

WOOLWORTHS



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Discovery

Vitality

# WOOLWORTHS HealthyFood Catalogue





# Vitality's nutrition principles encompass both local and global dietary guidelines:





# About the **Vitality Indicator**



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

**Receive rewards on items marked with the indicator.**

**Note:** The qualifying foods outlined in the HealthyFood catalogue take precedence over the information provided on the partners' websites, in-store shelf labels and your payment receipts.



# How to use this catalogue

Use this catalogue as your guide to make HealthyFood choices when shopping at Woolworths. The products selected represent the healthiest choices within each food group and form part of a healthy and balanced diet. Products not included in the catalogue may still fit into a healthy diet based on your individual needs.

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

**The Vitality HealthyFood benefit is made up of thousands of products that are divided into six main categories:**

**01** Fruit and vegetables

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**02** Whole grains and high-fibre starchy foods

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**03** Animal protein

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**04** Dairy

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**05** Legumes

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**06** Oils, nuts and seeds





# 01 | Fruit and vegetables

Fruit and vegetables are nutrient-dense, providing vitamins and minerals, fibre, phytochemicals and antioxidants, essential for good health and to prevent disease. Eat plenty of fruit and vegetables, at least 4 or 5 servings per day.

## FRESH AND FROZEN FRUIT, VEGETABLES AND HERBS

All fresh, frozen, raw, whole, chopped, sliced, unseasoned, unflavoured fruit, vegetables and herbs (including potted herbs) are included in the HealthyFood benefit.

## DRIED VEGETABLES AND HERBS

With no added salt, seasoning or flavouring are included in the HealthyFood benefit.

## TINNED VEGETABLES

Tinned tomatoes in juice with no added salt and sugar are included in the HealthyFood benefit.

- Woolworths Food Choice Grade Peeled & Diced Tomatoes
- Woolworths Food Diced Tomatoes
- Woolworths Food Organic Italian Whole Peeled Tomatoes
- Woolworths Food Choice Grade Tomato Purée
- Woolworths Food Organic Italian Tomato Purée
- Woolworths Food Tomato Purée Autentico ITALIA
- Woolworths Food Tomato Paste Autentico ITALIA

*\* Dried and canned fruit are excluded from the HealthyFood benefit.*

*\* Fruit, vegetables and herbs with added spices, seasoning, flavouring, fat, oil or sauces are excluded from the HealthyFood benefit*



# Recipe | Romesco Sauce

## INGREDIENTS

### YIELD: ABOUT 2 CUPS

- 2 large red pepper roasted, peeled, seeds and membranes removed
- 4 large Roma tomatoes
- 2 thick slices brown bread, lightly toasted
- 2 large garlic cloves, peeled
- ½ cup toasted unsalted almonds,
- 1 teaspoon red pepper flake,
- 1 tablespoon chopped fresh Italian parsley
- 1 teaspoon Spanish smoked paprika
- Pinch of Salt
- Freshly ground pepper to taste
- 2 tablespoon sherry vinegar
- ½ cup extra virgin olive oil, as needed
- ½ cup toasted unsalted almonds,

## INSTRUCTION

Preheat the oven to 230°C. Place the tomatoes on the baking sheet, and roast for two to four minutes, until charred on one side. Turnover and char the other side for two to four min. Remove from the heat, transfer to a bowl and allow to cool. Peel and core.

Turn on a food processor fitted with the steel blade and drop in the roasted red peppers and garlic cloves. Blend, stop the machine and scrape down the sides. Add the toasted almonds, bread, red chili flakes to the bowl and process to a paste.

Scrape down the sides of the bowl and add the pepper, tomatoes, parsley, paprika, salt and pepper. Process until smooth, and with the machine running, add the vinegar and olive oil in a slow stream, beginning with the smaller amount of olive oil and thinning out as desired. Process well, then scrape into a ceramic bowl.

This rich and spicy sauce can be served with chargrilled ostrich, chicken kebabs and grilled fish.

**SERVINGS:** 12

**PREPARATION TIME:** 30 minutes

**COOKING TIME:** 15 minutes

30 minutes, plus at least 1 hour letting sauce stand







## 02 | Whole grains and high-fibre starchy foods

Whole grains and high-fibre starchy foods are a good source of energy and the main source of a range of nutrients in our diet. The benefits of these foods include feeding good gut bacteria, slowing digestion and lowering cholesterol, which reduces risk of chronic disease.

