

**Abbreviations: FF = fat-free, RF = reduced-fat, LF = low-fat, SF = sugar-free, NSA = no-sugar-added*

Dairy, Dairy Alternatives, & Egg Products

Cheese

FF or RF shredded cheese (Kraft, Lifetime, Sargento, Galaxy Veggie Shreds, Weight Watchers)
FF or RF block cheeses (Lifetime, Cabot)
FF or RF cheese slices (Kraft, Sargento, Galaxy Veggie Slices)
FF or LF cottage cheese (Fiber One, Knudsen On the Go Cups)
FF cream cheese (or Weight Watchers RF Spread)
FF or RF crumbled feta
The Laughing Cow Light Cheese Wedges
Light string cheese (50 - 60 calories w/ about 2g fat each)
Assorted RF cheese snacks (Weight Watchers, Sargento)
The Laughing Cow Light Gourmet Cheese Bites
RF Parmesan-style grated topping (pasta aisle, usually)

Egg Products

FF liquid egg substitute (Egg Beaters Original, Better'n Eggs, Nulaid ReddiEgg)
Liquid egg whites (All Whites, Egg Beaters Whites)
Eggs (for making hard-boiled egg whites)

Yogurt

FF or LF yogurt (Yoplait Light, Dannon Light & Fit, Weight Watchers, Yoplait Fiber One, YoPlus Light)
FF plain Greek yogurt (Fage Total 0%, Trader Joe's 0%, Chobani Nonfat)
FF or LF fruity Greek yogurt (Fage Total 2% with Fruit, Chobani Nonfat)

Milk & Milk Swaps

Refrigerated light vanilla soymilk (8th Continent Light, Silk Light)
Blue Diamond Unsweetened Vanilla Almond Breeze (stocked with non-refrigerated soymilks)

Pudding

SF or NSA pudding cups (Jell-O SF, SF Handi-Snacks, Hunt's NSA)
Kozy Shack NSA Rice Pudding & Tapioca Pudding
Mousse Temptations by Jell-O

Assorted Low-Cal Condiments

FF Reddi-wip
Cool Whip Free (freezer aisle)
Coffee-mate Original FF liquid creamer
Coffee-mate FF or SF French Vanilla powdered creamer
Coffee-mate Powder Stick Packs



FF sour cream
FF or LF mayo
Light buttery spread or light whipped butter (Brummel & Brown, Land O'Lakes Whipped Light, Smart Balance 37% Light)
I Can't Believe It's Not Butter! Spray

Cereal

Cold Cereal

Puffed stuff (puffed wheat, rice, &/or corn; Kashi 7 Whole Grain Puffs; Kix)
Shredded wheat (like Fiber One's Frosted version)
Fiber One Bran Cereal (original)
Kashi Honey Sunshine
Zoe's Granola
Kashi Heart to Heart Warm
Cinnamon Oat Cereal

Hot Cereal

Instant oatmeal packets (Quaker, Quaker Simple Harvest)
Amy's Hot Cereal Bowls (freezer aisle)
Old-fashioned oats (especially for recipes)

Meat & Seafood

Meat

Nearly FF (around 97%) turkey, chicken, &/or ham slices (Oscar Mayer Deli Fresh, Applegate Farms, Butterball, Healthy Ones, Sara Lee)
Boneless skinless lean chicken &/or turkey breast
Extra-lean/lean ground turkey breast (Jennie-O, Butterball)
FF or nearly FF hot dogs (Hebrew National 97% FF, Yves Meatless, Ball Park FF, Ball Park Bun Size Smoked
White Turkey, HOFFY Extra Lean)
Canned 98% FF chunk white chicken breast in water

Seafood

Canned/pouched tuna in water
Canned/pouched salmon in water
Real or imitation crabmeat
Starkist Salmon, Albacore, & Tuna Creations
Bumble Bee Prime Fillet Albacore Steak Entrees
Frozen or fresh shrimp & scallops
Frozen or fresh fish fillets (like tilapia, tuna, & cod)
Gorton's frozen grilled shrimp & fish fillets (tilapia, salmon)

Assorted Meaty Extras

Hormel Turkey Pepperoni
Lean turkey burger patties (Jennie-O, Butterball)
Center-cut bacon or extra-lean/lean turkey bacon (Jennie-O Extra Lean, Louis Rich)



Bacon bits (real or imitation)
Soy, turkey, or beef jerky (Tasty Eats -- not the chicken-flavored ones --, Jack Link's, Oh Boy! Oberto)
Jack Link's Premium Cuts (Chicken Nuggets!)

