

RICEPLUS

Rice just got better...

Prevention
EAT CLEAN
2013
THE 100 BEST PACKAGED FOODS

Introducing the healthiest (tastiest) options on the market! Dietitian Tara Dierci has read the fine print—so all you have to do is enjoy.

Supermarket shopping these days can be about as tricky as foraging for food in the wild. Sure, you're not dealing with poisonous mushrooms or trying to spear fish, but the endless options on supermarket shelves and endless claims can make it tough to tell what's actually healthy. How can organic tomato sauce have so much sodium? And is that really still hiding in your butter? An added benefit often think you'd need a degree to decide all the fine print on food labels. That's why we've done all the hard work for you with the Clean List—award-winning, best, healthiest and tagged foods on the market.

So, what do we mean by 'clean'?
The essential products that make our list have:

- Less processed ingredients
- Fewer ingredients
- No artificial sweeteners
- No artificial flavours
- Low sugar content
- High fibre content
- Are generally made with organic (GMO) ingredients

And of course they had to be delicious. We spent hours talking, tasting and investigating to reveal the 100 of our options, all conveniently listed for your shopping pleasure!

Breads & bread substitutes

Go against the grain with gluten-free or high-fibre options

001 **BSA L FOODS SOY, LAMISSEDA ND CHA COEN TINS**
Cornmeal is a common ingredient that may be genetically modified (GMO), but Real Foods have used non-GMO cornmeal, then added 8 seeds and oils for a healthy 36% of omega-3. A great low-carb alternative to bread or crackers.
Per 75g serve: 199 kJ, 7.3g protein, 0.3g fat (0.1g sat fat), 27g carbs (2.7g sugar), 1.3g fibre, 40mg sodium

002 **VITA-WAT 9 GRAIN**
This is a small focaccia, but instead of spreading through butter and vegetable oils, it's adding cottage cheese or avocado for nutritious snacks.
Per 75g serve: 264 kJ, 20g protein, 2.2g fat (0.3g sat fat), 44g carbs (1.4g sugar), 2.1g fibre, 40mg sodium

003 **VIVANTIC SORLU WRAPS WHOLEGRAIN**
These wraps are thin, but thick enough to fill you up and not break so soon you wrap your food with 40% of the total calories of two slices of bread. They're perfect for lunch or a tortilla for dinner.
Per 75g serve: 209 kJ, 7.3g protein, 0.3g fat (0.1g sat fat), 37g carbs (1.9g sugar), 5.1g fibre, 40mg sodium

004 **COUNTRY LIFE BAKERY COUNTRY GRAIN & COCONUT WHOLE GRAIN**
High in fibre, low in sugar and low in wheat. It's a high-protein bread with a total of fewer kilojoules than other 'healthy' alternatives.
Per 60g serve: 467 kJ, 10.3g protein, 0.9g fat (0.2g sat fat), 27g carbs (1.9g sugar), 6.3g fibre, 300mg sodium

005 **MAUI CRISPY TARTS WHOLE GRAIN CAKES**
Three of these low-carb, low-sugar and low-fat tartlets (with 80% rye) have around half the kilojoules of a slice of bread. A great snack!
Per 75g serve: 199 kJ, 7.3g protein, 0.4g fat (0.1g sat fat), 14g carbs (0.3g sugar), 0.9g fibre, 30mg sodium

006 **BARON'S FIBRE & WHOLE GRAIN**
Looking for a filling breakfast? This fruit and nut cereal is low in kilojoules to satisfy breakfast cereal, but is higher in protein. Serve with slices of avocado for a dose of good fats in the morning.
Per 60g serve: 199 kJ, 8.3g protein, 4.5g fat (0.5g sat fat), 21g carbs (1.9g sugar), 5g fibre, 27mg sodium

Rice, grains & pasta

Fibre-filled options that make the perfect addition to any meal

007 **RICEPLUS WHOLE GRAIN WHEAT FREE**
The mix of grains and seeds creates a sensational flavour. Bonus? It's also a tiny 20% of the carbs of regular brown rice and has four times the fibre.
Per 100g serve: 1470 kJ, 10.1g protein, 4.6g fat (1g sat fat), 60.9g carbs (11.4g sugar), 11.9g fibre, 5mg sodium

