

Best Brands for Healthy Shopping

FOOD	GROCERY STORES	NATURAL FOOD STORES	TRADER JOE'S
Beverages			
Fruit 2 O	X		
Celestial Seasonings Green Tea	X	X	
Adirondack - Sparkling Water, flavored	X		
Poland Springs - Sparkling Water	X		
Polar - Sparkling Water	X		
Sugar Free Soda	X	X	X
Tomato Juice or V-8	X	X	X
Tea (black or herbal)	X	X	X
Coffee	X	X	X
Beans (Legumes) – Protein dried or canned (drained & rinsed)			
Chickpeas	X	X	X
Black Beans	X	X	X
Kidney Beans	X	X	X
Lentils	X	X	X
Hummus	X	X	X
Refried Beans – Vegetarian	X	X	X
Breads – made without hydrogenated oils and at least 2g fiber/serving			
Joseph's Lite, Whole Wheat or Flax, Oatbran & Whole Wheat Pita	X		
Thomas – 100% Whole Wheat Pita & Hearty English Muffins	X		

FOOD	GROCERY STORES	NATURAL FOOD STORES	TRADER JOE'S
Pepperidge Farms – Deli Flats	X		
Arnold – Sandwich Thins	X		
Pepperidge Farm – 100% Natural (all kinds), Vitality (all kinds), and Whole Grain (all kinds)	X		
Vermont Bread Co. – whole wheat, sprouted wheat, sunflower sesame, 10 grain	X	X	
Barowsky's Whole Grain Organic Breads - WW, Oatnut & Flaxseed	X		
Trader Joe's sprouted wheat, multigrain, whole wheat and other varieties			X
Shaws All Natural Whole Grain Bread & 100% Stone Ground Wheat	X		
Stop and Shop Stone Ground whole wheat bread	X		
Trader Joes British Muffins – whole wheat & Cinnamon Raisin			X
Natures Pride – 100% WW, 12 Grain, Multigrain, Double Fiber	X		
Country Kitchen Whole Grain 100% Whole Wheat	X	X	
Big Y – 12 Grain, whole wheat	X		
Arnold – 100% Whole Wheat (all kinds) and Grains & More (all kinds)	X		
Fiber One – 100% Whole Wheat			
Weight Watchers – Pita Pocket Bread, Wheat Sandwich Rolls & most other	X		

Grocery Stores Include: SHAWS, STOP & SHOP, PRICE CHOPPER & BIG Y

Natural Food Stores in the Worcester Area Include: WILD HARVEST AT SHAWS IN WHITE CITY AND THE NATURAL FOOD SECTION OF STOP & SHOP

FOOD	GROCERY STORES	NATURAL FOOD STORES	TRADER JOE'S
varieties			
Cold Cereals – Cold Cereals >5g fiber & <13g sugar			
Hodgson Mill - Oatbran & Wheat bran	X		
Fiber One - Honey Clusters, Caramel Delight, Shredded Wheat	X		
Uncle Sam Cereal and with Flaxseed	X	X	
Post – 100% Bran, Shredded Wheat, Lightly Shredded Wheat, Vanilla Almond, Grape-Nuts, Smart Start Strawberry Oat Bites	X		
Kellogg's - Wheat Bran, All Bran	X		
Natures Path – Heritage, Flax Plus, & Optimum			X
Chex Multi Bran & Wheat Chex	X		
Kashi – Heart to Heart, GoLean, Good Friends, Vive, Cinnamon Harvest, Autumn Wheat, Nuggets, Granola & Instant Oatmeal	X	X	X
Cascadian Farms – Hearty Morning	X	X	
The Silver Palette – Thick & Rough Oatmeal	X	X	
Grainfields – Flakes, Raisin Bran	X		
Barbara's Bakery – Grain Shop, Organic Soy Essence, Shredded Oats, High Fiber, Flax & Granola, Pomegranate	X	X	X
Trader Joe's Organic High Fiber O's			X
Trader Joe's Shredded Wheat			X
Trader Joe's Golden Flax			X
Trader Joe's High Fiber Cereal			X
Country Choice – Multi Grain	X	X	

