

HUNGRY GIRL'S OFFICIAL 2019 SUPERMARKET LIST

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

DAIRY

Cheese

- RF shredded cheese
- RF/thin cheese slices
- Dairy-free cheese (check calorie counts): Lisanatti Foods, GO VEGGIE, Field Roast Chao, Daiya
- RF cheese snacks with 100 calories or less: Mini Babybel, Cabot Serious Snacking, Jarlsberg Minis
- Light/RF string cheese & cheese sticks
- RF crumbled feta cheese
- The Laughing Cow cheese wedges
- Grated Parmesan cheese
- RF cream cheese
- LF or light ricotta cheese (part-skim has more calories)
- LF cottage cheese with & without fruit

Yogurt & Yogurt Swaps

- FF/light yogurt
- Reduced-sugar yogurt: YQ by Yoplait, Chobani Less Sugar
- FF & RF Greek yogurt plain & with fruit

- Probiotic yogurt: Dannon Activia
- Skyr: Icelandic Provisions, Siggi's
- Non-dairy yogurt: Kite Hill, So Delicious
- Grab & go yogurt tubes
- Chobani Savor Low-Fat (sour cream swap!)

Egg Products

- Liquid egg whites or FF liquid egg substitute
- Eggs
- Crepini Egg White Thins

Milk, Milk Swaps & Creamers

- FF dairy milk
- Light vanilla soymilk
- Unsweetened almond or cashew milk (refrigerated or shelf-stable): try Blue Diamond's almond-cashew blend
- Unsweetened coconut milk beverage (refrigerated or shelf-stable): like Blue Diamond's almond-coconut blend
- Low-calorie non-dairy liquid creamer: Coffee-mate Natural Bliss, So Delicious Dairy Free, Silk, Milkadamia, Califia Farms

Sour Cream & Butter

- Light sour cream

- Light buttery spread, light butter, or whipped butter in a tub

CEREAL

Cold Cereal

- High-fiber bran cereal: Fiber One Original, All-Bran Original, Nature's Path Smart Bran
- Other cereals with about 150 calories & 4 grams of fiber per cup: Kashi Heart to Heart Warm Cinnamon Oat Cereal, Kashi by Kids, Fiber One Honey Clusters, Barbara's Puffins, Cheerios

- Puffed cereal (Mix with others for a big low-cal bowl!)

Hot Cereal

- Old-fashioned oats (for growing oatmeal & oat bakes)
- Steel-cut oats (for slow-cooker & Instant Pot oatmeal)
- Instant oatmeal packets
- Pacific Organic Unsweetened Steel-Cut Oatmeal (ready-made)

MEAT & SEAFOOD

Poultry

- Ready-to-eat skinless chicken breast: TRU GRILL

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Boneless skinless raw chicken breast & turkey breast

Lean chicken or turkey burgers (refrigerated or frozen): Al Fresco

Fully cooked chicken sausage (refrigerated): Al Fresco, Applegate Organics

Al Fresco All Natural Chicken Meatballs (refrigerated or frozen)

Lean ground turkey (93% lean)

Turkey pepperoni: Hormel, Applegate, Boar's Head

Turkey sausage patties: Jimmy Dean

Beef

Extra-lean ground beef (96% lean): Laura's Lean Beef

Extra-lean & lean steak (flank, 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

Precooked real crumbled bacon or turkey bacon

Packaged & Deli Meats

Extra-lean turkey breast, chicken breast, ham & roast beef slices (look for natural and/or lower-sodium): Boar's Head, Applegate

Hot dogs with around 45 calories each: Hebrew National 97% FF, Ball Park White Meat Smoked Turkey

Seafood (fresh & frozen)

Tilapia, tuna, salmon, cod, sea bass & other fish fillets

Shrimp

Crab (real or imitation)

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

StarKist Salmon Creations

StarKist Chicken Creations

MEAT SUBSTITUTES

Frozen meatless burger-style patties with around 100 calories: Boca, Amy's, MorningStar Farms

Frozen meatless veggie-burger patties with around 100 calories: Gardenburger, Boca, Amy's, MorningStar Farms

Meatless crumbles (ground meat swap): Boca, MorningStar Farms, Beyond Meat

Meatless meatballs (frozen): Nate's, Amy's, Lightlife

Faux chicken (refrigerated or frozen): MorningStar Farms, Lightlife, Beyond Meat

Meatless sausage (refrigerated or frozen): MorningStar Farms, Lightlife, Tofurky

Meatless Buffalo wings (refrigerated or frozen): MorningStar Farms

Lightlife Fakin' Bacon Organic Smoky Tempeh Strips (refrigerated)

Deli slices (refrigerated): Tofurky, Lightlife, Yves

Sweet Earth Enlightened Foods Traditional Seitan Strips

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Nasoya Tofu Toss'ables

Morningstar Farms
Veggie Classics Corn
Dogs

PRODUCE

Fresh Fruits

Choose your favorites! We love apples, oranges, and raspberries.

