Hungry Girl’s 2012 Supermarket List

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

**DAIRY**

**Cheese**
- FF and RF shredded cheese
  - Kraft, Sargento, Weight Watchers
- FF and RF slices
  - Kraft, Sargento, Weight Watchers
- FF and RF block-style cheese
  - Lifetime, Cabot, Kraft
- RF cheese snacks with 100 calories or less
  - Mini Babybel (regular and Light), Kraft 100 Calorie Packs Cheese Bites, Weight Watchers, Cabot Serious Snacking
- Light string cheese
  - Frigo, Sargento, Weight Watchers (Smoked flavor!)
- FF and LF, and light (not part-skim) ricotta cheese
  - Frigo, Precious
- FF and LF cottage cheese
  - Knudsen/Breakstone’s On the Go!/Snack Size, Fiber One
- FF and LF cottage cheese with fruit
  - Knudsen/Breakstone’s Doubles
- Almond cheese and soy cheese (low in fat)
  - Lisanatti Foods The Original Almond Cheese Alternative, Galaxy Veggie
- RF Parmesan-style grated topping
  - (pasta aisle)
  - Kraft

**Yogurt**
- FF yogurt
  - Yoplait Light, Yoplait Fiber One, Danon Light & Fit, Weight Watchers
- FF and RF Greek yogurt
  - Fage Total 0% and 2%, Chobani 0% and 2%
  - FF and RF Greek yogurt with fruit
  - Fage Total 0% and 2% with Fruit, Chobani 0% and 2% with Fruit, Athenos 0% with Fruit

**Pudding, Desserts, and Dessert Toppings**
- SF pudding snack cups
  - Jell-O SF, Snack Pack SF
- Mousse Temptations by Jell-O
- NSA rice and tapioca pudding
  - Kozy Shack
- SF gelatin snack cups
  - Jell-O SF
- FF Reddi-wip
- Cool Whip Free (freezer aisle)

**Egg Products**
- FF liquid egg substitute
  - Egg Beaters Original, Better’n Eggs, Nulaid ReddiEgg
- Liquid egg whites
  - AllWhites, Egg Beaters Whites
- Eggs (for making hard-boiled whites)

**Milk, Milk Swaps, and Creamers**
- Blue Diamond Unsweetened Vanilla Almond Breeze (refrigerated or shelf-stable)
- Light vanilla soymilk
  - 8th Continent Light, Silk Light
- Unsweetened coconut milk beverage
  - So Delicious (refrigerated or shelf-stable)
- FF non-dairy liquid creamer
  - Coffee-mate The Original FF

**Sour Cream and Butter**
- FF sour cream
- Light buttery spread and light whipped butter in a tub
  - Brummel & Brown, Land O Lakes Whipped Light, Smart Balance Light
- I Can’t Believe It’s Not Butter! Spray

**CEREAL**

**Cold Cereal**
- Fiber One Original bran cereal
- Puffed rice, wheat, and corn
  - Kashi 7 Whole Grain Puffs, Kix
- Other cereals with about 150 calories and at least 4 grams of fiber per 1-cup serving
  - Kashi Squares Honey Sunshine, Barbara’s Bakery Puffins, Kashi Heart to Heart Warm Cinnamon Oat Cereal, Cinnamon Burst Cheerios, Chocolate Cheerios, Fiber One (all varieties), Kellogg’s Krave
- Dulce de Leche Cheerios
- Multi Grain Cheerios Peanut Butter

**Hot Cereal**
- Old-fashioned oats
- Quaker
- Instant oatmeal packets
  - Quaker, Kashi, Nature’s Path Organic

**MEAT AND SEAFOOD**

**Poultry**
- Jimmy Dean, Jennie-O, Butterball, Foster Farms, Perdue, Tyson (Grilled & Ready!)

- Boneless skinless chicken breast and turkey breast (raw breasts, tenders, and cutlets; precooked cutlets, strips, and chopped)
- Lean ground turkey
- Lean turkey burger patties (refrigerated and frozen)
- Turkey pepperoni
  - Hormel

**Beef**
- Laura’s Lean Beef
- Extra-lean ground beef
- Extra-lean and lean steak (top round, top sirloin, strip, tenderloin, t-bone, shoulder)

**Bacon**
- Oscar Mayer, Hormel, Jennie-O, Applegate
- Center-cut bacon
- Turkey bacon
- Precooked real crumbled bacon

**Packaged and Deli Meats**
- Extra-lean turkey breast, chicken breast, ham, and roast beef slices
  - Boar’s Head, Oscar Mayer, Applegate, Butterball, Healthy Ones, Sara Lee
- 97% to 100% FF hot dogs
  - Hoffman Extra Lean Beef Franks, Hebrew National 97% FF Beef Franks, Ball Park FF, Ball Park Bun Size Smoked White Turkey