Veggies

Fresh

Chopped & prepared veggies/veggie snacks (Mann's Light Bites, Mann's Snacks on the Go)
Salad greens
Giant romaine lettuce leaves &
cabbage (like Mann's Lettuce Singles -- for wraps!)
Veggies for munching on (cherry tomatoes, broccoli, sugar snap peas, baby carrots)
Broccoli slaw mix
Mann's Lo Mein Stir Fry (part veggies, part noodles)
Tomatoes
Bell peppers
Onions (for Lord of the Onion Rings!)
Butternut squash (for HG's special fries)
More fresh veggies of your choice

Frozen

Steam-in-the-bag veggies
(Birds Eye, Green Giant)
Seasoned veggies or veggies in LF sauce (Green Giant Just for One!, Green Giant Healthy Blends)

Fruit

Fresh

Grab-n-go fruit (apples, pears,
bananas, oranges)
More fresh fruit of your choice

Canned & Frozen

Canned fruit in juice or water
(pineapple, mandarin oranges, peaches)
NSA frozen fruit (strawberries, dark sweet cherries, mango chunks, peach slices, mixed berries)
NSA applesauce (flavored!)

Soups & Other Canned Goods

Low-Cal Canned Soups

Progresso (99% FF, Light, & High Fiber)
Amy's Organic Light in Sodium (Chunky Tomato Bisque!)

Broths & Chili

FF chicken, beef, or veggie broth (look for low-sodium)
Canned LF turkey or veggie chili (Hormel, Health Valley)

Non-Canned Guilt-Free Soups

Tabatchnick Soups (freezer aisle)
Kettle Cuisine Soups & Chili (freezer aisle)
Mishima instant soups (Miso & Edamame!)

Campbell's Soup at Hand (check stats for LF ones)

Campbell's V8 Soups

More Canned Fun

Pure pumpkin (Libby's!)

Black beans (look for low-sodium) Other beans of your choice (garbanzo, kidney)

FF refried beans

Tomato sauce (look for flavored)

Crushed tomatoes (for chunky sauce, & look for flavored)

Diced tomatoes (fire-roasted!)

Packaged Snacks, Bars, Etc.

Crackers & LF Chips

High-fiber crackers (Wheat Thins Fiber Selects, Ryvita, Wasa)

Guiltless Gourmet Tortilla Chips

Baked &/or RF potato chips (Kettle Bakes, Baked!, Pringles Light, Cape Cod 40% RF)

Popchips (or Popped Chips)

Popcorn & Other Crunchy Snacks

94% FF mini microwave popcorn bags (Jolly Time Healthy Pop,

Orville Redenbacher's Smart Pop!, Pop Secret 94% FF Snack Size)

Rice cakes & snacks (Quaker Rice Cakes & Tortillaz)

Soy crisps (Genisoy, Glenny's)

Michael Season's single-serving snacks

100-Calorie-or-Less Snack Packs & Treats

Snack cakes (Hostess 100)

Calorie Packs, Weight Watchers Snack Cakes)

Quaker Mini Delights

Rice Krispies Treats The Original Bars

VitaTops, VitaMuffins, & VitaBrownies (freezer aisle!)

