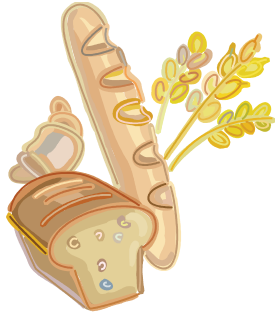


Grocery Store Guide: Healthy Buys



<http://www.fitnessandfreebies.com>

Bread Products



Healthy Bread Recommendations:

- ◆ Oroweat 100% whole wheat
- ◆ 100% whole grain or 100% whole wheat Light
- ◆ Alvarado Street Bakery Sprouted Breads
- ◆ Sara Lee 100% whole wheat or Multi-Grain
- ◆ Baker's Inn 100% whole wheat
- ◆ Country Farms Stone Ground Whole Wheat
- ◆ Trader Joe's Sprouted Breads

Label & Nutrient Alert:

- ☺ Choose whole grains for fiber! Look for 100% whole wheat or grain on the package or whole wheat or grain flour as the first item of the ingredients list.
- ☺ High fiber: 5 or more grams per serving
- ☺ Good Source of fiber: 2.5-4.9 grams per serving.
- ☺ More or added fiber: at least 2.5 grams or more per serving than the original.
- ☺ Aim for 25-35 grams of fiber per day!

Sweets



Sweets:

- ◆ **Pudding:**
- ◆ Jell-O 100 calorie pudding cups
- ◆ Jell-O smoothie snacks
- ◆ Hunt's Fat Free Pudding Snacks
- ◆ **Cookies:**
- ◆ Kashi TLC Chewy Cookies (limit to one or two pieces)
- ◆ Ginger Snaps
- ◆ Trader Joe's Cats Cookies
- ◆ 100 Calorie Packs
- ◆ **Hot Cocoa:**
- ◆ Swiss Miss No Sugar Added
- ◆ Nestle Carnation Sugar free

Sweets

Sweets:

- ♦ **Ice Cream/ Frozen Yogurt:**
- ♦ Silhouette Skinny Cow Varieties
- ♦ Breyers 100 calorie cups
- ♦ Fudge Bars-- store brand
- ♦ Healthy Choice low-fat ice cream
- ♦ Dryer's Frozen Yogurt or Slow Churned Ice Cream
- ♦ Tofutti Cuties
- ♦ Haagen Daz Frozen Yogurt or Sorbet
- ♦ **Juice bars:**
- ♦ Welch's Fruit Juice Bars
- ♦ Dole Fruit N' Juice Bars
- ♦ Dryer's Whole Fruit
- ♦ Trader Joe's Fruit Floes



Artificial Sweeteners

Artificial sweeteners such as Splenda or NutraSweet are calorie free but provide that sweet taste. They can be a good way to lower calories in foods that are normally higher in calories and provide little nutrition. Use artificial sweeteners in moderation as you would anything else!

Bread Products



Healthy Bagel Recommendations:

- ♦ Oroweat 100% whole wheat or Health nut
- ♦ Thomas' 100% whole wheat mini bagels.

Label & Nutrient Alert:

- ☉ Choose Bagels with less than 300 calories and more than 5 grams of fiber.

Healthy bun/muffin/roll Recommendations:

- ♦ Francisco whole wheat French rolls
- ♦ Oroweat whole wheat Dinner rolls
- ♦ Oroweat whole wheat Hamburger and hot dog buns
- ♦ Trader Joe's Zen Bakery Fiber cakes or muffins

Healthy Pita Bread Recommendations:

- ♦ Thomas' whole wheat pita
- ♦ Trader Joe's whole wheat pita
- ♦ Sara Lee's 100% whole wheat pita

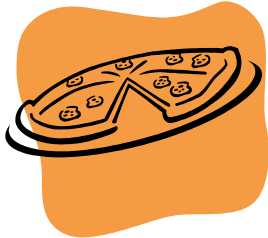
Bread Products



Healthy English Muffin

Recommendations:

- ◆ Thomas' Multi Grain Light
- ◆ Oroweat 100% whole wheat muffin.



Healthy Pizza Shell

- ◆ Boboli Whole wheat
- ◆ Trader Joe's almost whole wheat pizza dough

What are net carbs?

