

Singapore Right Stuff list

Eggs

Free range selection

Bread

Orgfan - gluten free crispy bread with quinoa

Dairy

True Organix - organic milk - full fat

Buttermilk

Goats Feta good if dairy intolerant

Pauls all natural yoghurt

Farmers Union Greek Style Yoghurt

Farmhouse fresh pasteurised milk.

Cooking oils

Olive oil in the tin is better - out of light or else can tend to go rancid. It has a low temperature threshold so do not cook at high temperatures with it.

Cooking use Coconut oil or Butter.

Melrose organic coconut oil

High Oleic Sunflower oil - avoid anything labelled only as sunflower oil unless you have verified that it is high oleic.

Natural organic extra virgin olive oil

Sauces and Processed Foods

Fermented Soy - Miso is good

Tuna in water all others are bad oils

Tai Sun Bee Hoon - good brand

Ayum Sardines

Heinz baked beans

Hunts tinned diced tomatoes

Masterfoods mustards

Singlag Shrimp Paste Powder for fried chicken

Worstershire sauce

Yangban Tined Kimchi

Kikkoman light salt soy sauce

Kikkomon Naturally Brewed soy sauce has no sugar at all!

Sin Sin light soy sauce reduced salt

Marmite - can add as flavouring too. (not Bovril)

Fairprice baked Macadamia nuts (choose macadamia nuts over almonds or mix them up)

Temakiyasan - Seaweed is a great source of Iodine

Coconut Aminos is a good replacement to Soy sauce (stronger in taste so use less

Braggs liquid Aminos

Nuts and Dried Fruits

Avoid dried fruits they are just concentrated fructose (sugar)

Natures Wonders Royal Miix is good but avoid fruit and nut mix

Nuts only is ok

Cereals and biscuits

Carrs water crackers

Jacob Crackers

Any unflavoured plain rolled oats

Weet-Bix - Sanitarium brand

Melrose nut spread.

Frozen

Frozen fish as fresh and frozen on the spot - watch out where it comes from.

Frozen berries all good

Frozen leaf spinach

Frozen TYJ spring roll pastry

SK original chapatti (but not fair price own brand)