

Hungry Girl's Official 2017 Supermarket List

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

DAIRY

Cheese

- RF shredded cheese: *Sargento, Kraft*
- RF/low-calorie slices: *Sargento (regular & Ultra Thin), Kraft (regular & Slim Cut)*
- RF cheese snacks with 100 calories or less: *Mini Babybel, Cabot Serious Snacking, Jarlsberg Minis*
- Light string cheese: *Frigo, Sargento*
- RF crumbled feta cheese: *Athenos*
- The Laughing Cow Light cheese wedges (Creamy Asiago!)
- RF cream cheese in a tub: *Philadelphia*
- LF or light (not part-skim) ricotta cheese: *Frigo, Galbani*
- LF cottage cheese with & without fruit: *Knudsen/Breakstone's On the Go!/Snack Size & Doubles, Friendship Fit to Go 1%*
- Almond cheese & soy cheese (low in fat): *Lisanatti Foods, Go Veggie*
- Grated Parmesan cheese
- Elli Quark (yummy yogurt alternative)

Yogurt

- FF yogurt: *Yoplait Light, Dannon Light & Fit*
- FF & RF Greek yogurt with & without fruit: *Fage, Chobani (check out Simply 100), Oikos, Yoplait (Greek 100, Greek 100 Whips!, 2% Whips & more), Dannon Light & Fit Greek*
- Yogurt with crunchy toppings: *YoCrunch, Chobani Flips*

Egg Products

- FF liquid egg substitute: *Egg Beaters Original, Better 'n Eggs, Nulaid ReddiEgg*
- Liquid egg whites: *AllWhites, Egg Beaters 100% Egg Whites, Egghand's Best*
- Eggs (for hard-boiled whites & more): *Egghand's Best*

Milk, Milk Swaps & Creamers

- FF dairy milk
- Unsweetened almond milk (refrigerated & shelf-stable): *Blue*

Diamond Almond Breeze, So Delicious Dairy Free, Silk

- Unsweetened cashew milk (refrigerated & shelf-stable): *Blue Diamond Almond Breeze (almond-cashew blend), Silk, So Delicious Dairy Free*
- Light vanilla soymilk (refrigerated): *8th Continent, Silk*
- Unsweetened coconut milk beverage (refrigerated & shelf-stable): *So Delicious Dairy Free, Blue Diamond Almond Breeze (almond milk & coconut milk blend), Silk*
- Low-calorie non-dairy liquid creamer: *Coffee-mate Natural Bliss (including Almond & Coconut varieties), So Delicious Dairy Free Original Coconut Milk Creamer, Silk Almond Creamer*

Sour Cream & Butter

- Light sour cream
- Light buttery spread & light butter in a tub: *I Can't Believe It's Not Butter Light!, Brummel & Brown, Land O'Lakes*

CEREAL

Cold Cereal

- High-fiber bran cereal: *Fiber One Original, All Bran Original, Nature's Path SmartBran*
- Other cereals with about 150 calories & 4 grams of fiber per cup: *Kashi Heart to Heart Warm Cinnamon Oat Cereal, Kashi Simply Maize, Fiber One (all varieties), Barbara's Puffins (all varieties), Multi-Grain Cheerios (love the Dark Chocolate Crunch), Cheerios + Ancient Grains*

Hot Cereal

- Old-fashioned oats: *Quaker*
- Instant oatmeal packets: *Quaker (classic, Protein, High Fiber, Supergrains, Weight Control, Organic, and Steel Cut Quick*

3 Minute), Nature's Path Organic, BetterOats

- Pacific Organic Unsweetened Steel-Cut Oatmeal (ready-made)
- Oat bran

MEAT & SEAFOOD

Poultry

- Boneless skinless chicken breast & turkey breast (both raw & ready to eat): *Tyson Grilled & Ready, Applegate Naturals*
- Lean chicken burgers: *Al Fresco (refrigerated & frozen)*
- Fully cooked chicken sausage (refrigerated): *Al Fresco, Applegate Organics, Trader Joe's*
- Al Fresco All Natural Chicken Meatballs (refrigerated & frozen)
- Lean ground turkey (7% fat or less)
- Lean turkey burger patties (refrigerated & frozen)
- Turkey pepperoni: *Hormel, Applegate Naturals Uncured Mini*
- Turkey sausage patties: *Jimmy Dean*