FOOD	GROCERY STORES	NATURAL FOOD STORES	TRADER JOE'S
Cheese – Light or 3g saturated fat or less per serving			
Healthy Choice Cheese	X		
Cabot - 50% & 75% Red Fat Cheddar, Sharp & Jalapeño Cheese	X	X	
Alpine Lace – Red Fat Swiss Cheese	X		
Trader Joe's – Sliced Light Provolone, Muenster, Havarti, Cheddar			X
Trader Joe's – FF and Light Crumbled Feta Cheese			X
Trader Joe's – All Natural Fresh Mozzarella			X
Kraft Fat Free Singles – Sharp Cheddar, American	X		
Kraft FF Shredded Mozzarella, Cheddar, & Parmesan Cheese	X		
Laughing Cow – Light Swiss, Light Garlic & Herb, & Babybel Light	X		X
Sargento – Red Fat Shredded Cheeses, Red Fat Sharp Cheddar, Colby Jack, Pepper Jack, Swiss & Provolone	X		
String Cheese – Low Fat or Light	X	X	X
Cottage Cheese – Fat Free or Low Fat Shaws, Hood, Cabot, Breakstones	X		
Cream Cheese – Fat Free, Light or 1/3 Less Fat Philadelphia, Shaws & Trader Joe's	X		X
Ricotta Cheese – Fat Free or Part Skim Sorrento	X		

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Cheese Substitutes – soy based products			
Veggie Slices	X	X	X
Soya Kaas		X	
Veggie Topping Parmesan Flavor		X	X
Soy Garden	X		
Trader Joe's – Soy Cheese Slice – Jalapeno, Cheddar, Swiss			X
Trader Joe's – Soy Cheese Mozz			X
Soy Sation – Shredded 3-Cheese Blend			X
Toffutti – Better Than Cream Cheese			X
Chips/Snacks – made without hydrogenated oils, >2g fiber, <300g sodium			
Terra – Original, Mediterranean, Sweet Potato, Exotic Harvest, Sweets & Carrots, Sweets & Beets, Stripes & Blues, Yukon Gold		X	X
Trader Joe's Blue Corn – low fat, unsalted and salted Corn Chips & Pumpernickel crisps			X
Garden of Eatin' – Blue Corn, Red Hot Blues, Chilli&Lime, Black Bean	X	X	
Eat Smart – Veggie Crisps		X	
Food Should Taste Good (Tortilla Chips or Crackers) – Multigrain, Jalepeno, Olive			
Green Mountain Gringo – tortilla strips		X	
GenSoy – Soy Crisps – BBQ, Ranch, Garlic & Onion, and Deep Sea Salt		X	
Baked Tostitos & Multigrain	X		

FOOD	GROCERY STORES	NATURAL FOOD STORES	TRADER JOE'S
Baked Lays	X		
Sun Chips	X		
Flat Earth – Baked Veggie Crisps	X		
Snyder's Pretzels – Honey Wheat, Multigrain, Pumpernickel & Onion	X		
Veggie & Pirate Booty		X	
Stacy's Pita Chips – Plain and Pesto		X	
Chocolate			
Sunspire Grain Sweetened Chocolate Chips		X	
Cookies – made without hydrogenated oils			
Trader Joe's – Lemon Crisp Cookie			X
Kashi TLC Cookies	X	X	
Fig Newman's fruit-filled cookies	X	X	
Newman's – Newman O's	X	X	
Barbara's Fig Bars	X	X	
Wild Harvest Organic Cookies		X	
Mi-Del Cookies and Honey Grahams	X	X	
New Morning Graham Crackers		X	
Granola Bars –without hydrogenated oils, >2g fiber, <3g saturated fat			
Trader Joe's Vanilla Almond Crunch			X
Kashi – TLC, GoLean	X	X	
Nature Valley Chewy – Fruit & Nut, Cranberry & Pomegranate	X		
Fiber One Chewy Bars	X		
Zoe	X	X	

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Crackers – made without hydrogenated oils, >2g fiber			
Ak-mak 100% whole wheat	X	X	X
Wasa	X		
Wild Harvest Wheat Thins	X	X	
Ryvita Sesame Rye	X		
All Bran crackers	X		
Triscuit – Original and Reduced Fat	X		
Wheat Thins – Multi Grain, Low Fat, Low Sodium	X		
Trader Joe's Mini Rye Toasts			X
Kashi TLC crackers – 7 Grain, Honey Sesame, Ranch, Roasted Garlic, Fire Roasted Vegetable	X	X	X
Dressings & Mayonnaise – no saturated or trans fats, lower in sodium (<300mg)			
Salad Dressing Spray – any brand	X		
Maple Grove Farms – Fat Free	X	X	
Annie's Natural – Low Fat	X	X	X
Old Cape Cod – Fat Free	X		
Silver Palate – Fat Free & Low Fat	X	X	
Trader Joe's – Low fat or Fat free dressings			X
Oil & Vinegar Dressings	X	X	X
Flavored Vinegars	X	X	X
Smart Balance Omega Plus Mayo	X		
Spectrum Naturals Lite Canola Mayo	X	X	
Hellman's Mayonnaise – Low Fat	X		

