

FOOD & MOOD

COACHING

DISCRETIONARY FOODS

Common foods with added refined sugars	Jams, marmalades, syrups, confectionary, condiments, sweetened sauces and dressings like barbecue sauce, biscuits, cakes, candies, muffins, doughnuts, puddings, pies, chocolates, some muesli/granola bars and some breakfast cereals, cookies, sodas, packed fruit juices, fruit juice concentrates, flavoured yoghurts, ice-creams and ice-blocks, canned soups, canned fruits, iced tea, premixed alcoholic beverages.
Foods high in hydrogenated or trans fats	Biscuits, cakes, pastries, pies, microwave popcorn, French fries, doughnuts, deep fried foods, fried chicken, margarine, commercial burgers, potato chips and crisps, sausages, confectionary, chocolate bars, frozen desserts.
Other heavily processed foods	Processed meats like bacon, ham, corned beef, chicken nuggets, hot dogs, packaged sweetened breads/buns, cake mixes, instant noodles, flavoured coffees, pre-packaged desserts.

