

Healthy Foods Shopping Guide

Healthy brands and products by category:

Fats, oils, and margarines

light margarines: Brummel & Brown, I Can't Believe It's Not Butter and fat-free Spray is great on toast, popcorn, veggies, and potatoes; Promise light and fat-free spread, Smart Balance light

Regular margarines: Promise and Fleischman's with olive oil
Best Foods light mayonnaise
Miracle Whip light salad dressing
Molly McButter sprinkles
Non-stick cooking sprays
Spectrum oils

Salad dressings, salsa, and flavored vinegars

Annie's low and no-fat varieties
Monari Federzoni balsamic vinegar
Bernstein's Light Fantastic: Cheese Fantastic and Parmesan Garlic Ranch dressing
Marukan Lite seasoned rice vinegar (regular is low sodium)
Safeway Select Enlighten no-oil dressings
Safeway Southwest salsa
flavored vinegars (many brands)

Cheese and (soy) dairy products

fat-free half n' half
Galaxy Foods Veggie (soy) Shreds: Parmesan, mozzarella & Romano and feta flavors
Kraft Philadelphia fat-free cream cheese (various flavors)
Kraft Parm Plus Garlic Herb grated cheese blend
Laughing Cow light cheese wedges
Lucerne (Safeway) light, fat-free yogurt (red raspberry, strawberry-banana, cherry, and others)
Nancy's nonfat plain yogurt
Precious & Kraft reduced-fat string cheese
Precious low fat ricotta cheese

Tillamook fat-free and light sour cream
Trader O' Joe's reduced fat sharp Celtic cheddar, low-fat Gouda and smoked Gouda, and Mozzarella soy cheese

Frozen desserts

Bryers' fudge bars
Dole fruit juice bars
Dreyer's whole fruit sorbet and fruit juice bars
Fudge-cicles
Haagen-Dazs frozen yogurt, sorbet, and yogurt bars
Skinny Cow low fat ice cream sandwich and fudge bars

Cookies, granola bars, and spreads

Barbara's raspberry fig bars
Health Valley oatmeal raisin and amaranth cookies
Kashi 7-grain and sesame chewy granola bars
Nature Valley chewy granola bars
Smucker's low-sugar (no artificial sweetener) spreads: strawberry, red raspberry, orange marmalade
Trader Joe's candied ginger and cocoa cookies

Crackers, bread, and tortillas

Ak-Mak whole wheat crackers
Don Pancho low carb, low fat wraps
Genisoy soy crisps (various flavors)
Health Valley low-fat stoned wheat and sesame crackers
Kavili crackers
Lundberg rice cakes (sesame tamari, brown rice, and others)
Milton's whole grain whole wheat bread
Nature Bake has many whole-grain breads
Old London Melba Toast (garlic, sesame, whole wheat)
Ry Krisp seasoned crackers
Quaker rice cakes (caramel corn,

white cheddar, and others)
Wasa multigrain and rye

Chips and popcorn

Pop-Secret butter-flavored 94% fat-free popcorn (snack bags)
Guiltless Gourmet blue corn tortilla chips (chili lime and others)
Jolly Time Healthy Pop
Kettle Chips low fat baked potato chips (salted and honey barbeque)
Orville Redenbacher's and ACT II 94% fat-free (also comes in mini-bags)
Tostitos baked tortilla chips

Legumes, meat, and meat-product Substitutes

Boca Burger meatless patties (all American, breakfast links, vegan original)
Canadian bacon
Emerald Valley bean dip (hummus, black bean, and three bean)
Foster Farms turkey pastrami
Gardenburger Veggie Patties (tomato basil, riblets, veggie medley, hamburger style, others)
Health Valley vegetarian chili (spicy black bean and regular)
Hormel chili (turkey with beans and vegetarian) and turkey pepperoni
LIGHTLIFE Gimme Lean! (meatless sausage)
Mori-Nu Lite tofu
Moringstar Farms Veggie Crumbles, tomato & basil pizza burger, garden veggie patties, and sausage patties
Pete's Tofu2go marinated tofu with sauce
Rosarita no-fat refried, spicy jalpeño and low-fat refried black beans
Stagg chili (Turkey Ranchero, vegetable garden)

Stonewall's Jerquee (soy jerky) hot pastrami, pepperoni, spicy chicken
Sutra Soyfoods multi-grain tempeh
Toby's tofu paté spread (garlic & red pepper, mild jalpeño, others)
Tofurky Italian sausage
Trader Joe's Alaskan smoked salmon
Trader Joe's edamame (green soy beans) and Soycutash
Turtle Island low-fat millet and soy tempeh

Vegetables, fruits, and salads

frozen fruits and vegetables, no sauce
bagged salad mixes (Trader Joe's has reasonably-priced organic varieties)
canned light fruit
canned stewed tomatoes: Italian, Mexican, others
freeze-dried fruits and vegetables
dried fruit (apricots, banana, dates, dried orange essence plums, golden raisins, mango, peaches, and pineapple—without added sugar)
pre-cut-up vegetables and fruit (from deli or produce areas)
Trader Joe's French fine green beans

Low-fat, low-cholesterol breakfast foods

Kashi cereals (seven-whole-grains puffed, Good Friends, Heart to Heart, and GoLean)
low cholesterol egg product: Egg Beaters, Krogers Break-Free, others
Nature's Path cereals (millet rice and Heritage Flake)
old fashioned oatmeal
shredded wheat, mini and regular size
Uncle Sam and Weetabix cereals
whole-grain waffles: Van's, GoLean, Lifestream

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, Wild Oats, 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.