**Seafood**
- Tilapia, tuna, and other lean fish fillets
- Shrimp
- Crab
  - Chicken of the Sea Lump Crab, Trade Winds, MeTompkin
- Imitation crabmeat

**Shelf-Stable Seafood and Other Proteins**
- Canned and pouched albacore tuna (packed in water)
- Canned and pouched boneless and skinless pink salmon (packed in water)
- Pouched seasoned tuna
  - StarKist Tuna Creations
- Canned 98% FF chunk white chicken breast (packed in water)
MEAT SUBSTITUTES

- Frozen meatless hamburger-style patties
  Boca Original Vegan, Amy’s Bistro, Morningstar Farms Grillers Vegan Veggie
- Frozen meatless veggie-burger patties
  Gardenburger, Boca, Amy’s, Morningstar Farms, Dr. Praeger’s, Veggie Patch
- Frozen ground-beef-style soy crumbles
  Boca Meateless Ground Crumbles, Morningstar Farms Meal Starters Grillers Recipe Crumbles
- Meatless meatballs (frozen and refrigerated)
  Veggie Patch, Nate’s, Morningstar Farms
- Frozen meatless sausage-style breakfast patties and links
  Morningstar Farms
- Faux grilled chicken patties, cutlets, and strips (frozen and refrigerated)
  Morningstar Farms, Lightlife
- Frozen breaded-chicken-style soy patties
  Boca, Morningstar Farms
- Frozen meatless corn dogs
  Morningstar Farms
- Meatless Buffalo wings (frozen and refrigerated)
  Morningstar Farms, Lightlife
- Frozen meatless chicken nuggets
  Morningstar Farms
- Frozen Morningstar Farms Hickory BBQ Riblets
- Frozen Morningstar Farms Veggie Dogs

PRODUCE

Fresh Vegetables
- Bell peppers
- Broccoli
- Butternut squash (Bake-tastic Fries!)
- Carrots
- Cauliflower
- Cucumbers
- Eggplant
- Jicama
- Kale (for HG’s kale chips!)
- Lettuce
- Mushrooms (portabellas ROCK)
- Onions (for Lord of the Onion Rings!)
- Snow peas and sugar snap peas
- Spaghetti squash
- Spinach
- Tomatoes
- Turnips (more fries!)

Bagged Produce
- Lettuce mixes
- Broccoli cole slaw

Frozen Vegetables
- Stir-fry veggies
- Cauliflower and broccoli florets
- Chopped spinach
- Seasoned veggies and veggies in LF sauce
  Green Giant Just for One, Green Giant Health Blends
- Steam-in-the-bag veggies
  Birds Eye, Green Giant, Veg-All

Fresh Fruit
- Apples
- Bananas
- Grapefruits
- Oranges
- Pears

Frozen Fruit (NSA)
- Strawberries
- Dark sweet cherries
- Mango chunks
- Peach slices
- Dole Frozen Fruit Single-Serve Cups

And pretty much any fruit or veggie we may have left off of this list!

CANNED FOODS

Fruit and Veggies
- Pineapple packed in juice (chunks, crushed, slices/rings)
- Mandarin orange segments packed in juice
- Peach slices packed in juice
- Napa applesauce
- Pure pumpkin
  Libby’s 100%
- Tomatoes (crushed, diced, and stewed)
- Sweet peas (for HG’s guacamole!)
- Sweet corn kernels
  Green Giant Mexicorn
- Jarred roasted red peppers
- Pickles (refrigerated or shelf-stable)

Soup
- Low-calorie soups
  Amy’s Organic (Chunky Tomato Bisque!), Amy’s Organic Light in Sodium, Progresso 99% FF, Progresso Light, Progresso High Fiber, Campbell’s Soup at Hand (check stats for LF ones), Campbell’s V8 Soups
- Instant soup
  Mishima (Misō! Edamame!)
- LF turkey and veggie chili
  Amy’s, Hormel, Health Valley, Kettle Cuisine
  (in freezer aisle)
- FF chicken, beef, and vegetable broth
  (look for low-sodium)

- 98% FF cream of celery, chicken, and mushroom condensed soups
  Campbell’s
- Freezer-aisle soups
  Tabatchnick, Kettle Cuisine

Beans
- Black beans
- Red kidney beans
- Cannellini (a.k.a. white kidney) beans
- Garbanzo beans (a.k.a. chickpeas)
- FF or LF refried beans

