

Checkers &



Discovery
Vitality

Checkers HealthyFood Catalogue



Vitality's nutrition principles encompass both local and global dietary guidelines:



About the **Vitality Indicator**



Look out for the Vitality indicator online, on shelf labels in-store and on your till slip to identify HealthyFood items at Checkers.

Receive rewards on items marked with the indicator.

Note: The qualifying foods outlined in the HealthyFood catalogue take precedence over the information provided on the partners' websites, in-store shelf labels and your payment receipts.

How to use this catalogue

Use this catalogue as your guide to make HealthyFood choices when shopping at Checkers. The products selected represent the healthiest choices within each food group and form part of a healthy, balanced diet. Products not included in the catalogue may still fit into a healthy diet based on your individual needs.

The Vitality HealthyFood benefit is made up of thousands of products that are divided into six main categories:

01 Fruit and vegetables

02 Whole grains and high-fibre starchy foods

03 Animal protein

04 Dairy

05 Legumes

06 Oils, nuts and seeds



01 | Fruit and vegetables

Fruit and vegetables are nutrient-dense, providing vitamins and minerals, fibre, phytochemicals, and antioxidants essential for good health and to prevent disease. Eat plenty of fruit and vegetables - at least 4 or 5 servings per day.

FRESH AND FROZEN FRUIT, VEGETABLES AND HERBS

All fresh, frozen, raw, whole, chopped, sliced, unseasoned, unflavoured fruit, vegetables and herbs are included in the HealthyFood benefit.

DRIED VEGETABLES AND HERBS

With no added salt, seasoning or flavouring are included in the HealthyFood benefit.

TINNED VEGETABLES

Tinned tomatoes in juice with no added salt and sugar are included in the HealthyFood benefit.

- Tomatoes Diced Hyper Value
- Tomatoes Diced In Juice Pot O' Gold
- Tomatoes Chopped and Peeled Rhodes
- Tomatoes Peeled Whole Hyper Value
- Tomatoes Peeled Whole Juice Pot O' Gold
- Tomatoes Peeled Whole Pot O' Gold
- Tomatoes Whole Cherry Pot O' Gold

** Dried and canned fruit are excluded from the HealthyFood benefit.*

** Fruit, vegetables and herbs with added spices, seasoning, flavouring, fat, oil or sauces are excluded from the HealthyFood benefit.*



Recipe | Edamame bean, sweetcorn, and roasted bell pepper salad with fresh coriander and citrus vinaigrette

INGREDIENTS

FOR THE SALAD

- 1/4 cup edamame
- 1 cup sweet corn
- 1/2 cup roasted red pepper, diced
- 1/2 cup green pepper, diced
- 1/4 cup red onions finely chopped
- 1/4 cup cucumber cubed
- 1/4 cup coriander leaves chopped

FOR DRESSING

- 2 tablespoons extra virgin olive oil
- 2 tablespoons lemon juice
- 1 clove garlic minced
- 1 orange zested and juiced
- 1 teaspoon paprika
- Pinch of Cayenne pepper
- Pinch of salt

INSTRUCTIONS

FOR DRESSING

Whisk together the extra-virgin olive oil, lemon juice, orange juice, minced garlic, paprika powder, salt, and pepper in a glass jar to make the dressing.

FOR THE SALAD

Place all the salad ingredients into a bowl. Drizzle over the dressing and toss gently until evenly coated. Refrigerate until needed.

Serve immediately or cover and refrigerate for at least 1 hour before serving.

SERVINGS: 6

PREPARATION TIME: 10 minutes

COOKING TIME: 10 minutes



02 | Whole grains and high-fibre starchy foods

Whole grains and high-fibre starchy foods are a good source of energy and a main source of various nutrients in our diet. The benefits of these foods include feeding good gut bacteria, slowing digestion, and lowering cholesterol, which reduces risk of chronic disease.

Whole grains and high-fibre starchy foods low in salt, sugar and saturated fat are included in the HealthyFood benefit.



