

Healthy Eating Shopping List



*We put together a list of our favorite products to help you in your transition to a healthier way of life. Pay special attention to items that are highly processed and enjoy **ONLY** occasionally.*

Also, enjoy snacks high in protein and fiber which will keep you much more satisfied!

Items with ****** asterisks are **HIGHLY** processed foods. They should **ONLY** be consumed occasionally.

Items with ****** asterisks are suitable for carb control/Diabetic plans ([stick to serving sizes](#)).

Carbohydrates

Breads ****** (every item in this list is suitable for Carb control/Diabetic plans)

- Aladdin Low Carb Wheat Wrap - 110 Cal, 14g Carb, 6g Fiber, 2g Sugar 4g Fat, **10g Protein**
- Arnolds *LIGHT* 40 calorie bread (2 slices)- 18g Carb, 5g Fiber, 2g Sugar, 1g Fat, **5g Protein**
- Arnold 100 calorie Sandwich Thins- 22g Carb, 5g Fiber, 2g Sugar, 1g Fat, **5g Protein**
- Damascus Pita- Cal- 110, 19g Carb, 7g Fiber, 1g Sugar, 3.5g Fat, **9g Protein**
- Damascus Split Roll-Ups - 70 Cal, 13g Carb, 5g Fiber, 1g Sugar, 2g Fat, **6g Protein**
- Ezekiel- 80 Cal, 15g carb, 3g Fiber, 0g Sugar, 1g Fat, 4g Protein
- Fiber One Wraps- 80 Cal, 15g Carb, 7g Fiber, 1g Sugar, 3g Fat, **6g Protein**
- Fiber One Whole Wheat Sliced Bread (for 2) slices)- 90 Cal, 22g Carb, 7g Fiber, 3g Sugar, **5g Protein**
- Flat Out Lite Wraps- 90 Cal, 22g Carb, 10g Fiber, 0g Sugar, 1.5g Fat, **7g Protein**
- Joseph's Lavash Wraps (1/2 wrap)- 60 Cal, 8g Carb, 2g Fiber, 0g Sugar, 1.5g, Fat, **6g Protein**
- Joseph's Oat Bran, Whole Wheat Pita Bread OR Heart Friendly Pita Bread- 60 Cal, 9g Carb, 2g Fiber, 0g Sugar, 1.5g Fat, **6g Protein**
- Joseph's Tortilla Wrap- 80 Cal, 12g Carb, 4g Fiber, 1g Sugar, 2.5g Fat, **7g Protein**
- Mission Carb Balance Soft Taco - 70 Cal, 18g Carb, 15g Fiber, 0g Sugar, 3.5g Fat, 5g Protein
- Schmidt's 647 Bread - 40 Cal, 13g Carb, 7g Fiber, 1g Sugar, .5g Fat, 2g Protein

- Trader Joe's Reduced Carb Tortillas - 45 Cal, 9g Carb, 6g Fiber, 0g Sugar, 1.5g Fat, 3g Protein (**6g for 2**)
- Toufayan Low-Carb Wrap – 100 Cal, 16g Carb, 7g Fiber, 0g Sugar, 3.5g Fat, **8g Protein**
- Toufayan Whole Wheat Smart Pockets - 90 Cal, 17g Carb, 4g Fiber, 0g Sugar, 0.5g Fat, **5g Protein**
- Tumaro's Carb Wise Wrap - 60 Cal, 11g Carb, 8g Fiber, 0g Sugar, 2g Fat, **5g Protein**

Cereals

- All Bran cereal- 80 Cal, 23g Carb, 9g fiber, 5g Sugar, 1.5g Fat, 4g Protein**
- Fiber one- 60 Cal, 25g Carb, 14g Fiber, 0g Sugar, .7g Fat, 2g Protein**
- Kashi *Go Lean original*- 180 Cal, 40g Carb, 13g Fiber, 8g sugar, 2g fat, **12g Protein****
- Oatmeal (rolled oats, sweetened/unsweetened), 110-120 calorie low sugar pack, 24g Carb, 3g Fiber, 4g Sugar, 2g Fat, 4g Protein
- Special K *Protein*-(3/4 cup) 120 Cal, 19g Carb, 3g Fiber, 7g Sugar, 0g Fat, **10g Protein****

