



Shopping Guide

When Reading Food Labels...

Saturated fat- Men: 15 grams or less a day; Women: 12 grams or less per day

Trans fat- keep to a minimum

Sodium- if pre-existing conditions exist and sodium is a concern, the American Heart Association recommends no more than 1,500mg of sodium per day

Ingredients are listed in order by weight. Notice how many ingredients are listed. Are they simple/easy to pronounce words? or are long words that are hard to pronounce? More nutrient dense foods will have whole foods listed as the first few ingredients.

Protein (Beef, Poultry, Fish, Soy, Nuts)

93/7 or 96/4 ground beef

Steak: Filet Mignon, sirloin, NY strip

Eye of Round

London Broil

Flank Steak

Gwaltney 40% less fat bacon

Ball Park: "Lean" beef hot dogs

or smoked white turkey

Boar's Head "lite" beef franks

Pork loin

Center cut pork chops

Canadian bacon

Turkey bacon

Skinless chicken/turkey breast

Ground turkey breast (93/7 or 99%)

Perdue Simply Smart Chicken Strips

Aidells Chicken Meatballs

Al Fresco Chicken Sausage/
Meatballs

Rotisserie chicken *breast* (remove
skin)

93/7 ground chicken or 99% chicken
breast grilled chicken strips

Wild caught fish and shellfish

Canned salmon or sardines packed in
water

Albacore tuna packed in water

Tuna foil packs: Starkist, Chicken of the
Sea, or BumbleBee

Morey's Marinated Wild Salmon (Costco)

Natural Sea Cod Fish Filets

Veggie Patch soy products

Gardenburgers

Morningstar Farms (try Spicy Black Bean)

Boca Products

Amy's organic products

Almond butter, SunButter

Nuts: walnuts, almonds, peanuts,

flaxseed, pistachios, natural peanut butter

Hummus

Boar's Head low sodium deli meats

Hormel/Boar's Head turkey pepperoni

Cereals

Whole grain buns: Cobblestone, Merita
Thomas' Whole Wheat Bagel Thins
Thomas' mini whole wheat bagels (or Aldi)
Whole wheat or 100 calorie English muffins
Peppridge Farms whole wheat English
Muffins light Flatout
Hodgson Mill Stone Ground Whole Grain

Cheerios (regular flavor)
Oatmeal (instant, quick or old fashioned)
Shredded Wheat
Bran Flakes
Oat Bran
Wheat Germ
All Bran
Kashi Go lean, Go Lean Crunch,
Autumn Wheat, Cinnamon Harvest,
Vive, Go Lean Crisp
Fiber One

Grape Nuts
Grape Nut Flakes
Harris Teeter Multigrain or Oat Bran
Flakes Kellogg's Complete Wheat
Nature's Path Optimum Blueberry, Oat
Bran, Multigrain or Heritage Whole
Grain Quaker Oat Squares
Total Whole Wheat Flakes
Wheat Chex
Wheaties

Granola: Bear Naked Fit, Kind, Nature
Valley Special K Protein Plus

Quinoa
Sweet Potatoes
Alexia Sweet Potato Fries
Bari Ila Plus pasta
Whole wheat pasta
Brown rice or black bean pasta
Boboli thin whole wheat pizza crust
Archer Farms Fire Thin square piva crust

Oils, Butters and Spreads

Land O'Lakes butter
Land O'Lakes butter with canola oil
Land O'Lakes whipped butter
Duke's Mayonnaise
Hellmann's or Kraft Olive/Canela/
Avocado Oil

Extra Virgin Olive Oil
Canola Oil
Smart Balance
Promise light
Crock light or omega-3 rich
Benecol light

Protein Bars

South Beach Good to Go
Cereal Bar South Beach Snack
Bar
Nature Valley Protein Chewy
Bar Kashi: TLC Crunchy
granola bars GoLean Crunchy
Bar
Quest Protein Bar
Kind Chewy Granola bar
Complete Cookie (Lenny and
Larry's)

Luna Protein
Simple Bar
Pure Protein Bar
Balance Bar
Special K Protein Meal Bar
Life Choice Protein
(WalMart) Detour Simple

Frozen and Pre-Packaged Meals

Healthy Choice
Smart Ones
Lean Cuisine

EVOL bowls
Kashi
Amy's organic burritos/
meals

Sweets

Fresh fruit
Edy's slow churned light ice cream (4oz)
No Sugar Added popsicles or fruit bars
Klondike bar
Fudge Bars
1 sheet graham cracker with 1 Tbsp PB
4 gingersnaps with 2 tsp PB
Sugar free Jell-O
Pudding with Cool Whip and chopped
nuts

Angel food cake
Fruit
1 ounce dark chocolate
One serving Fig Newtons
6oz milk with 1 Tbsp light chocolate syrup
Baked apple with cinnamon and Stevia
Boom Chicka Pop Lightly Sweetened Popcorn
Fruit Parfait (fruit layered with Cool Whip)