

HEALTHY SPORTS CLUBS

Healthy Food & Beverages



Healthy Changes Menu Swaps

Use the tables on the following pages to make healthy swaps to the food at your canteen.

If you're viewing this document digitally, use the links below to navigate to the different categories:

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Green = best choices. Foods and drinks are usually: good sources of important nutrients; lower in saturated fat, added sugar and/or salt; lower in energy; higher in fibre.

Amber = choose carefully. Foods and drinks should be selected carefully and consumed in moderation. Although amber items may provide some valuable nutrients they can: contribute to excess energy intake; contain moderate amounts of saturated fat, added sugar and/or salt.





= options that align with the climate change lens of Healthy Sports Clubs (e.g. plant-based alternatives).

DRINKS

| Menu item | Proposed change/description of new menu item |
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| WATER | <p>Green</p> <p>All plain water is green</p> |
| NATURALLY FLAVOURED, UNSWEETENED STILL AND SPARKLING WATER | <p>Green</p> <p>Cool Ridge lightly sparkling waters (500ml bottles) – all flavours</p> <p>Cool Ridge still water “with a hint of” varieties (750ml bottles) – all flavours</p> <p>Frantelle sparkling water (375ml cans) – all flavours</p> <p>Mount Franklin lightly sparkling waters (250ml and 450ml bottles) – all flavours</p> <p>Mount Franklin still water “with a hint of flavour” varieties (600ml bottles) – all flavours</p> <p>Schweppes infused natural mineral water (300ml bottles) – all flavours</p> <p>Waterfords lightly sparkling mineral water (500ml) – lime</p> <p>Amber</p> <p>Lipton infused water (500ml bottles) – cucumber and mint; watermelon</p> <p>Waterfords diet natural mineral water (500ml bottles) – all flavours</p> <p>Waterfords lite and fruit sparkling natural mineral water (475ml bottles) – blackcurrant; raspberry</p> |

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| <p>FRUIT JUICE</p> | <p>Amber</p> <p>Berri pop tops (250ml bottles) – all flavours</p> <p>Coles no added sugar juices (250ml cartons) – apple blackcurrant; orange</p> <p>Emma and Tom’s juices (250ml bottles) – cloudy apple; orange</p> <p>Golden Circle popper juices (150 and 250ml cartons) – all flavours</p> <p>Golden Circle no added sugar juices (200ml cartons) – all flavours</p> <p>Golden Circle Healthylife juices (200ml bottles) – apple carrot ginger; apple orange beetroot passionfruit; prune</p> <p>Just Juice no added sugar juices (200ml cartons) – all flavours</p> <p>Ribena no added sugar juices (250ml cartons) – blackcurrant; strawberry</p> <p>Woolworths no added sugar juices (250ml cartons) – apple blackcurrant; tropical</p> |
| <p>PLAIN MILK</p> | <p>Green</p> <p>All plain, reduced fat milk is green</p> |
| <p>FLAVOURED MILKS</p> | <p>Green</p> <p>Barista Bros iced coffee (500ml bottle) – double espresso</p> <p>Big M original flavoured milks (300ml bottles) – all flavours</p> <p>Breaka flavoured milks (250ml cartons) – all flavours</p> <p>Emma and Tom’s no added sugar flavoured milks (250ml cartons and 350ml bottles) – all flavours</p> |

