

# Choose Healthy Shopping List

choose-healthy.org



## PRODUCE

All vegetables and fruits in produce section

## DELI/PREPARED FOODS

Southern Tsunami Sushi

Sashimi (salmon, tuna)

Spicy tuna roll (made with brown rice)

California roll (made with brown rice)

Rotisserie Chicken: Original Seasoning

Tyson fajita chicken breast strips

Tyson grilled chicken breast strips

Tyson seasoned steak strips

Jenny-O extra lean turkey bacon

Oscar Mayer 50% less fat turkey bacon

Jimmy Dean turkey bacon

Oscar Mayer center cut bacon

Oscar Mayer turkey smoked sausage (2/3's less fat)

Hillshire Farm Lite smoked sausage

Boar's Head Deli Meats: Roasted Lower Sodium Turkey Breast, Ovengold

Roast Breast of Turkey, Mesquite Wood Smoked Breast of Turkey, Italian-Style

Seasoned Beef

Hillshire Farm Deli Select: roast beef, all types of turkey breast, ham

Oscar Mayer Deli Fresh: roast beef, turkey breast, chicken breast, ham

Sara Lee: all types of roast beef, ham, chicken, turkey

Oscar Mayer: all types of chicken, turkey, ham, roast beef

Butterball: all types of chicken, turkey, ham, roast beef

## CONDIMENTS, SAUCES, SPREADS

### Marinades and Seasoned Sauces

Mrs. Dash Salt-free Marinade: Mesquite Grille, Spicy Teriyaki, and Lemon

Herb Peppercorn

Fischer Wieser's Sauces: Mango Ginger, Habanero, Blueberry Chipotle,

Pomegranate & Mango, and Mango Chipotle

Tabasco Sauce

Rouses Merlot Wine steak sauce

Rouses Vidalia Onion steak sauce

Rouses Vidalia Onion barbecue sauce

Sal & Judy's All Natural Heart Smart: Original, Roasted Garlic, Chunky

Classico Pasta Sauce (all varieties)

Full Circle Pasta Sauce Newman's Own Marinara Sauce: All flavors

Prego Heart Smart Spaghetti Sauce: All flavors

Classico Pasta Sauce: All flavors

Gia Russa Marinara Sauce

### Butters and Spreads

Hellmann's Dijonnaise

Hellmann's Mayonnaise

Hellmann's Lite Mayonnaise

Kraft Lite Mayo

Kraft Mayo with Olive Oil

Hummus (all brands)

