

FREE FOODS

Free Food Vegetables

- Alfalfa Sprouts
- Artichoke Hearts (fresh or in brine)
- Asian greens
- Asparagus
- Bamboo shoots
- Bean Sprouts
- Broccoli
- Brussel Sprouts
- Cabbage
- Capsicum
- Carrot
- Cauliflower
- Celeriac
- Celery
- Chinese Veg Mix
- Chili
- Choko
- Cucumber
- Dill pickles
- Eggplant
- Fennel
- Garlic
- Ginger
- Green beans
- Kale
- Leeks
- Lettuce
- Mushrooms
- Onion
- Peas / Snow peas
- Pumpkin
- Radish
- Silver beet

Free Food Fruits

- Blueberries/ Blackberries (fresh/frozen)
- Lemon/Lime
- Passionfruit
- Raspberries (fresh/frozen)
- Rhubarb
- Strawberries (fresh/frozen)



Free Food Drinks

- Water
- Sparkling mineral water
- Fruit infused water
- Plain mineral water
- Soda water*
- Herbal teas
- Vegetable juice
- Miso*
- Tomato juice
- Soup made from free vegetables
- Tea or coffee with a dash of milk

** Enjoy sparingly, being mindful to not over-consume on sodium*

Free Food Condiments

- Pepper
- Herbs
- Spices
- Horseradish
- Worcestershire sauce *
- Low-sodium soy sauce *
- Balsamic vinegar
- Vinegar
- Sweet pickles
- Mustard

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View our dietician-approved Free Food recipe ideas:
healthyweightforlife.com.au/recipes/free-foods/



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