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| | <p>Devondale 3D flavoured milks (250ml cartons) – all flavours</p> <p>Nippy's flavoured milks (250ml cartons) – all flavours</p> <p>Nippy's lactose free no added sugar flavoured milks (250ml cartons) – all flavours</p> <p>Nippy's lactose free no added sugar flavoured milks (500ml bottles) – all flavours</p> <p>Oak light flavoured milks (300ml cartons) – all flavours</p> <p>Vitasoy almond milk (330ml bottle) – double espresso; iced chocolate </p> <p>Vitasoy oat milk (330ml bottle) – café latte </p> <p>Yoplait yoghurt smoothies (300ml bottles) – all flavours</p> <p>Amber</p> <p>Big M (500ml bottles) – all flavours</p> <p>Breaka flavoured milks (300ml bottles) – all flavours</p> <p>Breaka flavoured milks (500ml bottles) – banana; lime; strawberry</p> <p>Nippy's flavoured milks (375ml cartons) – all flavours</p> <p>Nippy's flavoured milks (500ml bottles) – all flavours</p> <p>Devondale Moo flavoured milks (200ml cartons) – all flavours</p> |
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| <p>ARTIFICIALLY SWEETENED, DIET, NO-ADDED-SUGAR AND LOW-JOULE DRINKS</p> | <p>Amber</p> <p>Soft drinks</p> <p>200-375ml serve sizes of:</p> <ul style="list-style-type: none"> • Coca Cola diet, zero and no sugar varieties • Fanta zero and no sugar varieties • Kirks sugar free varieties • Pepsi max • Schweppes zero sugar lemonade • Sprite and Sprite Lemon+ zero sugar <p>Iced teas</p> <ul style="list-style-type: none"> • Lipton light iced teas (500ml bottles) – all flavours |
| <p>ARTIFICIALLY SWEETENED SPORTS DRINKS</p> | <p>Amber</p> <p>Gatorade G-Active no sugar electrolyte water (600ml bottles) – all flavours</p> <p>Gatorade no sugar (600ml bottles) – all flavours</p> <p>Powerade Active Water (600ml bottles) – all flavours</p> <p>Powerade zero sugar (600ml bottles) – all flavours</p> |
| <p>KOMBUCHA AND FERMENTED SOFT DRINKS</p> | <p>Amber</p> <p>Remedy kombucha (250 and 330ml bottles) – all flavours</p> |

COCONUT WATER

Amber

Cocobella coconut waters (250ml cartons and 425ml bottles) – straight up (plain)

Emma and Tom's Life Juice varieties (350ml bottles) – coconut water; coconut water and pineapple

H2 Coco coconut waters (200ml and 330ml cartons) – pure (plain); troperiffic; wildberry; pineapple



Raw C coconut waters (300ml cartons) - pure (plain)



Raw C sparkling coconut waters (400ml bottles) – all flavours




SNACKS

| Menu item | Proposed change/description of new menu item |
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| <p>MUSELI BARS</p> | <p>Amber</p> <p>Carmen's muesli bars – Greek style yoghurt, fig and honey flavour</p> <p>Carmen's nutty delights muesli bars – dark choc, cherry and coconut flavour</p> <p>Food for Health bars – cacao vanilla chia; cinnamon hazelnut chia; coconut almond chia; coconut cacao chia; gluten free bar with fruit; vanilla apple cranberry; vanilla blueberry teff</p> <p>Goulburn Valley fruit and cereal bars – all flavours</p> <p>Uncle Toby's chewy muesli bars – all flavours</p> <p>Uncle Toby's yoghurt muesli bars – all flavours</p> <p>Uncle Toby's oat slice – apple and cinnamon flavour</p> |
| <p>CHEESE AND CHEESE SNACK PACKS</p> | <p>Green</p> <p>All reduced-fat cheeses are green</p> <p>Snack packs:</p> <p>Coles cheese and crackers packs – light tasty</p> <p>Mainland 'on the go' packs – light tasty</p> <p>Woolworths cheese and crackers packs – light tasty</p> |

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| | <p>Amber</p> <p>Snack packs:</p> <p>Coles cheese and crackers packs – vintage</p> <p>Mainland ‘munchables’ packs – all varieties</p> <p>Mainland ‘on the go’ cheese and crackers packs – Colby; edam; extra tasty; special reserve; tasty</p> <p>Mainland ‘on the go’ cheese and artisan crackers packs – all varieties</p> <p>Woolworths cheese and crackers packs – tasty</p> |
| <p>TUNA SNACK PACKS</p> | <p>Green</p> <p>John West Protein+ tuna snack packs (220g) – capsicum, sweetcorn, chilli and red kidney bean; sea salt, black pepper, and three bean</p> <p>John West Protein+ Wholegrains tuna snack packs (220g) – brown and red rice, lime, lemongrass and chickpeas flavour</p> <p>John West tuna and beans (185g) – three beans flavour</p> <p>John West tuna bowls (170g) – brown rice, chargrilled corn, black beans, lime and chilli; capsicum, sweetcorn, chilli and red kidney bean mix; roasted capsicum and three bean mix</p> <p>Sirena tuna and beans (185g) – original</p> <p>Amber</p> <p>John West Protein+ Wholegrains tuna snack packs (220g) – pearl couscous, brown rice, oven roasted tomato and onion flavour</p> |

