



## Healthy Grocery List

### Good Protein Sources

#### Poultry

- 97% fat free (and low sodium preferably) turkey, chicken, roast beef, or ham slices (Boar's Head, Diestel, Applegate Farms, Plainville Farms, Healthy Ones)
- Boneless, skinless chicken or turkey breast (try pre-prepared Trader Joe's "Just Chicken")
- Extra lean ground turkey or chicken breast (Springer Mountain Farms, Red Bird, Coleman Natural and Organic Poultry, Bell and Evans Poultry, Butterball, Jenni-O)
- Lowfat chicken or turkey sausages (Applegate Farms, Trader Joes)

#### Seafood

- Canned /pouched tuna in water (choose low sodium and "light" vs. "white" tuna)
- Canned /pouched salmon in water (choose low sodium and wild caught)
- Crown Prince Natural Brand: canned sardines, kipper snacks, and crab meat
- Frozen Salmon Burgers (Trader Joes, Omega Foods )
- Fresh or frozen shrimp and scallops
- Fresh or frozen fish fillets : tilapia, mahi mahi, salmon, etc. (Trader Joes, Wal-Mart Grocery, regular grocery store)

#### Cheese

- Fat free or reduced fat dairy cheeses: sliced cheese, shredded cheese, block cheese, string cheese, or cheese snacks (Alpine Lace, Horizon, Organic Valley, Galaxy Veggie, Kraft, Sargento, Laughing Cow, MiniBaybel Lite)
- Fat free or reduced fat crumbled feta cheese
- Fat free or lowfat cottage cheese
- "Veggie Cheese" (soy cheese, rice cheese, almond cheese: Veganrella, Veggie Slices, etc. )

#### Egg Products

- Whole eggs
- Pre-prepared hard boiled eggs (Trader Joes, conventional grocery stores)
- Liquid egg whites (All Whites, Egg Beaters Whites)
- Fat free liquid egg substitute (Egg Beaters, Better'n Eggs, ReddiEgg)

## Good Protein Sources continued...

### **Yogurt**

- Fat free or lowfat yogurt (Stonyfield Farms, Horizon, Brown Cow, Yoplait Light, Dannon Light and Fit, Weight Watchers, YoPlus Light)
- Fat free (0%) plain Greek yogurt (Fage, Stonyfield Farms Oikos, Trader Joes)
- Lowfat soy yogurt

### **Milk and Milk Substitutes**

- Nonfat, skim or ½ % milk
- Lite Soymilk (Silk, Edensoy, 8<sup>th</sup> Continent)
- Lite Almond Milk (Blue Diamond Almond Breeze, Pacific)
- Rice Milk (Rice Dream)

### **“Meat Substitutes”**

- Tofu (Nasoya, Tree of Life, White Wave Baked Tofu, Pete’s Tofu 2 Go, Morinu)
- Tempeh (Whitewave, Lightlife, Nasoya, Tree of Life)
- Veggie Burgers (Amy’s, Dr. Praeger’s, Cascadian Farms, Boca, Gardenburger, Morningstar Farms)
- Ground Beef Style Soy Crumbles (Boca, Morningstar Farms)

### **Canned Beans**

- Fat free refried beans
- Low sodium canned garbanzo, kidney, black beans, pinto beans, etc. (Eden Foods, Shari Ann’s, Westbrae Natural, Bearitos, or store brand)
- Canned vegetarian chili (Healthy Valley, Trader Joes, Safeway)

### **Protein Powders and Drinks**

#### *Whey Protein Powder*

- Jay Robb
- Solgar Whey To Go
- Optimum Nutrition Natural 100% Whey
- BSN Lean Dessert Protein

#### *Soy Protein Powder*

- Genisoy
- Spirutein

#### *Ready to Drink (RTD) Canned Protein Shake*

- Worldwide Pure Protein Shake
- Myoplex Lite

## Fruit

Tips--->Buy 2-4 different fruits/week. Buy in varying stages of ripeness (ex: buy green bananas as well as yellow bananas).

### **Fresh**

Easy to eat “grabby fruits:” apples, grapes, small bananas, berries, pears

Any fresh fruit you’ll eat.

### **Frozen**

No sugar added frozen strawberries, blueberries, blackberries, raspberries, cherries, mango chunks, and pineapple chunks (keep on hand for smoothies!)

### **Canned**

No sugar added applesauce, pearsauce, fruit cocktail, pineapple, peaches, mandarin orange cups, etc.