- ☺ Net Carbs, Low Carbs, Effective Carbs, etc. are not approved as definitions by the FDA. These products usually replace flour and sugar with wheat protein, fiber, soy protein or artificial sweeteners. They may also include sugar alcohols or more fat
- ☺ Choose healthy items by looking at the **total** Carbohydrates content listed on the food label. Choose foods high in fiber and low in added sugars.



Check for trans fat:

- ☺ Is "partially hydrogenated" listed on the ingredients list...if so, move fast!

Snacks

Snacks:

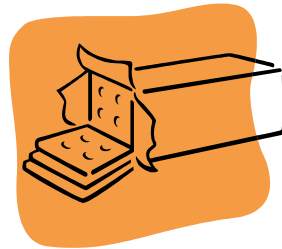
- ◆ **Granola/ Cereal/ Fruit Bars:**
- ◆ Healthy Valley Fruit Bars or Granola Bars
- ◆ Nature's Valley Fruit and Nut Trail Mix Bars or Crunchy Granola Bars
- ◆ Kashi Chewy or Crunchy Granola Bars
- ◆ Fiber one
- ◆ Nutri-Grain Fruit and Nut bars
- ◆ **Microwave Popcorn:**
- ◆ Smart Balance Light
- ◆ Bearitos No Oil Added
- ◆ Newman's Own Lighten Up
- ◆ Orville Redenbacher's Smart Pop
- ◆ Or, pop your own with an air popper!!!

Dips:

- ◆ **Bean Dips:**
- ◆ Trader Joe's Spicy Black Bean
- ◆ Guiltless Gourmet spicy Black Bean
- ◆ Bearitos Vegetarian
- ◆ **Hummus:**
- ◆ Athenos-All Varieties
- ◆ Wildwood- All Varieties
- ◆ Sabra
- ◆ Trader Joe's- All Varieties
- ◆ Emerald Valley- All varieties
- ◆ **Salsa:**
- ◆ All Kinds!!! (Compare Brands and choose a lower sodium Variety)

Snacks:

- ♦ **Crackers:**
- ♦ Healthy Valley Low-Fat Whole Wheat
- ♦ Ry-Krisp
- ♦ Wheat Thins 100% Whole Grain
- ♦ Ak-Mak
- ♦ Reduced Fat Triscuit
- ♦ Kashi TLC 7-Grain
- ♦ Hain Wheatettes
- ♦ Whole Foods 365 Baked Woven Wheats
- ♦ All-Bran
- ♦ **Graham Crackers:**
- ♦ Healthy Valley Oat Bran or Rice Bran
- ♦ Hain Honey or Cinnamon Grahams
- ♦ New Morning Cinnamon Grahams
- ♦ Barbara's Go Go Grahams (8=2 sheets)
- ♦ 100 Calorie Packs



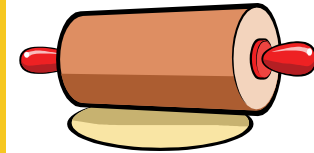
Quick Tip:

- ☺ Watch out for trans fat!!!
- ☺ Granola/Cereal/Fruit bars: choose bars made with whole grains and more fiber.
- ☺ For Microwave Popcorn: 100 calorie bags are a great option



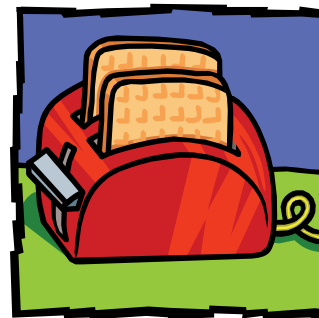
Healthy Tortilla Recommendations:

- ♦ La Tortilla Factory-any variety
- ♦ Trader Joe's whole wheat flour tortillas
- ♦ Trader Joe's organic whole wheat wraps
- ♦ Trader Joe's hand-made corn tortillas
- ♦ Alvarado Street Bakery
- ♦ Ezekiel Sprouted Tortillas
- ♦ Any corn tortilla



Healthy Waffle Recommendations:

- ♦ Kashi frozen waffles
- ♦ Van's Multigrain frozen waffles
- ♦ Optimum frozen waffles
- ♦ Kellogg's Nutrigrain frozen waffles
- ♦ Krusteaz wheat & honey pancake mix
- ♦ Bisquick Heart Smart mix



