

Brand Name Shopping List

DAIRY

(Max of 100 cal and 3g of fat with approx. 7g of Protein)

CHEESE

Slices, shreds and bars

CABOT® 75% Reduced Fat Cheddar Cheese*

SARGENTO® Reduced Fat Provolone Cheese Slices

SARGENTO® Reduced Sodium Provolone Cheese

Slices

SARGENTO® Reduced Sodium String Cheese

SARGENTO® Reduced Sodium PepperJack Cheese

SARGENTO® Light String Cheese*

SARGENTO® Reduced Sodium Mozzarella Shredded Cheese

Mini BABYBEL® Light Cheese*

Fat free PHILADELPHIA® Cream Cheese*

FIREFLY FARMS® Merry Goat Round Cheese

Ricotta Cheese

SARGENTO® Fat Free Ricotta Cheese

SORRENTO® Fat Free Ricotta Cheese

SORRENTO® Low Fat Ricotta Cheese

Cottage Cheese

FRIENDSHIP® 1% milkfat No Salt Added Cottage

Cheese

CROWLY® 1% milkfat no salt added Cottage Cheese

LUCERNE (SAFEWAY)® No Salt Added Cottage

Cheese

Parmesan Cheese

KRAFT® Reduced Fat Parmesan Cheese*

Vegan Cheese

LISANETTI'S Soy-Sation® Cheddar, Mozzarella*

YOGURT

(Max of 120 cal with approx. 7g of Protein)

LA YOGURT® fat free

ARCHER FARMS® Fat Free Yogurt

DANNON® Yogurt 7 benefits, nonfat, all natural, plain

SWISS PREMIUM®, Yogurt Low Fat, Plain

STONYFIELD® Organic Yogurt Fat Free, Plain*

OIKOS® organic Fat Free Greek Yogurt

FAGE® Greek Yogurt 0% milkfat

CHOBANI® Nonfat Greek Yogurt

CASCADE® Fresh, Fat Free Greek Yogurt

KROGER® Lite Yogurt

CARB MASTER® Fat Free Yogurt

MILK & MILK ALTERNATIVES

LACTAID®, Fat Free

MEYENBERG® Low Fat Goat Milk

8th CONTINENTAL® Light Vanilla Soy Milk

SILK LIGHT® Vanilla Soy Milk

SILK LIGHT® Unsweetened

PROTEIN

(Max of 100 cal and 3g of fat with approx 7g of protein)

CHICKEN

TYSON® Boneless Skinless Chicken Breasts

PERDUE® Fit and Easy Boneless Skinless Chicken

Breasts

FOSTER FARMS® Savory Servings

TYSON® Premium Chunk Chicken in Water

SWANSON® White Premium Chunk Chicken Breast in Water

TYSON® Grilled and Ready Fully Cooked Chicken

Breast Strips*

CRAB

CHICKEN OF THE SEA® Imitation Crab Meat*

SCHOONER® Imitation Crab Meat*

Louis Kemp Imitation Health Crab Sticks (2 oz)*

SEA FARE® White Crab Meat*

SEA FARE® Claw Crab Meat*

SEA FARE® Jumbo Lump Crab Meat*

EGG & EGG SUBSTITUTES

EGGLANDS BEST® Omega 3 Eggs

EGG SUBSTITUTES

EGG BEATERS®

BETTER'N EGGS®

NULAIID REDDIEGG®

GREAT VALUE® Liquid Eggs

FISH

FISHIN® Frozen Tilapia Fillets

PANAMEI® Seafood Frozen Tilapia Fillets

WALMART® Frozen Cod Fillets

WALMART® Frozen Halibut Fillets

BUMBLE BEE® Salmon packed in water (pouch or can)*

MADAM WHITE (GEISHA)® Seafood Mix

HAM

APPLEGATE FARMS® Sliced Hams *

DIETZ AND WATSON GOURMET LITE® Cooked Ham*

BEEF

WALMART® Lean Ground Beef
OSCAR MAYER® Deli Fresh Slow Roasted Roast Beef, Shaved*

SARDINES

BUMBLEBEE® Canned Sardines*

SCALLOPS

WALMART® Raw Bay Scallops
WALMART® Raw Sea Scallops*

TUNA

STARKIST TUNA (canned in water, low sodium)
BUMBLE BEE® Prime Fillet Albacore Steak Entrees*
MADAM WHITE (GEISHA)® Chunk Light Tuna (in water)*
BUMBLE BEE® Chunk Light Tuna in Water*
BUMBLE BEE® Prime Fillet Very Low Sodium Solid White Albacore in Water