Bagged Produce

Lettuce mixes

Cole slaw mix

Broccoli cole slaw

Monterey Mushrooms
Let's Blend Finely Diced
Mushrooms

Veggies as Carb Swaps

Spaghetti squash

Zucchini (spiralize it!)

Turnips (noodles &
fries)

Cauliflower (rice &
mashies)

Butternut squash (fries)

Carrots (more fries!)

Portabellas (pizza-
bellas!)

More Fresh Veggies

Choose your favorites!
Jicama, baby carrots &
more...

Frozen Vegetables

Stir-fry veggies

Steam-in-the-bag
veggies

Sweet corn kernels

Riced veggies: Green
Giant

Spiralized veggies:
Green Giant

Veggie tots: Green
Giant

Frozen Fruit (NSA)

Strawberries, cherries,
mango... Choose your
favorites!

CANNED & JARRED FOODS

Fruit & Veggies

Pineapple, mandarin
orange segments & other
fruits packed in juice

NSA applesauce

Pure pumpkin: Libby's

Crushed tomatoes (just
add seasonings for a
sauce swap)

More tomatoes (diced,
stewed, seasoned, etc.)

Pickles (refrigerated or
shelf-stable)

Soup

Low-calorie soups:
Amy's Organic (Chunky
Tomato Bisque!),
Progresso Light,
Campbell's Healthy
Request & Well Yes!,
Pacific Foods

LF turkey & veggie chili:
Amy's Organic, Hormel

Chicken, beef &
vegetable broth (look for
lower-sodium)

Bone broth (we like
Kettle & Fire)

Beans

Black beans

Red and/or white
(cannellini) kidney beans

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Garbanzo beans
(chickpeas)

Refried beans

SNACKS

Crackers, Chips & Other Crunchy Snacks

Crackers with fiber:
Wasa Crisp'n Light, Doctor
Cracker, Old London
Melba Toast, Van's Gluten
Free

Multigrain popped
cakes: Coco Lite, Kim's
Magic Pop

RF baked & popped
chips

LF baked tortilla chips

Veggie chips made
mostly with veggies:
Rhythm Superfoods, Bare,
Jicachips, Crunchies

Crispy roasted beans:
Bada Bean Bada Boom
(from Enlightened), Biena,
Saffron Road

Seaweed snacks

Ready-to-eat light
popcorn

Freeze-dried fruit (airy &
light, not shriveled like
ordinary dried fruit)

Baked cheese snacks:
Whisps, ParmCrisps,
Moon Cheese

Roasted edamame:
SeaPoint Farms

Snack Bars & Other Treats

Cereal bars & chewy
granola bars: Quaker,
Fiber One, Special K,
Kashi, MadeGood

More snack-sized bars:
KIND Kids, RX Kids,
Health Warrior

Protein bars under 250
calories: KIND, Luna
(Rica, Protein & 5g Sugar),
Larabar, One Basix, Epic
Performance

SMASHCRISPY

Nuts & Seeds

Pistachios in the shell

Sliced almonds

100-calorie packs of
almonds & cashews

Skinny Dipped Almonds

Chia seeds

Jerky & Other Meat Snacks

Beef, chicken, turkey,
pork & meatless jerky (with
about 100 calories per
ounce)

Single-serve meat
sticks/bars with 100
calories or less (Vermont
Smoke & Cure is a
personal favorite)

BREAD

Light/thin/whole-grain
bread slices (40 - 80
calories each)

Flat sandwich buns with
150 calories or less:
Arnold/Brownberry/
Oroweat Sandwich Thins,
Pepperidge Farm Deli
Flats

Light English muffins

High-fiber pitas

Large high-fiber flour
tortillas with about 100
calories each (we like La
Tortilla Factory and
Tumaro's)

Light high-fiber
flatbreads (we like Flatout)

6-inch corn tortillas

Corn taco shells (flat-
bottomed)