Smart Balance Light Buttery Spread

Smart Balance Spray Butter

Smart Balance Organic

Smart Balance Organic Butter Spread

Smart Balance Whipped Butter Spread

Smart Balance Omega Butter Spread

I Can't Believe It's Not Butter Lite

Brummel & Brown — Promise cardiologist endorsed

Brummel & Brown Natural Yogurt Spread

Daisy Light Sour Cream

Full Circle Peanut Butter

Jiff Creamy Peanut Butter

Jiff Crunchy Peanut Butter

Jiff Extra-Crunchy Peanut Butter

Peter Pan Crunchy Peanut Butter

Peter Pan Creamy Peanut Butter

Jif To Go

Best Yet Crunchy Peanut Butter

Best Yet Creamy Peanut Butter

### Salad Dressings

Rouses Vidalia Onion Honey Mustard dressing

Rouses Vidalia Onion & Creamy Cucumber dressing

Rouses Vidalia Onion Ranch dressing

Rouses Vidalia Onion & Summer Tomato dressing

Rouses Roasted Garlic dressing

Newman's Own Salad Dressings: Lighten Up Sundried Tomato, Lighten

Up Honey Mustard, Lighten Up Caesar, Lighten Up Low-fat Sesame

Ginger, Lighten Up Italian, Lighten Up Red Wine Vinegar and Olive Oil

Kraft Light: Light Balsamic Vinaigrette, Light House Italian

Kraft Free: Caesar Italian, Zesty Italian, Catalina

Wish-Bone Salad Spritzers

Wishbone fat-free Blue Cheese

Annie's Naturals Lite Gingerly Vinaigrette

South Beach Living: Balsamic dressing, Ranch dressing Marzetti Salad

Dressing: Lite Caesar Vinaigrette, Lite Raspberry Cabernet Vinaigrette,

Lite Supreme Caesar

Bolthouse Farms Salad Dressing: Chunky Blue Cheese Vinaigrette,

Creamy Yogurt Dressing — Classic Ranch, Creamy Yogurt Dressing —

Original Coleslaw, Creamy Yogurt Dressing — Honey Mustard, Olive Oil

Vinaigrette — Tropical Mango, Creamy Yogurt Dressing — Thousand

Island

Maple Grove Farms Fat-Free Caesar

Maple Grove Farms Fat-Free Poppyseed

Ken's Steakhouse: Lite Raspberry Walnut Vinaigrette, Lite sweet Vidalia

onion, Lite Caesar, Lite Northern Italian

Ken's Healthy Option: Sweet Vidalia Onion Vinaigrette, Olive Oil and

Vinegar

All balsamic vinegars

All Tabasco items — all flavors

### Peanut Butter and Jelly

Smucker's Natural Chunky

Smucker's Natural Creamy

Smart Balance Creamy Peanut Butter



\* Product contains more than 600 mg of sodium per serving.



# Choose Healthy Shopping List

choose-healthy.org



Smart Balance Chunky Peanut Butter  
Simply Jif Creamy  
Almond butter – any brand, plain  
Smucker's No-Sugar Preserves  
Smucker's Simply Fruit  
Polaner All Fruit

## **SNACKS**

Genisoy Soy Crisps  
Think Thin protein bar  
Glenny's Soy Crisps  
Full Circle Soy Crisps  
EAS AdvantEDGE Carb Contol Nutrition Bar  
EAS Myoplex Lite Ready-to-drink  
Naturade 100% Soy Protein Powder  
Naturade 100% Whey Protein Powder  
MLO Vegetable Protein Powder  
PowerBar Protein Plus bar  
Kashi-Go-Lean Crunchy Bar  
Kashi TLC bar – Crunchy or Chewy  
South Beach Living High Protein Cereal bar  
Orville Redenbacher's Smart Pop! Popcorn  
Orville Redenbacher's Natural Popcorn  
Orville Redenbacher's 100 Calorie Pop  
Jolly Time Healthy Time Popcorn  
Walnuts  
Oberto Beef Jerky, Original  
Tabasco salsa  
Amy's Salsa – all varieties  
Garden of Eatin's BAKED blue tortilla chips  
Garden of Eatin's BAKED yellow tortilla chips  
Beanitos Chips  
Sun Chips: all varieties  
Ryvita Rye & Oat Bran All Natural Crisp Bread  
Ryvita Sesame Rye All Natural Crisp Bread  
Wasa Whole Wheat Crisp Bread  
Kavli Crispy Thin and Thick Bread Crisp Bread  
Kellogg's All Bran Crackers: Garlic Herb, Multi-Grain  
Nabisco Triscuit Crackers and Thin Crisps  
Akmak Sesame crackers  
Mary's Gone Crackers  
Dr. Kracker crackers  
Newman's Own Spelt Crackers  
Scharffen Berger 70% bittersweet dark chocolate  
Lindt 70% cocoa dark chocolate  
Sun-Maid California Dried: Prunes, Peaches, Apricots, Mission Figs  
Stretch Island Fruit Leather  
Best Yet Nuts: All  
Planters: All (except those with chocolate)  
Blue Diamonds: All  
Nosh Soy Beans  
Garden of Eden Black Bean Chips  
Garden of Eden Blue Chips

Sun Chips: All flavors  
Tostitos Multi-Grain Chips  
Salsa — all: Tostitos, Mrs. Renfro's, Emeril's, Pace

