

HFG PICKS

ONES TO TRY

■ **McCain Healthy Choice Chicken & Vegetable Lasagne (frozen)**

A mild tomato flavour with small chunks of veges and chicken, its flavour and small serving size make it ideal for kids.

426kJ, 2.5g fat, 230mg sodium per 100g.



■ **WeightWatchers Thai Chicken Curry (frozen meal)**

A moderately spicy curry that

may not be as flavoursome as a homemade curry but it's a convenient back-up option.

415kJ, 1.7g fat, 170mg sodium per 100g.

■ **Wattie's Big Eat Mexican Tortellini (shelf-stable meal)**

The mild barbecue flavour with a hint of pepper provides quite a substantial meal in a handy, portable pack. Great for hungry teenage boys!

410kJ, 3.6g fat, 290mg sodium per 100g.



■ **Kaweka Vegetable Korma (shelf-stable meal)**

A mild curry with a comforting, creamy texture but without the kilojoules. This is a flavoursome vegetarian dish – just add your own rice.

610kJ, 8.3g fat, 220mg sodium per 100g.



■ **Wattie's SteamFresh Salmon Linguine (frozen)**

A tasty meal with flavoursome, tender salmon, plentiful veges and pasta. A good source of omega-3.

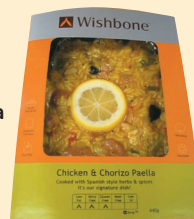
470kJ, 3.0g fat, 190mg sodium per 100g.



■ **Wishbone Chicken & Chorizo Paella (chilled meal)**

A satisfying meal containing real chunks of chicken, chorizo and vegetables with a mild, spicy flavour. Of the meals we tasted, this product had the highest sodium content.

569kJ, 4.3g fat, 391mg sodium per 100g.



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