TURKEY

JENNIE-O® Lean Turkey Burger Patties
JENNIE-O® Extra Lean Ground Turkey Breast
BUTTERBALL® Extra Lean Ground Turkey Breast
JENNIE-O® Turkey Stove Oven Ready Homestyle Boneless

MEATLESS PROTEINS

YVES® Meatless Pepperoni*
YVES® Meatless Bologna*
MORNINGSTAR® Crumbles*
GARDEN® Protein Chicken Tenders*
SEAPOINT FARMS® Shelled Edamame
SEAPOINT FARMS® Lightly Salted Soybeans in Pods

FRUITS (Approx 60 Cals)

CANNED FRUITS

DEL MONTE® 100% Juice Pineapple Slices
DEL MONTE® 100% Juice Sliced Peaches
DEL MONTE® Fruit Naturals No Sugar Added Red Grapefruit in Water
DEL MONTE® Fruit Naturals Red Grapefruit in Extra Light Syrup
DEL MONTE® Lite Fruits in Extra Light Syrup (Apricot Halves, Fruit Cocktail, Peach Halves, Sliced Peaches, Sliced Pears)
DEL MONTE® No Sugar Added Fruits (Diced Peaches, Fruit Cocktail, Peach Chunks, Sliced Pears)
DOLE® Pineapple Slices or chunks in 100% Pineapple

Juice

EARTH'S BEST® Organic Kidz Organic Apple Sauce
GREAT VALUE® Canned Fruits (100% Juice Sliced Peaches, 100% Juice Pear Halves, 100% No Sugar Added Diced Peaches, Mandarin Oranges, Tropical Fruit Mix, No Sugar Added Sliced Peaches, Pineapple Tidbits)
GREAT VALUE® All Natural Apple Sauce No Sugar Added
MOTT'S® No Sugar Added Applesauces (Original, Blueberry Delight, Country Berry, Granny Smith, Peach Medley, Strawberry)
MOTT'S® Plus Antioxidants Pomegranate Applesauce
MOTT'S® Plus Calcium Harvest Apple Applesauce
MUSSELMAN'S® No Sugar Added Natural Unsweetened Applesauce
OREGON® Pitted Red Tart Cherries in Water
SANTA CRUZ® Organic Applesauce
VERMONT VILLAGE CANNERY® Organic Unsweetened Applesauce

FROZEN FRUITS

CASCADIAN FARM® Organic Frozen Strawberries
STAHLBUSH ISLAND® Cranberries
STAHLBUSH ISLAND® Health Berry Blend
STAHLBUSH ISLAND® Marion Blackberries
WYMAN'S OF MAINE® Fresh Frozen Wild Blueberries

100% FRUIT JUICES

V8® Fruit Fusion
MOTT'S® 100% Fruit Juices
JUICY JUICE® 100% Fruit Juices

VEGETABLES (approx. 25 Cals)

BAGGED/CANNED VEGETABLES

DOLE® Salad Mixes (Greener Selection, Romaine, Classic Coleslaw, Very Veggie, American Blend, Spring, Tender GARDEN®, Baby GARDEN® Blend)
GIORGIO® Fresh 'n Clean Sliced Mushrooms
MARKETSIDE® Classic Iceberg Salad
MARKETSIDE® Green Beans
DEL MONTE® No Salt Added Diced Tomatoes
THE FRESH MARKET® No Salt Added Tomatoes (Petite Diced, Whole)
GREAT VALUE® No Salt Added Tomato Sauce

Bagged/Canned Vegetables Continued

DEL MONTE® Fresh Cut No Salt Added Green Beans (Regular Cut and French Cut)
GREAT VALUE® No Salt Added Green Beans (Regular Cut and French Cut)
GREAT VALUE® Greens in Water (Collard, Turnip and Spinach)