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| | <p>John West tuna bowls (170g) – brown and red rice, lime, lemongrass and chickpeas; pearl couscous, brown rice, oven roasted tomato and onion; risoni pasta, brown rice, corn, cherry tomato and lemon</p> <p>John West tuna lunch kits (108g) – all varieties</p> <p>Sirena ready to eat tuna meals (170g) – all varieties</p> <p>Sirena tuna and beans (185g) – Mexican style</p> |
| <p>LEGUME SNACK PACKS </p> | <p>Green</p> <p>Edgell ‘Nourish Bowl’ legume-based meals – all varieties</p> <p>Edgell ‘Snack Time’ tinned flavoured legume snacks – all varieties</p> |
| <p>DIP AND CRACKER PACKS</p> | <p>Green</p> <p>Obela hummus to go dip and crackers pack (125g) – all flavours </p> <p>Obela tzatziki to go dip and crackers pack (125g) – all flavours</p> |
| <p>CHIPS ALTERNATIVES</p> | <p>Green</p> <p>All plain, unsalted nuts are green (30g serve)</p> <p>Sakata wholegrain rice crackers – original</p> <p>Amber</p> <p>Coles popcorn lightly salted (100g) – sea salt</p> <p>Healtheries potato stix (20g) – chicken; roast potato</p> |






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| | <p>Peckish rice crackers – all flavours</p> <p>Sunrice wholegrain mini bites – all flavours</p> <p>Sakata ‘stars’ rice crackers (13g) – plain, cheese</p> <p>Sakata rice crackers – chicken; barbecue; plain; sour cream and chives; with beetroot; with pumpkin; with spinach</p> <p>The Happy Snack Company crunchy roasted chickpeas (25g) – lime and cracked pepper</p> <p>The Happy Snack Company roasted fava beans (25g) – all flavours</p> <p>Woolworths Macro Popcorn Air Popped Light (20g)</p> <p>Woolworths Popcorn Lightly Salted (80g)</p> |
| <p>YOGHURT</p> | <p>Green</p> <p>All low- or reduced-fat yoghurts are green</p> <p>Chobani FiT (140g pouches and 170g tubs) – all flavours</p> <p>Chobani Greek yoghurt (100g tubs, 170g tubs and 140g pouches) – all flavours</p> <p>Five:am 98% fat free organic yoghurt (170g tubs) – blueberry flavour</p> <p>Five:am organic yoghurt ‘powerpaks’ (200g pouches) – all flavours</p> <p>Ski D’Lite (100g tubs and 200g tubs) – all flavours</p> <p>Soy Life reduced fat soy yoghurt (175g tubs) - all flavours </p> <p>Soy Life soy yoghurt (175g tubs) – all flavours </p> <p>Tamar Valley Dairy Greek style no added sugar yoghurt (125g tubs and 170g tubs) – mango; mixed berry; passionfruit; strawberry</p> |

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| | <p>Vaalia no added sugar 99% fat free yoghurt (150g) – all flavours</p> <p>Yoplait yoghurt (100g tubs, 160g tubs and 175g tubs) – mango; raspberry; strawberry; vanilla</p> <p>YoPRO high protein yoghurts (160g tubs) – all flavours</p> <p>Amber</p> <p>Activia dairy free oat yoghurt (160g tubs) – passionfruit flavour </p> <p>Chobani oat yoghurts – all varieties </p> <p>Vitasoy Greek style soy yoghurts – all varieties </p> |
| <p>MUSELI</p> | <p>Green</p> <p>Carman's deluxe muesli (1200g) – gluten free</p> <p>Carman's untoasted muesli (500g) – apple, date and cinnamon flavour</p> <p>Freedom Foods barley+ muesli (400g and 500g boxes) – all flavours</p> <p>Freedom Foods muesli ancient grains (300g) – fruit free</p> <p>Uncle Toby's natural style muesli (525g and 1000g) – apple and cranberry; Swiss blend</p> <p>Uncle Toby's plus muesli flakes (475g, 750g and 1000g) – all flavours</p> <p>Amber</p> <p>Carman's muesli (500g, 875g, 1500g) – classic fruit and nut; bircher; fruit free</p> <p>Carman's toasted muesli (400g) – macadamia and raspberry</p> <p>Carman's super berry muesli (500g) – cranberry, blueberry and goji</p> |