WHOLE GRAINS

- Barley
- Brown, black and wild rice
- Buckwheat
- Bulgur wheat
- Oats (raw, rolled, instant, oat bran)
- Popcorn kernels
- Quinoa
- Sorghum
- Stampkoring

**Whole grains with added seasoning, flavouring, cooked or ready to eat are excluded from the HealthyFood benefit.*

SELECTED HIGH-FIBRE STARCHY FOODS

Which meet all of the nutrient cut off values below for fibre, sodium, sugar and saturated fat per 100g;

- At least **6g of fibre** per 100g
- No more than **1.5g of saturated fat** per 100g
- No more than **5g of total sugar** per 100g
- The **sodium** (salt) content of breads, cereals, porridges, crackers and other carbohydrate foods should align with government regulations:
 - **Bread:** no more than 380mg sodium per 100g
 - **Cereals and porridges:** no more than 400mg sodium per 100g
 - **Crackers:** no more than 700mg sodium per 100g
 - **Other carbohydrate foods** (wholewheat or high fibre pasta and noodles, wholewheat couscous, maize, samp, braaipap): no more than 600mg sodium per 100g

BREADS

- Bread Brown Low GI Seeded Sasko
- Bread Brown Low GI Sunbake
- Bread Brown Low GI Wholewheat Albany
- Bread Brown Low GI Wholewheat Sasko
- Bread Brown Sandwich Square Blue Ribbon
- Bread Brown Sliced Premium Sasko
- Bread Brown Sliced Standard Sunbake
- Bread Brown Sliced Superior Albany
- Bread Brown Sliced Thick Albany
- Bread Brown Ultima KJ Controlled Albany
- Bread Brown Wholewheat Blue Ribbon
- Bread Duo High Fibre Blue Ribbon
- Bread Health Seed Loaf Old Cape
- Bread Speciality Roti Plain Affair
- Bread White Best of Both Albany
- Bread White Low GI All-In-1 Sasko
- Bread White Sandwich Square Blue Ribbon
- Bread White Soy & Linseed Low GI Sasko
- Breadroll Brown Hamburger Albany
- Breadroll Brown Hotdog Albany
- Breadroll Low GI Sesame Sasko
- Sandwich Square Seed & Oats Blue Ribbon
- Wrap Brown Albany

CEREALS

- Cereal Gluten Free Corn Flakes Heartland
- Cereal Minute Maltabela
- Cereal Nutrific Alpen
- Cereal Nutriflakes Nutrific
- Cereal Tin Limited Edition Weetbix
- Cereal Weetbix
- Cereal Wholewheat Flakes Simple Truth
- Cereal Zero Apple Berry Futurelife

COUSCOUS

- Couscous Bacchini, Wholewheat
- Couscous Chickpea & Red Lentil Simple Truth
- Couscous Wholewheat Pouyoukas

CRACKERS

- Biscuit Sugar Free Breakfast Gullon
- Biscuits Sugar Free Digestive Gullon
- Biscuits Crisp Finn Dark Caraway
- Biscuits Crisp Finn Original
- Biscuits Crisp Finn, Round Rye
- Biscuits Light Rye Ryvita
- Biscuits Original Rye Ryvita
- Biscuits Sesame Ryvita
- Corn Cakes Plain Provita
- Corn Cakes Vital
- Corn Thins Real Multigrain
- Corn Thins Real Original
- Corn Thins Real Sesame
- Corn Thins Real Soy+Linseed
- Corn Wafers Snack Tree Multigrain
- Cracker Bread Provita Black Pepper
- Cracker Bread Provita Rye
- Cracker Bread Taits Rye
- Crackers Life Bake Gluten Free
- Crackers Rice Flaxseed&Sesame Simple Truth
- Crispbread Burger Classic
- Crispbread Burger Delicacy
- Crispbread Finn Crisp Multigrain
- Crispbread Finn Hi Fibre
- Crispbread Finn Traditional
- Crispbread Sesame Burger
- Rice Cakes Brown Salted Snack Tree
- Rice Cakes Brown Unsalted Choc Tree
- Rice Cakes Provita Plain
- Rice Cakes White Salted Snack Tree





MAIZE

- Braaipap Ace
- Braaipap Coarse Premier
- Braaipap Paper Pride
- Braaipap Premier
- Braaipap Super Gmo Free Pride
- Maize Meal Special Impala
- Maize Meal Super Gmo Free Pride
- Maize Meal Super Poly Pride
- Maize Meal Super Pride
- Maize Rice Plastic Iwisa
- Samp & Beans Lion
- Samp & Beans Plaza
- Samp & Beans Pride
- Samp Ace
- Samp Invicta
- Samp No1 Iwisa
- Samp Plastic Ace
- Samp Plastic Iwisa
- Samp Quick Cook Ace