## Vegetables

Tip--->Buy 2-4 different vegetables/week. Avoid buying more than you’ll eat.

### **Fresh**

- “Finger Picking Good Veggies”: baby carrots, snap peas, cherry tomatoes, broccoli florets, cauliflower florets, edamame, radishes, bell peppers
- Any veggie you love
- Salad greens, baby spinach leaves
- Broccoli slaw
- Large romaine leaves for making “wrapper” sandwiches

### **Canned/Jarred**

Low sodium (or rinse and drain well):

- Roasted red bell peppers
- Mushrooms
- Baby corn
- Artichoke hearts
- Hearts of palm
- Water chestnuts
- Green chilis

### **Frozen**

- Steam-in-the-bag veggies
- Frozen veggies you love: onions, bell peppers, asparagus, broccoli, cauliflower, carrots, etc.
- Veggies in lowfat sauce

## Healthy Fats

- Nuts and Seeds (almonds, walnuts, pecans, pistachios, sunflower seeds, pumpkin seeds, etc.) *Tip: Purchase in 100 calorie packs or "Just a Handful" packs*
- Nut butters: peanut butter, almond butter, sunflower butter, cashew butter, tahini (Arrowhead Mills, Maranatha, Smucker's Natural, Trader Joes, Whole Foods 365 Brand, Barney Butter, Justin's)
- 100 Calorie Peanut Butter or Almond Butter Packs (Justin's, Barney Butter)
- Oils: extra virgin olive oil, organic canola oil, flaxseed oil, sesame oil, walnut oil, avocado oil (Spectrum, Barleans, Hain Expeller Pressed Oils, Trader Joes)
- Ground Flaxseeds/Flaxseed Meal (Arrowhead Mills, Bob's Red Mill, FiProFlax, Spectrum)
- Avocado
- Guacamole

## Healthy Starches

### **Bread/Tortillas/English Muffins**

- Whole wheat, high fiber bread (Ezekiel, French Meadow Bakery, Trader Joes, Pepperidge Farm 100% Whole Wheat Lite Style, or Thin Slice )
- Low cal, high fiber, light bread (Weight Watchers, Pepperidge Farm Small Slice, Fiber One, )
- Lowfat, whole wheat, and/or high fiber tortillas (no more than 150 calories): La Tortilla Factory, Ezekiel, Garden of Eatin, Trader Joes)
- Corn tortillas
- Whole wheat English muffins (Trader Joes, Matthew's)
- High fiber pita bread (Weight Watchers)

### **Crackers**

- High fiber, lowfat crackers (Ak Mak, Trader Joes Woven Wheats, Mary's Gone Crackers, Adrienne's Hawaiian Lavosh, Finn Krisp (rye or multigrain), Ryvita (rye), Healthy Valley, Kavli, Nejaimes, Wasa (hearty, lite or organic rye), Hain brown rice crackers,
- Rice cakes (Lundberg Farms, Quaker)
- Soy Crisps (Genisoy, Glenny's)

## Healthy Starches Continued...

### **Cereal**

#### ***Hot Cereal***

- Unflavored instant oatmeal packets (Quaker, Uncle Sam's)
- Old fashioned oats/ steel cut oats (Quaker, Arrowhead Mills, Silver Palate, McCann's)
- Hot multigrain cereal (Arrowhead Mills 7 Grain, Bob's Red Mill 8 Grain, Kashi 7 Whole Grain and Sesame Blend)
- Oat Bran (Mother's)
- Quinoa Flakes (Ancient Harvest)
- Hot brown rice cereal (Lundberg Farms, Arrowhead Mills, Erewhon)

#### ***Frozen Hot Cereal***

- Amy's hot cereal bowls
- Trader Joes Old Fashioned Oatmeal

#### ***Cold Cereal***

- Puffed (puffed wheat, rice, or corn, or Kashi 7 Whole Grain Puffs)
- Flakes and O's: Bran flakes, spelt flakes, kamut flakes, Kashi cereals, Cheerios (Arrowhead Mills, Kashi, Life Stream, Nature's Path Heritage, Post, Uncle Sam's)
- Shredded Wheat (Barbaras, Kashi, Kellogg's, Post)
- Granola →use sparingly (Bear Naked, Nature's Path, Health Valley, Zoe's, Trader Joes lowfat)

