

DECEMBER

# In store this month

Try some of the more unusual fruit and veg in season this month - and check out the latest healthy products on the shelves.



## YOU SAY TOMATO, I SAY SOLANATO

Remember the days when tomatoes tasted sweet? They're back! Look out for the Sweet Solanato, now available exclusively at Woolworths. Bright red Sweet Solanato tomatoes are the size and shape of a grape, with a pointy tip. They actually have the highest 'sweet' measurement of any tomatoes! Try eating them on their own, add them to your favourite salad, or serve them on a platter with cheese and dips - delish!



## Say cheese!

Dry Ricotta, otherwise known as ricotta salata, is a good choice if you're trying to control your salt intake. It has a mild, sweet flavour with a slightly salty tang. It has almost a third of the sodium of parmesan (about 40mg compared to 115mg per tablespoon) - so try grating it onto pasta, soups or into salads.



## Grab it & go!

Up&Go Breakfast Yoghurt has the same protein, energy and dietary fibre as 2 Weet-Bix and milk, just like their drinks. Available in a 200g 'squeeze pack,' it's a new way to have brekkie when short on time. Available in vanilla and strawberry.

## Ingenious!

One of the most common kitchen tools has been 'reinvented' as one smart utensil. The Savannah One-Hand Smart Tongs have silicone heat resistant tips that are shaped so they can grip even the most slippery food, such as spaghetti. One tip is dished, like a spoon, so is ideal for basting whereas the other is slotted and therefore perfect for serving, and draining, foods such as olives. They even have an integrated 'foot' to sit on to prevent bench mess. Savannah One-Hand Smart Tongs, \$24.95, are available nationally. For stockists, call 1800 650 601.



## Healthy lunchbox ideas



### Chewy snack

Feeling peckish? There are new Special K snack bars on shelves. Available in two flavours - almond and apricot and cashew and mixed berry. With 490kJ, 2.0-2.7g fibre and 30-33mg sodium per bar.



### Fruity treat for the kids

Be Natural Wholegrain Lunchbox Bars are made from wholegrains, puffed rice and fruit. There are two new flavours: Amazing Apple and Bouncing Berry. 320-330kJ, 2.0-2.3g fibre and 19-24g sodium per bar.



### Wrap it up

Sick of the same old sandwich? Try Australia's Own organic oat, rye and linseed wraps. They're made with organic wheat flour and grains and are a high-fibre alternative to regular bread - perfect for lunchboxes! [hfg](http://hfg.com.au)



## Boom-cha-cha!

Ever tried an Achacha!? Pronounced 'Ahhh-cha-cha' this tasty, zesty fruit hails from Bolivia (its name translates as 'honey kiss'). They're a rich source of potassium and vitamin C and are available between now and mid-March. Why not try adding it to a fruit salad or dessert this summer?



Products selected by HFG dietitian Zoe Wilson based on nutritional merit.