😊 *Kids Tested, Mothers Approved* 😊

- Chex (rice)- 110 Cal, 25g Carb, 1g Fiber, 2g Sugar, 1g Fat, 2g Protein [other flavorings may have between 6-8g of sugar]
- Honey Bunches of Oats- 130 Cal, 26g Carb, 2g Fiber, 6g Sugar, 2.5g Fat, 2g Protein
- Cheerios (plain) 100 Cal, 20g Carb, 3g Fiber 1g Sugar, 2g Fat 3g Protein
- Cheerios (multi grain) 110 Cal, 24g Carb 3g Fiber, 6g Sugar, 1.5g Fat, 2g Protein [other flavorings may have between 8-9g sugar]

Snacks

- ½ cup of low-fat ice cream, no added sugar- 125 Cal, 16g Carb, 0g Fiber, 5g Sugar, 5g Fat, 3g Protein (nutrition value may vary slightly by brands) ** **
- Tofutti Fudge Treats- 30 Cal, 6g Carb, 0g Fiber, 0g Sugar, 0g Fat, 1g Protein** **
- 40 calorie fudgesicle – 9.5g Carb, 2g Fiber, 2.5g Sugar, 1g Fat, 1.5g Protein** **
- 100 calorie bag of nuts - 4g Carb, 2g Fiber, 9g Fat, 4g Protein**
- Baked chips/ Baked Tostito chips- 120 Cal, 22g Carb, 2g Fiber, 2g Sugar, 3.5g Fat, 2g Protein
- Chobani Greek Yogurt *Less Sugar*- 120 Cal, 11g Carb, 0g Fiber, 9g Sugar, 2.5g Fat, **12g Protein**
- Edamame Beans- ½ cup peeled- 100 Cal, 8g Carb, 6g Fiber, 3.5g Fat, **10g Protein****
- Enlightened Ice cream - ~80- 100 Cal, 13g Carb, 5g Fiber, 4g Sugar, 5g Fat, **7g Protein** ** **

