



MOVE. WITH US

Nutrition *Resource*

Food Selection Guide

This resource has been developed to assist you in selecting comparable brands for items within your Meal Guide. The listed brands have been calorie matched within an appropriate margin of the Move With Us Food Journal Database. If you are unable to access brands/products in the Comparable Brands table, please use the Product Calorie/Macronutrient Cheat Sheet as a reference when shopping for similar items. Remember, overall calories are most important followed by daily protein intake. With carbs and fats, you can be more flexible.

Food Staples

Any brand may be purchased for these products due to the similarity of nutritional content.

- Plain pasta, GF pasta, white rice, brown rice, white basmati rice, rice noodles
- Fresh meats / poultry / seafood
- Fresh fruits / vegetables
- Canned tuna / legumes / tomatoes
- Cheese
- Eggs
- Milk





Meal Guide

Comparable Brands

Product	Australia	United Kingdom	United States
Protein Pasta	Vetta	Sainsbury's, Morrisons	Barilla Protein+, Banza Penne
Chickpea Pasta	San Remo Pulse Pasta, Barilla	Napolina, Ugo Thrive	Banza, Tolerant
Red Lentil Pasta	Keep It Cleaner, Barilla	Tesco, Napolina	Explore Cuisine, Barilla
Wholemeal Bread	Coles, Woolworths	Hovis, Sainsbury's, Warburtons, Kingsmill	Simple Truth, Nature's Own
Gluten Free Bread	Helga's, Coles	Juvela, Sainsbury's	BFree, Kroger
Bread Rolls (Wholemeal)	Coles, Woolworths	Kingsmill, Morrisons	Pepperidge Farm, Simple Truth
Gluten Free Wraps	Mission	BFree, Genius	UDI's
Wraps (Mixed Grain)	Mission, Helga's	Mission Deli	Mission, 365 Everyday Value
Corn Tortillas	Mission, Woolworths Free From	Old El Paso	Mission, Guerrero
Bagels (Plain)	Coles, Abe's	New York Bakery, Warburtons	Thomas, Sara Lee
Bagels (Gluten Free) (Plain)	Woolworths Free From	New York Bakery, Genius	BFree, UDI's
Rolled Oats	Uncle Tobys, Coles, Woolworths	Morrisons, Quaker	Quaker, Bob's Red Mill
Peanut Butter	Mayver's, Pics, Bega	Whole Earth, Nuts About Nature, Tesco	Jif, Simple Truth
Almond Butter	Macro, Noya	Pip & Nut, Morrisons	MaraNatha, Simple Truth
Basil Pesto	Sacla	Tesco	Private Selection, Barilla
Tomato Basil Pasta Sauce	Barilla, Coles, Woolworths	Morrisons, Loyd	Ragu, Prego
Tomato Paste	Leggos, Coles, Woolworths	ASDA	Kirkland, Kroger

Meal Guide

Comparable Brands

Product	Australia	United Kingdom	United States
Rice Cakes	Sunrice, Coles	Morrisons, Kallo, Sainsbury's	Quaker, Lundberg
Multigrain Cracker	Vita-Weats, Sakata	Ryvita, Milton's Craft Bakers	Milton's Craft Bakers, Back To Nature
Tomato Salsa	Old El Paso, Woolworths	Tesco, Sainsbury's	Kirkland, Frontera
Coconut Yoghurt (Plain)	Nakula, Cocobella	The Coconut Collaborative	The Coconut Cult, Noosa
Greek Yoghurt (Vanilla) (No Fat)	Chobani Fit, YoPro	Alpro	Chobani Complete, Kroger
Greek Yoghurt (Plain) (No Fat)	Chobani, YoPro	Fage, Tesco Finest	Chobani, Fage
Tofu (Firm)	Nutrisoy	Cauldron, The ToFoo Co	Nasoya



