

Prenatal Grocery List



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PRODUCE SECTION

All vegetables and fruits in produce section

DELI/PREPARED FOODS

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

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

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



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

