



Our dietitian selects the best products

The products below are kilojoule-friendly and inherently healthy, but be mindful of their total energy, and keep an eye out for added fat and sodium. All of the values below are based on 100g serves.

SOYCO THAI TOFU



Energy: 730kJ
Protein: 18g;
Fat: 9.5g
Sat Fat: 1.2g
\$3.95



Made with healthy sunflower oil, this flavoured tofu can be eaten either hot or cold. There are several different flavours of firm tofu, as well as a plain variety.

NUTRISOY ORGANIC TEMPEH



Energy: 590kJ
Protein: 15g;
Fat: 4.7g;
Sat Fat: 0.6g
\$5.06



Tempeh is low in energy and high in fibre. With a meatlike texture, it's easy to use in stews, stir-fries and casseroles.

SANITARIUM BBQ SAUSAGES



Energy: 851g
Protein: 22.7g; Fat:
8.2g; Sat Fat: 0.8g
\$5.30



These cholesterol-free sausages are high in protein, iron, vitamin B12 and zinc. They also contain the highest amount of protein of the products reviewed here.

QUORN MINCE



Energy: 434kJ
Protein: 15.9g
Fat: 1.6g
Sat Fat: 0.5g
\$6.44



Quorn mince is low in both fat and sodium and contains no artificial colours, flavours or preservatives. It also carries the Heart Foundation Tick.

SANITARIUM VEGIE DELIGHT THAI SWEET CHILLI LIME BURGERS



Energy: 730kJ
Protein: 10.3g
Fat: 9.1g; Sat Fat: 2.6g
\$6.41



Made with real veggies, these burgers are fortified with iron and vitamin B12 – two essential nutrients that vegetarians often miss out on. They are also cholesterol free and high in zinc.

QUORN DIPPERS



Energy: 696kJ
Protein: 10.9g
Fat: 8.1g; Sat Fat: 0.9g
\$6.41



Dippers are a chicken nugget substitute wrapped in a golden crispy batter. They are great for snacks and meals, and contain no artificial colours or preservatives. Great for kids – of all ages! **hfg**