Beef

- Extra-lean ground beef (4% fat or less): *Laura's Lean Beef*
- Extra-lean & lean steak (top round, top sirloin, strip, tenderloin, t-bone & shoulder)

Pork

- Extra-lean & lean pork (tenderloin, top loin chops, top loin roast, center loin chops, center rib chops & sirloin roast)

Bacon

- Center-cut bacon or turkey bacon: *Oscar Mayer, Hormel, Jennie-O, Applegate Naturals & Organics*
- Precooked real crumbled bacon: *Oscar Mayer, Hormel*

Oscar Mayer Turkey Bacon Bits

Packaged & Deli Meats

- Extra-lean turkey breast, chicken breast, ham & roast beef slices (look for lower-sodium): *Boar's Head, Oscar Mayer (Selects Natural), Applegate Naturals,*

Butterball, Healthy Ones, Sara Lee

- Extra-lean & lean hot dogs: *Hoffy Extra Lean, Hebrew National 97% FF, Ball Park (Lean Beef, White Meat Smoked Turkey)*

Seafood (fresh & frozen)

- Tilapia, tuna, salmon, cod, sea bass & other fish fillets
- Shrimp
- Crab: *Chicken of the Sea Lump Crabmeat, Trade Winds, MeTompkin*
- Imitation crabmeat
- Gorton's Smart & Crunchy Breaded Fish Products

Shelf-Stable Seafood & Other Proteins

- Canned & pouched albacore tuna (packed in water)
- Canned & pouched boneless & skinless pink salmon (packed in water)
- Pouched seasoned tuna & tuna salad: *StarKist (Tuna Creations, Tuna Creations BOLD, Ready-to-Eat Tuna Salad, Gourmet Selects Pouches)*
- StarKist Salmon Creations

MEAT SUBSTITUTES

- Frozen meatless hamburger-style patties: *Boca Original Vegan, Amy's Bistro, MorningStar Farms Grillers Original*
- Frozen meatless veggie-burger patties: *Gardenburger, Boca, Amy's, MorningStar Farms, Dr. Praeger's*
- Frozen ground-beef-style soy crumbles: *Boca Meatless Ground Crumbles, MorningStar Farms Meal Starters Grillers Recipe Crumbles (love the Chipotle Black Bean Crumbles)*
- Meatless meatballs (frozen): *Nate's, MorningStar Farms, Amy's*
- Faux grilled chicken (frozen & refrigerated): *MorningStar Farms, Lightlife, Beyond Meat*
- Frozen meatless sausage: *MorningStar Farms Original*

Sausage Patties

- Meatless Buffalo wings (frozen & refrigerated): *MorningStar Farms, Lightlife*
- Lightlife Fakin' Bacon Organic Smoky Tempeh Strips (refrigerated)

PRODUCE

Fresh Fruits

Choose your favorites!

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Bagged Produce

- Lettuce mixes
- Broccoli cole slaw
- Green Giant Fresh Cauliflower Crumbles

Veggies as Carb Swaps

- Spaghetti squash
- Zucchini (z'paghetti!)
- Turnips (noodles & fries)
- Cauliflower (for rice & mashies)
- Butternut squash (fries!)
- Carrots (more fries!)
- Portabellas (pizza-bellas!)

More Fresh Veggies

Choose your favorites!

- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Frozen Vegetables

- Stir-fry veggies
- Cauliflower & broccoli florets
- Sweet corn kernels
- Steam-in-the-bag veggies: *Green Giant Steamers*
- Trader Joe's Organic Riced Cauliflower
- Frozen sweet corn kernels
- Green Giant Riced Veggies
- Green Giant Veggie Tots

Frozen Fruit (NSA)

- Strawberries
- Dark sweet cherries
- Mixed berries
- Mango chunks
- Peach slices

CANNED & JARRED FOODS

Fruit & Veggies

- Pineapple packed in juice
- Mandarin orange segments packed in juice
- Peach slices packed in juice
- NSA applesauce
- Pure pumpkin: *Libby's 100%*
- Crushed tomatoes (sauce swap! just add seasonings)
- More tomatoes (diced, stewed, seasoned, etc.)
- Pickles (refrigerated & shelf-stable)

Soup

- Low-calorie soups: *Amy's (Organic Chunky Tomato Bisque! Light in Sodium varieties!), Progresso Light, Progresso Good Natured, Campbell's Healthy*

Request & Soup on the Go (check stats), Campbell's Well Yes!, Pacific Foods, Boulder Organic! Soups (refrigerated; check stats)

- LF turkey & veggie chili: *Amy's Organic Medium Black Bean, Hormel, Health Valley Organic*
- Chicken, beef & vegetable broth (look for lower-sodium)

Beans

- Black beans
- Red kidney beans
- Cannellini (white kidney) beans
- Garbanzo beans (chickpeas)
- Refried beans

SNACKS

Crackers, Chips & Other Crunchy Snacks

- Crackers with fiber (especially flatbread-style): *Ryvita, Wasa, Doctor Kracker, Old London Melba Toast & Snacks, Van's Gluten Free Baked Crackers*
- RF baked & popped chips: *Popchips, Quaker Popped, Kettle Brand Baked Potato Chips, Lay's Oven Baked, Cape Cod 40% RF/Less Fat, Special K Cracker Chips, Good Thins*
- LF baked & popped tortilla chips: *Guiltless Gourmet All Natural Baked Not Fried Tortilla Chips, Tostitos Oven Baked Scoops!*
- Chickpea snacks: *The Good Bean, Saffron Road, Biena, Hippeas Organic Chickpea Puffs*
- Enlightened Roasted Broad Bean Crisps
- Seaweed snacks: *GimMe Organic, Annie Chun, Ocean's Halo*
- Ready-to-eat light popcorn: *Smartfood Delight, Cape Cod, Angie's Boom Chicka Pop (select varieties)*
- Freeze-dried fruit: *Karen's Naturals (formerly Just Tomatoes Etc!), The Funky Monkey, Crispy Green, Sensible Foods, Sunkist Fruit Chip Medleys, Snack Factory Fruit Sticks, Crunchies*
- Crunchies Freeze-Dried Beets

Portion-Savvy Sweet Treats

- Lollipops & hard candy: *Dum Dums, Tootsie Pops, Jolly*

Rancher

- Cookies: *Nonni's Biscotti (Salted Caramel!) & THINaddictives*
 - Matt's Munchies Premium Fruit Snacks
- ### **Snack Bars**
- Cereal bars & chewy granola bars: *Quaker, Fiber One, Special K, Kashi, Quest Beyond Cereal Protein Bars, Simply Eight Junkless*
 - "Mini-meal" bars: *Kind, Luna (especially Protein & 5g Sugar), Larabar, Corazonas HeartBar Oatmeal Squares, Quest Bars*

Nuts & Seeds

- Pistachios in the shell: *Wonderful*
- Sliced almonds
- 100-calorie packs of almonds & cashews: *Blue Diamond, Emerald*
- Chia seeds

Jerky & Other Meat Snacks

- Beef, chicken, turkey, pork & meatless jerky: *Jack Link's, Tillamook Country Smoker, Oberto, Krave, Primal Spirit Foods, Lorissa's Kitchen*
- Vermont Smoke & Cure Minis Meat Sticks

