



Ricardo Riskalla is one of Australia's leading Fitness and Health experts. Contacting Ricardo is the first step to living a healthy lifestyle.

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Forget deciphering tricky nutrition labels and load your eco tote with these delicious food staples Aussie health gurus love



Ricardo Riskalla
Founder of RawFit PT (rawfit.com.au)

LEMONS

"Part of my daily juice, they're cheap, versatile and uplifting. I like to make super-rich green juices and add lots of lemon to mask the bitter taste."

SPIRULINA

"Spirulina's been a staple in my diet for two decades. It's rich in chlorophyll, which increases the body's intake of oxygen, revitalising your body and mind."

BANANAS

"Banana is my thing. Rich in potassium, it helps with fluid retention and hydration. I'm totally addicted to it."



Lorna Jane
Activewear label founder and author (lornajane.com.au)

TOMATOES

"They taste great and contain lycopene which is crucial for cardio devotees who may be low on antioxidants after a sweat session. I look for pesticide-free and buy organic, locally grown."

PEANUT BUTTER

"I'm addicted to peanut butter. I add it to protein balls and incorporate it into a soup with sweet potato. It's high in protein so it's perfect for fuelling a strength or yoga session."

KALE

"This green veggie tastes delicious in smoothies, salads or as chips, but also cleanses the liver's detox pathways to keep blood flowing and skin glowing."



Sarah Wilson
Author of *I Quit Sugar* (iquitsugar.com)

SAFCOL TINNED TUNA

"Tuna can be added to steamed veggies for an easy lunch. Safcol is recommended by Greenpeace and comes in extra-virgin olive oil, not nasty polyunsaturated oils."

ORGANIC FROZEN PEAS

"There's rarely a meal that can't be improved with frozen peas. They're a veggie best eaten frozen – it stops the breakdown into non-nutritious starches."

ORGANIC MEAT

"At the supermarket I look out for meat almost at its use-by date – it'll often be 20-50 per cent off."



Amanda Bisk
Former pole vaulter (amandabisk.com)

DATES

"Full of iron, B vitamins, potassium and antioxidants, they're perfect when I feel like something sweet."

EGGS

"They're an awesome source of choline, which helps send messages between your muscles and brain."

BUCKWHEAT

"It's rich in protein, good fats and fibre. I use it to make porridge with berries."



Meg Thompson
Naturopath and nutritionist (mywholefoodromance.com)

DANDELION ROOT TEA

"This rich, slightly bitter tea is fantastic for the liver, digestive function and as a stand-in for coffee. I start my day by adding a little milk and a touch of honey for a delicious tonic."

KOMBUCHA AND KEFIR

"Fermented beverages are game-changers! Rich in healthy bacteria, these probiotic drinks

detoxify your body and are super refreshing. I mix them with fresh juice for a pick-me-up."

SEA SALT

"Sea salt contains minerals our body craves. Buy Celtic or Himalayan salt as they have electrolytes that replenish lost minerals and maintain muscle function. I sprinkle some on whatever I'm making."



Andi Lew
Wellness coach and author of *Real Fit Food* (andilew.com)

COCONUT FLOWER NECTAR

"Just like honey but better, it's a paleo food that makes the best healthy sugar alternative. It's great on pancakes."

FORAGE PALEO CEREAL

"Full of nuts and seeds, this cereal is wheat-, gluten- and

sugar-free and rich in calcium and magnesium. A great breakfast food on the go."

COCOFRIO ICE-CREAM

"A dairy and sugar-free ice-cream made of coconut which is full of good fats so you stay fuller for longer. My fave is salted caramel."



Hayden Quimm
Chef and co-owner of The Cube Gym (thecubegym.com.au)

MACA POWDER

"I was put onto maca by a lifeguard mate. I find this superfood helps with recovery as well as my over-active adrenal glands."

SAUERKRAUT

"I love this addition to my lunch bowls. Fermented foods are good for the guts!"

SWEEP POTATO

"A staple of mine – it's versatile and makes a great low-GI carb to fill up on."



Michelle Bridges
Founder of Michelle Bridges 12 Week Body Transformation (12wbt.com)

SALMON

"I love that I can taste the goodness in salmon. It has omega-3 fatty acids to boost brain function and vitamin D, plus as a protein, it repairs muscles used during training."

snack or sweet treat containing flavonoids and antioxidants, which means sharp reflexes and slow cognitive decline."

BLUEBERRIES

"These berries are my favourite superfood. A great

"Often overlooked, watercress is packed with vitamin K which is essential for healthy blood flow during and post exercise."



"Blueberries are a great snack or sweet treat containing flavonoids and antioxidants, which means sharp reflexes and slow cognitive decline"



Alicia Coutts
Olympic swimmer

NATUREEGG SIMPLY EGGWHITE

"I use this every morning to make a yummy breakfast omelette."

SCOTCH FILLET STEAK

"Nice, lean meat that's not only tasty but a good source of protein."

CHOBANI YOGHURT

"High-protein and low-fat, I have it after the gym instead of protein powders."



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