

Supermarket Healthy Foods Shopping Guide

Compiled by Bobbie Puckett, 2008

*All listed brands can be found at most major supermarkets.

Breads and Grains

Look for products that have...

- ✓ 100% whole grain
- ✓ > 3 grams/serving of fiber for breads
- ✓ > 5 grams/serving of fiber for pasta, rice, and cereals
- ✓ No high fructose corn syrup
- ✓ Low-fat and low-sugar

BREADS

- Thomas' Hearty Grains 100% Whole Wheat English Muffins
- Rudi's Organic Bakery Whole Grain Wheat English Muffins
- Pepperidge Farm 100% Whole Wheat Mini Bagels
- La Favorita Whole Wheat Tortillas
- Rudi's Organic Bakery Wheat and Oat Bread
- Milton's Whole Grain Plus Bread
- Oroweat Active Health Whole Grain Bread
- Kroger Private Selection Organic 100% Whole Wheat Bread

PASTA & RICE

- Heartland Whole Grain Pastas
- Barilla Whole Grain Pastas
- Ronzoni Healthy Harvest Whole Wheat Blend Pastas
- Kroger Whole Grain Wheat Pastas
- Lundberg Long or Short Grain Brown Rice
- Uncle Ben's Whole Grain Brown Rice
- Uncle Ben's Whole Grain Medley

CEREALS

- Post Original Shredded Wheat Cereal
- Kashi Granola Cereals - any flavor
- General Mill Fiber One Cereal
- Bob's Red Mill Oat Bran Hot Cereal
- Silver Plate Thick & Rough Oatmeal
- Quaker Instant High Fiber Oatmeal - any flavor

OTHER WHOLE GRAINS

- Hodgson Mill Whole Wheat Couscous - can be enjoyed as a side dish
- Bob's Red Mill Whole Grain Quinoa - can be used instead of rice in dishes
- Red Mill Pearl Barley - good in soups and stews
- Kashi Original 7 Whole Grain Pilaf - can be enjoyed as a side dish
- Jolly Time Whole Kernel Yellow or White Popcorn - great as a snack

Dairy

Look for products that are...

- ✓ Low-fat or fat-free
- ✓ Yogurt with live and active cultures, without high fructose corn syrup
- ✓ Eggs enriched with omega-3s, or egg substitutes

CHEESE

- Kraft Shredded Part-Skim Mozzarella Cheese
- Kraft Shredded 2% Milk Reduced Fat Colby & Monterey Jack Cheese
- Sargento Deli Style Reduced Fat Sliced Provolone or Swiss Cheese
- Lucern Low-Fat or Fat-Free Cottage Cheese
- Philadelphia Fat-Free Cream Cheese

MILK AND OTHER DAIRY

- Viva 1% or Fat-Free Milk
- Horizon Organic 1% or Fat-Free Milk
- Kroger Private Selection 1% or Fat-Free Milk
- Meadow Gold Fat-Free Sour Cream
- Weight Watchers Yogurt - 6 oz cups
- Dannon Light & Fit Fat-Free Plain Yogurt - large container

EGGS

- Eggland's Best Eggs with 100 mg omega-3 per serving
- Gold Circle Farm Eggs with 175 mg omega-3 per serving
- Land O' Lakes Eggs with 350 mg omega-3 per serving
- Egg Beaters egg alternative

Proteins

Look for products that are...

- ✓ Fresh instead of processed, without nitrates or added sodium
- ✓ Lean cuts and low-fat alternatives
- ✓ Well-trimmed meats

BEEF AND PORK

- Lean cuts such as round, sirloin, chuck, or tenderloin
- "Select" grades of beef contain the lowest amount of marbled fat

POULTRY

- Skinless chicken or turkey breast
- Ground chicken or turkey breast

FISH

- Fresh or frozen, any type
- Fatty fish such as herring, salmon, mackerel, and rainbow trout are highest in omega-3s

MEATLESS ALTERNATIVES

- Morningstar, Boca, or Gardenburger brands of meatless burger patties and crumbles, chicken patties, or breakfast “meats”
- Silken Tofu

NUTS AND PEANUT BUTTER

- Variety of *unsalted* nuts such as almonds, cashews, hazelnuts, pecans, pine nuts, pistachios, and walnuts
- Crema Natural Peanut Butter
- Smucker’s Natural Peanut Butter
- Kroger Natural Peanut Butter

BEANS & LENTILS

- Choose a variety such as kidney, black, navy, pinto, garbonzo (chickpeas), or lentils
- Any brand of canned beans, low in sodium and fat
- Kroger or other store brands dried beans and lentils
- Kurer’s “No Salt Added” Canned Beans, any variety
- Hormel 99% Fat-Free Vegetarian Chili with Beans

Fruits and Vegetables

Choose...

- ✓ A colorful variety, try a new fruit or vegetable with each trip
- ✓ Produce at its peak, which contains the most nutrients
- ✓ 100% fruit juices without added sugar
- ✓ 100% vegetable juices low in sodium
- ✓ Canned fruit in water or 100% fruit juice, without added sugar
- ✓ Canned vegetables low in sodium

FRUITS

- Pre-cut fresh fruit, any brand without added sugar
- Frozen fruit, any brand without added sugar
- Del Monte Canned Fruits in 100% fruit juice, no sugar added
- Mott’s Natural Apple Sauce, no sugar added
- Kroger 100% Orange Juice, no sugar added
- Tree Top 100% Apple Juice, no sugar added
- Langers 100% Cranberry Juice, no sugar added
- Welch’s 100% White Grape Juice, no sugar added

VEGETABLES

- Pre-washed and bagged salad, any brand
- Sliced stir-fry vegetables, any brand without added sodium
- Packaged baby carrots
- Pre-cut celery sticks
- Frozen vegetables, any brand without added sodium
- Del Monte Canned Vegetables without added sodium

- V8 Low Sodium 100% Vegetable Juice

Soups

Look for...

- ✓ Low-sodium and low-fat versions
- Healthy Choice soups
- Campbell's Healthy Request soups
- Progresso 50% Less Sodium soups

Cooking Oils

Choose...

- ✓ Heart-healthy oils such as canola, olive, peanut, or walnut
- Canola Harvest Pure Canola Oil
- Bertolli Olive Oils
- Hollywood Peanut Oil enriched with vitamin E
- Spectrum Walnut Oil

Margarines

Choose...

- ✓ Products made with 100% vegetable oil that contain no trans fats or hydrogenated oils
- Smart Balance
- Canola Harvest
- Promise Light and Promise Fat-Free