FOOD	GROCERY STORES	NATURAL FOOD STORES	TRADER JOE'S
Cains Mayonnaise – Fat Free & Light	X		
Naysoya Nayonaise	X	X	
Krat Mayonnaise w/ Olive Oil	X		
Eggs – with omega 3's			
Pete & Gerry's Organic Eggs and Omega 3 eggs	X	X	X
Born Free, Cage Free	X		
Nellie's Nest, Cage Free	X		
Omega 3 eggs – Any brand	X		
Egg Substitutes – cholesterol and fat free			
Egg Beaters	X		
Shaws: The Amazing Egg	X		
Papetti – Better n' Eggs, All Whites	X		
Papetti – Quick Whites			X
Trader Joe's Egg Whites			X
Flaxseed			
Whole Flaxseed, Bulk		X	
Bob's Red Mill flaxseed meal	X	X	X
Hodgson Mill – Milled Flax	X	X	
Frozen Treats – less than 3g saturated fat per serving			
Soy Delicious	X	X	X
Tofutti's Cuties – Wild Berry and Chocolate, Mint Chocolate Chip		X	X
Skinny Cow Low Fat Ice Cream Treats	X		
No Pudge Giant Fudgy Bars	X		

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Sherbet	X		
Stoneyfield Farm Low Fat & Nonfat Frozen Yogurt	X	X	X
Fruit Sorbet	X		
Cascadian Farms Sorbet		X	
Whole Fruit Bars	X		
Hood FF Ice Cream & Frozen Yogurt	X		
Bryer's FF Double Churn	X		
Eddy's Slow Churned Light Ice Cream & Fat Free Frozen Yogurt	X		
Fruit – Fresh or Frozen without added sugars			
Apples	X	X	X
Applesauce (no added sugar)	X	X	X
Avocados	X	X	X
Blueberries	X	X	X
Grapefruit	X	X	X
Red & Purple grapes	X	X	X
Lemons & Limes	X	X	X
Oranges	X	X	X
Peaches/Plums	X	X	X
Pears	X	X	X
Grains – typical serving size ½ Cup			
Barley		X	X
Oats: old fashioned	X	X	X
Quinoa		X	X
Brown Rice	X	X	X

FOOD	GROCERY STORES	NATURAL FOOD STORES	TRADER JOE'S
Success Brown Rice – Boil in bag	X		
Success Rice – Boil in bag	X		
Uncle Ben's Converted rice	X	X	
Meats – selections are lower in saturated fats. Choose organic if possible			
Bison (buffalo) meat	X	X	
Canadian Bacon	X	X	X
Healthy choice hotdogs	X		
Chicken or Turkey breasts	X	X	X
Ground turkey meat	X	X	X
Shelton's Chicken/Turkey Franks	X		
Ground chicken meat	X	X	X
Meat Substitutes – selections may vary from store to store			
Boca Burgers	X	X	
Garden Burgers	X	X	
Morningstar Farms Products	X	X	X
Morningstar Farms Grillers, Veggie Crumbles	X		
Harvest Burger, Green Giant	X	X	
Gimmelean sausage, Light Life	X	X	X
Yves (has a variety of products)	X	X	X
Full Circle Burgers	X	X	
Veggie Patch – Burgers	X		
Smart Bacon			X
Dr. Pregar's Burgers & Products	X	X	X
Trader Joe's Organic Tofu Burger			X

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Trader Joe's Tofurky			X
Trader Joe's Chicken-less or Beef-less Strips			X
Deli Meats – less than 300 mg sodium & less than 3 g saturated fat			
Columbus – Reduced Sodium Turkey Breast			X
Kayem - Roast Beef			X
Celebrity – Healthy Ham			X
MILKS			
Cow – fat free Choose organic if possible			
The Organic Cow – fat free or 1%		X	X
Lactaide – fat free or 1%	X		
Horizon Organic Milk – fat free or 1%	X	X	
Organic Valley – fat free or 1%	X	X	
Over the Moon – fat free or 1%	X		X
Hood Simply Smart – fat free or 1%	X		
Stonyfield Organic – fat free	X		
Buttermilk – Low Fat	X	X	X
All Non Fat Milk	X	X	X
Soy – enriched with calcium & vitamin D			
Silk Soymilk – Plain and Vanilla	X	X	X
Wild Harvest – Plain and Vanilla	X		
Trader Joe's Soymilk – Plain and Vanilla			X
Non-Dairy Creamer			
Silk Soymilk Creamer	X		