Cereals

Healthy Cereal (cold) Recommendations:

- Kashi varieties
- Nature's Path Raisin Bran
- Fiber One Honey Cluster
- All Bran Wheat Flakes with Yogurt Bites
- Shredded Wheat
- Kellogg's Frosted Mini Wheats
- Wheat Chex
- Cheerios
- Bran Flakes
- Barbara's Bakery Puffins, Shredded Oats, or Shredded Spoonfuls
- Uncle Sam Cereal
- Optimum Slim
- Quaker Oat Bran or Crunchy Corn Bran
- Life
- Honey Bunches of Oats
- Trader Joe's High Fiber O's
- Trader Joe's Toasted Oatmeal Flakes



Label & Nutrient Alerts:

- ☺ Choose cereals with more than 3 grams of fiber and less than 10 gram of sugar per serving. As always, the more fiber the better.



Snacks

Snack Foods:

- **Chips:**
- Baked Lay's
- Baked Tostitos
- Guiltless Gourmet
- Genisoy Soy Crisps
- Garden of Eatin Baked
- Mini Rice Cakes
- Quaker Soy Crisps
- 100 Calorie Packs
- **Pretzels:**
- Pennystick's Brand
- Newman's Own Spelt
- Trader Joe's Whole Grain Pretzel Sticks



Quick Tip:

☺ Portion Control!

- ☺ Look at the serving size and the calories and fat. Will you eat more than one serving?
- ☺ Aim for approximately 200 calories or less for snacks
- ☺ 100 calories packs are a convenient option for snacking.
- ☺ Pretzels might be fat-free, but they're not calorie or sodium free!!!

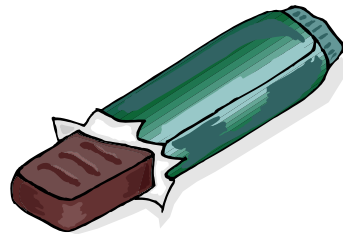


Meal Replacements



Quick Tip:
☺ **Guidelines for choosing snack bars:**

- ☺ 100-200 calories, <3 grams saturated fat, and 3 grams of fiber.
- ☺ Try choosing bars with whole grains, fruits and/or nuts.

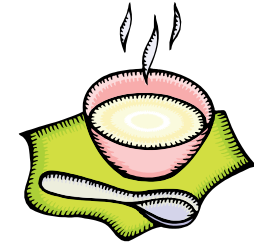


Meal Replacements:

- ◆ **Snack Bars:**
- ◆ Luna Bar
- ◆ Pria Bar
- ◆ Kashi Go Lean Crunch
- ◆ Kashi Granola Bars
- ◆ Clif Nectar
- ◆ Lara Bar
- ◆ Fiber One

Healthy Cereal (hot) Recommendations:

- ◆ Oats (quick, rolled, or steel cut), any brand
- ◆ Kashi Breakfast Pilaf
- ◆ Nature's Path Multi-grain or Oat Bran Cereal
- ◆ Roman Meal Cream of Rye or Multi-Grain
- ◆ Arrowhead Mills Oat Bran, Cracked Wheat, 4-Grain with Flax or 7-Grain
- ◆ Wheatena
- ◆ Quaker Oat Bran or Multi-Grain



Grains:

- ☺ Couscous is fast cooking. Give whole wheat a try!

Couscous:

- ◆ Trader Joe's Whole Wheat
- ◆ Near East-all varieties
- ◆ Casbah-all varieties

Pasta

Pasta:

- ◆ Any brand of whole wheat pasta!
- ◆ Westbrae Natural whole wheat or spinach spaghetti
- ◆ Hodgson Mill whole wheat spaghetti
- ◆ Trader Joe's whole wheat pasta
- ◆ Buitoni Light or whole wheat raviolis



Quinoa:

- ◆ Trader Joe's Organic Quinoa
- ◆ Ancient Quinoa Harvest



Quick Tips:

- ☺ Cooking Tip: 1/2 cup of dry pasta makes about 1 cup cooked.
- ☺ Look for quinoa in the bulk foods section and save money!!!
- ☺ Quinoa is high in protein and a good source of fiber.