Light & thin bagels:
Western Bagel Alternative
2.0, Thomas' Bagel Thins

Ozery Bakery Snacking
Rounds

FROZEN MEALS & MEAL STARTERS

Reduced-calorie
breakfast sandwiches,
bowls, wraps & more:
Jimmy Dean Delights,
Special K, Cedarlane

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Burritos & wraps with 300 calories or less: Amy's, Cedarlane, Red's, Sweet Earth

Healthy pizzas (check the calories and # of servings; then do the math!): Lean Cuisine, Sweet Earth

Classic light entrees: Kashi, Healthy Choice, Lean Cuisine, Cedarlane, Amy's Light & Lean, Lightlife, Cheating Gourmet Shrimp Rice Bowls

Benje's Naturals soups & chilis (formerly Tabatchnick)

Garden Lites (Frittatas & more)

Green Giant Harvest Protein Bowls

FROZEN DESSERTS

"Eat the pint" light ice cream: Enlightened (our favorite)

Single-serving light ice cream: Dreyer's/Edy's Slow Churned cups

Yasso Frozen Greek Yogurt Bars

So Delicious Dairy Free Coconut Milk Frozen Desserts (No Sugar Added!)

Enlightened The Good-For-You Ice Cream Bars

LF fudge bars

Fruit bars with 100 calories or less

Mini fillo shells: Athens

Natural light whipped topping: Skinny Truwhip, So Delicious CocoWhip! Light

Dole Dippers (Strawberry, Banana, and Pineapple)

Mochi: My/Mo

SAUCES, SALAD DRESSING & CONDIMENTS

Light & LF salad dressings: Newman's Own, Bolthouse Farms, Litehouse, Margie's, Marzetti

Vinegar (balsamic, rice, seasoned rice, red wine, white wine, cider)

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)

Ketchup

Hot sauce: Frank's RedHot Original, sriracha

RF or regular peanut butter

Portion-controlled peanut butter packs: Justin's, RX

Powdered peanut butter: Just Great Stuff, PB2, PBfit, Peanut Butter & Co.

Low-sugar fruit preserves & jam: Smucker's Low Sugar

Marinades with 30 calories or less per tbsp.: Lawry's, Mrs. Dash, Margie's

LF marinara, pasta & pizza sauce: Classico, Dei Fratelli, Simply Ragú

Salsa: La Victoria, Pace, Newman's Own

Hummus: Lantana, Sabra, Blue Moose, Hope, Tribe

Single-serving guacamole: Wholly Guacamole Minis

Reduced-sodium/lite soy sauce

Slawsa

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BEVERAGES

- Spring water
- Flavored water (check calories & servings per container)
- Low-calorie & light juice beverages
- Low-calorie drink mixes: True Citrus, Crystal Light, Wyler's Light, Starbucks VIA Instant Refreshers
- Metamucil Sugar Free Daily Fiber Supplement
- Natural zero-calorie soda & club soda: Zevia, Blue Sky Zero Sugar
- Unsweetened sparkling water
- Unsweetened & diet iced tea
- Unsweetened instant iced tea mix
- Tea bags (regular and dessert flavors): Red Rose Sweet Temptations, Celestial Seasonings, Good Earth, Southern Breeze Sweet Tea
- Ready-to-brew coffee and/or K-cups: Dunkin' Donuts (Bakery Series!), Starbucks (Blonde Roast!)
- Instant coffee granules
- Starbucks VIA Ready Brew

- Cold-brew coffee

BAKING PRODUCTS & PANTRY STAPLES

- Whole-wheat flour
- Whole-wheat or regular panko breadcrumbs
- Protein powder with about 100 calories per serving: Quest, Designer Whey, Tera's Whey, Jay Robb
- Mini semi-sweet chocolate chips
- Unsweetened cocoa powder
- Unsweetened coconut flakes
- McCormick Color from Nature Food Colors
- Nonstick cooking spray
- Grapeseed oil and/or olive oil
- Refrigerated crescent roll dough: Annie's Organic, Pillsbury
- High-fiber pasta
- House Foods Tofu Shirataki noodle substitute (refrigerated tofu section!)
- Natural no-calorie sweetener packets: Truvia, SweetLeaf, Stevia In the Raw, Splenda Naturals

- Natural no-calorie granulated sweetener (comes loose, not in packets): Truvia, Stevia In The Raw

- Everything bagel seasoning (and all your other favorite seasonings!)