008 **BAKALA WHOLE GRAIN PASTA**
Some wholegrain varieties taste like you're not so used to. This one's higher in fibre but with the texture of traditional pasta. Even the kids love it!
Per 100g serve: 1350 kJ, 9.1g protein, 2.4g fat (0.4g sat fat), 61.4g carbs (2.0g sugar), 8.4g fibre, 0mg sodium

009 **SUNSHINE WHOLE GRAIN PASTA**
Made from lentils, it's vegetable high in soluble fibre and low in carbs and with a texture that's perfect for pasta. They're also super low in kilojoules.
Per 100g serve: 1112 kJ, 11.3g protein, 1.1g fat (0.1g sat fat), 41g carbs (1.9g sugar), 8.7g fibre, 1mg sodium

010 **HICKIE'S PEAS & BARLEY**
Barley's making a resurgence, and no wonder: this whole grain is high in fibre and rich in B vitamins and selenium. Use it instead of rice as a side or to make risotto. Dried only nutty!
Per 100g serve: 1480 kJ, 14.4g protein, 2.2g fat (0.4g sat fat), 30.6g carbs (1.9g sugar), 5.1g fibre, 0mg sodium

Boost your fibre intake and watch the kilos drop. Start by switching from white to wholegrain pasta

007 **RICEPLUS WHOLE GRAINS WHEAT FREE**

The mix of grains and seeds creates a sensational flavour. Bonus? It's also a tiny 20% of the carbs of regular brown rice and has four times the fibre. Per 100g serve: 1470 kJ, 10.1g protein, 4.6g fat (1g sat fat), 60.9g carbs (11.4g sugar), 11.9g fibre, 5mg sodium

Editorial Diabetic Living

"One of the biggest challenges on a gluten-free diet is getting enough wholegrains, which have been shown to have many health benefits including reducing the risk of heart disease, diabetes and bowel cancer, and helping with weight management. Rice Plus is a great solution - a combination of brown rice, red and white basmati, black rice, buckwheat, quinoa, millet and black sesame seeds, it makes a nutritious and tasty rice alternative. With over 30% more protein and 60% more fibre than regular brown rice (and even more compared with white rice), this is the ultimate grain food for those on a gluten-free diet. Great in salads, or served with your favourite stir-fry."

Dr Kate Marsh (Dietitian & Nutritionist - Diabetes Educator)

RICEPLUS included in Prevention Magazine Eat Clean 2013 TOP 100 Best Packaged Foods.

The review looked at the healthiest & tastiest options on the market.

RICEPLUS

Rice just got better...

14 on your plate

bodyandsoul.com.au
For more on body-boosting food and ingredients visit bodyandsoul.com.au/nutrition

cooked

When rice is cooked it absorbs water and swells to about three times the volume. To get the calories for cooked rice, divide the calories of uncooked rice by three.

THE RIGHT RICE

All rice is low in sodium and fat and easy to digest, but which types are more nutritious? Judy Davie gives her verdict

Woolworths Home Brand jasmine rice
+ Per 100g (uncooked): 354 cals (1490kJ), 7g protein, 78g carbs, less than 1g fibre.

+ Glycaemic Index: High.
Jasmine rice is light and fluffy and there's a reason you can eat so much of it without feeling full. With the highest GI of all rice, it raises blood-sugar levels so fast you're ready to eat more almost immediately. It only takes 15 to 20 minutes to cook, but with the outer bran layer stripped bare and most of the nutrients gone, it's not a great choice.

Riviana Mahama brown long-grain rice

+ Per 100g (uncooked): 398 cals (1668kJ), 10.2g protein, 81.3g carbs, 8.8g fibre.
+ Glycaemic Index: Low to Medium.
This long-grain, nutty-tasting brown rice is rich in nutrients including fibre, B vitamins, magnesium and protein. It has a lower GI than short-grain brown rice. It takes 30 minutes to cook but the extra nutrients are worth the wait.

Rice Plus
+ Per 100g (uncooked): 351 cals (1470kJ), 10.1g protein, 60.9g carbs, 11.9g fibre.
+ Glycaemic Index: Low.

Combining brown, black, white and red rice with low-GI grains including Barleymax, quinoa and sesame seeds, this has the same amount of calories as regular white rice with a bucketful more nutrients, including antioxidants, minerals, vitamins, resistant starch and fibre. And it only takes 15 minutes to cook.