FOOD	GROCERY STORES	NATURAL FOOD STORES	TRADER JOE'S
Trader Joe's Soymilk Creamer			X
Nut Butters – can be high in fat, limit portions			
Teddy Peanut Butter	X	X	
Better than Peanut Butter			X
Smucker's Natural Peanut Butter	X	X	
Smart Balance – Peanut Butter	X		
Trader Joe's Organic Peanut Butter, Almond, Soy Bean, Sunflower Seed			X
Soy Wonder – Soy Nut Butter	X	X	
Arrowhead Mill – Peanut Butter	X		
Maple Grove Farms of Vermont – Peanut Butter	X	X	
OILS			
Canola – cold or expeller pressed, source of Omega 3 fats			
Spectrum Pure Pressed		X	
Loriva	X	X	
Other oils			
Enova	X	X	
Pam and Other Canola/Olive oil sprays	X	X	
Flax Oil – source of Omega 3 fats			
Spectrum flax oil		X	
Trader Joes			X
Olive Oil – cold pressed, source of monounsaturated fats. Look for glass bottles			
Bertoli, Carapelli, Rienzi	X		
Spectrum – Naturals	X	X	

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Zoe	X	X	
Store Brands	X		
Trader Joe's Cold Pressed Olive Oil			X
Pancake Mixes – whole grain with no saturated & hydrogenated oils			
Hodgson Mills Whole Wheat buttermilk pancake mix & buckwheat	X		
Arrowhead Mills multi-grain Pancake & Waffle mix	X	X	
Multigrain Baking & Pancake Mix			X
Fiber One Original & Butter Milk	X		
Brownie Mixes – Made without Hydrogenated oils			
No Pudge Brownies	X	X	X
Carb Sense Brownie Mix	X		
Pasta –High fiber, at least 4g per serving. Serving Size ½ Cup			
CarbFit	X		
BioNature	X	X	
Azzurro Whole Wheat	X		
Hodgson Mills Whole Wheat	X		
Trader Joe's Whole Wheat			X
Barilla Plus pasta	X		
Wild Harvest Whole Wheat	X	X	
Ronzoni Healthy Harvest	X		
Racconto	X	X	
Soups Broth Based – no saturated fat. Look for reduced sodium.			
Herb-ox low sodium bouillon	X		

FOOD	GROCERY STORES	NATURAL FOOD STORES	TRADER JOE'S
Minestrone	X	X	X
Lentil	X	X	
Progresso Low Sodium	X		
Soy Products			
Tofu	X	X	X
Tempeh, Light Life	X	X	
Edamame (soy beans)	X	X	X
Spreads – no more than 3g saturated fat & No hydrogenated oils			
Promise – Buttery and Light spread	X		
Smart Balance – Original, Light, Omega +, Omega + Light, Hear Right, Heart Right Light, & Spray	X	X	
Olivo – Original, Light & Spray	X		
Earth Balance	X	X	X
Spectrum – Dairy Free	X	X	
Soy Garden	X	X	X
I Can't Believe It's Not Butter – Spray	X		
Brummel + Brown – made w/ natural yogurt	X		
Sweeteners			
Splenda (natural, no carbohydrate)	X	X	
Nutrasweet	X	X	
Vegetables – Fresh or Frozen without added sauces			
Asparagus	X	X	X
Bell Peppers	X	X	X
Broccoli	X	X	X

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FOOD	GROCERY STORES	NATURAL FOOD STORES	TRADER JOE'S
Cabbage	X	X	X
Carrots	X	X	X
Celery	X	X	X
Eggplant	X	X	X
Lettuce	X	X	X
Mushrooms	X	X	X
Olives	X	X	X
Onions	X	X	X
Peas	X	X	X
Tomatoes	X	X	X
Zucchini & summer squashes	X	X	X
Vinegars – ALL			
Balsamic	X	X	X
Apple Cider	X	X	X
Rice Vinegar	X	X	X
White Wine Vinegar	X	X	X
Yogurt (Dairy and Soy) – Fat Free or Low Fat without artificial sweeteners			
Whole Soy & Company	X	X	
Trader Joe's – Non fat and Low fat			X
Cultured Soy			X
Breyer's - Low Fat & Non Fat	X		
Stonyfield Farms- Fat Free & Low Fat	X	X	
Greek Style Yogurt – any brand	X		X
Silk Live! Soy Yogurt	X		
LaYogurt – Low Fat & Light	X		

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