

# Choose Healthy Shopping List

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## PRODUCE

### VEGETABLES:

Artichoke  
Arugula  
Asparagus  
Beets  
Bell peppers  
Broccoli  
Broccoli Rabe  
Brussels sprouts  
Butternut squash  
Carrot  
Cauliflower  
Celery  
Collard greens  
Cucumber  
Green beans  
Green cabbage  
Green Onions  
Iceberg Lettuce  
Jicama  
Leaf lettuce  
Mushrooms  
Onion  
Potato  
Pumpkin  
Radish  
Romaine Lettuce  
Spinach  
Summer Squash  
Sweet Corn  
Sweet Potato  
Swiss Chard  
Tomato

### ROUSES FRESH-CUT VEGETABLES:

Cauliflower florets  
Broccoli florets  
Asparagus  
Carrots  
Zucchini slices  
Squash slices  
Smart Balance Spray Butter

### FRUIT:

Apple  
Avocado  
Banana  
Blueberries  
Cantaloupe  
Cherries  
Fig, Dried  
Fig, Fresh

Grapefruit  
Grapes  
Guava  
Honeydew  
Kiwifruit  
Kumquat  
Lemon  
Lime  
Mango  
Nectarine  
Orange  
Papaya  
Peach  
Pear  
Persimmon  
Pineapple  
Plum  
Plum, Dried  
Pomegranate  
Pummelo  
Raisins  
Raspberries  
Star Fruit  
Strawberries  
Tangerine  
Watermelon  
Wild blueberries  
Center Cut Pork Chops  
Egg-Lands Best Eggs  
Egg Beaters – Original

### ROUSES FRESH-CUT FRUITS:

Pineapple  
Strawberry  
Cantaloupe

### DELI/PREPARED FOODS

Southern Tsunami Sushi  
Rotisserie Chicken-Original Seasoning  
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  
Marzetti Hummus-Original, Roasted Red Pepper, Roasted Garlic  
Sabra Hummus-Classic Hummus, Roasted Garlic Hummus

### CONDIMENTS/SAUCES/SPREADS

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



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Tabasco Sauce  
Rouses Merlot Wine steak sauce  
Rouses Vidalia Onion steak sauce  
Rouses Vidalia Onion barbecue sauce  
Hellmann's Dijonnaise  
Hellmann's Mayonnaise

## 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  
Wish-Bone Salad Spritzers  
Annie's Naturals Lite Gingerly Vinaigrette  
South Beach Living: Balsamic dressing, Ranch dressing

## ALCOHOL

Beck's Premier Light – 64 calories beer  
Miller Genuine Draft – 64 calories  
Red wine – all varieties

## SNACKS

Genisoy Soy Crisps  
Full Circle Soy Crisps  
EAS AdvantEDGE Carb Control Nutrition Bar  
EAS AdvantEDGE Carb Control Ready-to-drink shake  
EAS Myoplex Lite Ready-to-drink  
PowerBar Protein Plus bar  
Clif Builder's bar  
Kashi-Go-Lean Crunchy Bar  
Kashi TLC bar  
South Beach Living High Protein Cereal bar  
Orville Redenbacher's Smart Pop! popcorn  
Jolly Time Healthy Time Popcorn  
Blue Diamond Almonds – Unsalted varieties  
Walnuts  
Oberto Beef Jerky, Original  
Tabasco salsa  
Garden of Eatin's No Salt blue tortilla 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 Crisp Bread  
Kavli Hardy Thick Bread crisp bread

Kellogg's All Bran Crackers: Garlic Herb, Multi-Grain  
Nabisco Triscuit Crackers  
Nabisco Triscuit Thin Crisps  
Scharffen Berger 70% bittersweet dark chocolate  
Lindt 70% cocoa dark chocolate

## CEREALS: HOT & 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 Weetabax  
Familia Swiss Muesli No Added Sugar  
Barbara's Puffin's Original Cereal  
Kashi GoLean Cereal  
Kashi GoLean Hot Cereal  
Uncle Sam's Toasted Whole Wheat & Flaxseed Original Cereal  
McCann's Steel Cut Oatmeal  
Hodgson's Mill: Oat Bran Hot Cereal, Cracked Wheat, Multi-Grain  
Quaker Old Fashioned Oats  
Quaker Instant Oatmeal packet – plain

## BEVERAGES

V8 100% Vegetable Juice – Low Sodium  
OceanSpray Cranberry 100% juice – No Sugar Added  
Hawaiian Punch Lite  
Juicy Juice 100% Juice  
Crystal Light – Various Flavors and Styles  
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  
Perrier, Flavored Perrier  
VitaminWater – 10 calories  
Gatorade G2  
Powerade Zero  
Propel

