

Food shopping guide

Healthier brands and products by category

Fats, margarines, oils

- Olive, canola, or peanut oils; avocado or nuts
- I Can't Believe It's Not Butter fat-free spray or light spread
- Promise light
- Brummel & Brown light margarine
- Best Foods low-fat or light mayonnaise

Salad dressings, vinegars, salsa, spices

- Balsamic, seasoned rice wine vinegar, or other flavored vinegars
- Salsas
- Fresh herbs
- Miracle Whip light salad dressing
- Annie's Lite dressings
- Bernstein's Light Fantastic
- Wishbone Salad Spritzers
- Mrs Dash salt-free spice blends

Cheese, soy, dairy products

- Fat-free or 1% milk
- Plain fat-free regular or Greek yogurt
- Fat-free evaporated milk
- Laughing Cow light cheese wedges
- Galaxy Foods Veggie (soy) Shreds
- Kraft reduced-fat cream cheese
- Reduced-fat string cheese
- Precious low-fat ricotta
- Precious light mozzarella cheese
- Trader Joe's Celtic Cheddar
- Tillamook light sour cream

Frozen desserts

- Frozen grapes or berries
- Dreyer's whole-fruit juice bars
- Healthy Choice fudge bars
- Fudge-cicles (no sugar)
- Haagen-Dazs frozen yogurt or sorbet
- Skinny Cow frozen desserts

Cookies, granola bars, spreads

- Hummus
- Apple, peanut, and almond butters
- Ginger snaps, vanilla wafers, graham

crackers

- Trader Joe's low-fat ginger and Chocolately Cats cookies
- Barbara's raspberry fig bars
- Safeway Eating Right cookies
- Kashi TLC Trail Mix Chewy Granola Bars
- Nature Valley Trail Mix granola bars
- Low-sugar and sugar-free spreads
- Toby's lite tofu dip & spread

Chips, popcorn

- Air-popped popcorn
- Soy nuts
- Sunflower seeds
- 100% whole wheat breads (Milton's, Nature Bake, or Dave's Killer)
- Guiltless Gourmet blue-corn or chili lime tortilla chips
- Tostito, Lays, or Kettle baked chips
- Popchips
- Smart Food Selects chips
- Lite and fat-free microwave popcorn (Jolly Time, Orville Redenbacher, Pop Secret)

Grains, crackers, bread, tortillas

- Whole grains (oats, brown rice, quinoa, amaranth, bulgur, corn, barley)
- 100% whole wheat breads (Milton's, Nature Bake, or Dave's Killer)
- Don Pancho high fiber low-carb tortillas
- Ak-Mak whole-wheat crackers
- Kashi TLC 7-Grain Crackers
- Ry Krisp seasoned crackers
- Old London Melba Toast
- Wasa whole wheat and rye crackers
- Trader Joes mini fiber cake muffins
- Lundberg or Quaker rice cakes
- Flat Out Healthy Grains flatbread

Legumes, meat, meat-product substitutes

- Dried/canned beans, split peas, lentils, tofu, tempeh, soy
- Fish, skinless poultry, lean meats
- Boca Burger meatless patties
- Gardenburger Veggie patties
- Morningstar Farms garden veggie patties, sausage patties, black bean burgers
- Hormel turkey pepperoni
- Tofurky Italian sausage
- Stonewall's Jerquee (soy jerky)
- Emerald Valley bean dips
- Health Valley soups
- Hormel or Trader Joe's vegetarian chili
- Rosarita no-fat refried, spicy jalpeño, and low-fat refried black beans
- Trader Joe's edamame (green soy beans), Soycutash, Meatless Meatballs

Frozen dinners

- Lean Cuisine Spa Cuisine
- Healthy Choice
- Weight Watchers Smart Ones
- Safeway Eating Right

Low-fat, low-cholesterol breakfast foods

- Whole grain cereals (Kashi, Nature's Path, Uncle Sam, Weetabix, Cheerios, Shredded Wheat, Oatmeal)
- Low-cholesterol egg product (Egg Beaters, Break-Free, egg whites, etc.)
- Whole-grain waffles

Vegetables, fruits

- Bagged salad mixes (try organic)
- Vegetables (pre-cut are handy)
- Frozen vegetables (no sauce)
- Healthy Choice Café Steamers
- Canned stewed tomatoes
- Trader Joe's French extra fine green beans
- Fresh fruit (pre-cut are handy)
- Canned unsweetened fruit
- Frozen fruits (unsweetened)
- Dried fruit (Check ingredients and avoid added sugars and fats)

This list is not all inclusive. Use the nutrition facts food label to compare products. New products are constantly introduced. No one store has all of the listed brands. Check out the nutrition or health foods section.

Examples of local Portland, Oregon stores: Albertson's, Costco, Fred Meyers, New Seasons, Trader Joe's, Whole Foods, and Winco

An excellent resource is the *Nutrition Action Healthletter* from the Center for Science in The Public Interest. www.cspinet.org They have great comparisons of many products, fast food and regular restaurants and much more.