

## **SMART BRANDS**

### **CHEESE**

- Land O'Lakes light American (at the deli counter)
- Boar's Head American-light (at the deli counter)
- Cabot 50-75% reduced fat chesses
- Laughing cow light
- Sargento reduced fat Swiss or Provolone
- Boar's Head Muenster Cheese
- Baby Swiss Cheese
- Kraft Light Mozzarella Shredded Cheese
- Veggie Slices Cheese
- Polo O String Cheese (Part Skim)
- Baby Bell lights

### **MARGARINE AND SPREADS**

- Land O' Lakes spreadable butter (regular or light)
- Organic homemade butter
- Benecol spread (made with plant sterols to lower cholesterol)
- Promise Activ
- Soy Garden
- Smart Balance Buttery Soft Spread (made with plant sterols to lower cholesterol)
- I can't believe it's not Butter (light spread, sticks or sprays)

### **YOGURT/COTTAGE CHEESE/SOUR CREAM**

- Stonyfield Farms Non Fat Yogurt
- Trader Joes's Organic Lowfat Yogurt
- Low Fat Greek Yogurt
  - Fage, Chobani, Oikos
- Low fat Cottage Cheese (any brand)
- Sour Cream: Fat Free, Light, Reduced Fat (any brand)

### **WHIPPED TOPPING**

- Reddi Wip Fat Free, Light
- Cool Whip Regular, Light

## **JAM**

- Smuckers Low Sugar
- Polaner All fruit

## **PEANUT/NUT BUTTER**

- Teddy's All Natural
- Nature Promise Organic
- Trader Joe's peanut butter
- Almond butter
- Soy Nut butter
- Sun butter

## **SPREADS & DIPS**

- Laughing Cow Light
- Hummus
- Salsa
- Guacamole
- Baba ganoush
- Whipped cottage cheese by Friendship
- Boursin Light Garlic & Fine Herbs
- Alouette Light
- Rondele Light
- T Marzetti Fat Free Ranch or Dill

## **SALAD DRESSING**

- Annie's Organic Light
- Cape Cod Fat Free or Light
- Newman's Own Light Raspberry & Walnut; Balsamic Vinaigrette; Sesame Ginger
- Wishbone Salad Spritzers
- Famer's Boy greek Light
- Ken's Steak House Lite French
- Litehouse Lite Salsa Ranch
- Marie's Raspberry Vinagrette

## **PASTA**

- Hodgen Mills Whole Wheat Organic
- Da Boles Whole Wheat Pasta or Artichoke Flour Pasta
- Barilla Pasta Plus
- Prince While Wheat Pasta
- Ronzoni Whole Wheat Pasta
- Nature's Promise
- Davinci Whole Wheat

- Dreamsfields pasta

## **MAC N CHEESE**

\*Make with Skim milk and 2 tablespoon of olive oil instead of whole milk and butter

- Annie's Homegrown Shells & White Cheddar
- Trader Joe's Macaroni & White Cheddar Cheese
- Whole Foods Macaroni & Cheese

## **FROZEN DINNERS**

- Healthy Choice
- Lean Cuisine
- Kashi Entrees and Pizza
- Weight Watcher's Smart One's
- Taj Gourmet
- Lean Pockets
- Amy's Pocket Sandwiches or Amy's Organic Entrees
- Amy's Burritos and Pizza
- Lean Cuisine Brick Oven Style Pizzas

## **CEREALS**

- Barbara Brand: Puffin, Shredded Spoonfuls
- Envirokids: Gorilla Much, Peanut Butter Panda Puffs, Koala Krips
- Cascadilla Farm: Honey Nut O's
- Cheerios or Multi-Gran Cheerios
- Health Valley raisin Bran Flakes
- Kashi: Good Friends, Cina-raisin Crunch, Heart to Heart
- Fiber One: Original only
- All Bran
- Kellogg's: Cracklin' Oat Bran, All Bran Original
- Post Shredded Wheat: All Flavors
- Quaker Oat Bran, Crunchy Corn Bran
- Weetabix: Whole wheat Cereal and Organic Crispy Flakes & Fiber
- Zoe's O's (Flax Cereal)
- Nature's Oath Organic oatmeal – original
- Post 100% Bran
- Nature's Place Organic Oatmeal
- Barbara Organic Flax and Granola

## **WAFFLES**

- Kashi Go Lean Waffle
- Van's Gourmet Waffles; Organic original or Belgian 7 grain
- Hannaford Wheat Granin Waffles