BREAD

- Light/thin/whole-grain bread slices: *Nature's Own Life Bread, Arnold Bakery Light Bread, Sara Lee Delightful, Pepperidge Farm Light Style & Very Thin, Fiber One, Dave's Killer Bread Thin Sliced Organic Bread*
- 100-calorie flat sandwich buns: *Arnold/Brownberry/Oroweat Sandwich Thins, Pepperidge Farm Deli Flats*
- Light English muffins: *Thomas' (Double Protein & High Fiber)*
- High-fiber pitas: *Western Bagel Alternative*
- Large high-fiber flour tortillas with about 110 calories each: *La Tortilla Factory (Non-GMO Low Carb, 100 Calorie), Mission Fajita Carb Balance, Tumaro's (Low-in-Carb, New York Deli-Style, Tex-Mex Style)*
- Light high-fiber flatbreads:

Flatout (Hungry Girl Foldit, Light, ProteinUP CarbDown, Pinwheel Lavash, Artisan Thin Pizza Crust, & Gluten Free)

- 6-inch corn tortillas
- Corn taco shells (flat-bottomed)
- Light & thin bagels: *Western Bagel Alternative 2.0, Thomas' Bagel Thins*

FROZEN MEALS & MEAL STARTERS

- LF waffles: *Eggo Nutri-Grain LF, Van's Lite*
- Breakfast sandwiches, bowls, wraps & more: *Jimmy Dean Delights Breakfast Sandwiches & Bowls, Special K Flatbread Breakfast Sandwiches, Cedarlane Egg White Omelettes & Frittatas*
- Burritos & wraps: *Amy's, Cedarlane, Red's*
- Lean Cuisine Pizzas
- Classic entrees: *Kashi, Healthy Choice (Café Steamers), Lean Cuisine, Cedarlane, Amy's (Light & Lean), MorningStar Farms, Lightlife*
- Garden Lites (Souffles & more)
- Low-calorie soups: *Tabatchnick (Benje's Naturals)*
- LF veggie chili: *Tabatchnick (Benje's Naturals)*

FROZEN DESSERTS

- Light ice cream cartons: *Dreyer's/Edy's Slow Churned, Enlightened, Halo Top, Arctic Zero*
- Single-serving light ice cream: *Dreyer's/Edy's Slow Churned*
- Frozen yogurt: *Dreyer's/Edy's Slow Churned Yogurt Blends, Stonyfield Organic Frozen Nonfat & Low Fat Yogurt*
- Yasso Frozen Greek Yogurt (bars & sandwiches)
- So Delicious Dairy Free Almond & Coconut Milk Frozen Desserts (Minis!)
- Enlightened The Good-For-You Ice Cream Bars
- JC's Nudies

- LF fudge bars: *Healthy Choice Premium, Skinny Cow, NSA & LF Fudgsicles*
- Fruit bars: *Fruitfull Bars, Nestlé Outshine (try Fruit & Veggie), Fruttare (plus Coconut & Milk and Banana & Milk bars), Chloe's Pops*
- All-Natural GoodPop
- Mini fillo shells: *Athens*
- Light whipped topping: *Truwhip (Original or Skinny), So Delicious CocoWhip! Light*
- Dole Dippers (Strawberry, Banana, and Pineapple)

SAUCES, SALAD DRESSING & CONDIMENTS

- Light & LF salad dressings: *Newman's Own (Sesame Ginger!), Bolthouse Farms (esp. yogurt dressings), Kraft Lite, Litehouse Opa, Margie's, Marzetti Simply Dressed Light, Panera at Home (select varieties; check stats)*
- Vinegar (balsamic, rice, seasoned rice, red wine, white wine, cider): *Nakano Seasoned Rice Vinegars (Mango!), Pompeian (Jalapeño!)*
- BBQ sauce (with 45 calories or less per 2-tbsp. serving): *Stubb's*
- Light mayonnaise
- Hellmann's/Best Foods Dijonnaise
- Mustard (honey, Dijon, spicy brown, yellow & fun flavors like the ones by French's)
- Ketchup: *Heinz (Jalapeño, No Salt, Reduced Sugar, Organic, Simply, Balsamic Vinegar)*
- Hot sauces: *Frank's RedHot Original, Tabasco*
- RF peanut butter: *Jif RF, Skippy RF Creamy & RF Super Chunk*
- Justin's Nut Butters (portion-controlled packs)
- Powdered peanut butter: *Jif, Just Great Stuff, PB2*
- Low-sugar fruit preserves & jam: *Smucker's Low Sugar*
- Marinades (30 calories or less per tbsp.): *Lawry's, Mrs. Dash,*