Whole grains and high-fibre starchy foods low in salt, sugar and saturated fat are included in the HealthyFood benefit.





## WHOLE GRAINS

- Barley
- Brown, black and wild rice
- Buckwheat
- Bulgar wheat
- Oats (raw, rolled, instant, oat bran)
- Popcorn kernels
- Quinoa
- Sorghum

*\* Whole grains with added seasoning, flavourings, cooked or ready to eat are excluded from the HealthyFood benefit.*

## SELECTED HIGH-FIBRE STARCHY FOODS

which meet all of the nutrient cut off values below for fibre, sodium, sugar and saturated fat per 100g;

- 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, crackers and other carbohydrate foods 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** (wholewheat or high fibre pasta and noodles, wholewheat couscous, maize, samp, braaipap): no more than 600mg sodium per 100g

## BREADS

- Woolworths Brown Seeded Rolls
- Woolworths Food Brown Sandwich Bread Thins 8 Slices
- Woolworths Food Cape Seed Bread
- Woolworths Food Crushed Wheat Sourdough Bread
- Woolworths Food Free From Gluten Seeded Rolls
- Woolworths Food High Fibre White Bread
- Woolworths Food High Fibre Wholewheat Brown Bread
- Woolworths Food Multiseed and Oats Sandwich Thins 8 Slices
- Woolworths Food Multiseed Bread
- Woolworths Food Seeded Wholewheat Brown Bread
- Woolworths Food Soft Rye Bread
- Woolworths Food Tante Anna Crushed Wholewheat Brown Bread
- Woolworths Food Thick Slice Brown Bread
- Woolworths Food White Sandwich Thins 8 Slices



## CEREALS

- Bokomo Weet-Bix Wholegrain Wheat Biscuits
- Taystee Wheat

## COUSCOUS

- Woolworths Food Wholewheat Couscous

## CRACKERS

- Bakers Provita Rye Toast Crackerbread
- Free From Gluten Chickpea, Lentil, Pea Cracker-bread
- RYVITA Light Rye Crispbread
- Woolworths Food Carrot, Quinoa and Sesame Seed Popped Cracker Cakes
- Woolworths Food Chia, Quinoa and Sesame White Corn Cakes
- Woolworths Food Multigrain Rice Cakes
- Woolworths Food Oat and Sesame Rice Cakes
- Woolworths Food Thins Multiseed Rice Cakes

## PASTA AND NOODLES

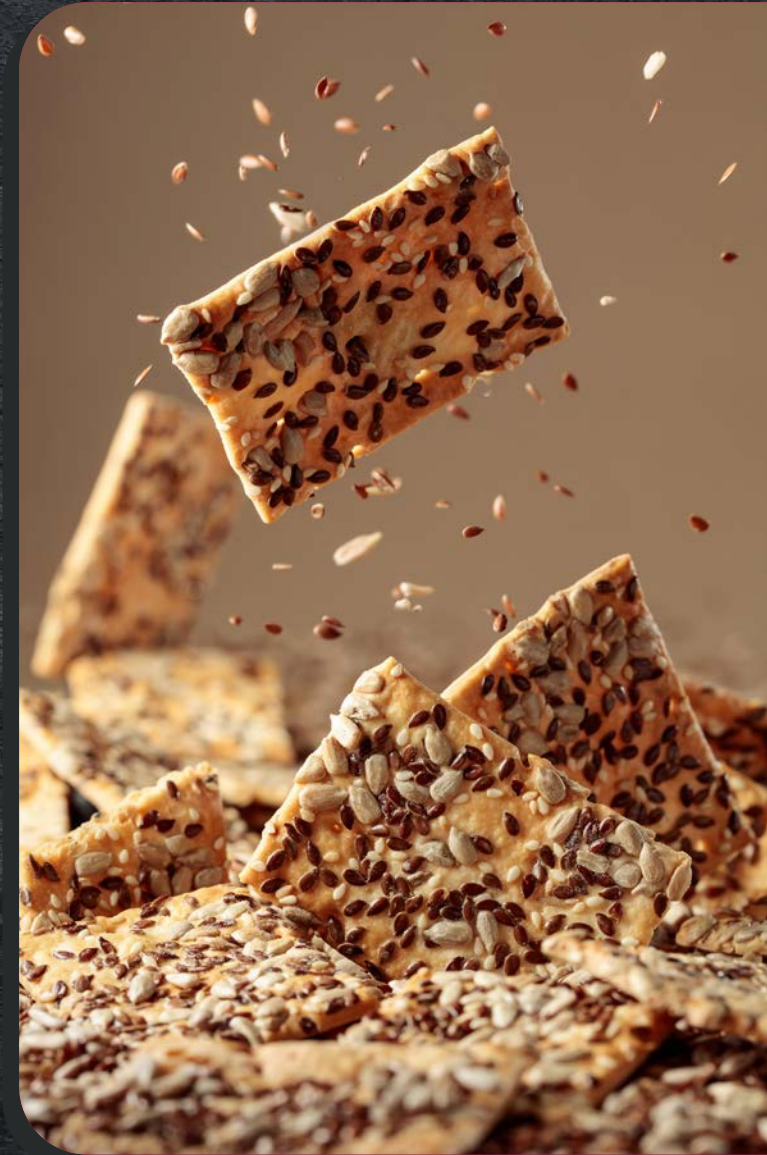
- Kids™ Alphabet-Shaped Pasta
- Woolworths Asian Medium Wholewheat Noodles
- Woolworths Food Whole Wheat Fusilli
- Woolworths Food Chickpea Pasta
- Woolworths Food Organic Spelt Fusili
- Woolworths Food Organic Whole Wheat Penne Rigate
- Woolworths Food Organic Whole Wheat Linguine
- Woolworths Food Whole Wheat Fusilli
- Woolworths Food Whole Wheat Linguine
- Woolworths Food Whole Wheat Penne
- Woolworths Food Whole Wheat Spaghetti

