

Choose Healthy Shopping List

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PRODUCE

All vegetables and fruits in produce section

DELI AND PREPARED MEATS

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, Ovensgold 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

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

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

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

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



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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
Smucker's No-Sugar Preserves
Smucker's Simply Fruit
Polaner All Fruit

SNACKS

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
Lean Cuisine, Honey Dijon Grilled Chicken*
Lean Cuisine, Steaktips Portabella
Smart Ones, Chicken Marsala with Broccoli
Healthy Choice Café Steamers, Grilled Whiskey Steak
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 – Blueberry
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
Genisoy Soy Crisps
Full Circle Soy Crisps
EAS AdvantEDGE Carb Control Nutrition Bar
EAS Myoplex Lite Ready-to-drink
PowerBar Protein Plus bar
Kashi-Go-Lean Crunchy Bar
Kashi TLC bar
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
Garden of Eatin's No Salt blue tortilla chips
Sun Chips: all varieties



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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
Scharffen Berger 70% bittersweet dark chocolate
Lindt 70% cocoa dark chocolate
Sun-Maid California Dried: Prunes, Peaches, Apricots, Mission Figs
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

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, Bulgar Wheat
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
Wonder Bread, Wheat Hot Dog Bun
Bunny Light Wheat Hamburger Bun
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

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
Breakstone's Light-n-Lively Low Fat Cottage Cheese
Breakstone's 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
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



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Fuze Slenderize
Perrier, Flavored Perrier
VitaminWater: 10 calories
Gatorade G2
Powerade Zero
Propel

Alcohol

Beck's Premier Light: 64 calories
Miller Genuine Draft: 64 calories
Red 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

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
Borden 2% Cheese Singles: All flavors
Laughing Cow Cheese Wedges: Original Creamy Swiss
Laughing Cow Cheese Light Wedges: Light Swiss, Light Garlic and Herb, Light French
Onion
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
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
Fruttato 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

Rice, Dried Beans, Pasta

Basmati Rice: All brands
Brown Rice: All brands
Dried Beans (pinto, kidney, navy, lima, black-eyed, etc.)
Hodgson Mill Whole Wheat Whole Grain Pasta
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