Product Calorie/Macronutrient *Cheat Sheet*

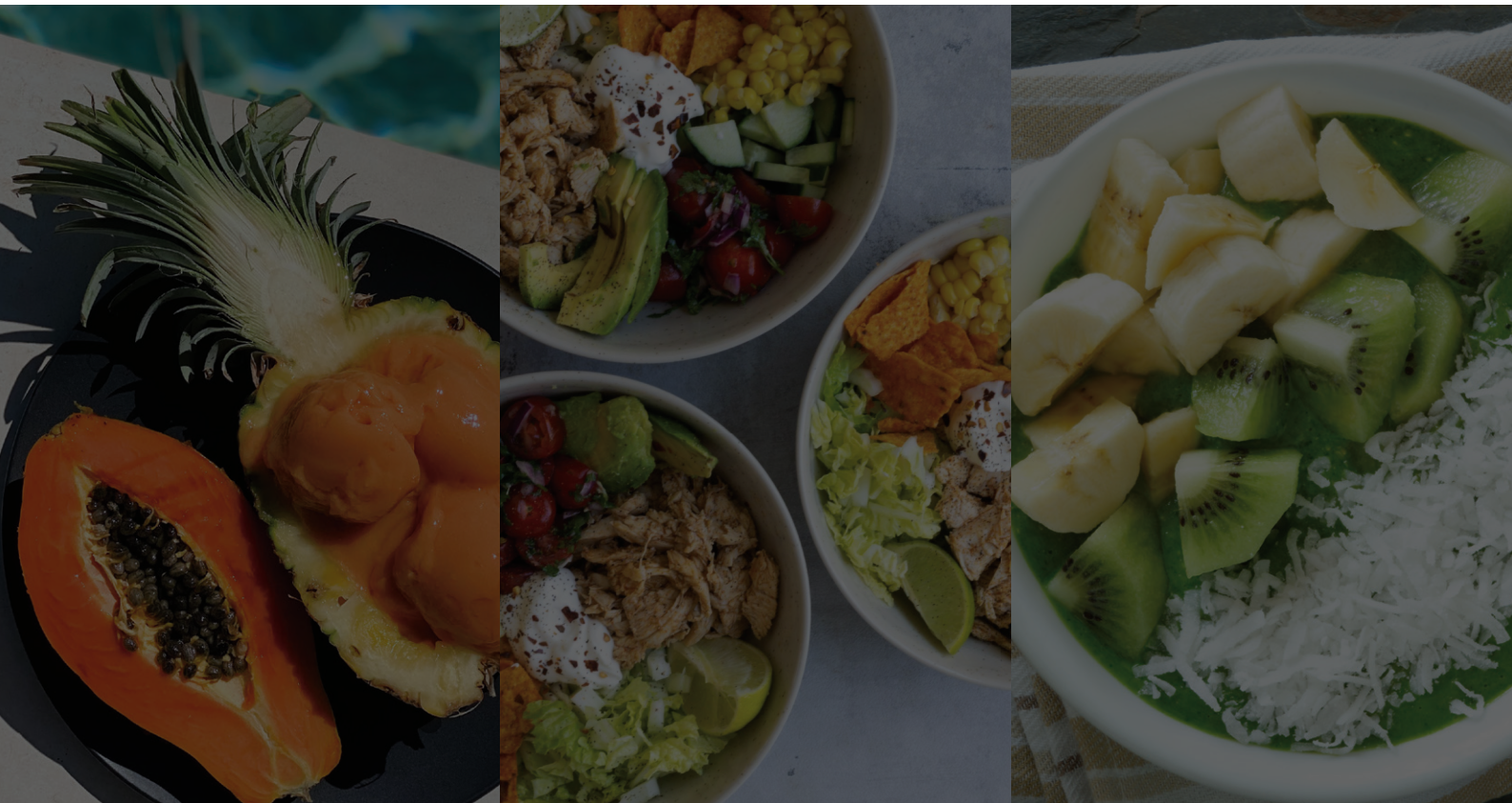
Food Item	Calories	Protein	Fat	Carbs
Protein Pasta (Raw)	321	25	2	50
Chickpea Pasta (Raw)	332	18	4	57
Red Lentil Pasta (Raw)	342	23	2	58
Rice Noodles (Raw)	355	8	1	79
Wholemeal Bread	216	11	2	38
Gluten Free Bread	203	6	4	37
Bread Rolls (Wholemeal)	247	13	3	43
Gluten Free Wraps	238	4	4	45
Wraps (Mixed Grain)	303	9	8	48
Corn Tortillas	201	5	3	40
Bagels (Plain)	271	10	1	56
Bagels (Gluten Free)(Plain)	251	3	4	50
Rolled Oats (Raw)	336	12	10	50
Peanut Butter	595	25	49	14
Almond Butter	621	20	57	7
Basil Pesto	443	6	43	8
Tomato Basil Pasta Sauce	60	2	3	8
Tomato Paste	58	3	0	10
Rice Cakes	374	8	3	78
Multigrain Cracker	385	12	10	63
Tomato Salsa	37	1	0	8

Average Nutritional Information (*per 100g):

Product Calorie/Macronutrient *Cheat Sheet*

Food Item	Calories	Protein	Fat	Carbs
Plant-Based Protein Powder	339	72	1	11
Whey Protein Powder	383	71	6	12
Coconut Yoghurt (Plain)	117	1	10	6
Greek Yoghurt (Vanilla) (No Fat)	80	9	0	11
Greek Yoghurt (Plain)(No Fat)	57	10	0	4
Tofu (Firm)	140	17	8	0
Tempeh	102	15	5	0

DISCLAIMER: Nutritional information in the table above references average values.Exact nutritional information varies per brand.





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