- *Go Lite!* Pop Corn- 80 Cal, 12g Carb, 2g Fiber, 0g Sugar, 2.5g Fat, 2g Protein**
- Halo Top Ice Cream- ~70- 90 Cal, 15g Carb, 3g Fiber, 6g Sugar, 3g Fat, **5g Protein** ** **
- *Jolly Healthy* Pop popcorn- 20 Cal, 5g Carb, <1g Fiber, 0g Sugar, <1g Protein**
- Kashi honey almond flax bars 130 Cal, 23g Carb, 3g Fiber, 7g Sugar, 4.5g Fat, **7g Protein****
- chocolate almond sea salt bars- 130 Cal, 23g Carb, 3g Fiber, 7g Sugar, 4.5g Fat, **7g Protein****
- KIND healthy grain bars-150 Cal, 23g Carb, 2g Fiber, 8g Sugar, 5g Fat, 2g Protein
- KIND nut bars mini- 100 calories, 8g Carb, 3.5g Fiber, 3g Sugar, 8g Fat, 3g Protein**
- MADE GOOD Granola Bites-100 Cal, 15g Carb 2g Fiber, 6g Sugar, 4g Fat, 1g Protein**
- RXBARS- 210 Cal, 22-24g Carb, 4-6g Fiber, 13-15g Sugar, 7-9g Fat, **12g Protein**
- Nourish Chewy Granola Bites- 110 Cal, 18g Carb, 2g Fiber, 7g Sugar, 3.5g Fat, 3g Protein **
- NuGo *Slim* Bars- 190 Cal, 19g Carb, 7g Fiber, 2g Sugar, 6g Fat, **16g Protein**** **
- Nutter Puffs PopChips 130 Cal, 15g Carb, 2g Fiber, 2g Sugar, 6g Fat, **5g Protein****
- Orgain *Kids*- 130 Cal, 25g Carb, 7g Fiber, 6g Sugar, 4g Fat, 2g Protein
- Orgain Protein Bar- 140 Cal, 20g Carb, 6g Fiber, 5g Sugar, 5g Fat, **10g Protein****
- PopChips- 130 Cal, 19g Carb, 1g Fiber, 4.5g Fat, 2g Protein
- Pop Chips *Yes Peas*- 110 Cal, 16g Carb, 3g Fiber, 0g Sugar, 3g Fat, **6g Protein****
- PopCorners- 110 Calories, 20g Carb, 1g Fiber, 0g Sugar, 2.5g Fat, 2g Protein
- PopCorners *Flex*- 100 Cal, 12g Carb, 1g Sugar, 4g Fiber, 3g Fat, **10g Protein****
- PopCorners *Flourish* Veggie Crisps- 120 Cal, 17g Carb, 2g Fiber, 3.5g Fat, 4g Protein**
- Seaweed snack- (Kirkland, entire pack)- 100 Cal, 5g Carb, 1g Fiber, 7.5g Fat, **5g Protein**
- Soy Crisps- 100 Calories, 15g Carb, 2g Fiber, 1g Sugar, 1.5g Fat, **7g Protein****
- String Cheese (Low Fat) ~ 50-70 Cal, 0g Carb, 2.5-3.5g Fat, **6g Protein****
- *YaSo* frozen yogurt pops-100 Calories, 17g Carb, 1g Fiber, 13 g sugar, 2g fat, **5g Protein****

Proteins** (every item in this list I suitable for carb control/Diabetic plans)

- **Chicken cutlet** (4oz raw) - 120 Cal, 0g Carb, 1.5g Fat, 26g Protein
- **Cottage cheese 1%** (½ cup) – 90 Cal, 4g Carbs, 1g Fat, 16g Protein
- **Dr. Praeger's Kale Veggie Burger-** 150 Cal, 11g Carb, 6g Fiber, 8g Fat, 15g Protein
- **Eggs/ Egg whites** (one, boiled) - 78 Cal, 0g Carb, 5g Fat, 6g Protein
- **Greek Non- Fat plain yogurt** (1 Cup) - 120 Cal, 9g Carb, 22g Protein
- **Low Fat String Cheese-** 60 Cal, 3g Fat, 1g Carb, 7g Protein
- **String cheese, part skim** - 80 Cal, 1g Carb, 5g Fat, 8g Protein
- **Morning Star grillers**** 130 Cal, 5g Carb, 6g Fat, 2g Fiber, 15g Protein
- **Part skim mozzarella cheese** (1 oz) 80 Cal, 1g Carb, 6g Fat, 7g Protein
- **Extra lean meats** (ground, fillet mignon, chateaubriand) (3.5 oz)- 203 Cal, 9g fat, 30g Protein
- **Turkey Breast cold cuts** (3oz) - 90 Cal, 1.5g Carb, 1g Fat, 18g Protein
- **Premier Protein Shake**** - 160 Cal, 5g Carb, 3g Fat, 30g Protein
- **Edamame** (one cup unshelled) - 189 Cal, 8g Fat, 15g Carbs, 8g Fiber, 18g Protein
- **White fish** (filet of sole, flounder, tilapia, cod) 3 oz - 70-110 Cal, 0-3g Fat, 13- 22g Protein
- **Tuna Steak** (3 oz) 105 Cal, 2g Fat, 20g Protein
- **Canned Tuna** (3 oz) - 110 Cal, 0g Carb 2.5g Fat, 20g Protein
- **Orgain Protein Powder-** 150 Cal, 6g Fiber, 21g Protein, 4g Fat
- **Skim Plus milk** (1 cup) – 110 Cal, 16g Carbs, 0g Fat, 11g Protein
- **Salmon** (wild 3-5 oz) – 150-250 Cal, 6-12g Fat, 22-35g Protein
- **Tempeh Light Life**** (3 oz) - 140 Cal, 10g Carb, 7g Fiber 17g, 4.5g Fat, 16g Protein
- **Seitan **** (3 oz) - 90 Cal, 3g Carbs, 1g Fat, 18g Protein
- **Tivall veggie burgers**-** 120 Cal, 11g Carb, 4g Fat, 12g Protein
- **Tnuva-** (Edam, Swiss, Munster) light cheese -40- 60 Cal, 2-2.5g Fat, 0g Carb, 6-8g Protein
- **Tofu Firm** (3 oz)- 80 Cal, 2g Carb, 4g Fat, 2g Protein