Meal Replacements



Meal Replacements:

- ◆ **Meal Bars:**
- ◆ Kashi Go Lean
- ◆ Power Bar Harvest
- ◆ Clif Bar
- ◆ Clif Bar Mojo
- ◆ Slim Fast
- ◆ Genisoy
- ◆ Balance Bar
- ◆ **Shakes:**
- ◆ Kashi Go Lean
- ◆ Slim Fast
- ◆ Glucerna Weight Management or Regular
- ◆ Boost
- ◆ Zone Perfect

Quick Tip:

- ☺ **Guidelines for choosing Meal Bar:**
- ☺ 200-300 calories, <3 grams saturated fat, 3-5 grams fiber and 10-15 grams protein
- ☺ Supplement with fruits, vegetables or yogurt
- ☺ **Guidelines for choosing meal shakes:**
- ☺ 200-300 calories, <2 grams saturated fat, 10-15 grams protein and the more fiber the better!



Frozen Meals



Regular:

- Healthy Choice
- Weight Watchers Smart One's
- Lean Cuisine
- Michelina's Lean Gourmet
- Kashi
- **Trader Joe's**
- Sweet and Sour Shrimp with Rice
- Shrimp Stir Fry
- Low-Fat Chicken Chow Mein
- Vegan Pad Thai With Tofu
- Vegetable Rice Bowl
- Chicken, Vegetable, and Teriyaki Rice Bowl
- Sesame Soba Noodles
- Roasted Vegetable Enchiladas
- Black Bean and Corn Enchiladas
- Chicken Enchiladas
- 99% Fat Free Bean and Rice Burrito

Quick Tip:

- ☉ **Guidelines for choosing frozen entrées:**
- ☉ <4 grams saturated fat, >10 grams protein, and <700 mg sodium per entrée
- ☉ Choose entrees with 200-400 calories if weight loss is your goal
- ☉ Supplement frozen meals with extra fruits and/or veggies

Vegetarian:

- Amy's
- Cedarlane
- Cascadian Farm
- Ethnic Gourmet
- Celentano
- Whole Foods
- Trader Joe's Varieties (see Trader Joe's)

Rice

Rice:

- Any brand of brown or wild rice
- Success boil-in-the-bag brown or whole grain rice
- Uncle Ben's Fast and Natural Brown Rice
- Uncle Ben's Whole Grain Brown Rice Medley
- Trader Joe's California Aromatic Brown Rice
- Trader Joe's Fully Cooked Brown or Wild Rice (shelf or frozen)
- Trader Joe's Brown Basmati
- Rice Expressions Fully Cooked Brown Rice (frozen foods Aisle)



Quick tip:

- ☉ Look for grains with at least 2 grams of fiber per serving. More is even better!!!
- ☉ Look for brown or wild rice in the bulk foods section to save money

Cheese



Cheeses:

- ◆ Sargento reduced fat, shredded or sliced
- ◆ Laughing Cow Light Original Swiss, Garlic Herb Cheese Wedge
- ◆ Borden 2% slices
- ◆ Laughing Cow Mini Babybel Light
- ◆ Kraft 2% sliced, shredded or block
- ◆ Jarlsberg Lite Sliced Reduced Fat Swiss
- ◆ Cabot 75% Reduced Fat Cheddar
- ◆ Any Brand Part Skim Mozzarella String cheese— regular or light
- ◆ President Fat Free Feta
- ◆ Trader Joe's Light Feta
- ◆ Trader Joe's whipped light cream cheese

Quick Tip:

- ☺ Look for cheese with less than 5 grams of fat per ounce
- ☺ Using shredded cheese allows you to add flavor in smaller portions
- ☺ Use strong flavored cheese to add flavor in smaller portions.
- ☺ Cottage cheese is a good source of protein.

Cottage Cheese:

- ◆ Knudsen Fat-Free Or 1%
- ◆ Lucerne Fat-Free or 1%
- ◆ Any brand of fat-free or 1%

Salad Dressing



Salad Dressing:

- ◆ Kraft Light Done Right
- ◆ Good Seasonings Light
- ◆ Wish Bone Just 2 Good or Salad Spritzers
- ◆ Newman's Own Lighten Up
- ◆ Lighthouse Light Salsa Ranch
- ◆ Annie's Naturals Low-Fat Raspberry Vinaigrette, Low-Fat Honey Mustard, Roasted Red Pepper or Low-Fat Gingerly Vinaigrette
- ◆ Follow Your Heart Low-Fat Caesar or Ranch
- ◆ **Trader Joe's:**
- ◆ Reduced Fat Blue Cheese, Caesar or Cilantro, Low-Fat Parmesan Ranch, Tuscany Italian, Low-Fat Raspberry Vinaigrette, Asian Style Spicy Peanut