PASTA AND NOODLES

- Macaroni Fatti's & Moni's Bellissimo
- Noodle Mushroom Simple Truth
- Noodles Spinach Simple Truth
- Noodles Turmeric Simple Truth
- Pasta Banting Fusilli Broot Gbaker
- Pasta Farfalle Fatti's & Moni's Bellissimo
- Pasta Fusilli Polana
- Pasta Fusilli Red Lentil Simple Truth
- Pasta Fusilli Toscana
- Pasta Fusilli Wholegrain Barilla
- Pasta Fusilli Wholewheat Colavita
- Pasta Fusilli Wholewheat Monteverde
- Pasta Gnocchi Toscana
- Pasta Happy Earth People, Chickpea
- Pasta Happy Earth People, Green Pea
- Pasta Happy Earth People, Red Lentil
- Pasta Linguine Fatti's & Moni's Bellissimo
- Pasta Macaroni High Fibre Fattis & Monis
- Pasta Macaroni Polana
- Pasta Penne Banting G Bakers
- Pasta Penne Green Pea Simple Truth
- Pasta Penne Pulse Gluten Free San Remo
- Pasta Penne Rigate Fatti's & Moni's Bellissimo
- Pasta Penne Rigate Wholewheat Colavita
- Pasta Penne Toscana
- Pasta Penne Wholewheat Monteverde
- Pasta Rigatoni Wholewheat Colavita
- Pasta Spaghetti High Fibre Fattis & Monis
- Pasta Spaghetti Wholewheat
- Pasta Spaghetti Wholewheat Monteverde
- Spaghetti Fatti's & Moni's Bellissimo
- Spaghetti Polana
- Spaghetti Pulse Gluten Free San Remo





PORRIDGE

- Porridge Kreemy Meal
- Porridge Mabela Coarse King Korn
- Porridge Mabela Coarse Tops
- Porridge Mabela Fine King Korn
- Porridge Mabela Super Monati
- Porridge Malt King Korn
- Porridge Regular Maltabela
- Porridge Super Mabela Monati
- Porridge Supertieng Monati
- Porridge Taystee Wheat Jungle



Recipe | Tabbouleh

INGREDIENTS

- ½ cup bulgur wheat, raw
- 1 cup diced cucumber
- 4 Roma tomato, seeds removed, finely diced – 3 to 4 tomatoes
- 1 teaspoon fine sea salt, divided
- 60g curly parsley chopped
- 30 g fresh mint, finely chopped
- 50 g thinly sliced green onion
- ½ cup extra-virgin olive oil
- 4 tablespoons lemon juice, to taste
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- 1 medium clove garlic, minced.

INSTRUCTIONS

Cook the bulgur wheat until tender according to package instructions. Drain off any excess water and set aside to cool.

Meanwhile, combine the diced cucumber and tomato in a medium bowl and stir.

Add the cooled bulgur wheat, chopped fresh mint, fresh parsley and green onion to the bowl. Mix together.

Add the cucumber and tomato to the bulgur wheat bowl.

In a small measuring cup or bowl, whisk together the olive oil, tablespoons lemon juice, garlic, ground cumin, ground coriander and salt. Whisk together then pour it into the salad and stir to combine.

Taste and adjust seasoning if necessary.

If you have the time, let the salad rest for 15 minutes before serving to let the flavours mingle.

Tabbouleh will keep well in the refrigerator, covered, for up to 3 days.

SERVINGS: 6

PREPARATION TIME: 20 minutes

COOKING TIME: 15 minutes



03 | Animal Protein

Animal products contain high-quality proteins and micronutrients such as vitamin A and B, iron and zinc. Include a variety of protein foods that are nutrient-dense and lower in saturated fat into your diet.



FRESH CHICKEN

Fresh, skinless, uncooked, unflavoured, unseasoned, non-smoked chicken are included in the HealthyFood benefit.

** Chicken mince and frozen chicken have been excluded from the HealthyFood benefit.*

EGGS

All fresh, uncooked eggs, including liquid eggs, are included in the HealthyFood benefit.

FRESH AND FROZEN FISH AND SEAFOOD

All fresh, frozen, uncooked, unflavoured, unseasoned, non-smoked fresh and frozen fish and seafood are included in the HealthyFood benefit.

TINNED FISH AND SEAFOOD

Fish and seafood tinned in brine, water, olive, canola oil, non-smoked (including tuna) are included in the HealthyFood benefit.

Tinned omega 3 rich fish in brine, water, oil, tomato or chilli and non-smoked (Salmon, Sardine, Pilchard, Mackerel, Herring) are included in the HealthyFood benefit.

** Tinned tuna in vegetable oil is excluded from the HealthyFood benefit.*

FRESH AND FROZEN OSTRICH AND VENISON

Fresh, frozen, uncooked, unflavoured, unseasoned (includes mince) are included in the HealthyFood benefit.