## SOUPS

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\*



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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

## SEAFOOD – FRESH/FROZEN

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

## MEAT AND POULTRY

Rouses 93/7 Lean Ground Beef and Hamburger Patties  
Beef Tenderloin  
Beef Flank Steak  
Beef Bottom Round Roast  
Boneless Skinless Chicken Breast  
Pork Tenderloin  
Swift Premium Seasoned Pork Tenderloin  
Center Cut Porkchops  
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\*  
Jenni-O Turkey Franks  
Oscar Mayer Center Cut Bacon  
Oscar Mayer Turkey Sausage 2/3's Less Fat  
Tyson Mesquite Chicken Breasts (fully-cooked)

## RICE, BEANS, PASTA

Village Harvest Brown Basmati Rice  
Dried Beans (pinto, kidney, navy, lima, black-eyed, etc.)  
Hodgson Mill Whole Wheat Whole Grain Pasta  
HeartLand 100% Whole Wheat Spaghetti  
Birilla Pasta  
Classico Pasta Sauce (all varieties)  
Full Circle Pasta Sauce

## FREEZER SECTION

Ore-Ida Roasted Potatoes – Original  
Ezekiel 4:9  
Food for Life 7 Grains Bread  
Food for Life Bran for Life Bread  
Morning Star Grillers Original Burger  
Morning Star Garden Veggie Burger  
Morning Star Sausage Links  
Morning Star Sausage Patties  
Boca All American Flame Grilled Meatless Burger  
Lean Cuisine, Honey Dijon Grilled Chicken\*  
Lean Cuisine, Steaktips Portabella  
Smart Ones, Chicken Marsala with Broccoli  
Healthy Choice Café Steamers, Grilled Whiskey Steak  
Kashi Lemon Rosemary Chicken\*  
Kashi Chicken Pasta Pomodora  
Kashi Chicken Florentine  
Kashi Go Lean Waffle – original 7 grain, blueberry  
Kashi Pizza: Sicilian Veggie, Mediterranean, Mexicali Black Bean

## FREEZER SECTION – ICE CREAM & FROZEN NOVELTIES

Fat-free or low-fat ice cream & frozen yogurts:  
Breyers Double Churn FREE ice cream  
Kemp's Fat Free Frozen Yogurt  
Ben & Jerry's Low Fat Frozen Yogurt  
Haagen-Daz Sorbet

Low-fat ice cream sandwiches:  
The Skinny Cow ice cream sandwiches  
Weight Watchers ice cream sandwiches  
Klondike Slim-a-Bear 100 Calorie Sandwiches



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## Bars and more:

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

## BREAD

Nature's Own 100% Whole Wheat Bread  
Pepperidge Farm Natural Whole Grain 15 Bread  
Pepperidge Farm Whole Grain English Muffin (100% whole wheat)  
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 Bread  
Kontos Whole Wheat Pocket Pita

## PEANUT BUTTER/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

## DAIRY/DAIRY SUBSTITUTES

Faga Greek Yogurt: 0%, 2%  
Land-O-Lake Lowfat Half & Half  
Nestle Coffee-Mate: Sugar Free French Vanilla, Sugar Free Hazelnut, Sugar Free Vanilla Caramel  
Rouses 1% LowFat 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  
StonyField Farm Organic Fat Free Plain Yogurt  
Yoplait Fat Free Plain Yogurt  
Activa Plain Yogurt

Dannon Plain Yogurt  
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  
Sargento Light Ricotta Cheese  
Smart Balance Light Buttery Spread  
Smart Balance Spray Butter  
Brummel & Brown Natural Yogurt Spread  
Egg-Lands Best Eggs  
Egg Beaters – Original  
Kraft Deli Deluxe, 2% Milk Cheese, Sharp Cheddar  
Kraft Deli Deluxe, 2% Milk Cheese, American Slices  
Kraft Singles, 2% Milk American Cheese  
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  
Laughing Cow Cheese Wedges: Original Creamy Swiss  
Laughing Cow Cheese Light Wedges: Light Swiss, Light Garlic and Herb, Light French Onion  
Kraft String-Ums, Mozzarella String Cheese  
Kraft Philadelphia Fat Free Cream Cheese  
Athena Reduced Fat Feta Cheese

## REFRIGERATED FRUIT JUICES

Tropicana 100% Pure Orange Juice  
Minute Maid 100% Pure Orange Juice

## BAKING MIXES

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

## DRIED FRUIT

Sun-Maid California Dried Prunes  
Sun-Maid California Dried Peaches  
Sun-Maid California Dried Apricots  
Sun-Maid California Dried Mission Figs



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