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### **CANNED VEGETABLES**

Choice Grade Peeled Diced Tomatoes  
Diced Tomatoes  
Italian Chopped Tomatoes  
Italian Whole Cherry Tomatoes  
Organic Italian Whole Peeled Tomatoes  
Organic Tomato Paste  
Tomato paste

### **DRIED VEGETABLES**

Chilli Flakes  
Dried Chilli Rings  
Dried Exotic Mushrooms  
Dried Porcini and Shitake  
Dried Porcini  
Dried Shiitake Mushrooms  
Dried Sweet Peppers  
Dried Tomatoes  
Garlic Flakes  
Ginger Flakes  
Onion Flakes  
Sundried Tomatoes  
Tomaraisins

### **FRESH VEGETABLES AND HERBS**

All unseasoned, unflavoured, fresh  
vegetables and herbs



## Vegetables

### FROZEN VEGETABLES

Baby Carrots  
Baby Green Beans  
Baby Spring Vegetable Mix  
Brussels Sprouts  
Carrots, Onions and Celery  
Cauliflower Florets  
Chunky Vegetable Selection  
Country Crop Mix  
Edamame Beans  
Essential Sweetcorn  
Garden Peas  
Minted Peas  
Mixed Vegetables Diced  
Peas, Carrot, Corn  
Peas and Corn  
Petits Pois  
Ruby Roast Vegetables  
Steam Broccoli, Cauliflower, Carrot  
Steam Carrots, Beans, Broccoli  
Sweetcorn

### DRIED HERBS

Basil  
Bay Leaves  
Bouquet Garni  
Chives  
Coriander  
Coriander Leaves  
Coriander Seeds  
Curry Leaves  
Dill  
Dried Chillies  
Fennel Seeds  
Fenugreek  
French Tarragon  
Spearmint  
Sweet Basil  
Italian Herbs  
Lemon Grass  
Lime Leaves  
Marjoram  
Mixed Herbs  
Oregano  
Parsley  
Red Chillies  
Rosemary  
Sage  
Tarragon  
Thyme





Vegetables

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**POTTED HERBS**

- Basil
- Borage
- Chillies
- Chives
- Composite Seed Mix
- Coriander
- Edible Flowers
- Herbs Composite
- Mint
- Origanum
- Parsley
- Rosemary
- Thyme
- Wheatgrass



## Recipe

### Baby marrow, tomato & basil rolls

3 large baby marrows  
Large pinch salt  
8 sundried tomatoes  
16 basil leaves (or mint)  
60g reduced fat feta cheese  
2 cloves of garlic, crushed  
20ml olive oil

#### METHOD

Slice the baby marrows lengthwise into 3mm strips and season with the salt. Set aside for about 30 minutes.

Combine the crushed garlic and olive oil and set aside.

Crumble the feta and slice the sundried tomatoes into strips.

After 30 minutes, wipe the moisture off the baby marrows and place them on a baking tray.

Brush with the olive oil and garlic on both sides.

Preheat the oven grill and cook the baby marrows for about 3 minutes a side under the grill.

Allow to cool, then place 3 basil leaves with a piece of sundried tomato onto each baby marrow slice, sprinkle the feta over as well as some black pepper and roll them up.

Serve at room temperature.

**SERVES:** 20 people

**PREPARATION TIME:** 30 minutes

**COOKING TIME:** 10 minutes



HEALTHYFOOD  
STUDIO



## Fruit

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Fruit is a good source of vitamins and minerals, fibre, phytochemicals and antioxidants, and help to promote good health and prevent disease. International dietary guidelines recommend that you eat moderate amounts of a variety of fruit every day. All unseasoned, unflavoured fresh and frozen fruit, including those that are whole, cut or sliced, are included in the HealthyFood benefit provided that they do not contain any added sugar, flavouring or include other ingredients. Dried and canned fruit are excluded from the HealthyFood benefit.