Quick Tip:

- ☺ **Light, Low-Fat, Reduced Fat:**
- ☺ Light: 33% fewer calories or 50% less fat per serving than a comparable product
- ☺ Low-Fat: 3 grams of fat or less per 100 calories
- ☺ Reduced fat or Reduced calories: at least 25% less per serving compared to a reference food.
- ☺ Look for salad dressing with 7 or fewer grams of fat.



condiments

Margarine/Spreads:

- ◆ Smart Balance Light
- ◆ Land O Lake's Light
- ◆ Brummel and Brown
- ◆ Spectrum Naturals
- ◆ Take Control Light
- ◆ Benecol Light
- ◆ I Can't Believe It's Not Butter Spray



Quick Tip:

- ☺ Look out for Trans-Fat



Condiments:

- ◆ **Mustard:**
- ◆ Grey Poupon Deli Mustard
- ◆ Dijonaise
- ◆ Annie's Naturals Dijon
- ◆ Sierra Nevada
- ◆ French's Yellow
- ◆ **Mayonnaise:**
- ◆ Best Food Light Or Reduced-Fat
- ◆ Smart Balance Omega Plus
- ◆ **Marinades:**
- ◆ Mrs. Dash
- ◆ KC Masterpiece Premium Marinades and BBQ Sauce
- ◆ Safeway Select BBQ sauces

milk products

Milk Products:

- ◆ Milk: Any Brand of fat-free or 1%
- ◆ Sour Cream: Knudsen Fat-free or Light
- ◆ Sour Cream: Naturally Yours Fat-free
- ◆ Sour Cream: Trader Joe's Light
- ◆ Sour Cream: Lucerne Fat-free
- ◆ Smoothies: Nouriche Light
- ◆ Smoothies: Dannon Light and Fit
- ◆ Yogurt: Dannon Light and Fit
- ◆ Yogurt: Dannon Activia
- ◆ Yogurt: Yoplait Light
- ◆ Yogurt: Horizon Fat free
- ◆ Yogurt: Stoneyfield Farm's fat-free or low-fat
- ◆ Yogurt: Trader Joe's Organic Low-fat
- ◆ Yogurt: Any Fat Free plain



Quick Tip:

- ☺ Milk and yogurt contain the natural sugar lactose. They also offer protein, calcium and vitamin D
- ☺ Use fat-free sour cream in place of mayo in recipes
- ☺ Yogurt: watch for added sugars. Look for clues on the ingredients list like sugar, sucrose or high fructose corn syrup. Limit added sugars to less than 10% of your total calories (on a 2000 calorie diet that=200 calories from sugar. 200 calories of sugar is = to 50 grams of added sugar)
- ☺ Look for yogurts with less than 25g sugar listed on the food label or buy plain yogurt and sweeten naturally with fruit.

Produce

Canned Fruits:

Make sure to drain.

- ◆ Libby's Guava, Papaya, Mango or Mixed Fruit
- ◆ Del Monte or Geisha Mandarin Orange Sections
- ◆ Dole Tropical Fruit Salad
- ◆ Del Monte no sugar added fruit cups
- ◆ Dole In It's own Juice Fruit cups
- ◆ Dole Pineapple cups 100% Juice
- ◆ Sunny Select unsweetened applesauce cups
- ◆ Motts no sugar added or healthy harvest applesauce cups
- ◆ Tree Top no sugar added applesauce cups



Quick Tips:

- ☺ Fruit contains the natural sugar fructose along with fiber, vitamins, minerals and phytonutrients
- ☺ Choose fresh or frozen more often and canned or dried less often.
- ☺ Raisins are a good source of potassium

Dried Fruit:

- ◆ Sunmaid raisins mini snack packs or boxes
- ◆ Sunsweet snack size dried plums



Quick Tip:

- ☺ Compare brands to find lower sodium varieties
- ☺ Watch for sodium
- ☺ Limit sodium to 2,400 mg or less per day. Look for sodium content on the food label.
- ☺ Choose soups and canned items lower in sodium
- ☺ Choose broth based soups over creamy soups
- ☺ Choose no salt added diced tomatoes
- ☺ Choose items lower in sodium and fat.