Pringles Stix

Oreo Wafer Fun Stix

Assorted 100-calorie snack packs (Nabisco, Right Bites, Mini Bites, Chex Mix)

100 Calorie Bars (Hershey's, Reese's, York, Snickers, Twix)

Hershey's Sticks

Entenmann's Little Bites 100 Calorie Packs

Bite-Worthy Bars

Cereal bars & chewy granola bars (Fiber One, Quaker 90 Calorie,

Special K, South Beach Living Fiber Fit)

Crunchy granola bars (Nature Valley, Kashi)

Decadent snack bars (South Beach Living Delights, Chex Mix, Promax 70 Calorie)

Mini-meal-type bars (Kashi GoLean, Kind, Luna, Lara)

Assorted Guilt-Free Snack Foods

Freeze-dried fruit (Gerber Mini Fruits, Just Tomatoes, Trader Joe's, Sensible Foods, Funky Monkey, Crispy Green)

Gerber Fruit Puffs & Veggie Puffs



Jell-O SF Gelatin Snacks
LesserEvil Krinkle Sticks
Fiber One Toaster Pastries
Newtons or Special K Fruit Crisps

Nuts

Everybody's Nuts! California
Pistachios
All Natural Almond Accents
100-calorie packs of Blue Diamond Almonds
100-calorie packs of Emerald's
Walnuts & Almonds (Cocoa Roast!)

Bread Aisle

Bread & Buns

Low-cal, high-fiber light bread (Weight Watchers; Nature's Own Light & Double Fiber; Arnold's Bakery Light; Pepperidge Farm Light Style, Very Thin, & Whole Grain; Sara Lee Delightful; Fiber One)
Light buns (Nature's Own Double Fiber Buns, Pepperidge Farm Classic Whole Grain White Hamburger Buns & Hot Dog Buns)
Arnold Select/Oroweat Sandwich Thins or Pepperidge Farm Deli Flats

English Muffins & Bagels

Light English muffins (Weight Watchers, Thomas', Western Bagel Alternative, Fiber One)
Low-cal bagels (Western Bagel Alternative, Weight Watchers, Kim's Light)

Tortillas & Pitas

LF, high-fiber flour tortillas with around 110 cals each (La Tortilla Factory Smart & Delicious Low Carb High Fiber or 100 Calorie, Mission Carb Balance, Tumaro's 8" Healthy or Low in Carbs, Flatout Light Wraps)
High-fiber pita bread (Western Bagel Alternative, Weight Watchers)

Ice Cream & Frozen

Novelties

FF or LF ice cream (Dreyer's/Edy's Slow Churned Light Ice Creams, Dreyer's/Edy's Loaded, Breyers Smooth & Dreamy FF)
LF ice cream sandwiches (The Skinny Cow, Weight Watchers, Klondike Slim-a-Bear)
Fruit bars (Blue Bunny FrozFruit, Fruitfull Juice Bars, Dreyer's/Edy's NSA Fruit Bars)
LF fudge bars (Weight Watchers)
GIANT, Healthy Choice Premium, NSA Fudgsicles)
Portion-controlled light ice cream cups (Weight Watchers, Dreyer's/Edy's)
Light ice cream bars (The Skinny Cow, especially Truffle Bars!)
Weight Watchers Sherbet & Ice Cream Bars
Fruity popsicles (SF Popsicles, Crystal Light)
Guilt-free sundae cones (Nestle Lil' Drums, Weight Watchers, The Skinny Cow)

Sauces, Dressings, Etc.



Low-cal salad dressings (Girard's FF, Wish-Bone Bountifuls, Kraft Free, Kraft Light, Hidden Valley FF, Wish-Bone Light, Newman's Own Lighten Up!, low-cal ones from Litehouse)
Spray dressings (Wish-Bone, Ken's, Newman's Own)
SF pancake syrup (Cary's SF, Mrs. Butterworth's SF, Log Cabin SF)
Salsa (fresh, La Victoria, Pace)
SF preserves (Smucker's SF, Polaner SF with Fiber)
Frank's RedHot (Original & flavored)
Hellmann's/Best Foods Dijonnaise
Ketchup (Heinz, Heinz Reduced Sugar)
Mustard (honey, Dijon, spicy brown, yellow)
Vivi's Original Sauce Carnival
Mustards (request 'em!)
Reduced-sodium/lite soy sauce
BBQ sauce with about 45 calories per 2-tbsp. serving (Chris' & Pitt's)
LF marinara or pizza sauce (Classico, Dei Fratelli)
Low-cal marinades (Mrs. Dash, Lawry's, Newman's Own)