FROZEN VEGETABLES

HANOVER the silver line frozen green beans
HANOVER the silver line yellow and green sliced squash blend
Birds Eye C&W Frozen Zucchini Blend
PictSweet All Natural Cut Okra, Frozen
PictSweet All Natural Frozen Brussel Sprouts
PictSweet Frozen Chopped Onions
Pict Sweet All Natural Cut Yellow Squash, Frozen
Great Value Sugar Snap Peas Stir Fry
Great Value Asparagus Stir Fry
Birds Eye Normandy Blend Frozen Vegetables
Birds Eye Frozen Broccoli
Birds Eye Frozen Green Beans
Birds Eye Frozen Pepper and Onion Stir Fry

VEGETABLE JUICE

Low Sodium V8® Vegetable Juice
CAMPBELL'S® low sodium tomato juice

CARBOHYDRATES *(approx. 80-120 Cals)*

BEANS

BUSH'S BEST® Reduced Sodium Dark Red Kidney Beans
GREAT VALUE® Dried Great Northern Beans
GREAT VALUE® Dried Pinto Beans
HANOVER® Premium Baby Lima Beans, Frozen
PICTSWEEP® Fordhook Lima Beans

BAGELS

THOMAS'S® Mini Bagels, 100% Whole Wheat
THOMAS'S® Bagel Thins, 100% Whole Wheat

BREADS & BUNS

ARNOLD® Bakery Light, 100% Whole Wheat
ARNOLD® Grains and More Bread, (Double Protein, Whole Wheat Double Fiber)*
ARNOLD® Select Sandwich Thins, (Honey Wheat, Multi Grain, 100% Whole Wheat)*
ARNOLD® Whole Grains Bread, (12 Grain, Health nut, Healthy Multi – Grain, 100% Whole Wheat)
EARTHGRAINS® 100% Natural, (7-Grain Bread, 100%

Whole Wheat, 100% Multi-Grain)
NATURE'S PRIDE® 100% Natural, (Double Fiber 100% Whole Wheat)*
PEPPERIDGE FARM® Deli Flats, (7 Grain, Whole Grain White, 100% Whole Wheat)*
PEPPERIDGE FARM® Very Thin Sliced Bread, 100% Whole Wheat*
PEPPERIDGE FARM® Whole Grain Bread, (15 Grain, Double Fiber, 100% Whole Wheat)
SARA LEE® Hearty and Delicious, (100% Multi-Grain, 100% Whole Wheat)*
STROEHMANN® Dutch Country, (12 Grain, 100% Whole Wheat, 100% Whole Wheat Double Fiber)*
Vermont Bread Company® Sodium Free Whole Wheat Bread
NATURE'S OWN® Double Fiber Buns*
PEPPERIDGE FARM® Classic Whole Grain White Hamburger and Hot Dog Buns

CEREALS

ALL-BRAN®, (Bran Buds, Complete Wheat Flakes, Original)*
FIBER ONE® Bran Cereal Original
KASHI® Heart to Heart Honey Toasted Cereal
TOTAL® 100% Nutrition, Whole Grain
WHEATIES®

CORN

GREEN GIANT® Whole Kernel Sweet Corn 50% less Sodium*
GREAT VALUE® Whole Kernal Golden Corn, Frozen
GREEN GIANT® Valley Fresh Steamers, (Niblets Corn, White Shoepeg Corn)
HANOVER® Yellow Sweet Corn, Frozen
HANOVER® The Gold Line Steam in a Bag White Sweet Corn, Frozen
BIRDS EYE Steam in a Bag Mini Corn Cobs (1 cobb)

CRACKERS

CARR'S® Whole Wheat Crackers
GREAT VALUE® Double Cross Snack Crackers
KASHI® Heart to Heart Whole Grain Crackers
KASHI® TLC Original 7 Grain Snack Crackers
SPECIAL K® Crackers
TRISCUITS®*

ENGLISH MUFFINS

THOMAS'S® Hearty Grains, 100% Whole Wheat
THOMAS'S® Better Start Light, Multi-Grain
FIBER ONE® Light English Muffins
GREAT VALUE® Instant Oatmeal, (Original, Sugar Free Maple and Brown Sugar)*

OATS

QUAKER® Original Rolled Oats

PASTAS

BARILLA® Dry Whole Grain Pastas
DREAMFIELDS® Dry Pastas
GREAT VALUE® Dry Pastas
Golden Grain MISSION® Dry Pastas

PEAS

GREAT VALUE® Frozen Peas
PICTSWEET® Blackeye Peas

PITA

MISSION® Whole Wheat Pita*
THOMAS'S® Carb Counting Original Pita*
THOMAS'S® Whole Wheat Mini Pita Pockets*
EZEKIEL® 100% Whole Wheat Pita Pocket
SAHARA® 100% Whole Wheat Pita*