Sauces:

- ◆ **Canned Tomatoes:**
- ◆ Muir Glen Fire Roasted
- ◆ **Tomato Sauce:**
- ◆ Amy's Organic Low Sodium Marinara
- ◆ Ragu Tomato Basil Light
- ◆ 365 Organic (whole Foods)
- ◆ Classico Tomato Basil
- ◆ Muir Glen Organic
- ◆ Healthy Choice



SOUP

Soups:

- ♦ **Broth**
- ♦ Healthy Valley- choose no salt added
- ♦ Imagine
- ♦ Pacific
- ♦ Swanson Organic Vegetable
- ♦ Swanson Natural Goodness
- ♦ **Chili**
- ♦ Healthy Valley- choose no salt added
- ♦ Amy's- all varieties
- ♦ Trader Joe's Organic Vegetable Chili
- ♦ Trader Joe's Turkey Chili
- ♦ Dennison's 99% Fat Free
- ♦ Stagg 99% Fat Free

Soups:

- ♦ Healthy Valley- great variety of lower sodium soups, 40-90% less than comparable brands
- ♦ Amy's Light in Sodium varieties
- ♦ Healthy Choice- all varieties
- ♦ Campbell's Healthy Request- all varieties
- ♦ Progresso 50% Less sodium
- ♦ McDougall's Soup Cups or Baked Ramen
- ♦ Spice Hunter Soup Cups
- ♦ Healthy Valley Soup Cups
- ♦ Trader Joe's Organic Soup cups

Vegetables

- ♦ Any Fresh!!!
- ♦ Birds Eye Frozen Steam Fresh (cook in the bag!)
- ♦ Green Giant simple steamed frozen vegetables (cook in the package)
- ♦ Alexia Sweet Potato Fries
- ♦ Simply Potatoes
- ♦ Cool Cuts Ranch/Carrot or celery/peanut butter combo
- ♦ Mann's Sugar Snap Peas
- ♦ **Trader Joe's:**
- ♦ Herb salad mix or other pre-cut dark green lettuce
- ♦ Stir-fry veggies
- ♦ Pre-cut vegetables (cook in bag)
- ♦ Sugar Plum Tomatoes
- ♦ Celery/ Peanut butter Combo
- ♦ Frozen Edamame
- ♦ Frozen stir-fry mixes

- ♦ **Trader Joe's Pre-Made Salad's:**
- ♦ Garden Salad, Reduced Fat Greek or Reduced fat Southwest



Quick Tips:

- ☺ Choose fresh or frozen veggies whenever possible. If you buy canned, look for no salt added versions
- ☺ Fill half your plate with veggies at dinner!
- ☺ Bring carrots to school or order a side salad instead of fries!!!
- ☺ Try a vegetarian dish the next time you eat out

Soy products

Soy Products:

- ◆ **Soy Cheese:**
- ◆ Yves Good Slices
- ◆ Veggie Slices or Shreds
- ◆ Tofu Rella
- ◆ Soy Kaas
- ◆ **Soy Meat Alternatives:**
- ◆ Boca-all varieties
- ◆ Morningstar– all varieties
- ◆ Yves-all varieties
- ◆ Gimme Lean
- ◆ Dr. Praeger's Veggie Burgers
- ◆ Trader Joe's Meatless Meatballs
- ◆ Amy's Veggie Burgers
- ◆ LightLife– all varieties
- ◆ Garden burger– all varieties
- ◆ Tofurky



Quick Tip:

- ☺ Reduce saturated fat in your diet by trying vegetarian alternatives of burgers, bacon, sausage, hot dogs or corn dogs!
- ☺ Choose soy milk that is fortified with calcium and vitamin D. Choose varieties with less than 3g fat.
- ☺ Firm Tofu works well in stir-fries while soft or silken works great in sauces
- ☺ Watch out for Sodium!!
- ☺ Try marinating your own in Mrs. Dash Marinade.
- ☺ Try seitan in enchiladas.
- ☺ Try tempeh in fajitas or grilled with bbq sauce on a bun

Fish:

- ◆ Any fish or shellfish!!!
- ◆ Tuna or Salmon, canned in water



Quick Tip:

- ☺ Look for Omega-3 fatty acids!
- ☺ Aim for 2 servings of omega-2 rich fish per week (only 2, 3 oz portions).
- ☺ Choose Salmon, Lake Trout, Albacore Tuna, Herring, Mackerel, or Sardines
- ☺ Look for convenient packaging such as vacuum sealed packets or low fat tuna salad kits.

