

# Food shopping guide

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## Healthier brands and products by category

### Fats, margarines, oils

- I Can't Believe It's Not Butter light fat-free spray or light spread
- Smart Balance light
- Brummel & Brown light margarine
- Fleischman's margarine with olive oil
- Best Foods low-fat or light mayonnaise
- Spectrum oils
- Molly McButter sprinkles

### Salad dressings, vinegars, salsa, spices

- Miracle Whip light salad dressing
- Annie's Lite dressings
- Bernstein's Light Fantastic
- Safeway Eating Right dressings
- Monari Federzoni balsamic vinegar
- Marukan Lite or seasoned rice vinegar
- Flavored vinegars
- Safeway salsas
- Wishbone Salad Spritzers
- Mrs Dash salt-free spice blends

### Cheese, soy, dairy products

- Fat-free half n' half and fat-free evaporated milk
- Galaxy Foods Veggie (soy) Shreds
- Kraft Philadelphia reduced-fat cream cheese
- Laughing Cow light cheese wedges
- Reduced-fat string cheese
- Precious low-fat ricotta
- Precious light mozzarella cheese
- Trader Joe's reduced-fat cheeses
- Light, nonfat, or fat-free yogurt
- Tillamook light sour cream

### Frozen desserts

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

### Cookies, granola bars, spreads

- Health Valley amaranth 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 and almond flax chewy granola bars
- Nature Valley trail mix granola bars
- Smucker's low-sugar and sugar-free spreads

### Crackers, bread, tortillas

- Ak-Mak whole-wheat crackers
- Health Valley low-fat stoned wheat and sesame crackers
- Kashi TLC 7-Grain Crackers
- Ry Krisp seasoned crackers
- Old London Melba Toast
- Wasa whole wheat and rye crackers
- Milton's, Nature Bake, or Dave's Killer Seed (also light) whole-grain breads
- Don Pancho low-carb and La Tortilla Factory low-fat wraps
- Trader Joes mini fiber cakes
- Lundberg or Quaker rice cakes
- Flat Out Healthy Grains flatbread

## **Chips, popcorn**

- Guiltless Gourmet blue-corn or chili lime tortilla chips
- Tostitos baked tortilla scoops
- Kettle Chips low-fat baked potato chips
- Lays Baked Potato Chips
- Safeway Eating Right bar-b-que crisps
- Orville Redenbacher's Smart Pop! 94% fat-free popcorn
- Lite and fat-free microwave popcorn
- Jolly Time healthy pop

## **Legumes, meat, meat-product substitutes**

- Boca Burger meatless patties
- Gardenburger Veggie patties
- Morningstar Farms garden veggie patties, sausage patties, Meal Starters crumbles
- Hormel turkey pepperoni
- Tofurky Italian sausage
- Stonewall's Jerquee (soy jerky)
- Emerald Valley bean dips
- Health Valley soups
- Hormel or Stagg turkey or vegetarian chili
- Mori-Nu tofu
- Toby's lite tofu dip & spread
- Rosarita no-fat refried, spicy jalpeño, and low-fat refried black beans
- Trader Joe's Alaskan pink salmon
- Trader Joe's edamame (green soy beans), Soycutash, Meatless Meatballs, or Tomato & Basil hummus dip

## **Frozen dinners**

- Lean Cuisine Spa Cuisine
- Healthy Choice Steaming and other entrees
- Weight Watchers Smart Ones
- Safeway Eating Right

## **Low-fat, low-cholesterol breakfast foods**

- Cereals by Kashi, Nature's Path, Uncle Sam, Weetabix
- Shredded wheat
- Old-fashioned oatmeal
- Low-cholesterol egg product (Egg Beaters, Break-Free, etc.)
- Whole-grain waffles

## **Vegetables, fruits**

- Bagged salad mixes (try organic!)
- Pre-cut, washed vegetables
- Frozen vegetables (no sauce)
- Canned stewed tomatoes
- Trader Joe's French extra fine green beans
- Pre-cut, washed fruit
- Frozen fruits (unsweetened)
- Dried fruit (apricots, banana, dates, plums, raisins, mango, peaches, pineapple). Check label for 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 from Science in The Public Interest. [www.cspinet.org](http://www.cspinet.org) They have great comparisons of many products, fast food and regular restaurants and much more.