## Fruit

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### **FRESH FRUIT**

All unseasoned, unflavoured fresh fruit

### **FROZEN FRUIT**

IQF Berry Medley  
IQF Blueberries  
IQF Mango  
IQF Raspberries  
IQF Strawberries  
IQF Summer Fruits  
Summer Berries



## Recipe

### Spicy guacamole

**PREPARATION TIME:** 15 minutes

- 2 avocados, large
- 1 lime, large
- 1 chilli
- ½ garlic clove
- 1 tomato, large
- 2 spring onions
- Pinch salt
- Large pinch black pepper, freshly ground

#### **METHOD**

Skin the avocado, cut into blocks and place in a bowl.

Cut the lime in half and squeeze the juice over the avocado.

Mash the avocado and lime juice together with a fork to a fairly soft puree.

Cut the chilli in half and deseed (unless you prefer it very spicy). Chop finely and then add to the avocado.

Chop the garlic and spring onions finely and add to avocado mixture.

Deseed the tomato and cut into small blocks and add to the avocado.

Season with salt and freshly ground black pepper and combine everything well. Add a bit more lime if the consistency is too thick.

Serve with the crispy, sweet potato wedges.



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## Carbohydrate foods

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Wholegrains and wholegrain products are among the healthiest sources of carbohydrates. These provide a steady supply of energy to the body throughout the day. Including these foods helps improve your energy levels and your ability to perform everyday tasks. Apart from being a good source of carbohydrates, wholegrains also provide fibre, resistant starch, a number of vitamins and minerals, as well as beneficial phytochemicals. Local and international dietary guidelines recommend that at least half of the grains you eat be wholegrains. Wholegrains and high-fibre starchy foods low in salt, sugar and saturated fat are included in the HealthyFood benefit. Carbohydrate foods should meet **all** of the below criteria to be included:

- At least 6g of **fibre** per 100g
- No more than 1.5g of **saturated fat** per 100g
- No more than 5g of **total sugar** per 100g
- The **sodium** (salt) content of breads, cereals, porridges and crackers should align with government regulations:
  - **Bread:** no more than 380mg sodium per 100g
  - **Cereals and porridges:** no more than 400mg sodium per 100g
  - **Crackers:** no more than 700mg sodium per 100g
  - **Other carbohydrate foods:** no more than 600mg sodium per 100g



## Carbohydrate foods

### BREAD

Brown Sandwich Thins  
Brown Seeded Rolls  
Cape Seed Loaf  
Crushed Wheat Boules  
Crushed Wheat Sourdough Bread Free From Gluten Seeded Rolls  
Low GI Seeded Bread  
Multiseed Bread  
Multiseed and Oats Sandwich Thins  
Multiseed Rolls  
Seeded Wholewheat Brown Bread  
Soft Rye Bread  
Tante Anna Bread  
White Sandwich Thins  
Wholewheat High Fibre Brown Bread  
Woolworths High Fibre White Bread  
Woolworths Low GI Soy and Linseed White  
Woolworths Thick Slice Brown Bread

### CRACKERS

Gluten Free Chickpea, Lentil, Pea Crackerbread  
Popped Cracker Cakes Carrot, Quinoa & Sesame Seeds  
Provita Crackerbread Rye  
Rice, Buckwheat and Quinoa Crackerbread  
Ryvita Light Rye Crispbread  
Slimmer's Choice Multigrain Rice Cakes  
Slimmer's Choice Oat and Sesame Rice Cakes  
Slimmer's Choice Oat Cakes Plain  
Slimmer's Choice White Corn Cakes Chia, Quinoa and Sesame  
Slimmer's Choice White Corn Cakes Plain  
Thins Seed Rice Cake

### CEREALS

Nestle Shredded Wheat  
Weetbix  
Weetbix Gluten Free  
Weetbix Lite  
Weetbix Protein  
Weetbix Salt and Sugar Free

### OTHER STARCHY FOODS

Maize Rice  
Samp  
Wholewheat Couscous

### PORRIDGE

Plain Oats  
Instant Oats  
Jungle Taste Wheat Bran  
Jungle Oat Bran  
Jungle Oats  
Jungle Oats Instant  
Jungle Oatso Easy Original  
Quick Cooking Oats  
Rolled Oats  
Steel Cut Wholegrain Oats

### RICE

Brown Basmati Rice  
Brown Rice  
Organic Brown Basmati Rice  
Organic Long Grain Brown Rice  
Tastic Brown Basmati Rice  
Tastic Brown Wild Rice  
Tastic Natures Choice Brown Rice  
Thai Black Rice  
Woolworths Brown Wild Rice