## **HOT AND COLD CEREALS**

### **Cold**

Kellogg's Special K Protein Plus  
Post Brand Flakes  
Post Shredded Wheat: original  
Post Shredded Wheat: spoon size  
Quaker Crunchy Corn bran  
General Mills Original Fiber One bran cereal  
General Mills Wheat Chex  
Organic Weetabix  
Familia Swiss Muesli No Added Sugar  
Barbara's Puffin's Original Cereal  
Total Whole Grain  
Fiber One Original  
Uncle Sam's Original  
All Bran Cereal Original  
Kashi GoLean Cereal  
Nature's Path Optimum Slimming Cereal  
Bob's Thick Rolled Oats  
Bob's 10-Grain Cereal  
Bob's 5-Grain Cereal

### **Hot**

Kashi GoLean Hot Cereal  
Uncle Sam's Toasted Whole Wheat & Flaxseed Original Cereal  
McCann's: Steel Cut Oatmeal, Instant Irish Oatmeal  
Hodgson's Mill: Oat Bran Hot Cereal, Cracked Wheat, Multi-Grain, Bulgur  
Wheat  
Quaker Old Fashioned Oats  
Quaker Instant Oatmeal Packet: Plain

## **BEVERAGES**

V8 100% Vegetable Juice — Low Sodium  
OceanSpray Cranberry 100% Juice — No Sugar Added  
Tropicana 100% Pure Orange Juice  
Minute Maid 100% Pure Orange Juice  
Hawaiian Punch Lite  
Juicy Juice 100% Juice  
Crystal Light: various flavors  
Kool-Aid Jammers 10  
Honest Tea: Community Green Tea  
Honest Tea: Just Green Tea, Unsweetened  
Arizona Diet Green Tea  
Nestle Hot Chocolate Fat-Free with Calcium  
Nestle Hot Chocolate Mix, No Sugar Added  
Sprite Zero  
Fuze Slenderize  
Zico Coconut Water  
Metromint zero-sugar, all-natural flavored water



\* Product contains more than 600 mg of sodium per serving.



# Choose Healthy Shopping List

choose-healthy.org



Steaz – zero-sugar, all-natural, sparkling tea  
Zevia – stevia-sweetened soft drink  
Perrier, Flavored Perrier  
VitaminWater ZERO  
Gatorade G2  
Powerade Zero  
Propel

## Alcohol

Beck's Premier Light: 64 calories  
Miller Genuine Draft: 64 calories  
BUD SELECT – 55 CALORIES  
Red wine – all varieties  
White wine – all varieties

## CANNED GOODS, RICE, BEANS, PASTA

### Soup

Campbell's 98% Fat-Free Cream of Mushroom\*, Cream of Celery  
Campbell's Healthy Requests: Cream of Mushroom, Vegetable, Tomato  
Progresso Hearty Black Bean soup\*  
Progresso Green Split Pea soup\*  
Progresso Lite Soups\*  
Amy's Organic soups\* — lentil, vegetable, split pea, black bean

### Canned Goods

StarKist Chunk Lite Tuna in Water  
Chicken of the Sea Pink Salmon  
StarKist Yellowfin Tuna Fillets (Pouches)  
Hormel Breast of Chicken in Water  
BlueRunner Creole Cream-style Red Beans  
BlueRunner Creole Cream-style Navy Beans  
BlueRunner New Orleans Spicy Cream-style Red Beans  
Trappey's Kidney Beans, Butter Beans, Pinto Beans, Blackeye Beans,  
Fieldpeas, Black Beans  
V. Allen's Turnip Greens  
V. Allen's Popeye Spinach  
DelMonte Sweet Peas — no-salt added  
DelMonte Fresh Cut Sliced Beets  
LeSueur Tender Baby Whole Carrots  
Zapata All Natural Refried Beans  
Libby's 100% Pure Pumpkin

