

# Healthy Grocery Items

## Beverages

- WATER!!- get a big jug and a reusable water bottle to save lots of plastic
- Simply Lemonade/ Orange Juice
- Tropicana OJ-100% or Light

## Dairy

- Light Soy Milk
- 1% Milk
- Coffee Mate Fat Free Creamer
- Horizon Fat Free Half and Half
- Smart Balance Light Butter
- JELLO Sugar Free puddings- also comes in probiotic form
- JELLO Sugar Free Cups
- Okios 0% Greek Strained Yogurt
- Light and Fit 0% Plus Smoothies-Purple Box
- Fiber One Yogurts
- Egg Beaters- made with yolk
- Egg Whites
- Fat Free Reddi Whip
- Low Fat/Fat Free Cottage Cheese/Sour Cream
- Low Moisture Part Skim Mozzarella Cheese
- Kraft 2% Cheese Slices
- 2% String Cheese
- Reduced Fat Feta Cheese
- Reduced Fat Cream Cheese or Whipped Cream Cheese

## Chips and Such

- Baked Chips
- Get Packet of Dry Ranch and Mix with Fat Free Sour Cream for Ranch Dip
- Sun Chips
- All Natural Blue Corn Chips
- Tostitos All Natural Chunky Salsa
- Mixed Nuts
- Mini Rice Cakes
- Kashi Granola Bars and Cereal Bars
- Luna Bars
- Fiber One Bars
- Orville Reddenbacher Naturals Popcorn
- Smart Balance Popcorn

## Cereals

- Special K-Protein, All Types
- Frosted Mini Wheats

- Multigrain Cheerios
- Wheaties
- Kashi Cereals
- Fiber One Cereals
- Back to Nature Granola
- Low Sugar!!
- Instant Homemade Grits
- Simple Harvest Oatmeals
- Aunt Jemima Butter Lite Syrup

## Baking Goods

- Canola Oil Spray
- 100% Olive Oil Spray
- 100% Extra Virgin Olive Oil
- JELLO Mixes Sugar Free
- Apple Sauce
- Egg Whites
- 50% Less Sugar Cake Mixes
- Whole Wheat Pancake Mix
- Mrs. Dash Seasoning Mixes

## Packaged Foods

- Uncle Bens 90 Second Brown Rice "Healthy Heart"
- 60 second Brown Rice (in little plastic cups)
- Ronzoni Healthy Harvest Whole Wheat Noodles
- Ronzoni Plus Noodles
- Ragu All Natural Spaghetti Sauce
- Ragu Chunky Spaghetti Sauces
- Healthy Choice Soups
- Campbell's Select Healthy Request Soups
- No Salt Added Canned Veggies
- No Sugar Added Canned Fruit
- Canned Chicken/Tuna in water
- Tropicana 100% Fruit Juice Medley Plus

## Crackers/Cookies

- Kashi TLC Crackers
- Multigrain Saltines
- Reduced Fat Triscuits
- 100 Calorie Packs
- Back to Nature Crackers
- Kashi TLC Oatmeal Dark Chocolate Cookies
- Back to Nature Chocolate Chunk Cookies
- Back to Nature Peanut Butter Cookies
- Newman's Own Organic Cookies

## Meats

- Hormel 100% Natural Deli Meats (In Box)
- Turkey Bacon
- Healthy Ones Hot Dogs
- Turkey Hot Dogs
- Shadybrook Farms 97% Lean Ground Turkey Meat
- Shadybrook Farms Turkey Breast Chops
- Shadybrook Farms Turkey Tenderloin
- Purdue Tender and Tasty Chicken Breasts
- Purdue Chicken Breasts In a Bag- 6pk
- 96/4 Lean Ground Hamburger
- Samon Filets
- Tuna Steaks

### **Frozen**

- Frozen Fruit Mixes
- Green Giant Veggie Mixes
- Birds Eye Steam Fresh
- Ori-eda Steam and Mash Sweet Potatoes
- Healthy Choice Steam Bowls
- Kashi Frozen Dinners
- Lean Cuisine
- Morning Star Veggie Burgers
- Morning Star Veggie Cakes
- Morning Star Chicken Patties
- Pillsbury Whole Wheat Dinner Rolls
- Low Fat Nutrigrain Eggos
- Kashi Honey Wheat Waffles
- Aunt Jemima Whole Wheat Pancakes
- Breyer's Free Ice Cream
- Fat Free Frozen Yogurts
- 100 Calorie Slim-a-Bear Ice Cream Sandwiches
- Blue Bunny Health Smart Fudge Bars
- Skinny Cow Ice Cream Sandwiches

### **Breads**

- Joseph's Flax, Oat Bran, Whole Wheat Lavash/Pita (Under Deli Counter at Wal-Mart)
- Arnolds 100% Whole Wheat Bread
- Pepperidge Farms 100% Natural Breads
- Arnold's Flax and Fiber/ Health Nut Bread
- Thomas 100% Whole Wheat English Muffins
- Thomas 100% Whole Wheat Mini Bagels

### **Condiments**

- Kraft Dressings
- Annie's Organic Dressings
- Make Ranch with Dry Packet and Fat Free Sour Cream

- Smart Balance Mayonnaise
- Kraft Mayonnaise with Olive Oil
- Smuckers Sugar Free/50% Less Sugar Jelly
- Smart Balance Peanut Butter
- Skippy Natural Peanut Butter
- Heinz Ketchup
- French's Mustard
- French's Spicy Mustard

### **Fresh Produce**

- Bananas
- Apples
- Oranges
- Carrots
- Broccoli
- Mushrooms
- Spinach or Dark Green Salad Mix
- Any Other Favorites!!!



Health  
Promotion

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