## Carbohydrate foods

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### WHOLEGRAINS

- Amaranth
- Barley
- Black Quinoa
- Bulgur Wheat
- Dehulled Buckwheat
- Dehulled Millet
- Pearl Barley
- Popcorn
- Psyllium Powder
- Quinoa
- Red and White Quinoa
- Red Quinoa
- Red Sorghum
- Snowflake Digestive Bran
- Spelt
- White Quinoa

### WHOLEWHEAT PASTA AND NOODLES

- Asian Medium Wholewheat Noodles
- Asian Udon Noodles
- Brown Rice Vermicelli
- Chickpea Pasta
- Organic Spelt Fusilli
- Organic Wholewheat Linguine
- Organic Wholewheat Penne Rigate
- Organic Wholewheat Spaghetti
- Wholewheat Fusilli
- Wholewheat Linguine
- Wholewheat Macaroni
- Wholewheat Penne
- Wholewheat Spaghetti
- Yellow Lenti Pasta





 Recipe

### Farmed kob in spicy tomato ragù

- 25ml olive oil
- 4 cloves of garlic, skinned
- 2 tins of cherry tomatoes
- 600g farmed kob or sustainable firm white fish, filleted into 150g portions
- 6 sprigs basil leaves, chopped
- 1 tbsp chilli olive oil (optional)
- Pinch each salt, sugar, black pepper
- 2 sprigs basil leaves for garnish

#### METHOD

Heat the oil, add garlic and fry until golden brown.

Briefly brown the seasoned fish in the hot oil, for about 1 minute and then remove and set aside. Add the tomatoes and stir.

Cook the sauce for about 20 minutes and adjust seasoning with salt and sugar. The sauce should reduce and thicken at this stage. Add the chopped basil.

Place the fish back in the sauce and cook on a low heat for about 5 minutes, until the fish is just cooked. Don't cover the fish with sauce – retain the red, white and green colours for aesthetics.

To serve, dish the ragù in a serving plate first, then the fish on top and garnish with basil leaves and drizzle with chilli oil.

To dress this dish down for a comfortable lunch, serve it with wholewheat couscous. To dress it up for dinner, serve it with oven-roasted new potatoes and steamed asparagus or green beans.

**SERVES:** 4 people

**PREPARATION TIME:** 20 minutes

**COOKING TIME:** 20 minutes



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STUDIO



## Protein foods

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Protein foods are an important part of a healthy diet as they provide nutrients that are essential for your health and the maintenance of your body. Guidelines recommend including a variety of protein foods that are nutrient-dense and lower in saturated fat such as skinless chicken and turkey, ostrich, fish, seafood, tofu and eggs.



## Protein foods

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### Poultry

All unflavoured, unseasoned fresh skinless chicken and turkey is included on the HealthyFood benefit.

Chicken and turkey in sauces, batter, crumbs, in pre-prepared meals, smoked, salted, or processed products are not included.

#### **SKINLESS, FRESH CHICKEN**

- 3 Chicken Breast Fillets
- African Chicken Mini Breast Fillets
- African Skinless Chicken Breas Breast Fillets
- Chicken Breast Fillet Cubes
- Chicken Stir Fry Strips
- Drumsticks and Thighs
- Free Range Breast Fillets
- Free Range Breast Strips
- Free Range Breasts
- Free Range Butterfly Chicken Breast
- Free Range Drumstick Fillets
- Free Range Drumstick and Thigh
- Free Range Mini Breast Fillets
- Free Range Thigh Fillets
- Free Range Thighs
- Mini Breast Fillets
- Thigh Fillets

#### **EGGS**

All whole, uncooked eggs are included in the Vitality HealthyFood benefit.

- Free Range Duck Eggs
- Free Range Extra Large Eggs
- Free Range Jumbo Eggs
- Free Range Large Eggs
- Free Range Liquid Egg Low Fat
- Free Range Liquid Egg Whites
- Free Range Liquid Whole Egg
- Free Range Loose Eggs
- Free Range Mixed Eggs
- Free Range Omega Eggs
- Free Range Organic Mixed Eggs
- Fresh Quail Eggs
- Indigenous Eggs
- Loose Eggs



## Protein foods

### Fish and Seafood

All unflavoured, unseasoned, non-smoked fresh and frozen fish and seafood, whether whole or filleted, is included in the HealthyFood benefit. Fish and seafood tinned in brine, water, olive or canola oil and tomato or chilli sauce is also included.