### Rice, Dried Beans, Pasta, Grains

Basmati Rice: All brands  
Brown Rice: All brands  
Dried Beans (pinto, kidney, navy, lima, black-eyed, etc.)  
Green Mountain Quinoa  
Annie's Natural's Whole Wheat Pasta Shells with Cheddar  
Hodgson Mill Whole Wheat Pasta Shells with Cheddar  
HeartLand 100% Whole Wheat Spaghetti  
Barilla Plus Spaghetti & Penne Pasta  
Gia Russa: Whole Wheat Lasagna, Whole Wheat Angel Hair Pasta, Whole  
Wheat Rigatoni, Whole Wheat Penne Rigate

Hodgson Mill: Whole Wheat Shell Pasta, Whole Wheat Fettuccine, Whole  
Wheat Spaghetti, Whole Wheat Spinach Spaghetti, Whole Wheat Angel Hair  
DeBoles: Whole Wheat Pasta, Whole Wheat Angel Hair  
Heartland's 100% Whole Wheat Spaghetti  
Sal & Judy's Heart Smart Pasta Sauce

## MEAT, POULTRY, SEAFOOD

### Meat

Kabobs: beef, chicken, pork  
Rouses Stir-fry: pork and veggie, beef and veggie  
Rouses 93/7 Lean Ground Beef and Hamburger Patties  
Beef tenderloin  
Beef flank steak  
Beef bottom round roast  
Eye of round steak  
Center cut pork chop  
Swift marinated pork tenderloin: Asian Sesame, Barbecue, Lemon Pepper  
Honeysuckle white breast of turkey (99% fat free)  
Honeysuckle white turkey breast tenderloins (pre-marinated, seasoned)  
Honeysuckle white turkey breast thin-cut slices  
Sanderson Farms 100% natural chicken breast filets, chicken breast tenders

### Poultry and Eggs

Honeysuckle White Boneless Skinless Turkey Breast  
Honeysuckle White Extra Lean Ground Breast of Turkey  
Honeysuckle White Turkey Breast Tenderloin  
Honeysuckle White 93/7 Fresh Ground Turkey  
Hormel Sliced Roasted Turkey Breast & Gravy\*  
Tyson Fajita Chicken Breast Strips  
Hormel Turkey Pepperoni\*  
Jennie-O Turkey Franks  
Oscar Mayer Center Cut Bacon  
Oscar Mayer Turkey Sausage 2/3's Less Fat  
Tyson Mesquite Chicken Breasts (fully-cooked)  
Uncured Bacon — Canadian Bacon  
Boneless Skinless Chicken Breast  
Pork Tenderloin  
Swift Premium Seasoned Pork Tenderloin  
Center Cut Pork Chops  
Egg-Lands Best Eggs  
Egg Beaters — Original  
Just Whites – Egg Whites

### Seafood

\* All fish and shellfish (not stuffed, breaded or fried)  
Yellow Fin Tuna  
Fresh Salmon  
Catfish  
Louisiana shrimp  
Sea Scallops  
Tilapia  
Crab Meat  
Louisiana Oysters



\* Product contains more than 600 mg of sodium per serving.



# Choose Healthy Shopping List

choose-healthy.org



Smoked Salmon\*  
Louisiana Crawfish  
Inland Market Chardonnay Salmon, Bronzed Tilapia  
Emeril's Certified Wild-Caught Shrimp  
Treasures from the Sea: Ahi Tuna, Tilapia, Cod Filets, Pollock Fillets  
Full Circle: Wild Swordfish, Wild Alaskan Halibut, Wild Ahi Tuna, Wild Salmon