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| | <p>Freedom Foods muesli (500g) – fruit and seeds</p> <p>Freedom Foods probiotic muesli (250g) – all flavours</p> <p>Uncle Toby's natural muesli (1000g) – summer fruits</p> |
| FRUIT AND FRUIT SALAD | <p>Green</p> <ul style="list-style-type: none">• All fresh and frozen fruits, including avocado, are green• Fruit purée or canned fruit in natural juice or water with no added sugar are green• Stewed fruit with no added sugar are green |


HOT FOODS



| Menu item | Proposed change/description of new menu item |
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| <p>MEAT AND/OR EGG SANDWICH OR ROLL</p> | <p>Green</p> <p><i>Combination of any or all of the following:</i></p> <ul style="list-style-type: none"> • Wholemeal, wholegrain or high-fibre bread or roll • Egg prepared with minimal salt and fat/oil • Lean beef/chicken/pork/lamb/turkey prepared using low-fat cooking techniques (e.g. oven bake/roast, grill, steam or use non-stick cookware). Prepared with minimal salt and fat/oil • Fresh or cooked vegetables (e.g. tomato, mushroom, lettuce, spinach, onion, beetroot, cucumber) • Low-fat or reduced-fat cheese • 'Green' sauce or spread (see Sauces, Condiments, Dressings, Fats and Oils section below) <p>Amber</p> <p><i>Combination of any or all of the following:</i></p> <ul style="list-style-type: none"> • Wholemeal, wholegrain or high-fibre bread or roll • Egg prepared with minimal salt and fat/oil • 50g of bacon with visible fat removed (ideally reduced-fat and reduced-salt varieties) • Fresh or cooked vegetables (e.g. tomato, mushroom, lettuce, spinach, onion, beetroot, cucumber) • Low-fat or reduced-fat cheese • 'Green' or 'Amber' sauce or spread (see Sauces, Condiments, Dressings, Fats and Oils section below) • Margarine |

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| <p>ROAST MEAT AND GRAVY ROLL</p> | <p>Amber</p> <p><i>Combination of any or all of the following:</i></p> <ul style="list-style-type: none"> • Wholemeal, wholegrain or high-fibre bread or roll • Lean beef/chicken/pork/lamb/turkey oven roasted with minimal salt and fat/oil • Reduced salt instant gravies (e.g. Gravox Traditional Salt Reduced Gravy Mix) • Onion |
| <p>BURGER</p> | <p>Amber</p> <p><i>Combination of any or all of the following:</i></p> <ul style="list-style-type: none"> • Wholemeal, wholegrain or high-fibre bread or roll • Meat or chicken patty: <ul style="list-style-type: none"> ○ Woolworths macro grass fed beef burgers ○ Steggles crumbed chicken burgers • Fish patty: <ul style="list-style-type: none"> ○ Tassal salmon burgers – lemon and cracked pepper • Vegetable patty: <ul style="list-style-type: none"> ○ Quorn chicken-style burgers  ○ Quorn southern-style burgers  ○ Yumi's black bean and beetroot burgers  ○ Yumi's lentil and zucchini burgers  ○ Woolworths macro chickpea veggie burgers  • Fresh or cooked vegetables (e.g. tomato, mushroom, lettuce, spinach, onion, beetroot, cucumber) • Low-fat or reduced-fat cheese • 'Green' or 'Amber' sauce or spread (see Sauces, Condiments, Dressings, Fats and Oils section below) • Margarine |

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| <p>INSTANT NOODLE CUPS</p> | <p>Amber</p> <p>Fantastic instant noodle cups (70g) – BBQ beef; chicken chow mein; oriental; chicken</p> <p>Fantastic instant gluten-free rice noodle cups (45g) – all flavours</p> <p>Maggi 2 minute instant noodle cups (60g) – oriental; beef</p> <p>Suimin instant noodle cups (70g) – chicken and prawn; hot and spicy</p> |
| <p>HOT POTATO CHIPS, WEDGES AND FRIES</p> | <p>Amber</p> <p><i>The below chips/fries/wedges only stay amber if they are oven baked or air fried with no/minimal oil, no salt is added, and serve size is <u>150g or less</u></i></p> <p><i>If serving with sauce, choose ‘Green’ or ‘Amber’ options (see Sauces, Condiments, Dressings, Fats and Oils section below)</i></p> <p>McCain quick cook shoestring fries</p> <p>McCain quick cook straight cut chips</p> <p>McCain ‘Superfries’ chips and fries – all varieties</p> <p>McCain pub style chips, fries and wedges – all varieties</p> |
| <p>POTATO CAKES</p> | <p>Amber</p> <p><i>The below potato cakes only stay amber if they are oven baked or air fried with no/minimal oil, no salt is added, and serve size is <u>150g or less</u></i></p> <p><i>If serving with sauce, choose ‘Green’ or ‘Amber’ options (see Sauces, Condiments, Dressings, Fats and Oils section below)</i></p> |