## POLENTA

- Woolworths Food Polenta

## WHITE RICE

- Tastic Basmati Long Grain White Rice







## Recipe | Tomato and bulgur wheat salad

### INGREDIENTS

#### FOR THE SALAD

- 3 whole red and yellow peppers
- 8 tomatoes, halved
- ¼ cup olive oil
- 2 cloves cracked garlic
- 2 sprigs of thyme
- 1 tablespoon Woolworths harissa spice (or paprika)
- sea salt and freshly ground black pepper, to taste
- 150 g Woolworths bulgur wheat, uncooked
- 1 large red onion, thinly sliced
- fresh herbs, to garnish

#### FOR DRESSING, BLEND:

- 3 baby spring onions, chopped
- 1 clove garlic
- ½ lemon, juiced
- 3 tablespoon olive oil
- 20 g soft herbs (such as mint, basil or parsley), chopped
- sea salt and freshly ground black pepper, to taste
- 2 – 3 tablespoons water

### METHOD

Preheat the oven to 200 degrees and line a baking sheet with aluminum foil.

Bring 2 cups salted water to the boil, add the bulgur wheat and cook for 8–10 minutes until tender, then drain to cool.

Place the halved tomatoes on the lined baking sheet and drizzle with a little olive oil, add the cracked garlic cloves, thyme, salt and pepper. Roast until there are no more juices in the baking sheet and tomatoes have a beautiful color.

Heat a cast iron grill pan on the stove over a medium to high heat, drizzle the peppers with a little olive oil and place in the grill pan in a single layer. Make sure to create beautifully chargrilled lines, this adds great flavour. If you are braaiing, once the coals have started to form, place the whole peppers and the halved tomatoes on the grid to slowly scorch and char, until blackened – don't be alarmed this adds flavour. They should just give when moved with the tongs but not collapse completely.

Mix the olive oil and harissa spice. Place the warm tomatoes in a large bowl and pour over the oil mixture and marinate while you complete the salad. Place the peppers in a Ziploc bag and seal. Sweat for 10 minutes, then peel off the skin and remove the stem and seeds. Add the peppers to the tomatoes and toss.

Blend the dressing ingredients, adding water to loosen and season to taste.

Add the bulgur wheat to the tomatoes and peppers, toss and serve topped with red onion and the dressing on the side. Garnish with fresh herbs.

**SERVINGS:** 6

**PREPARATION TIME:** 20 minutes

**COOKING TIME:** 20 minutes





## 03 | Animal Protein

Animal products contain high-quality proteins and micronutrients such as vitamin A and B, iron and zinc. Include a variety of protein foods that are nutrient-dense and lower in saturated fat into your diet.





## FRESH CHICKEN

Fresh, skinless, uncooked, unflavoured, unseasoned and non-smoked chicken are included in the HealthyFood benefit.