All fish and seafood in sauces, crumbs, batter, smoked, flavoured, salted, curried, pickled, in pre-prepared meals, cooked or processed fish and seafood products are excluded. Fish and seafood tinned in vegetable oil and smoked have also been excluded from the HealthyFood benefit. We have included omega 3 rich tinned fish (mackerel, sardines and salmon) in vegetable oil.

### Canned fish and seafood

#### HERRING

Sweet and Tangy Herring

#### MACKEREL

Grilled Mackerel Fillets with Extra Virgin Olive Oil

Grilled Mackerel Fillets with Lemon Flavoured Vegetable Oil

Lucky Star Jack Mackerel

Mackerel Fillets in Tomato Sauce

Mackerel Fillets with Rapeseed Oil

#### MIDDLECUT

Lucky Star Middlecut in Water Salt added

#### OTHER FISH

Red Sock Eye Skinless and Boneless

#### PILCHARDS

Glenryck Chilli Pilchards

Glenryck Tomato Pilchards

Lucky Star Pilchards in Hot Chilli Sauce

Lucky Star Pilchards Fillets Sweet Chilli Sauce

Lucky Star Pilchards in Tomato Sauce

Pilchards Hot Chilli

Pilchards in Chilli

Pilchards in Hot Chilli Sauce

#### SALMON

Grilled Salmon Steaks With Olive Oil

Pink Salmon

Pink Salmon Skin on Bone in

Pink Salmon Skinless and Boneless

Salmon Fillets in Brine

Salmon Pouch Brine

Salmon Skin on Bone in

Salmon Skinless and Boneless

#### SARDINES

Brisling Sardines in Olive Oil with Jalapeno Peppers

Brisling Sardines with Rapeseed Oil added

Lucky Star Sardine Flavoured Oil

Lucky Star Sardines in Vegetable Oil

Lucky Star Sardine Water

Portuguese Sardines in Oil

Portuguese Sardines in Tomato Sauce

Sardines in Tomato Sauce

Sardines in Vegetable Oil

Sild Sardines with Rapeseed Oil added

#### SEAFOOD

Mussels in canola oil

Oysters

Snails

#### TUNA

Albacore Tuna Fillets in Olive Oil

Albacore Tuna Fillets in Spring Water

Bulk Shred Tuna in Brine

John West Chunk in Brine

John West Solid in Brine

John West Tuna Pouch Water

John West Tuna Shredded Salt Water

Light Meat Tuna Chunks in Brine

Light Meat Tuna Pieces in Water

Light Meat Tuna Shredded in Brine

Light Meat Tuna Solid in Brine

Shredded Tuna in Brine

Tuna Chunks in Brine

Tuna Chunks in Water

Tuna in Brine Pouch

Tuna Pieces in Brine

Tuna Solid in Brine

Tuna Ventresca in Olive Oil

### Fresh and frozen fish and seafood

All unflavoured, unseasoned, non-smoked fresh and frozen fish and seafood.



## Protein foods

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### **OSTRICH**

All unflavoured, unseasoned fresh or frozen ostrich and ostrich mince is included in the HealthyFood benefit.

All ostrich meat in sauces, in pre-prepared meals, smoked, salted and processed ostrich products are excluded.

Ostrich Cubes

Ostrich Fillet

Ostrich Mince

Ostrich Steak

### **TOFU**

All unflavoured, unseasoned tofu is included in the HealthyFood benefit.



## Dairy

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Dairy products are good sources of protein and calcium, and help to maintain bone health. Dietary guidelines recommend choosing lower fat options in order to limit saturated fat intake. Unflavoured, fat free or skim milk (including fresh, long-life, UHT and powdered fat free milk), unsweetened soy milk, plain fat free yoghurt and plain, unflavoured fat free cottage cheese are included on the HealthyFood benefit.



