

## The Best Brands Food List

| Food Category/Brand                                 | "Traditional Supermarket" | Natural Food Store | Trader Joe's |
|---|---------------------------|--------------------|--------------|
| <b><u>Breads</u></b>                                |                           |                    |              |
| Ezekiel 4:9   |                           | X                  |              |
| Food for Life Sprouted Grains                       |                           | X                  |              |
| Alvarado St. Bakery (Bagels)                        |                           | X                  |              |
| Shaw's 100% Stone Ground Wheat                      | X                         |                    |              |
| J.J. Nissen Canadian Style Multigrain               | X                         |                    |              |
| Country Kitchen 100% Whole Wheat                    | X                         |                    |              |
| Wonder 100% Stoneground Whole Wheat                 | X                         |                    |              |
| Bovyea 100% Stone Ground Whole Wheat 12 Grain Bread | X                         |                    |              |
| Essene sprouted grain breads                        |                           | X                  |              |
| Rudolph's Rye breads                                |                           | X                  |              |
|   |                           |                    |              |
| <b><u>Cereals</u></b>                               |                           |                    |              |
| Quaker Old Fashioned Oats                           | X                         |                    |              |
| Hodgson Mill Oatbran                                | X                         |                    |              |
| Wheatena  | X                         |                    |              |
| Grainfields Raisin Bran                             | X                         | X                  |              |
| Uncle Sam Cereal                                    | X                         |                    |              |
| Quaker Oat Bran                                     | X                         |                    |              |
| Quaker Toasted Oatmeal Squares                      | X                         |                    |              |
| Multigrain Cheerios                                 | X                         |                    |              |
| Fiber One   | X                         |                    |              |
| Total   | X                         |                    |              |
| Wheat Chex  | X                         |                    |              |

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| <b><u>Cereals continued...</u></b>           |                                  |                           |                     |
| Kellogg's Mini-Wheats                        | X                                |                           |                     |
| Post 100% Bran                               | X                                |                           |                     |
| Grape Nuts                                   | X                                |                           |                     |
| Shaw's Nutty Nuggets                         | X                                |                           |                     |
| Post Shredded Wheat n' Bran                  | X                                |                           |                     |
| Kashi to Good Friends                        |                                  | X                         | X                   |
| Puffins                                      |                                  | X                         | X                   |
| Barbara's                                    |                                  | X                         | X                   |
|  |                                  |                           |                     |
| <b><u>Cheese</u></b>                         |                                  |                           |                     |
| Smart Beat                                   | X                                |                           |                     |
| Smart Balance                                | X                                |                           |                     |
| Healthy Choice                               | X                                |                           |                     |
| Cabot Light                                  | X                                |                           |                     |
| Sargento Light                               | X                                |                           |                     |
| Alpine Lace                                  | X                                |                           |                     |
| Hood Low-Fat /Fat-Free Cottage Cheese        | X                                |                           |                     |
| Breakstone's Low-Fat/Fat-Free Cottage Cheese | X                                |                           |                     |
| Philly LF/FF Cream Cheese                    | X                                |                           |                     |
| Veggie Slices                                | X                                |                           | X                   |
| Soya Kaas                                    |                                  | X                         |                     |
|  |                                  |                           |                     |
| <b><u>Cookies</u></b>                        |                                  |                           |                     |
| Fig Newman's FF Fruit-Filled                 |                                  | X                         |                     |
| Cathy's Cookies FF Whole Wheat Fig Bars      |                                  | X                         |                     |
|  |                                  |                           |                     |

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| <b><u>Cookies Cont.</u></b>              |                                  |                           |                     |
| Barbara's Raspberry Whole Wheat Fig Bars |                                  | X                         |                     |
| Health Valley "Healthy Chips"            |                                  | X                         |                     |
| MI-DEL 100% Whole Wheat Honey Grahams    |                                  | X                         |                     |
| Fig Newton's                             | X                                |                           |                     |
|  |                                  |                           |                     |
| <b><u>Crackers</u></b>                   |                                  |                           |                     |
| Health Valley Low-Fat                    |                                  | X                         |                     |
| Rye Vita                                 | X                                |                           |                     |
| Wasa                                     | X                                |                           |                     |
| Finn Krisps                              | X                                |                           |                     |
| Kavli                                    | X                                |                           |                     |
| Old London                               | X                                |                           |                     |
|  |                                  |                           |                     |
| <b><u>Chips/Snacks</u></b>               |                                  |                           |                     |
| Baked Tostitos                           | X                                |                           |                     |
| Snyder's Pretzels                        | X                                |                           |                     |
| Guiltless Tortilla chips                 |                                  | X                         |                     |
| Baked Lays Potato chips                  | X                                |                           |                     |
| Kettle baked potato chips                |                                  | X                         |                     |
| Barbara's baked cheese puffs             |                                  | X                         |                     |
|  |                                  |                           |                     |
| <b><u>Dressings</u></b>                  |                                  |                           |                     |
| Annie's Naturals FF/LF                   |                                  | X                         | X                   |
| Spectrum Natural's LF/FF                 |                                  | X                         |                     |
| Maple Grove Farms FF                     | X                                |                           |                     |
| Old Cape Cod FF                          | X                                |                           |                     |
| Hellman's LF Mayonnaise                  | X                                |                           |                     |
| Nasoya Nayoanaisse                       | X                                | X                         |                     |