Meats



Chicken/ Turkey:

- ◆ Extra lean ground turkey
- ◆ Jennie O Lean Sausage Pattie or Links
- ◆ Skinless turkey or chicken breast
- ◆ Deli sliced turkey or chicken breast (try Healthy Choice or Foster Farms)
- ◆ Chicken, canned in water
- ◆ **Pre-cooked:**
- ◆ Foster Farms chicken breast strips
- ◆ Tyson chicken breast strips
- ◆ Trader Joe's just chicken pre-cooked slices

Quick Tip:

- ☺ Extra lean: less than 5 grams fat, less than 2 grams saturated fat and less than 95 mg cholesterol per serving
- ☺ Lean: less than 10 grams fat, less than 4 grams saturated fat and less than 95 mg cholesterol per serving
- ☺ Watch out for sodium in deli meat. Look for the American Heart Association (AHA) symbol-it means the product is low in fat and lower in sodium.



Soy Products:

- ◆ **Soy Milk:**
- ◆ Silk Soy Milk
- ◆ 8th Continent Light
- ◆ Trader Joe's Vanilla
- ◆ Soy Slender
- ◆ Westsoy low-fat or fat free
- ◆ **Soy Yogurt:**
- ◆ Whole Soy
- ◆ Silk Soy Yogurt
- ◆ Trader Joe's
- ◆ **Tofu-Plain:**
- ◆ Azumaya
- ◆ Nasoya
- ◆ Whitewave Reduced Fat
- ◆ Mori-Nu Silken
- ◆ Soy Deli Nigari Firm
- ◆ Trader Joe's Organic

Soy Products:

- ◆ **Tofu-Flavored:**
- ◆ Soy Deli Baked or Smoked
- ◆ Nasoya Marinated
- ◆ Wildwood Baked or Smoked
- ◆ Trader Joe's Organic Baked Tofu
- ◆ Whitewave Baked

Vegetarian-Other:

- ◆ **Seitan:**
- ◆ Whitewave traditional, seasoned or chicken style
- ◆ **Tempeh:**
- ◆ Whitewave, any variety
- ◆ Wildwood Soy rice, sea veggie or onion herb
- ◆ Soy Deli Soy Tempeh

Nut/Spreads

Nut/Spreads:

- ♦ **Jams/ Jellies**
- ♦ Smucker's Simply Fruit or Low-Sugar
- ♦ Knott's Light
- ♦ Trader Joe's Organic Fruit Spreads
- ♦ **Peanut Butter/ Nut Butters:**
- ♦ Laura Scudder's Natural
- ♦ Peter Pan Natural
- ♦ Adam's Natural
- ♦ Skippy Natural
- ♦ Smart Balance Omega
- ♦ Trader Joe's Natural
- ♦ Trader Joe's Almond Butter



Quick Tips:

- ☺ Look for no added sugar or reduced sugar.
- ☺ No added sugar= no sugar or ingredients containing sugar added during processing
- ☺ Reduced sugar= at least 25% less sugar than comparable food
- ☺ Sugar free= less than 0.5 grams sugar per serving.
- ☺ Watch out for trans fat!!!
- ☺ Peanut butter has healthy fat :)

Meats

Beef:

- ♦ Extra lean ground beef
- ♦ Buffalo or Ostrich burger
- ♦ Veal
- ♦ Venison
- ♦ Lean Roast Beef
- ♦ Steak: filet mignon, flank, skirt, sirloin, round.



Quick Tips:

- ☺ Watch for saturated fats and choose lean!!!
- ☺ Limit intake to 10% of total calories. Look at saturated fat content on the food label.
- ☺ Low in saturated fat= less than 1 gram per serving

Pork:

- ♦ Pork Loin
- ♦ Center cut, boneless pork chops
- ♦ Lean ham
- ♦ Lean Deli sliced ham (try healthy choice or foster farms)