Guilt-Free Frozen Foods & Meals

Breakfast-y Finds

LF waffles (Kashi, Eggo LF, Van's LF)
Kraft Bagel-fuls
Weight Watchers Smart Ones
Morning Express
Jimmy Dean D-Lights Breakfast
Sandwiches & Bowls

Meat Substitutes

Veggie burgers & soy patties (Boca, Gardenburger, Morningstar Farms, Dr. Praeger's -- blot the oil! --, Amy's)
Ground-beef-style soy crumbles (Boca, Morningstar Farms)
Breaded-chicken-style soy patties (Boca, Morningstar Farms)
Morningstar Farms Hickory BBQ Riblets

Sandwiches, Etc.

Guilt-free burritos & wraps (Amy's, Cedarlane)
Kashi Pocket Bread Sandwiches
Low-cal panini (Lean Cuisine, Healthy Choice)
Lean Cuisine Flatbread Melts
Lean Pockets

HG Pizza Finds

Amy's Spinach Pizza in a Pocket Sandwich
South Beach Living Pizza
Amy's Cheese Pizza Toaster Pops
Kashi All Natural Frozen Pizzas (Thin Crust!)
Weight Watchers Smart Ones Artisan Creations

Entrees & More

Contessa Stir Fry Meals



Boca Meatless Lasagna
Boca Meatless Chili
Amy's Mexican Tamale Pie
Amy's Shepherd's Pie
Kashi All Natural Entrees (Mayan Harvest Bake!)
Healthy Choice Cafe Steamers
Healthy Choice All Natural Entrees (Pumpkin Squash Ravioli!)
Lean Cuisine (Beef Chow Fun!)

Beverages

Diet soda (Coke Zero, Coke Cherry Zero, Sprite Zero)
Coffee (Millstone, Dunkin' Donuts)
Starbucks Via Ready Brew
Tea (Celestial Seasonings, Stash)
SF powdered drink mixes (Crystal Light, Wyler's Light, Lipton Iced Tea To Go)
Flavored water (Dasani Essence, Aquafina Flavorsplash, Vitaminwater10)
Spring water
Trop50 orange juice beverage
SoBe Lean
Ocean Spray Diet
Diet V8 Splash
25-calorie packets of hot cocoa (Swiss Miss Diet, Nestle FF)
Minute Maid Fruit Falls or Just 10 Pouches

Baking Goods, Spices, & More

Pantry Staples

Whole-wheat flour
Mini semi-sweet chocolate chips
Pillsbury Reduced Sugar Cake Mixes
LF honey graham crackers
SF FF instant pudding mix (Jell-O)
Better'n Peanut Butter/Peanut
Wonder (or RF PB)
Brown rice (pre-portioned &/or instant)
Whole-wheat-blend pasta (Ronzoni)
Betty Crocker 80 Calories Per Serving Pouch Potatoes
No-cal sweetener packets (Splenda, stevia)
Splenda No Calorie Sweetener, granulated (comes loose in the box, not in packets)
Splenda Flavors for Coffee
Unsweetened cocoa powder
Torani SF Syrups
Instant coffee crystals



Nonstick cooking spray (Pam in Original, Professional High Heat, & Olive Oil)

SF gum (Stride, Trident Layers)

Assorted Spices, Seasonings, Etc.

Vanilla extract

Cinnamon

Pumpkin pie spice

Garlic powder

Onion powder

Minced dried onion

Dry seasoning mixes (taco, fajita, chili, etc.)

Dry onion soup/dip mix

Fridge Must-Haves

Dill pickles (burger chips & spears)

House Foods Tofu Shirataki noodles (near the tofu)

Pillsbury RF Crescent Rolls

Pillsbury Crescent Recipe Creations Seamless Dough Sheet

Pillsbury Classic Pizza Crust