RICE

UNCLE BEN'S® Basmati Rice

SWEET POTATOES

SYLVIA'S® Cut Sweet Potatoes Yams in a Light, Golden Syrup

TORTILLAS

MISSION® Low Carb Balance Tortilla*
MOUNTAIN BREAD® Whole Wheat Light Wraps

FATS *(approx. 45cals and 5g of fat)*

BUTTER SPREADS

PROMISE®, Light
SMART BALANCE® Heart Right Light Buttery Spread
LAND O LAKES® Unsalted Whipped Butter
JIF Low Salt Peanut Butter

MAYONNAISE

HELLMAN'S® Canola Mayo Cholesterol Free
KRAFT® Light Mayo
KRAFT® Mayo with Olive Oil, Reduced Fat

OLIVES

Black Pearls *

OILS

Bertoli Extra Virgin Olive Oil
Wesson Vegetable Oil
Wesson 100% Canola Oil

NUTS AND SEEDS

Planters Unsalted Peanuts
Kleins Natural Unsalted Sunflower Seeds
Kettle Creamy Unsalted Almond Butter
Oh!Nuts Unsalted Roasted Almonds
Bobs RedMill Flaxseed
Ziyad Tahini Sesame Paste
Bestof All organic unsalted pistachios

EXTRAS *(approx 20 Cals or Less)*

COOKING SPRAYS

I CAN'T BELIEVE IT'S NOT BUTTER®! Spray, Original
PROMISE®, Fat Free*
CRISCO® No Stick Spray, (Butter, 100% Canola Oil)
GREAT VALUE® No Stick Cooking Spray, (Butter Flavored, Olive Oil, Vegetable Oil, Canola Oil)
PAM® (Butter Flavor, Grilling, Organic Olive Oil, Original)
SMART BALANCE® Omega Non-Stick Cooking Spray
BAKER'S JOY®, The Original No-Stick Baking Spray with Flour

SEASONING BLENDS

Cavender's Salt Free All-Purpose Greek Seasoning
GREAT VALUE® Poultry Seasoning
MCCORMICK® Gourmet Collection Blends
MCCORMICK® Perfect Pinch Italian Seasoning
MCCORMICK® Poultry Seasoning
MCCORMICK® Pumpkin Pie Spice
MRS. DASH® Grilling Blends,
MRS. DASH® Seasoning Blends, Extra Spicy
MRS. DASH® Seasoning Blends, Fiesta Lime
MRS. DASH® Seasoning Blends, Southwest Chipotle
MRS. DASH® Seasoning Blends, Tomato Basil Garlic
MRS. DASH® Seasoning Blends, Original Blend

SUGAR FREE FOODS

Gelatin

JELLO® Sugar Free 10 Calories Snack
WINKY® Brand Sugar Free Jilly's Gelatin

Preserves

GREAT VALUE® Sugar Free Preserves
SMUCKER'S® Sugar Free Jam
SMUCKER'S® Sugar Free Preserves

Syrups

Sugar Free Foods Continued

TORANI® Sugar Free Flavoring Syrup, (Chocolate, Classic Caramel, Raspberry)

CONDIMENTS

Horseradish

HELLUVA GOOD® Prepared Horseradish

INGLEHOFFER® Extra Hot Horseradish

INGLEHOFFER® Wasabi Horseradish

KRAFT® Creamy Horseradish Sauce

Mustard

GULDEN'S® (Spicy Brown, Yellow)

HELLMAN'S® (Dijonnaise Creamy Dijon, Honey)

Relish

GREAT VALUE® Sweet Pickle Relish*

HEINZ® (Sweet Relish*, Dill Relish*, Hot Relish*, Hot Dog Relish*)

MT. OLIVE® Sweet Relish*

Sauces and Marinades

COLGIN® Liquid Smoke

HEINZ® Worcestershire Sauce*

KEN'S® Steakhouse Marinades & Sauces*

KITCHEN BOUQUET® Browning and Seasoning
Sauce beverages

CRYSTAL LIGHT®

Diet V8 SPLASH®

NUTRISYSTEM FLAVORFULS®

* Higher Sodium Choice Consider Limiting to Reduce Sodium Intake