- Eggo Nutri-Gram Low Fat Waffles

## **OATMEAL**

- Quaker Original Oats
- Irish Steel Cut Oats
- Uncles Sam's
- Uncle Sam's
- Simple Harvest
- Wheatena

## **BREADS/WRAPS**

- Arnold Bakery Whole Wheat
- Joseph's: Flax, Oatbran, Whole Wheat Tortilla, Pita & Lavash
- Country Kitchen Wheat Bread, Hot Dog Buns, Hamburger Buns
- Matthew's: 100% Whole Wheat, 9 Grain 7 Nut, Honey & Oatmeal
- Pepperidge Farm Wheat Bread
- Nature's Promise Whole Wheat
- Friehoffers: 12 grain, Hearty Whole Wheat
- Thomas': Light Multi Grain English Muffin, Whole Wheat Hearty Grains, Thing Bagels Wheat, Sahara Pita pockets
- Kim's: Light Bagels
- Manny's: Whole Wheat Tortilla
- Wrap Itz
- Ezekial

## **RICE/GRAINS**

- Brown rice, any type including Uncle Ben's Brown Rice
- Quinoa (pronounced keen-wa)
- A taste of Thai jasmine Rice
- Success Long Grain Rice
- Rice A Roni Whole Grain
- Near East Whole Grains

## **TOMATO SAUCE**

- Barilla Sauces
- Natural Frank's Marinara
- Stop & Shop Simply Enjoy Tomato/Basil, Marinara, FraDiavolo
- Rao's Homemade
- Classico Flavors (not Vodka sauce)
- Healthy Choice Tomato Sauce
- Newman's Own
- Trader Giotto's Organic Sauce with mushrooms

## **MEAT**

- 90-90% lean hamburger (very lean)
- Bonselles skinless chicken breast
- Al Fresco Chicken Sausage
- Wellshire Farm Turkey sausage
- Yves Veggie Cuisine Tofu dog
- Trader Joe's Chicken Roast & Garlic Sausage
- Jenny-o Turkey Burgers
- Morning Star Soy Breakfast Sausage
- Brown Serve Low Fat Turkey Sausage
- Veggie Burgers (Gardenburgers)

## **BEANS**

All beans are good – black beans, butter beans, pinto beans, edamame, cannelloni beans, chick peas, etc

## **CHICKEN NUGGETS**

- Health is Wealth Chicken Nuggets
- Ian's Chicken Nuggets
- Bell 7 Evans bread Chicken Breast Nuggets
- Bell & Evans Breaded Coconut chicken breast tenders

## **HOT DOG**

- Hebrew National: Fat Free & Low Fat
- Oscar Myer: 98% Fat Free & Turkey Franks
- Hans' All Natural Uncured Beef Hot Dogs
- Applegate Farms Beef Hot Dogs
- Healthy One's Beef Franks
- Al Fresco Chicken Sausage
- Coleman All Natural Uncured Beef Hot Dogs

## **SHAKE N BAKE OR PANKO BREAD CRUMBS**

- Extra Crispy
- Ranch & Herb Crusted
- Parmesan Crusted
- Italian

## **MARINADES**

- Newman's Own marinades
- Lip Lickin' sauce Bold & Spicy BBQ
- Kraft Light original BBQ sauce

## **SOUP – Avoid Creamy Soups**

- Progresso 50% less Sodium Soups
- Healthy Choice Soups
- Amy's Organic Soups
- Healthy Valley Soups
- Campbells Healthy Request Soups

## **SNACKS – MAKE SURE TO WATCH PORTIONS**

- Ak-Mack Crackers
- Wasa
- Triscuits – reduced fat
- Gensoy Soy Crisps
- Freeze-dried fruit
- Individual bagged nuts (Emerald, Planters, etc)
- Food should taste good Tortilla Chips
- Orville Smartpop kettle Corn & Butter
- Wheat Things Multigrain
- TLC Original 7 Gran/Fire Roasted/Honey Sesame
- Snyder's Multi Grain Pita Chips
- Stacy's Pita Chips
- Triscuit Thin Crisps
- All Bran Crackers
- Snyder's Organic honey wheat, Oat Bran, Pumpernickel & Onion pretzels
- Bachman's pretzels
- Fruitabu
- Nature's Promise Baked Whole Wheat crackers
- Nature's Promise Oat bran pretzels

## **GRANOLA BARS**

- Kashi Granola bars
- Odwalla: Peanut Crunch, Chocolate Chip Peanut, Berry Go Mega
- Quaker Chewy Chocolate Chunk
- Special K bars
- Nature Valley Chewy Trail Mix
- Fiber One bars
- Simple Harvest
- Chewy 90 calorie