

**Heart and Stroke Foundation SA**  
**Poor, Better, Best Foods**



**THE HEART  
AND STROKE  
FOUNDATION  
SOUTH AFRICA**

<b>Poor</b>	<b>Better</b>	<b>Best</b>
All packet chips	Pretzels	Popcorn
	Baked snacks	
	Caramel popcorn	
Big chocolates	Bite-sized chocolates	Peanuts & raisins
Toffee	Jungle bar	Trail mix
Fudge	Snacker	Dried fruit
Dried sausage	Bubblegum	Nuts
	Sweets	
	Biltong/Meat Sticks	
	Mebos	
	Peanut Brittle	
Fizzy drinks	Diet drinks	
Energy drinks	Flavoured water	Still/sparkling water
Hot chocolate	Low fat/ lite hot chocolate	Yoghurt drinks
	Iced tea	Lite Iced Tea
	Juice nectar/blend	100% pure fruit juice
	Low fat milk drinks	
Ice cream		Frozen yoghurt
Ice lollies/Suckers		100% frozen juice sachets
Flavoured ice sachets/ "Bompies"		Yoghurt
		Fruit salad
Doughnuts		
Cup cakes / biscuits	W/w Scones	
Muffins	Bran or Health muffins	
Samoosas	Mini pizza	Whole-wheat pita bases for pizzas
Pies	White bread	W/w/ brown bread
Sausage rolls	Hot dog – chicken Vienna	Lean cuts cold meat filling
Corn dogs	100% beef burger	Grilled/oven baked chicken burger
Hot dogs	Yellow cheese filling	Low fat cheese e.g. cottage cheese or mozzarella & tomato
Boerewors rolls	Bacon & L/fat mayo filling	Lean ham/ Egg/ Chicken/ Tuna & L/fat mayo filling
Hot chips	White pita bread/ Roti	W/w pita bread or roti
		Salad accompaniments
		Oven baked chips
		Vegetable Soups

