

Food Shopping Guide

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

- Miracle Whip light salad dressing
- Annie's low- and no-fat 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

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 fat-free and 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 sorbet or juice bars (no sugar)
- Skinny Cow frozen desserts

Cookies, granola bars, spreads

- Health Valley amaranth cookies
- Trader Joe's Very Chocolate Mini Meringue cookies
- Barbara's raspberry fig bars
- Kashi cherry dark chocolate or chewy granola bars
- Nature Valley yogurt granola bars
- Safeway Eating Right cookies
- 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 fiber and rye crackers
 - Milton's or Nature Bake whole-grain breads
 - Don Pancho and La Tortilla Factory low-carb, low-fat wraps
 - Genisoy soy crisps
 - Lundberg or Quaker rice cakes
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Chips, popcorn

- Guiltless Gourmet blue-corn or chili lime tortilla chips
- Tostitos baked tortilla chips
- Kettle Chips low-fat baked potato chips
- Lays Baked Potato chips
- Safeway Eating Right chips
- 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, Grillers 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, or Tomato & Basil hummus dip
- Surata low-fat millet and soy tempeh

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 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

They have great comparisons of many products, fast food and regular restaurants and much more.