Margie's

- LF marinara, pasta & pizza sauce: *Classico, Dei Fratelli*
- Salsa: *La Victoria, Pace, Newman's Own*
- Hummus: *Lantana (varieties like Sriracha Carrot), Green Giant, Tribe*
- Single-serving guacamole: *Wholly Guacamole Minis*
- Sabra Veggie Fusions Guacamole
- Reduced-sodium/lite soy sauce
- Slawsa

BEVERAGES

- Spring water
- Flavored water (check calories & servings per container): *Nestlé Splash, Vitaminwater Zero*
- Low-calorie & light juice beverages: *Diet V8 Splash, V8 V-Fusion Light, Trop50, Ocean Spray Diet & Light, Bai*
- Low-calorie drink mixes: *True Lemon, Crystal Light, Starbucks VIA Instant Refreshers*
- Diet soda & club soda: *Zevia, Honest Fizz, Blue Sky Zero, Coke Zero (& other Zeros)*
- Unsweetened sparkling water: *Dasani, LaCroix, Nestlé Pure Life Exotics, Spindrift Seltzer, Perrier*
- Unsweetened & diet iced tea: *Tejava, Diet Gold Peak Tea, Argo (unsweetened)*
- Unsweetened instant iced tea mix: *Lipton*
- Tea bags: *Red Rose Sweet Temptations, Celestial Seasonings, Tazo, Stash, Bigelow, Good Earth*
- Ready-to-brew coffee: *Dunkin' Donuts (Bakery Series!), K-Cups, Starbucks (Blonde Roast!)*
- Instant coffee granules: *Folgers, Nescafé Taster's Choice*
- Starbucks VIA Ready Brew
- Cold-brew coffee: *Chameleon, Trader Joe's, Starbucks*
- Mamma Chia Organic Chia Squeeze Vitality Packs (beverage/snack hybrids)

BAKING PRODUCTS & PANTRY STAPLES

- Whole-wheat flour
- Whole-wheat panko breadcrumbs (or regular panko)
- Pancake mix: *Aunt Jemima Whole Wheat Blend, Hungry Jack Complete Extra Light & Fluffy, Bisquick Heart Smart, FlapJacked*
- Protein powder with about 100 calories per serving: *Quest, Designer Whey, Tera's Whey, Rainbow Light, Jay Robb*
- Mini semi-sweet chocolate chips
- Unsweetened cocoa powder
- Unsweetened coconut flakes
- McCormick Color from Nature Food Colors
- Nonstick cooking spray: *Pam (Original, Purely Olive Oil, Butter Flavor, Simply Coconut), Pompeian (Organic Extra-Virgin Olive Oil, 100% Grapeseed Oil)*
- Grapeseed oil and/or olive oil: *Pompeian 100% Grapeseed Oil, Pompeian OlivExtra Premium Mediterranean Blend Oil*
- Annie's Organic Crescent Rolls (refrigerated)
- High-fiber pasta: *Barilla (ProteinPLUS, White Fiber, Whole Grain), Ronzoni (Healthy Harvest, Smart Taste)*
- House Foods Tofu Shirataki Noodle Substitute (refrigerated tofu section!)
- No-calorie sweetener packets: *Truvia, SweetLeaf, Stevia In the Raw, Splenda (Splenda Naturals), Equal*
- No-calorie granulated sweetener (comes loose, not in packets): *Truvia, Stevia In The Raw, Splenda*