## FROZEN FOODS

Frozen Meals and Foods  
Morning Star Grillers Original Burger  
Morning Star Garden Veggie Burger  
Morning Star Sausage Links  
Morning Star Sausage Patties  
Morning Star Farms Meal Starters Crumbles  
Morning Star Farms Italian Sausage  
Morning Star Farms Bacon Strips  
Boca All American Flame Grilled Meatless Burger  
Boca All American Classic Meatloaf Burger  
Smart Ones, Homestyle Beef Pot Roast  
Smart Ones, Chicken Santa Fe  
Smart Ones (breakfast), Ham & Cheese Scramble  
Smart Ones (breakfast), Cheesy Scramble with Hashbrowns  
Smart Ones (breakfast), Canadian-Style Bacon English Muffin Sandwich  
Smart Ones, Chicken Marsala with Broccoli  
Cedarlane Egg White Omelets Healthy Choice Café Steamers, Grilled Whiskey Steak  
Healthy Choice Café Steamers, Roasted Beef Merlot  
All Kashi Frozen Meals  
DeWafelbakk Buckwheat Berry Flax Seed Pancakes  
DeWafelbakk Sweet Potato Pancakes  
Food for Life Bread: All varieties  
Kashi TLC Crackers: All flavors  
Special K Crackers: All flavors  
Kashi Go-Lean Waffles — Plain

## Frozen Vegetables

Edamame  
Ore-Ida Roasted Potatoes: Original  
Best Yet: green peppers, cut-leaf spinach, lima beans, cut okra, broccoli, cut carrots, collard greens, black eye peas, butter beans  
Pict Sweet: carrots, butter beans, purple-hulled peas, sliced yellow squash, mixed greens, chopped turnip greens, chopped collard greens, broccoli cuts, chopped onions, chopped green peppers, okra and tomatoes, lima beans, field peas  
Green Giant: broccoli spears, broccoli and carrots lightly seasoned, teriyaki vegetables, baby lima beans in butter sauce, baby sweet peas, broccoli spears in butter sauce  
honey-glazed carrots, creamed spinach  
Birds Eye: pepper stir-fry, sugarsnap stir-fry, broccoli stir-fry, steamed-fresh seasoned cauliflower, tender broccoli cuts, artichoke hearts, lemon pepper vegetables, chopped spinach, sweet peas, brown rice

## ICE CREAM, FROZEN YOGURT, BARS

Breyers Double Churn FREE ice cream  
Kemp's Fat Free Frozen Yogurt  
Ben & Jerry's Low Fat Frozen Yogurt  
Haagen-Daz Sorbet  
The Skinny Cow ice cream sandwiches  
Weight Watchers ice cream sandwiches  
Klondike Slim-a-Bear 100 Calorie Sandwiches  
The Skinny Cow Bars  
Weight Watchers Sherbet and Ice Cream Bars  
No Sugar Added Fudgsicles  
Sugar Free Popsicles  
Edy's No Sugar Added Fruit Bars  
Weight Watchers pre-portioned ice cream cups  
Blue Bunny Fat-Free, No Sugar Added Ice Cream  
Blue Bunny 100 Calorie Ice Cream Bars: All flavors  
Mr. Edy's Slow Churned, No Sugar Added Ice Cream

## BREAD

Nature's Own 100% Whole Wheat Bread  
Nature's Own 100% Whole Wheat Bagel  
Pepperidge Farm Natural Whole Grain 15 Bread  
Pepperidge Farm Whole Grain English Muffin (100% whole wheat)  
Pepperidge Farm Whole Grain Oatmeal Bread  
Pepperidge Farm Whole Grain 100% Whole Wheat Bagel  
Thomas Hearty Whole Wheat Mini-Bagel  
Thomas Hearty Grains 100% Whole Wheat English Muffin  
Thomas' 100% Whole Wheat Bagel Thins  
La Tortilla Tortillas  
Flat Out Light Wraps: all varieties/flavors  
Kontos Whole Wheat Pocket Pita  
Oroweat Sandwich Thins 100% Whole Wheat  
Oroweat Whole Grain 100% Whole Wheat Hamburger Buns  
Oroweat 100% Whole Wheat Bread  
Mission Multi-Grain Flour Tortillas  
Mission 96% Fat-Free Whole Wheat Tortillas  
Natural Grain:

- 12 grain Bread
- Grains and Granola Bread
- Healthy multi-grain bread

Toufayan Whole Wheat Pita  
Thomas' 100% Whole Wheat English Muffins  
Oroweat 100% Whole Wheat English Muffins  
Sara Lee 100% Whole Wheat  
Rouses' Wheat Bread  
100% Whole Wheat or Whole Grain Sandwich Thins/Sandwich Flats/Deli Rounds – any brand



\* Product contains more than 600 mg of sodium per serving.