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| <b><u>Dressings Cont</u></b>                                      |                                  |                           |                     |
| Cain's Cholesterol-Free Reduced Fat Mayonnaise                    | X                                |                           |                     |
|   |                                  |                           |                     |
| <b><u>Eggs</u></b>  |                                  |                           |                     |
| Pete & Gerry's Organic Eggs                                       | X                                | X                         | X                   |
| The Country Hen "First With Omega-Threes"                         | X                                | X                         |                     |
| Eggland's Best  | X                                |                           |                     |
|   |                                  |                           |                     |
| <b><u>Ice Cream</u></b>   |                                  |                           |                     |
| It's Soy Delicious  |                                  | X                         | X                   |
| Hood FF Ice Cream/Frozen Yogurt                                   | X                                |                           |                     |
| Breyer's All Natural Light  | X                                |                           |                     |
| Edy's FF Frozen Yogurt or Whole Fruit Sorbet                      | X                                | X                         |                     |
| Healthy Choice  | X                                |                           |                     |
| Edy's Fruit Bars  | X                                |                           |                     |
| Tropicana Fruit Bars  |                                  |                           |                     |
| Cascadian Farm Sorbet   |                                  | X                         |                     |
| Stoneyfield Farm LF/NF Frozen Yogurt                              |                                  |                           |                     |
|   |                                  |                           |                     |
| <b><u>Margarines (avoid any made with "hydrogenated oil")</u></b> |                                  |                           |                     |
| Smart Balance Light   | X                                |                           |                     |
| Promise   | X                                |                           |                     |
| Smart Beat  | X                                |                           |                     |
| Spectrum  |                                  | X                         |                     |
|   |                                  |                           |                     |
|   |                                  |                           |                     |

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| <b><u>Milk (FF or 1% only)</u></b>   |                                  |                           |                     |
| The Organic Cow  |                                  | X                         | X                   |
| Horizon Organic Milk   |                                  | X                         |                     |
| Organic Valley NF Milk   | X                                |                           |                     |
| Fitmilk  | X                                |                           |                     |
| Hood's Simply Smart  | X                                |                           |                     |
| Other brands ok if FF or 1%  |                                  |                           |                     |
| White Wave Silk (soymilk)  | X                                | X                         |                     |
| Rice Dream Enriched (rice milk)  |                                  |                           |                     |
| Soy milks (many brands)  | X                                | X                         |                     |
|  |                                  |                           |                     |
| <b><u>"Meat"</u></b>   |                                  |                           |                     |
| Boca Burgers   | X                                | X                         |                     |
| Garden Burgers   | X                                | X                         |                     |
| Morningstar Farms  | X                                | X                         |                     |
| Green Giant Harvest Burger   | X                                | X                         |                     |
| Lifestream veggie burgers  |                                  | X                         |                     |
| Yves (has variety of meat substitutes)   | X                                |                           |                     |
| Smart Dogs   | X                                | X                         | X                   |
| Tofu Pups  | X                                | X                         |                     |
| Shelton's Chicken/Turkey Franks  | X                                |                           |                     |
|  |                                  |                           |                     |
| <b><u>Oils (Look for olive or canola-cold-pressed or expeller pressed)</u></b> |                                  |                           |                     |
| Hain Expeller Pressed Canola   | X                                | X                         |                     |
| Spectrum Pure Pressed Canola   |                                  | X                         |                     |
| Spectrum Olive Oil   |                                  | X                         |                     |
| Loriva Canola Oil  | X                                | X                         |                     |
| Colavita Olive oil   | X                                |                           |                     |
| Davinci Olive Oil  | X                                |                           |                     |

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| <b><u>Oils (Look for olive or canola-cold-pressed or expeller pressed) Cont.</u></b> |                                  |                           |                     |
| Carrara Olive Oil  | X                                |                           |                     |
| Italica Olive Oil  | X                                |                           |                     |
| Barlean's Flax oil   |                                  | X                         |                     |
|  |                                  |                           |                     |
| <b><u>Pancake Mixes</u></b>  |                                  |                           |                     |
| Up-Country Multigrain Pancake Mix  | X                                | X                         |                     |
| Arrowhead Mills Buttermilk Pancake and Waffle Mix                                    |                                  | X                         |                     |
|  |                                  |                           |                     |
| <b><u>Pasta (Whole Wheat best choice)</u></b>  |                                  |                           |                     |
| Bionaturae Whole Durum Wheat   |                                  | X                         |                     |
| Westbrae Whole Wheat   |                                  | X                         |                     |
| Hodgson Mills Whole Wheat  | X                                |                           |                     |
| Trader Joe's Whole Wheat   |                                  |                           | X                   |
|  |                                  |                           |                     |
| <b><u>Peanut Butter (use sparingly)</u></b>  |                                  |                           |                     |
| Teddy  | X                                |                           |                     |
| Marantha   |                                  | X                         |                     |
| Old Style 100% Natural PB  | X                                |                           |                     |
|  |                                  |                           |                     |
| <b><u>Soups</u></b>  |                                  |                           |                     |
| Healthy Choice   | X                                |                           |                     |
| Campbell's Healthy Request   | X                                |                           |                     |
| Imagine  |                                  | X                         | X                   |
| Health Valley  |                                  | X                         |                     |
|  |                                  |                           |                     |
|  |                                  |                           |                     |
|  |                                  |                           |                     |

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| <u>Yogurt</u>              |                                  |                           |                     |
| Stoneyfield Farm           | X                                | X                         |                     |
| Horizon Organic            |                                  | X                         |                     |
| Colombo LF                 | X                                |                           |                     |
| Breyer's LF                | X                                |                           |                     |

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