## Sauces/Dressings/Condiments

- All Fruit Preserves (American Spoon Fruit, Cascadian Farms, Polaner, Sorrel Ridge, Trader Joe's All Fruit Jams)
- Barbecue Sauce (Muir Glen, Annie's Naturals)
- Bragg's Liquid Amino Acids (this is non-fermented, wheat free, soy sauce)
- Ketchup (Heinz organic, Muir Glen)
- Lowfat marinara or pizza sauce (Enrico's, Newman's Own, Classico)
- Low sodium soy sauce and teriyaki sauce
- Mayonnaise- reduced fat (Spectrum, Nasoya's Nayonnaise, Trader Joes, Vegannaise)
- Mustard: yellow, Dijon, honey, spicy
- Salad Dressing (Annie's, Newman's Own, Spectrum, Seeds of Change, Nasoya, Newman's Own Lighten Up)
- Salsa (Muir Glen, Newman's Own, Trader Joes)
- Vinegar (balsamic, flavored balsamic, red wine, rice wine)

### Soups

- Low sodium canned or boxed soups (Trader Joes, Amy's Light in Sodium)
- Low sodium instant bean soups (Dr. McDougall's, Fantastic Foods, Nile Spice, Safeway)
- Low sodium chicken, beef, or vegetable broth/boullion cubes
- Low sodium miso soup

### Seasonings

- Apple pie spice
- Cinnamon
- Cumin
- Garlic powder
- Mrs. Dash
- Onion powder
- Pumpkin pie spice
- Sea Salt
- Vanilla extract
- Any others without added sodium

### Beverages

- Coffee (decaf preferably)
- Hot Cocoa 25 calorie packets (Swiss Miss Diet, Nestle fat free)
- Sugar Free Powdered Drink Mixes (Crystal Light, Lipton Ice Tea to Go, etc.)
- Tea (Celestial Seasonings, Eden, Numi, Tazo, Republic of Tea, Yogi Teas)
- Water (Aquafina Flavorsplash, Dasani Essence, MetroMint Water, SoBe Lifewater, Trader Joes Lime or Mint Water, Vitamin Water 10, Vitamin Water Zero)

### Snacks

#### **Fruit and Vegetable Snacks**

Freeze Dried Fruits and Vegetables (Just Fruit and Just Vegetable munchies by Just Tomatoes, Funky Monkey, Trader Joe's)

#### **Packaged Snacks**

- Fig Bars (Barbara's, Newman's Own)
- Graham Crackers
- Popcorn (Newman's Trans Fat Free, Bearitos, Orville Redenbacher's Smart Pop, Jolly Time Healthy Pop, Pop Secret 94% Fat Free Snack Size)
- VitaTops, Vita Muffins, VitaBrownies
- 100 Calorie Snack Packs

#### **Ice cream**

- Fat free or lowfat ice cream (Dreyer's/Edy's Slow Churned Light Ice Creams)
- Lowfat ice cream sandwiches (Skinny Cow, Weight Watchers)
- Fruit Bars (Dryer's/Edy's)
- Lowfat fudge bars (Healthy Choice, Weight Watchers)

### **Bars**

- Cereal Bars and Chewy Granola Bars (Cascadian Farms, Cliff Jr., Fiber One, Kashi)
- Crunchy Granola Bars (Kashi, Nature Valley)
- Meal Replacement Bars (Boulder, Boomi, Cliff, Lara, Luna, Odwalla)

### **Frozen Entrees**

Look for the following criteria:

- No partially hydrogenated oils.
- No more than 1 gram of saturated fat per 100 calories.
- No more than 3 grams of total fat per 100 calories.
- No more than 200 milligrams of sodium per 100 calories.

(Amy's, Cascadian Farms, Dr. Praegers, Kashi, Healthy Choice, Lean Cuisine, Weight Watchers)

### **Frozen Finds**

#### **Burritos/Wraps:**

- Amy's
- Cedarlane
- Kashi Pocketbread Sandwiches
- Lean Cuisine Flatbread Melts
- Healthy Choice Low Cal Panini
- Lean Pockets

#### **When You're Jones'n' for Pizza but Don't Want To Go Overboard:**

- Amy's Spinach Pizza in a Pocket Sandwich
- Amy's Spinach Feta in a Pocket Sandwich
- Amy's Cheese Pizza Toaster pops
- Healthy Choice French Bread Pizza
- Lean Cuisine Wood Fire Style Pizza