*\* Chicken mince and frozen chicken have been excluded from the HealthyFood benefit.*

## EGGS

All fresh, uncooked eggs, including liquid eggs, are included in the HealthyFood benefit.

## FRESH AND FROZEN FISH AND SEAFOOD

All fresh, frozen, uncooked, unflavoured, unseasoned, non-smoked fresh and frozen fish and seafood are included in the HealthyFood benefit.

## TINNED FISH AND SEAFOOD

Fish and seafood tinned in brine, water, olive, canola oil and non-smoked (including tuna) are included in the HealthyFood benefit.

Tinned omega 3 rich fish in brine, water, oil, tomato or chilli and non-smoked (Salmon, Sardine, Pilchard, Mackerel) are included in the HealthyFood benefit.

*\* Tinned tuna in vegetable oil is excluded from the HealthyFood benefit.*

## FRESH AND FROZEN OSTRICH AND VENISON

Fresh, frozen, uncooked, unflavoured and unseasoned (includes mince) are included in the HealthyFood benefit.

*\* All protein products in sauces, batters, crumbs, in pre-prepared meals, smoked, salted, pickled, cooked or processed are excluded from the HealthyFood benefit.*





# Recipe | Pan Grilled Ostrich Fillet

## INGREDIENTS

4 Ostrich Fillet (180g each)  
3 tablespoons Olive oil  
Grinded coarse salt  
Grinded black pepper

## METHOD

Rub the fillet with olive oil and season both sides with salt and pepper.

Heat a cast-iron skillet over a high setting.

When hot add the fillet and char on one side.

Turn the fillet with tongs and sear the second side of the fillet.

Turn the heat to medium and cook for another 2 minutes per side until you have reached the desired temperature.

Rest meat in foil before serving.

**SERVINGS:** 4

**PREPARATION TIME:** 7 minutes

**COOKING TIME:** 8 - 10 minutes





## 04 | Dairy

Dairy products are great because they provide good protein, vitamins, and minerals. They also have calcium, which is important for keeping our bones strong and healthy. Include dairy daily.



## COTTAGE CHEESE

**Fat free**, plain, unflavoured, smooth and chunky cottage cheese products are included in the HealthyFood benefit.

## MILK

**Fat free** and unflavoured milk (fresh, long life) are included in the HealthyFood benefit.

## SOYA MILK

**Unsweetened** and unflavoured soya milk (fresh, long life) are included in the HealthyFood benefit.

## YOGHURT

**Fat free**, unflavoured and unsweetened yoghurt are included in the HealthyFood benefit







# Recipe | Thai pumpkin soup with lemongrass, leeks and ginger, dressed in coriander yoghurt sauce

## INGREDIENTS

### SOUP

- 1 tablespoon canola oil
- 2 leeks, chopped
- 2 garlic cloves, minced
- 1 teaspoon freshly grated ginger
- 1 lemongrass stalk, bruised
- 3 tablespoons Thai red curry paste
- 1 kg pumpkin
- 2 cups low-sodium vegetable broth
- 1/3 cup fat free plain yoghurt
- 1 cup fat free milk
- 2 tablespoons lime juice
- Salt

### CORIANDER YOGHURT SAUCE

- Coriander
- Fat free plain yoghurt
- Lemon juice
- Salt
- Pepper

## INSTRUCTIONS

- Heat the oil over medium heat in a large pot.
- Add the leeks and sauté for 5 minutes.
- Add the garlic, ginger, lemongrass and curry paste and cook for 3 minutes.
- Add the pumpkin and broth, stirring to incorporate, then season with salt and bring to a boil.
- Reduce the heat to low and simmer for 20 minutes.
- Stir in the yoghurt, milk and lime juice and let it cool for 10 minutes.
- Transfer the soup to a blender and pureé until smooth.
- To make the coriander sauce, put the coriander, yoghurt, lemon juice, salt and pepper in a blender and pulse until smooth.
- Return the soup to the saucepan to reheat.

**SERVINGS:** 8

**PREPARATION TIME:** 15 minutes

**COOKING TIME:** 35 minutes





## 05 | Legumes

Legumes, like beans and lentils, are rich in protein, fibre, vitamins, and minerals. They're free from saturated fats, helping protect against chronic diseases. Eat them often to stay healthy.





## LEGUME BEANS

Beans dried, tinned or bottled in brine or water are included in the HealthyFood benefit.