Dairy

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**COTTAGE CHEESE**

- Fat Free Cottage Cheese Plain Chunky
- Fat Free Cottage Cheese Plain Smooth
- Organic Fat Free Cottage Cheese Smooth

**FAT FREE PLAIN MILK**

- Fat Free Ayrshire Milk Fresh
- Fat Free Milk Longlife
- Fat Free Milk Organic
- Fat Free Milk UHT

**FAT FREE PLAIN YOGHURT**

- Fat Free Yoghurt Ayrshire Plain
- Fat Free Yoghurt Creamy Plain

**UNSWEETENED SOYA MILK**

- Organic Barista Soya Drink
- Soya Milk Organic Unsweetened
- Soya Milk Unsweetened



## Legumes

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Legumes are a good source of non-animal protein and fibre and contain a variety of vitamins and minerals. Local and international guidelines recommend that you eat dry beans, peas and lentils regularly. All dried legumes and legumes canned or bottled in brine or water are included on the HealthyFood benefit.

All texturised or processed soya products, such as burgers and sausages, are excluded.





## Legumes

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### Canned legumes

#### **BEANS**

All Gold Butter Beans  
Borlotti in Brine  
Butter Beans in Brine  
Cannellini Beans in Brine  
Choice Grade Black Beans in Brine  
Choice Grade Haricot Beans in Brine  
Choice Grade Painted Lady Beans in Brine  
Choice Grade Red Kidney Beans in Brine  
Choice Grade Red Speckled Sugar Beans in Brine  
Choice Grade Three Bean Mix in Brine  
Koo Bean Mix  
Koo Butter Beans  
Koo Red Kidney Beans  
Koo Sugar Beans  
Organic Red Kidney Beans  
Soya Bean Steam Cooked  
Top Tier Butter Beans

#### **LENTILS**

Choice Grade Lentils  
Organic Lentils in Water  
Top Tier Lentils

#### **CHICKPEAS**

Choice Grade Chickpeas in Brine  
Organic Chickpeas in Water  
Top Tier Chickpeas

### Dried legumes

#### **BEANS**

Black Beans  
Black Eyed Beans  
Green Mung Beans  
Gudra Beans  
Haricot Beans  
Lima Beans  
Red Adzuki Beans  
Red Kidney Beans  
Red Speckled Beans  
White Kidney Beans

#### **LENTILS**

Brown Lentils  
Green Lentils  
Split Red Lentils

#### **PEAS**

Chickpeas  
Soup Mix  
Split Green Peas



## Recipe

### Tandoori-spiced cauliflower

- 1 large whole cauliflower
- 1 cup fat free plain yoghurt
- 2 tsp garam masala
- 2 tsp paprika
- 1 tsp hot chilli powder
- 1 tsp ground cumin
- ½ tsp ground turmeric
- Juice of ½ a lemon
- 2 tbsp canola oil
- 10g tomato paste
- 10g garlic cloves, finely chopped or crushed
- 3cm fresh ginger, finely grated
- ½ tsp salt

#### METHOD

Combine all the ingredients (except the cauliflower) in a mixing bowl and taste. If you prefer it spicier, add more chilli.

Trim the outer leaves and bottom of the cauliflower, but keep it whole.

Baste the entire cauliflower thoroughly with the marinade. The marinade should be brushed on generously and reserve about two tablespoons to baste during cooking.

Allow the cauliflower to marinate while the oven preheats.

Preheat the oven to 200°C.

Cover the cauliflower with foil and bake for 45 minutes,

then remove the foil and bake for another 15 to 20 minutes, basting with the rest of the marinade. Baking time will depend on the size of the cauliflower – cook until soft, but still holding shape.

Present the cauliflower whole and carve into wedges at the table.

Serve with wholewheat pita or steamed brown rice, yoghurt and cucumber dip, Middle Eastern salads or sambals.

**SERVES:** 4 people

**PREPARATION TIME:** 10 minutes

**COOKING TIME:** 50 minutes to 1 hour



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STUDIO



## Recipe

### Grilled Brussel sprouts with almond & mustard dressing

**PREPARATION TIME:** 20 minutes

**COOKING TIME:** 20 minutes

500g Brussel sprouts  
Large pinch salt  
Large pinch pepper  
1 tbsp olive oil  
60g almonds, flaked and toasted  
1 tbsp whole grain mustard  
15ml lemon olive oil  
1 lemon, zest and juice

#### METHOD

Wash and trim the bases of the Brussel sprouts.