# Choose Healthy Shopping List

choose-healthy.org



## DAIRY AND DAIRY SUBSTITUTES

### Yogurt

Fage Greek Yogurt: 0%, 2%  
StonyField Farm Organic Fat Free Plain Yogurt  
Yoplait Fat Free Plain Yogurt  
Best Yet Non-Fat Plain Yogurt  
Activa Plain Yogurt  
Dannon Low-Fat or Non-Fat Plain Yogurt

### Cream

Best Yet Half & Half  
Land-O-Lake Low fat Half & Half  
Nestle Coffee-Mate: Sugar Free French Vanilla, Sugar Free Hazelnut, Sugar Free Vanilla Caramel

### Cheese and Cheese Spreads

Breakstone's Low Fat Cottage Cheese  
Breakstone's Fat Free Cottage Cheese  
Light-n-Lively Low Fat Cottage Cheese  
Light-n-Lively Fat Free Cottage Cheese  
Breakstone's Live Active Cottage Cheese  
Lactaid Cottage Cheese, 1% Milk Fat  
Sargento Light Ricotta Cheese  
Kraft Deli Deluxe, 2% Milk Cheese, Sharp Cheddar  
Kraft Deli Deluxe, 2% Milk Cheese, American Slices  
Kraft Singles, 2%: All flavors  
Kraft Singles, Fat Free American  
Sargento Reduced Fat Pepperjack Cheese Slices  
Cracker Barrel 2% Milk Cracker Cut Cheese  
Sargento Reduced Fat Shredded Sharp Cheddar Cheese  
Borden Reduced Fat Shredded Cheddar and Monterey Jack Cheese  
Borden 2% Cheese Singles: All flavors  
Laughing Cow Cheese Wedges: Original Creamy Swiss  
Laughing Cow Cheese Light Wedges: all varieties  
Babybell Light Cheese  
Kraft String-Ums, Mozzarella String Cheese  
Kraft Philadelphia Fat Free Cream Cheese  
Athena Reduced Fat Feta Cheese

### Milk

Rouses 1% Low Fat Milk  
Rouses Fat Free Skim Milk  
Silk Soy Milk Natural  
Silk Vanilla Light Soy Milk  
8th Continent Light Soy Milk — original  
8th Continent Light Soy Milk — chocolate  
8th Continent Light Soy Milk — vanilla  
Westsoy Plain Soy Milk  
Almond Breeze Unsweetened Chocolate, Unsweetened Plain (shelf-stable; not refrigerated)  
Borden Organic Fat Free Milk  
Borden Organic 1% Low Fat Milk  
Nestle Milk Nutritional Shakes

## BAKING

Quaker Oatmeal Pancake Mix  
Log Cabin Sugar Free Syrup  
Gold Medal Whole Wheat Flour  
Hodgson Mill Insta-Bake Whole Wheat Baking Mix  
Hodgson Mill Milled Flax Seed  
Hodgson Mill Wheatgerm  
Hodgson Mill Golden Milled Flax Seed  
Mazola Canola Oil  
Fruittato Colavita Extra Virgin Olive Oil First Cold Pressed  
Ballino First Cold Pressed Extra Virgin Olive Oil  
PET Fat Free Evaporated Skimmed Milk  
Nestle Carnation Evaporated Fat Free Milk  
Truvia Sweet Leaf Sweetener  
Aunt Jemimah Whole Wheat Blend Pancake and Waffle Mix  
Hodgson Mill Rye Bread Mix  
Honey Whole Wheat Bread Mix  
Mill Flax Seed  
Buckwheat Pancake Mix  
Truvia  
Sun Crystals



\* Product contains more than 600 mg of sodium per serving.

