


SHOPPING LIST

See the reverse side for more information regarding the foodstuffs

BREAD	<p>Choose bread that contains at least 6-7 grams of food fibre per 100 grams, or look for Brødskala'n and choose:</p> 	<p>Good choices: For example, Kindergarten Bread, whole-wheat bread, fibre wholemeal bread, barley bread</p>
CRISPBREAD	<p>Choose a crispbread that contains at least 15 grams of food fibre per 100 grams.</p>	<p>Good choices: Wasa husman , Wasa delikatess, Wasa sport, Ryvita</p>
CORN MIXES	<p>Choose alternatives with little sugar and a lot of fibre. Choose those that have the Keyhole mark.</p> <p>Tip for more variation: Mix oatmeal with another type of corn mix. Serve with fruit and berries.</p>	<p>Good choices: Oatmeal (also large), 4-korn (corn mix breakfast cereal), Good Morning Blueberry</p>
MILK	<p>Extra low-fat milk with Vitamin D added.</p>	
YOGHURT	<p>Choose the most natural as possible containing little sugar (no artificial sweetening).</p>	<p>Good choices: "Mild" or natural yoghurt with the Keyhole mark. Add oatmeal, fruit, berries, nuts or seeds to the yoghurt.</p>
SANDWICH SPREAD/ COLD CUTS	<ul style="list-style-type: none"> • Choose all types of fish as spread, such as mackerel in tomato, peppermackerel, caviar, fish pudding, fish cakes, smoked salmon, sardines, herring, tuna fish • Choose as pure meat as possible or meat cold cuts with less fat, such as ham, rump, turkey fillets, chicken fillets, liver paste (Mills and Vita hjertego'), chicken paste, saveloy, veal roll • Other good choices: Eggs, white cheese, brown cheese, Sprett soft and sweet whey cheese /brown cheese (iron enriched), cream cheeses <p>Tip: Garnish with vegetables, fruit and berries.</p>	
PASTA AND RICE	<p>Buy fibre-rich variants of pasta and rice</p>	<p>Good choices: Whole-wheat pasta, whole-wheat rice and barley rice</p>
FRUIT	<p>All types of fruit. Pineapple, bananas, grapes, apples, peaches, kiwi, clementines, mango, melon, nectarines, papayas, plums, pears</p>	
VEGETABLES	<p>All types of vegetables. Cucumber, asparagus, avocado, cauliflower, broccoli, peas, beans, carrots, green beans, garden peas, culinary herbs, cabbage, Chinese cabbage, red cabbage, white cabbage, onions, leeks, garlic, parsley root, mushrooms, sprouted seeds, squash, stick celery, tomatoes, paprika, sweet paprika, sweet corn</p>	
BERRIES	<p>All types of berries. Blackberries, blueberries, raspberries, strawberries, cloudberrries, redcurrants, blackcurrants, gooseberries, cranberries, red bilberries. Berries can be used for garnishing, in smoothies, and in home-made jam with little sugar</p>	

Look for the Keyhole mark if you are uncertain what to choose!



Tip:

Choose extra low-fat milk with Vitamin D added. Vitamin D is important for the body to absorb calcium so that we build strong bones.

Home-made jam is good, and can be put on the table from time to time. Approximately 2 dl sugar per kilo of berries is suitable.

Yoghurt ("Mild" or natural yoghurt) is a good between-meals snack if you add oatmeal, fruit, berries, nuts or seeds.

Useful addresses:

- www.nfk.no

Nordland County Administration

- www.helsedirektoratet.no

Here you will find Norwegian recommendations for nutrition and physical activity, as well as different publications and materials for use in kindergartens, school, Before and after school care, and much more.

- www.frukt.no

Information Office for Fruit and Vegetables: Here you will find many excellent recipes using fruit and vegetables, as well as information about health and diet, and separate pages for kindergartens.

- www.fiskesprell.no

Here you will find information regarding Fiskesprell, course materials, and tempting recipes.

- www.matportalen.no

Here you will find information from public authorities on healthy and safe food.