

Your Healthy Foods Shopping List

Breakfast Foods

- Better Oats Revolution Thick and Hearty Instant Oatmeal
- Kashi Blueberry Waffles
- Van's Natural Foods
- Frozen Sausage Links
- Turkey bacon
- Cream of wheat Cereal
- Post Grape Nut Cereals
- Cheerios Cereal
- Whole Wheat bagel Thins
- Nature's Plus Flax Plus Flakes Cereal
- Kashi 7 Whole Grain Cereal Flakes
- Low Fat Cheese Slices-

Meal Choices

- Healthy Choice Lemon Herb Chicken
- Amy's Bean and Rice Burrito (Light Sodium)
- Healthy Choice Frozen
- Portabello Spinach Parmesan
- Amy's Roasted Vegetable Pizza
- Kashi Thin Crust Basil Pesto Pizza
- Amy's light and Lean Spinach Lasagna
- Applegate Uncured Hotdogs
- Applegate Frozen Beef burgers/ Turkey Burgers
- Frozen Shrimp
- Frozen Wild Alaskan salmon
- Health Valley soups
- Thai Onion Soup
- Health Valley 5 Bean Soup
- Tomato Basil Pasta Soup

Snacks

- Dried fruit- pineapple, Apple slices , cranberries
- Blue Corn Tortilla Chips
- Popcorn (Smart pop varieties)
- Whole wheat Pretzels
- Reduced Fat Cheese Snacks
- Ak/Mak or Wasa Whole Grain Crackers
- Pita Chips (Low Sodium)
- Greek Yogurt
- Hummus
- Laughing Cow Creamy Swiss Cheese
- Brown Rice Chips
- Quinoa Chips
- Sun Chips
- Veggie Chips (low Sodium)

Pastas/Grains

- Whole grain Wheat Pita Pocket Bread
- Arnold's Grains and More Triple Wheat Bread
- Barilla Plus Pasta
- Pad Thai Brown Rice Noodles
- Quinoa
- Shirataki Noodles

Beverages

- Sparkling Water/Seltzer
- Almond Milk/Unsweetened
- 2 % Milk
- Green Tea
- Unsweetened Ice Tea/Green Tea
- Grapefruit Juice
- Coffee
- V8 Low Sodium vegetable Juice

Condiments

- Vinegar
- Extra Virgin Olive Oil
- Marinara Sauce for your pasta
- Olde Cape Cod Salad Dressing (No fructose)

Desserts

- Breyers Fruit Fruit Bars and Berry Swirls
- Almond Dream Lil' Dreamer Frozen vanilla Sandwich
- Back to Nature Cookies

Tips:

- **Look for low Sodium Brands**
- **Choose brands without High Fructose Corn Syrup**
- **Like Your product and sign up for Coupons**
- **All Brands are at your ShopRite and Pathmark**
- **Use Your Coupons**
- **Frozen vegetables are great**
- **Fresh Fruit must be eaten to prevent spoiling**
- **Buy an aluminum water bottle**

Adapted from Dr. Oz.com.