** All protein products in sauces, batters, crumbs, in pre-prepared meals, smoked, salted, pickled, cooked or processed are excluded from the HealthyFood benefit.*



Recipe | Turkish Tavuk Sis - Grilled Chicken Kabobs

INGREDIENTS

- 1 cup fat free plain yoghurt
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons paprika
- ½ teaspoon cumin
- ⅛ teaspoon cinnamon
- 1/2 teaspoon crushed red pepper flakes (reduce to ½ teaspoon for less heat)
- Zest from one lemon
- 2 tablespoons freshly squeezed lemon juice, from one lemon
- Pinch of salt
- Big pinch black pepper
- 5 garlic cloves, finely chopped
- 1 kg boneless, skinless, chicken thighs, cut into 3cm pieces
- 1 large red onion, cut into chunks
- Canola oil, for greasing the grill

INSTRUCTIONS

In a medium bowl, combine the yoghurt, olive oil, paprika, cumin, cinnamon, red pepper flakes, lemon zest, lemon juice, salt, pepper, and garlic.

Line a baking sheet with aluminum foil for easy clean up.

Thread the chicken onto metal skewers, folding if the pieces are long and thin, and alternating with the red onions.

Place the kabobs on the prepared baking sheet. Brush the marinade all over the meat, coating well. Cover and refrigerate at least 30 minutes or overnight.

Preheat the grill to medium-high heat. Grease the grill pan, with canola oil, until all the grill lines are coated. Discard any extra oil.

Grill the chicken kabobs until golden brown and cooked through, turning the skewers occasionally, this will take 12 to 15 minutes.

If the yoghurt marinade is sticking to the grill grates; if necessary, use a metal spatula to scrape underneath the kabobs and release them.

Transfer the kabobs to a platter and serve.

SERVINGS: 4 - 6

PREPARATION TIME: 35 minutes

COOKING TIME: 15 minutes

checkers **SIXTY60**



04 | Dairy

Dairy products are great because they provide good protein, vitamins, and minerals. They also have calcium, which is important for keeping bones strong and healthy. Include dairy daily.

COTTAGE CHEESE

Fat-free, unflavoured, smooth and chunky cottage cheese products are included in the HealthyFood benefit.

MILK

Fat free and unflavoured milk (fresh and long life) are included in the HealthyFood benefit.

SOYA MILK

Unsweetened and unflavoured soya milk (fresh and long life) are included in the HealthyFood benefit.

YOGHURT

Fat free, unflavoured and unsweetened yoghurt are included in the HealthyFood benefit.





Recipe | Haydari

- Turkish yoghurt dip

INGREDIENTS

- 1 clove garlic, minced
- 1 lemon zested and juiced
- 2 tablespoons extra virgin olive oil
- 2 tablespoons finely chopped dill
- 1 tablespoon finely chopped mint
- 300 ml fat free plain yoghurt
- 80 g crumbled plain tofu
- Pinch of salt
- Pinch of pepper
- Pinch of chili flakes

INSTRUCTIONS

- Pour the yoghurt into a bowl and add the extra virgin olive oil, lemon juice and zest and mix.
- Add the minced garlic, dill, mint, and tofu to the yoghurt and mix until combined.
- Taste and season with salt and pepper.
- Transfer to a serving bowl and garnish with reserved dill, chilli flakes, and a drizzle of olive oil.

SERVINGS: 4 - 6

PREPARATION TIME: 10 minutes

COOKING TIME: 0 minutes



05 | Legumes

Legumes, like beans and lentils, are rich in protein, fibre, vitamins, and minerals. They're free from saturated fats, helping protect against chronic diseases. Eat them often to stay healthy.



LEGUME BEANS

Beans dried, tinned or bottled in brine or water are included in the HealthyFood benefit.

- Black Beans
- Borlotti beans
- Butter beans
- Cannellini beans
- Fava beans
- Harricot beans
- Kidney beans
- Mixed beans
- Red beans
- Speckled beans
- Sugar beans
- Soup mix

LEGUME PEAS

Peas dried, tinned or bottled in brine or water are included in the HealthyFood benefit.

- Cow peas
- Chickpeas
- Split peas

LENTILS

Lentils dried, tinned or bottled in brine or water are included in the HealthyFood benefit.

SOYA

Fresh, plain, unflavoured and unseasoned tofu are included in the HealthyFood benefit.