Tilda steamed brown basmati rice
+ Per 100g (pre-steamed): 138 cals (578kJ), 3.8g protein, 26.7g carbs, 2.3g fibre.
+ Glycaemic Index: Low to Medium.

The health-conscious and time-poor will like this so easily pre-cooked rice. Pre-steamed and packaged with a little rice bran to keep grains separated, it has the nutrients of brown rice, a lower GI than short- or medium-grain brown rice and only takes two minutes in the microwave to cook.

SunRise Doongara Clever Rice
+ Per 100g (uncooked): 351 cals (1470kJ), 7g protein, 78g carbs, less than 1g fibre.
+ Glycaemic Index: Low to Medium.

White rice lovers should consider Doongara rice. Nutritionally it's the same as jasmine rice and takes 15 minutes to cook, but compared with many other types, it's lower GI, which means it's digested slowly, sustains energy levels and keeps you feeling full for longer.

Alter Eco coral red rice
+ Per 100g (uncooked): 334 cals (1406kJ), 8g protein, 74g carbs, 2g fibre.

+ Glycaemic Index: Medium.
Those who want extra nutrients not found in white rice should try coral red, an ancient Thai grain. It has the nutrients of wholegrain rice as well as the antioxidants anthocyanins. It's a sustainably grown product and only takes 15 minutes to cook.

Judy Davie is the founder of The Food Coach, www.thefoodcoach.com.au



body+soul awarded
RICEPLUS
9/10

+ Per 100g (uncooked): 351 cals (1470kJ), 10.1g protein, 60.9g carbs, 11.9g fibre.
+ Glycaemic Index: Low.

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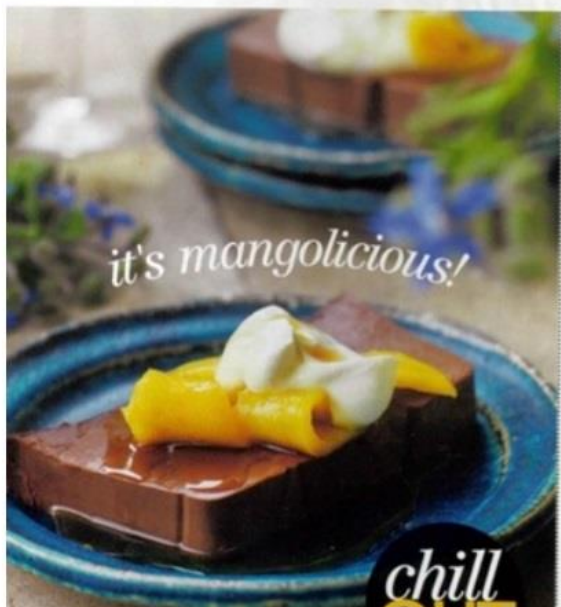
PHOTOGRAPHY: MISHI GARDNER

RICEPLUS

Rice just got better...

smart shopping


it's mangolicious!



chill OUT

BLISSFULLY EASY

Get your fill of mangoes all year 'round with Goulburn Valley Sliced Mango 825g, \$5.09. The fridge pack is perfect for a fruity hit whenever you need it. Spoon it over your favourite desserts and top with a dollop of whipped cream.




clean in style

There's a lot to like about the Method range of cleaning products: they look pretty, they smell great and they're eco-friendly. On top of all that, we've put the products through their paces, and they really work. Our top pick is **Method All-Purpose Natural Surface Cleaner 828ml, \$5.99** – it has a beautiful lavender fragrance.

ROAD test



deputy food editor, **KATRINA WOODMAN**

There's nothing else in the Woolworths rice aisle quite like this Rice Plus 500g, \$5.18. It's a blend of brown, white, red and black rice, along with quinoa, barley max, pearl barley and black sesame seeds. It's a powerful combo that's got four times more fibre than regular brown rice. It has a great nutty flavour and cooks in just 20 minutes. Try it in salads, or let it star as a side for grilled fish such as salmon.



eight in one

one hot wok

Add a splash of red-hot style to your cooking. Woolworths now stocks red Arcosteel woks, frying pans and milk saucepans. They come in at the right price, too, starting from just \$14.95.

 Find it ... in the kitchenware aisle.

Australian Gourmet Traveller Deputy Food Editor, Katrina Woodman road tests RICEPLUS:

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