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| | Edgell potato cakes (available through wholesale suppliers) |
| DIM SIMS | <p>Amber</p> <p><i>The below dim sims only stay amber if they are steamed, oven baked or air fried with no/minimal oil, no salt is added, and serve size is <u>200g or less</u></i></p> <p><i>If serving with sauce, choose 'Green' or 'Amber' options (see Sauces, Condiments, Dressings, Fats and Oils section below)</i></p> <p>Coles 'Nature's Kitchen' vegetable dim sims </p> <p>Harry Hoo & Co dim sims – chicken</p> <p>Harry Hoo & Co gluten free dim sims – beef</p> |
| SPRING ROLLS AND CHIKO ROLLS | <p>Amber</p> <p><i>The below chiko rolls/spring rolls only stay amber if they are steamed, oven baked or air fried with no/minimal oil, no salt is added, and serve size is <u>200g or less</u></i></p> <p><i>If serving with sauce, choose 'Green' or 'Amber' options (see Sauces, Condiments, Dressings, Fats and Oils section below)</i></p> <p>Chiko original rolls</p> <p>Harry Hoo & Co spring rolls – chicken</p> <p>Pacific West cocktail spring rolls</p> <p>Woolworths cocktail spring rolls – vegetable </p> |
| PIES | <p>Amber</p> <p><i>If serving with sauce, choose 'Green' or 'Amber' options (see Sauces, Condiments, Dressings, Fats and Oils section below)</i></p> |

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| | <p>Coles pies (175g) – chicken and vegetable</p> <p>Four’n Twenty pies (175g) – chicken and vegetable</p> <p>Four’n Twenty ‘Traveller Hi-Protein’ pies (160g) – beef</p> <p>Garlo’s pies (200g) – lean beef; chicken breast; chunky steak; curry beef; beef and mushroom</p> <p>Garlo’s junior beef party pies (<i>amber if serve size is <u>200g or less</u>, or 3 pies</i>)</p> <p>Woolworths pies (200g) – caramelised onion and slow braised beef</p> |
| <p>CHICKEN NUGGETS</p> | <p>Amber</p> <p><i>The below chicken nuggets only stay amber if they are oven baked or air fried with no/minimal oil, no salt is added, and serve size is <u>150g or less</u></i></p> <p><i>If serving with sauce, choose ‘Green’ or ‘Amber’ options (see Sauces, Condiments, Dressings, Fats and Oils section below)</i></p> <p>Coles chicken breast nuggets – crumbed; tempura</p> <p>Coles ‘I’m Free From’ gluten and wheat chicken nuggets</p> <p>Ingham’s original chicken nuggets</p> <p>Ingham’s free range chicken breast ciabatta nuggets</p> <p>Ingham’s ‘Airmazing’ chicken nuggets</p> <p>Ingham’s turkey breast nuggets</p> <p>Steggles chicken breast nuggets boosted with veggies</p> <p>Quorn vegan nuggets </p> |

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| | <p>Woolworths 'Plantitude' chicken-free crumbed nuggets </p> <p>Woolworths chicken breast nuggets – crumbed; tempura</p> |
| SOUP | <p>Green</p> <ul style="list-style-type: none"> • Use reduced-salt or homemade stock • Include plenty of vegetables and legumes • Use natural yoghurt, milk or evaporated milk instead of cream • Avoid deep-fried croutons • Avoid fatty, processed meats (e.g. bacon, ham) – opt for lean meat such as chicken breast • Serve with wholemeal, wholegrain or high-fibre bread |
| TOASTED SANDWICHES AND JAFFLES | <p>Green</p> <p><i>Combination of any or all of the following:</i></p> <ul style="list-style-type: none"> • Wholemeal, wholegrain or high-fibre bread • Low-fat or reduced-fat cheese • Salt-reduced baked beans  • Cooked vegetables (e.g. tomato, mushroom, spinach, onion) • 'Green' sauce or spread (see Sauces, Condiments, Dressings, Fats and Oils section below) |