- Black beans
- Borlotti beans
- Butter beans
- Cannellini beans
- Kidney beans
- Red speckled beans
- Soup mix

## LEGUME PEAS

Peas dried, tinned or bottled in brine or water are included in the HealthyFood benefit.

- Chickpeas
- Split peas

## LENTILS

Lentils dried, tinned or bottled in brine or water are included in the HealthyFood benefit.

## SOYA

Fresh, plain, unflavoured and unseasoned tofu are included in the HealthyFood benefit.

- Morinaga Mori-nu Firm Tofu
- Morinaga Mori-nu Silken Extra Firm Tofu
- PlantLove™ Paneer
- PlantLove™ Tempeh
- PlantLove™ Tofu

*\* All texturised or processed soya products, such as burgers, bites and sausages, are excluded from the HealthyFood benefit.*





# Recipe | Moroccan Couscous with Roasted Vegetables, Chickpeas and Almonds

## INGREDIENTS

- 1 large red bell pepper, cored and diced
- 2 medium carrots, halved through length and sliced thinly
- 1 small red onion, diced into 1-cm chunks
- 1 medium baby marrow, halved through the length and sliced
- 4 tablespoons olive oil, divided
- 2 tablespoons fresh lemon juice
- 2 cloves minced garlic (2 cloves)
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon ground cinnamon
- Salt
- 1/3 cups dry wholewheat couscous
- 400ml fresh liquid vegetable or chicken broth
- 1/2 tsp turmeric
- 1/4 cup fresh dates diced
- 1 can chickpeas, drained and rinsed
- 1/4 cup unsalted slivered almonds, toasted.
- 3 tablespoons minced fresh coriander
- 2 tablespoons minced fresh mint

## METHOD

Preheat oven to 180 degrees. Place bell pepper, carrots, onions and baby marrow on baking sheet.

Drizzle with 1 tablespoon olive oil and season with salt and toss to evenly coat.

Roast in preheated oven about 15 minutes until tender, tossing once halfway through roasting.

When vegetables are ready place under the grill for about 1 to 2 minutes to add a light char.

While vegetables are roasting, in a small mixing bowl whisk together remaining 3 tablespoons olive oil, lemon juice, garlic, cumin, coriander, cinnamon and season with 1/4 teaspoon salt, set aside.

Bring chicken broth, 1/2 teaspoon salt and turmeric to a boil. Place couscous in a large mixing bowl, pour hot broth over couscous and stir, cover bowl with plastic wrap and let rest for 5 minutes.

Add roasted vegetables, dates, chickpeas, almonds, coriander, mint and lemon mixture to couscous and toss to evenly coat. Serve warm.

**SERVINGS:** 7

**PREPARATION TIME:** 10 minutes

**COOKING TIME:** 22 minutes





## 06 | Oils, nuts and seeds

Plant oils, nuts, and seeds have healthy fats that are good for you. Swapping out saturated fats for these healthy unsaturated ones can help lower your risk of heart disease. Just remember to eat them in moderation.





## NUTS

Raw, plain, unsalted and unflavoured nuts are included in the HealthyFood benefit.

- Almonds
- Brazil
- Cashew
- Hazel
- Macadamia
- Mixed Nuts
- Peanuts
- Pecan
- Pine
- Pistachio
- Walnuts

## SEEDS

Raw, plain, unsalted, unflavoured seeds are included in the HealthyFood benefit.

- Chia
- Hemp
- Linseed
- Mixed
- Poppy
- Pumpkin
- Sesame
- Sunflower Seeds

*\* Nuts and seeds that are salted, seasoned or roasted in oil are excluded from the HealthyFood benefit.*

## OILS

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

## OIL SPRAYS

- Willow Creek Estate Blend Extra Virgin Olive Oil Spray
- Woolworths Food Extra Virgin Olive Oil Spray

## NUT BUTTERS

Nut butters that are unsweetened with no added sugar and salt are included in the HealthyFood benefit.

- Black Cat No Added Sugar and Salt Smooth Peanut Butter
- Woolworths Food Almond Nut Butter
- Woolworths Food Cashew Nut Butter
- Woolworths Food Macadamia Nut Butter
- Woolworths Food Crunchy No Sugar and Salt Peanut Butter
- Woolworths Food No Added Salt and Sugar Peanut Butter
- Woolworths Food Organic Crunchy Peanut Butter





# Choose Woolworths to start earning **HealthyFood** rewards.

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. Discover cause whatsoever suffered either by such person or by any third party.

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