- Fresh Meze Simple Truth, Plain Tofu
- Fresh Meze Tofu Plain Earth
- Tofu Yutaka

** All texturised or processed soya products, such as burgers, bites and sausages, are excluded from the HealthyFood benefit.*



Recipe | Vegetarian Mexican Fiesta

INGREDIENTS

FOR THE RICE

- 1 tablespoon extra virgin olive oil
- ½ red onion finely diced
- 2 cloves of garlic, minced
- 2 large red peppers, sliced
- 1/2 can of black beans, rinsed and drained
- ½ can red kidney beans, rinsed and drained
- 1 cup of cooked corn kernels
- 1 tablespoon sweet paprika
- 2 teaspoons cumin
- 1 cup brown basmati rice
- 3 cups vegetable stock, low sodium
- 1 can chopped tomatoes in juice
- 2 tablespoon fresh oregano chopped
- 1 serrano chili chopped

TO SERVE

- 1 avocado
- ¼ cup sliced jalapeno
- 1 bunch coriander
- ¼ cup pomegranate rubies

METHOD

Heat olive oil in a non-stick pan over a medium heat and sauté the onions until soft, add the garlic and cook until fragrant.

Add the black beans, corn, red pepper, sweet paprika and cumin to the pan. Cook for 3 minutes then add the rice, stock and chopped tomatoes.

Cover with a fitted lid and cook for 40 minutes or until rice is perfectly cooked.

Remove the lid and top with avocado, jalapeno, chopped coriander, pomegranate rubies and yoghurt.

SERVINGS: 4

PREPARATION TIME: 15 minutes

COOKING TIME: 40 minutes



06 | Oils, nuts and seeds

Plant oils, nuts, and seeds have healthy fats that are good for you. Swapping out saturated fats for these healthy unsaturated ones can help lower your risk of heart disease. Just remember to eat them in moderation.



NUTS

Raw, plain unsalted and unflavoured nuts are included in the HealthyFood benefit.

- Almonds
- Brazil
- Cashew
- Hazel
- Macadamia
- Mixed Nuts
- Peanuts
- Pecan
- Pine
- Pistachio
- Walnuts

SEEDS

Raw, plain, unsalted and unflavoured seeds are included in the HealthyFood benefit.

Chia, Flaxseed, Linseed, Mixed, Poppy, Pumpkin, Sesame, Sunflower Seeds

** Nuts and seeds that are salted, seasoned or roasted in oil are excluded from the HealthyFood benefit.*

OILS

Olive, canola and avocado oils are included in the HealthyFood benefit.

OILS SPRAYS

- Baking Spray Canola B-Well
- Cooking Spray Canola B-Well
- Cooking Spray Olive Oil B-Well
- Spray & Cook Olive Oil Colman's

NUT BUTTERS

Nut butters that are unsweetened with no added sugar and salt are included in the HealthyFood benefit.

- Nut Butter Almond Oh Mega
- Nut Butter Buttanutt Almond Macadamia
- Nut Butter Buttanutt Cinnamon Macadamia
- Nut Butter Buttanutt Macadamia
- Nut Butter Buttanutt Macadamia Roasted
- Nut Butter Buttanutt Pecan Macadamia
- Nut Butter Buttanutt Roasted Almond
- Nut Butter Macadamia Oh Mega
- Peanut Butter 100% Peanut Buttanutt
- Peanut Butter Black Cat Crunchy Lt
- Peanut Butter Black Cat Crunchy No Salt
- Peanut Butter Black Cat No Salt
- Peanut Butter Black Cat Smooth No Salt
- Peanut Butter Crunchy Simple Truth
- Peanut Butter Goodylife Smoothie
- Peanut Butter Smooth Simple Truth
- Peanut Butter Youthfull Living All Natural
- Peanut Butter Youthfull Living Smooth
- Peanut Butter Yum Yum Lite



Choose Checkers

to start earning rewards on
2,500 **HealthyFood items.**

The product selection process for Discovery Vitality HealthyFood is constantly under review and updated according to scientific and industry developments. Products listed in this catalogue are subject to seasonal and supplier availability and may only be available at certain Checkers stores. The information in this catalogue is based on clinically sound principles and up-to-date, internationally-accepted dietary guidelines.

No collaborations were formed with suppliers or manufacturers and items were chosen on the evidence-based criteria, independently of the brand they represent. Any person using information in this catalogue does so at his or her own risk and waives any right to action against the Discovery Group of companies (Discovery) or Shoprite Checkers (Pty) Limited. Such a person indemnifies Discovery, Shoprite Checkers, and their employees, agents, subcontractors and suppliers against any claims for loss, damage to person or property, injury, liabilities, claims, sickness or death that may result from the use of or reliance on such information or from any other cause whatsoever suffered either by such person or by any third party.

Terms and conditions apply. For more information, please visit www.discovery.co.za or call 0860 99 88 77.

Discovery Vitality (Pty) Ltd Registration Number 1999/007736/07.