COLD FOODS

| Menu item | Proposed change/description of new menu item |
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| WRAPS, SANDWICHES AND ROLLS | <p>Green</p> <p><i>Combination of any or all of the following:</i></p> <ul style="list-style-type: none">• Unflavoured wholemeal, wholegrain or high-fibre wrap• Wholemeal, wholegrain or high-fibre roll• Wholemeal, wholegrain or high-fibre bread• Low-fat or reduced-fat cheese• Fresh or cooked vegetables (e.g. tomato, mushroom, lettuce, spinach, onion, beetroot, cucumber)• Lean beef/chicken/pork/lamb/turkey prepared using low-fat cooking techniques (e.g. oven bake/roast, grill, steam or use non-stick cookware). Prepared with minimal salt and fat/oil• 'Green' sauce or spread (see Sauces, Condiments, Dressings, Fats and Oils section below) <p>Amber</p> <p><i>Combination of any or all of the following:</i></p> <ul style="list-style-type: none">• Unflavoured wholemeal, wholegrain or high-fibre wrap• Wholemeal, wholegrain or high-fibre roll• Wholemeal, wholegrain or high-fibre bread• Low-fat or reduced-fat cheese• Fresh or cooked vegetables (e.g. tomato, mushroom, lettuce, spinach, onion, beetroot, cucumber)• 50g processed meat (e.g. ham, silverside, sliced chicken or turkey, pastrami)• 'Green' or 'Amber' sauce or spread (see Sauces, Condiments, Dressings, Fats and Oils section below)• Margarine |

EGG AND LETTUCE ROLL OR SANDWICH

Green

Combination of any or all of the following:

- Unflavoured wholemeal, wholegrain or high-fibre wrap
- Wholemeal, wholegrain or high-fibre roll
- Wholemeal, wholegrain or high-fibre bread
- Boiled egg
- **Praise** Traditional Mayonnaise 99% Fat Free
- Lettuce

SAUCES, CONDIMENTS, DRESSINGS, FATS AND OILS

| Menu item | Proposed change/description of new menu item |
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| <p>SAUCES</p> | <p>Green</p> <p>Reduced salt tomato sauces (e.g. Masterfoods Reduced Salt and Sugar Tomato Sauce)</p> <p>Reduced salt barbecue sauces (e.g. Masterfoods Reduced Salt and Sugar Barbecue Sauce)</p> <p>Amber</p> <p>Reduced salt soy sauces (e.g. Kikkoman Less Salt Soy Sauce)</p> <p>Reduced salt sweet chilli sauces (e.g. Ayam Thai Sweet Chilli Sauce Light)</p> <p>Reduced salt instant gravies (e.g. Gravox Traditional Salt Reduced Gravy Mix)</p> |
| <p>MAYONNAISE AND AIOLI</p> | <p>Green</p> <p>Praise Traditional Mayonnaise 99% Fat Free</p> <p>Amber</p> <p>Heinz Seriously Good Mayonnaise Lite</p> <p>Praise Deli Style Light Aioli</p> |
| <p>CONDIMENTS</p> | <p>Green</p> <p>All varieties of vinegar</p> |

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| | <p>Amber</p> <p>All varieties of mustards</p> |
| SALAD DRESSINGS | <p>Green</p> <p>Coles Simply Less 97% fat free dressings – Asian, mango chilli, coleslaw, balsamic</p> <p>Praise Deli Style Balsamic & Roasted Garlic Vinaigrette</p> <p>Amber</p> <p>Coles Simply Less 97% fat free dressings – Caesar, balsamic honey mustard, French, Italian</p> |
| FATS AND OILS | <p>Amber</p> <p>Mono- or poly-unsaturated oils (e.g. canola, sunflower, safflower, olive, soybean, sesame, peanut or flaxseed oils)</p> <p>Mono- or poly-unsaturated and reduced salt margarines (e.g. Flora Salt Reduced Margarine)</p> <p>Reduced fat sour cream</p> |