Fats ** (every item in this list is suitable for carb control/Diabetic plans)

- Almond/ Cashew/Peanut/ Soy-nut butter (all natural) - 1 TBS (95 Cal, 8g Fat, 3.5g Carb, 1.5 Fiber, 3.5g Protein)
- Almond Flour-2 TBS- (160 Cal, 16g Fat, 6g Carb, 3g Fiber, 6g Protein)
- Avocado- 1/4 per serving (80 Cal, 7g Fat, 4g Carb, 3g Fiber, 1g Protein)
- Coconut Flour- 2 TBS (60 Cal, 1.5g Fat, 9g Carb, 5g Fiber, 3g Sugar, 3g Protein)
- Olives- 8-10 (50 Cal, 5g Fat, 0g Carb, 0g Protein)
- Oil (Coconut, olive, canola) - 1 tsp (40 Cal, 4.5g Fat)
- Light mayonnaise- ** 1 TBS (35 Cal, 3.5g Fat, 1g Carb)
- Raw Nuts- 10-15 (104 Cal, 9g Fat, 3.5g Carb, 2g Fiber, 4g Protein)
- Sabra hummus- 2 TBS (70 Cal, 5g Fat, 4g Carb, 2g Fiber, 2g Protein)
- Tahini- 1 TBS (89 Cal, 8g Fat, 3g Carb, 2g Fiber, 3g Protein)

A Guide to Nutrition Labels

Understanding nutrition labels

Sample Label (Frozen Lasagna)

1. Serving Information →

2. Calories →

3. Nutrients →

4. Quick Guide to percent Daily Value (%DV) ←

- 5% or less is **low**
- 20% or more is **high**

Nutrition Facts	
4 servings per container	
Serving size	1 cup (227g)
Amount per serving	
Calories	280
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1. Serving size. Pay close attention to the serving size and number of serving per container! Generally, packaged foods will base their nutrition label on one serving size.

4 servings per container	
Serving size	1 cup (227g)
Amount per serving	

2. Calories The calories provide a measure of how much energy you get from one serving of food. The calories written on the nutrition label will be based on the single serving size indicated (or in this case 1 cup).

Amount per serving	
Calories	280

3. Nutrients: It shows you some key nutrients that impact your health.

- *Nutrients to get less of include: Saturated Fat, Sodium, and Added Sugars.*
- *Nutrients to get more of include: Dietary Fiber, Vitamin D, Calcium, Iron, and Potassium.*
- *Pay attention to all the macronutrients: total carbs, fats and proteins, and pay special attention to sugar content. Also, to get a little bit of protein in each meal (at least 5g) to help support muscle and tissue development, and of course satiety.*

Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

4. The Percent Daily Value (%DV)

The % Daily Value (%DV) is the percentage of the Daily Value for each nutrient in a serving of the food. (Based on 2000 calories/day). Note: not everyone needs 2000 calories/day

The %DV helps you determine if a serving of food is high or low in a nutrient.