Bring a pot of seasoned water to the boil and add the Brussel sprouts. Cook for about 10 minutes, then remove the sprouts and refresh in ice water. Drain, dry and cut the Brussel sprouts in half and then dress with the olive oil.

Warm a grill pan and grill the sprouts for 1 minute to give them good colour. Place in a bowl and keep hot as you grill the rest.

Combine the lemon juice, lemon oil and zest and briefly dress the Brussel sprouts in the bowl when they are piping hot, and then move them onto a hot serving platter.

Garnish with toasted almonds and cheeks of lemon.



HEALTHYFOOD  
STUDIO



## Oils, nuts and seeds

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Plant oils, nuts and seeds are good sources of healthy (unsaturated) fats, which are beneficial for heart health. Guidelines recommend choosing unsaturated fats over saturated (animal) fats.



## Oils, nuts and seeds

### Oils

Olive, canola and avocado oils are included on the HealthyFood benefit.

#### AVOCADO OIL

Avocado Oil  
Avocado Oil Chilli  
Avocado Oil Garlic Infused  
Avocado Oil Lemon Infused  
Avocado Oil Organic

#### CANOLA OIL

Canola Oil  
Canola Olive Blend

#### OLIVE OIL

Anysbos Extra Virgin Olive Oil  
Babylonstoren Extra Virgin Olive Oil  
Castillo Arbqna EVOO  
Chilli Infused Olive Oil  
Cooking Olive Oil  
Costa Extra Virgin Olive Oil  
Costas Artisanano Olive Oil  
De Rustica Frantoio Olive Oil  
Delicate Intensity Extra Virgin Olive Oil  
Directors' Reserve Extra Virgin Olive Oil  
Eden Estate Olive Oil  
Estate Blend Extra Virgin Olive Oil  
Extra Virgin Olive Oil Basil Infused  
Extra Virgin Olive Oil Garlic Infused  
Extra Virgin Olive Oil Lemon Infused  
Extra Virgin Olive Oil Sachets  
Extra Virgin Olive Oil Truffle Infused  
Frantoia EVOO Monocu

Gabrielskloof EVOO  
Garlic Thyme Infused Olive Oil  
Greek Extra Virgin Olive Oil  
Greenleaf Extra Virgin Olive Oil  
Intense Intensity Extra Virgin Olive Oil  
Italian Estate Directors Reserve  
Italian Extra Virgin Olive Oil  
Kransfontein EVOO  
Limited Edition EVOO  
Marbrin Chilli Infused Oil  
Marbrin EVOO  
Mardouw EVOO  
Mediterranean Olive Oil  
Medium Intensity Extra Virgin Olive Oil  
Morgenster Don Carlo Olive Oil  
Morgenster Extra Virgin Olive Oil  
Morgenster Monte Marcello  
Moria Elea Manaki Olive Oil  
Mount Ceder EVOO  
Nocellara EVOO Monoc  
Oakhurst Extra Virgin Olive Oil  
Olitalia EVOO  
Olive Oil Parmesan Infused  
Olive Oil Smoked Chilli Infused  
Olive Oil Thyme Infused  
Olyfberg Extra Virgin Olive Oil  
Organic Extra Virgin Olive Oil  
Organic Italian EVOO



## Oils, nuts and seeds

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### OLIVE OIL

OSA Olive Oil Cold Press  
Porterville Andante EVOO  
Prince Albert Extra Virgin Olive Oil  
Pure Olive Oil  
Rio Largo EVOO  
Riviera Liguiria Oil  
SA Extra Virgin Olive Oil  
Serrado EVOO  
Shed Frant Olive Oil  
Southern Right Extra Virgin Oil  
Spanish Extra Virgin Olive Oil  
Tokara Estate Premium EVOO  
Tokara Extra Virgin Olive Oil  
Tokara Frantoio EVOO  
Tokara Mission EVOO  
Tokara Multi Varietal EVOO  
Trio of Infused Oils  
Ubuntu Extra Virgin Olive Oil  
Vesuvio Extra Virgin Olive Oil  
Vigne D'or Extra Virgin Olive Oil  
Virgin Olive Oil  
Wildekrans EVOO  
Willow Creek EVOO Squeeze  
Willow Creek Olive Oil  
Zoetigheid Extra Virgin Olive Oil

### SPRAYS

Cook n Bake Olive Oil Spray  
Extra Virgin Olive Oil Spray  
Olive Oil Spray  
Willow Creek Estate Blend EVOO Spray

 Oils, nuts and seeds

### Nuts

All plain, raw, unsalted nuts are included on the HealthyFood benefit. Nuts that are salted, seasoned or roasted in oil are not included.

#### ALMONDS

Almond Blanched  
Almond Pieces  
Almond Sprinkles  
Almonds Flaked Raw  
Almonds Ground  
Almonds Organic  
Almonds Raw  
Almonds Slivered  
Almonds Unsalted  
Almonds Whole Blanched

#### BRAZIL NUTS

Brazil Nuts Raw

#### CASHEW NUTS

Cashew Pieces  
Cashew Unsalted  
Cashews Organic  
Cashews Raw

#### CHESTNUTS

Chestnuts

#### HAZEL NUTS

Hazel Nuts Blanched  
Hazelnuts Raw

#### MACADAMIA NUTS

Macadamia Pieces Raw  
Macadamia Raw

#### MIXED NUTS

Assorted Nuts Raw  
Luxury Assorted Raw Nuts

#### PECAN NUTS

Pecan Nuts Raw  
Pecan Pieces Raw  
Pecans Raw Shelled  
Pecans (Mammoth) Raw

#### PINE NUTS

Pine Kernel  
Pine Nuts Raw

#### PISTACHIO NUTS

Pistachio Nuts Shelled Raw  
Pistachio Raw

#### WALNUTS

Walnuts Raw



## Oils, nuts and seeds

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### Seeds

All plain, raw, unsalted seeds are included on the HealthyFood benefit. Seeds that are salted, seasoned or roasted in oil are not included.

#### **CHIA SEEDS**

Chia Seeds

#### **HEMP SEEDS**

Hemp Hearts

#### **LINSEED**

Linseeds

#### **MIXED SEEDS**

Breakfast Seed Mix

Chai, Hemp Seed Mix with Sunflower and Linseed

Miracle Omega Seed Mix

Seed Mix

#### **POPPY SEEDS**

Blue Poppy Seeds

Poppy Seeds

#### **PUMPKIN SEEDS**

Pumpkin Green Seeds

Pumpkin Seeds

#### **SESAME SEEDS**

Sesame Seeds

Sesame Seeds Black

Sesame Seeds White

#### **SUNFLOWER SEEDS**

Sunflower Seeds

### Nut Butters

All unsweetened, no added sugar or salt peanut and nut butters are included on the HealthyFood benefit.

Almond Nut Butter

Black Cat Smooth Peanut Butter No added Salt and Sugar

Cashew Nut Butter

Crunchy No Added Salt and Sugar Peanut Butter

Essentials Peanut Butter Sugar and Salt Free

Macadamia Nut Butter

No added Salt and Sugar Peanut Butter

Organic Peanut Butter Crunchy

Organic Peanut Butter Smooth

Tahini Butter



The product selection process for Discovery Vitality HealthyFood is constantly under review and updated according to scientific and industry developments. Products listed in this catalogue are subject to seasonal and supplier availability and may only be available at certain Woolworths stores. The information in this catalogue is based on clinically sound principles and up-to-date, internationally-accepted dietary guidelines. No collaborations were formed with suppliers or manufacturers and items were chosen on the evidence-based criteria, independently of the brand they represent. Any person using information in this catalogue does so at his or her own risk and waives any right to action against the Discovery Group of companies (Discovery) or Woolworths. Such a person indemnifies Discovery, Woolworths, and their employees, agents, subcontractors and suppliers against any claims for loss, damage to person or property, injury, liabilities, claims, sickness or death that may result from the use of or reliance on such information or from any other cause whatsoever suffered either by such person or by any third party.

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