A General Guide to %DV

- 5% DV or less of a nutrient per serving is considered low
- 20% DV or more of a nutrient per serving is considered high

More often, choose foods that are:

- Higher in %DV for Dietary Fiber, Protein, Vitamin D, Calcium, Iron, and Potassium
- Lower in %DV for Saturated Fat, Sodium, and Added Sugars

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

*Information obtained from FDA. To read more in depth on how to understand nutrition labels click: <https://www.fda.gov/food/new-nutrition-facts-label/how-understand-and-use-nutrition-facts-label>

How to read nutrition labels:

1. Start with the serving size and the number of servings per package. Nutrition facts can be **VERY MISLEADING** if you don't pay attention to the single serving!! Nutrition facts could be stated for 1 serving only, and the serving size could be more than one!

2. Check total grams for each nutrient, but if you are not sure what the right amount is, check Percent Daily Values (%DV). A low amount is 5% or less, while a high %DV is 20% or more. Average nutrition servings are:

- **1 Fat serving**= 5 grams
- **1 Carb serving**= 15 grams (deduct fiber contents of more than 3 gms for **net carbs**) 8 gms carbs or less count as ½ carb serving
- **1 Protein serving**= 7grams.

3. Pay special attention to fats: If a food is higher in fat, make sure it's a healthier fat: Choose foods lower in Saturated Fat, and Trans Fat, and higher in Monounsaturated fats.

4. Check Sodium content: each serving should be <140 milligrams. If you think the content is too high, keep in mind that healthy individual could have approximately 3000 milligrams (or 3 grams) sodium/day, and heart patients only up to 2000 milligrams (2 grams). Balance out your meals accordingly.

5. Look for Added Sugar. *Limit as much as possible! Total sugars include sugars naturally present and added sugars. Look for words such as sugar, maltose, brown sugar, corn syrup, cane sugar, honey and fruit juice concentrate. No more than 10% DV should come from added sugars (7-8 grams per serving at most). If total sugars are more than 8 but there's no added sugars, the sugar content is natural (such as in milk and fruits). In these cases, look at total grams of carbs, and limit to one serving.*

6. Read ingredients and look out for processed foods. *It is important to do some investigative work by first examining the ingredient list and analyzing the nutrition facts panel. Consuming processed foods on occasion is fine. However, it is vital to look for hidden sugar, fat and salt. Just because a product might read "natural" or "organic" does not necessarily mean it is better for you. Also look out for artificial colors or flavors. As a rule of thumb, if you cannot pronounce the ingredients or do not know what they are, chances are, the product will be highly processed.*

What are processed foods?

- *Processed foods are foods that have been cooked, canned, frozen, packaged or changed in nutritional composition with fortifying, preserving or preparing in different ways. Therefore, any time we cook, bake or prepare food, we are processing food!*
- *Processed foods can help you eat more nutrient dense foods. For example, milk is fortified with Vitamin D,*

while many breads and cold cereals may have added fiber to help support our nutritional needs.

- *Nevertheless, many foods on the market may be highly processed, containing high amounts of added sugar, fats, and sodium. This generally provides better taste to foods and extends its shelf life. These foods may be eaten in moderation. Yet, if you prefer to avoid processed foods, cook and prep your food from natural sources at home!*

According to the American Academy of Nutrition and Dietetics, processed foods range on a scale of minimally processed to mostly processed:

- *Minimally processed foods — such as bagged spinach, cut vegetables and roasted nuts — are often simply pre-prepped for convenience.*
- *Foods processed at their peak to lock in nutritional quality and freshness include canned tomatoes, frozen fruit and vegetables and canned tuna.*
- *Foods with ingredients added for flavor and texture (sweeteners, spices, oils, colors and preservatives) include jarred pasta sauce, salad dressing, yogurt and cake mixes.*
- *Ready-to-eat foods — such as crackers, chips and deli meat — are more heavily processed.*
- *The most heavily processed foods often are frozen or pre-made meals, including frozen pizza and microwaveable dinners.*

Sources: Eatright.org and FDA. Mayo Clinic/Health system