PACKAGED SNACKS

Crackers, Chips, and Other Crunchy Snacks
- High-fiber crackers (especially flatbread-style)
  Wheat Thins Fiber Selects, Ryvita, Wasa, Doctor Kracker Flatbreads
- RF baked and popped potato chips
  Popchips, Kettle Brand Baked, Baked!
  Lay’s, Pringles Light, Cape Cod 40% RF/Less Fat, Michael Season’s Baked (single-serving snacks)
- LF baked tortilla chips
  Guiltless Gourmet, Baked! Tostitos Scoops!
- Pretzels
  Snack Factory Pretzel Crisps
- Rice snacks and soy crisps
  Quaker Quakes, Quaker Mini Delights, Genisoy Soy Crisps, Glenny’s Soy Crisps
- Rice cakes
  Quaker
- 94% FF microwave popcorn bags
  Jolly Time Healthy Pop, Orville Redenbacher’s SmartPop!, Pop Secret 100 Calorie Pop
- Freeze-dried fruit
  Gerber Graduates Mini Fruits, Just Tomatoes, Etc., Funky Monkey, Crispy Green, Sensible Foods
- 100-calorie snack packs and treats with 100 calories or less
  Nabisco 100 Cal, Hostess 100 Calorie Packs, Entenmann’s Little Bites, Kellogg’s 100 Calorie Right Bites, Chex 100 Calorie, Frito-Lay Mini Bites, Weight Watchers Snack Cakes, Rice Krispies Treats The Original Bars, Pringles Stix

Snack Bars
- Cereal bars and chewy granola bars
  Quaker (Smashbars!), Fiber One, Special K, Kashi, Sojoy Bars
- Crunchy granola bars
  Nature Valley, Kashi Crunchy Granola
- Decadent snack bars
Nuts and Seeds
- Pistachios in the shell
- Light bagels
- Corn taco shells (flat-bottomed ones)
- Light high-fiber flatbreads
- Large high-fiber flour tortillas with Light English muffins
- Light and high-fiber hamburger and hot dog buns
- Jerky
- Beef, chicken, turkey, pork, and meatless jerky
- Jack Link's, Tillamook Country Smoker, Oh Boy! Oberto, Krave, Primal Spirit Foods

BREAD
- Light bread slices
  - Weight Watchers, Nature's Own 40 Calorie, Nature's Own Double Fiber, Arnold Bakery Light, Sara Lee Delightful, Pepperidge Farm (Light Style, Very Thin, and Whole Grain), Fiber One
- Light and high-fiber hamburger and hot dog buns
  - Sara Lee Delightful, Pepperidge Farm Classic
- 100-calorie flat sandwich buns
  - Arnold Select/Oroweat Sandwich Thins, Pepperidge Farm Deli Flats, Nature's Own Sandwich Rounds, Weight Watchers Rye Flat Rolls
- Light English muffins
  - Thomas', Western Bagel Alternative, Weight Watchers, Fiber One
- High-fiber pitas
  - Western Bagel Alternative, Weight Watchers
- Large high-fiber flour tortillas with about 110 calories each
  - La Tortilla Factory Smart & Delicious Low Carb High Fiber (Large), La Tortilla Factory 100 Calorie, Mission Carb Balance, Tumarro's 8-Inch Healthy, Tumarro's 8-Inch Low in Carbs
- Light high-fiber flatbreads
  - Flatout Light
- Flatout Foldit Flatbreads
- 6-inch corn tortillas
- Corn taco shells (flat-bottomed ones are best!)
- Light bagels
  - Western Bagel Alternative, Weight Watchers, Thomas' Bagel Thins, Kim's Light, Pepperidge Farm Bagel Flats

FROZEN MEALS AND MEAL STARTERS
- LF waffles
  - Eggo LF Van's Lite
- Breakfast sandwiches, bowls, and wraps
  - Kraft Bagel-fals, Weight Watchers Smart Ones Morning Express, Jimmy Dean Delights Breakfast Sandwiches and Bowls, Cedarlane Egg White Omelettes and Breakfast Burritos, Amy's Hot Cereal Bowls
- Flatbreads, panini, and pocket sandwiches
  - Amy's Pocket Sandwiches, Lean Pockets, Lean Cuisine (Flatbread Melts and Panini), Weight Watchers Smart Ones Flatbreads
- Burritos and wraps
  - Amy's, Cedarlane
- Pizzas (multi-serving and single-serving)
  - Kashi, Amy's, Lean Cuisine, Weight Watchers Smart Ones
- Classic entrées
  - Kashi, Healthy Choice, Lean Cuisine, Cedarlane, Amy's, Morningstar Farms
- Steam-ready meals
  - Lean Cuisine Market Collection, Healthy Choice Cafe Steamers
- Amy's Cheese Pizza Toaster Pops
- Contessa Stir-Fry Meals

ICE CREAM, FROZEN DESSERTS, AND DESSERT INGREDIENTS
- Light and FF ice cream cartons
  - Dreyer's/Edy's Slow Churned Light, Breyers Smooth & Dreamy FF
- Portion-controlled cups of light ice cream
  - Skinny Cow, Weight Watchers, Dreyer's/Edy's
- Oikos Frozen Greek Yogurt
- Light and LF ice cream bars
  - Skinny Cow (especially Truffle Bars!), Breyers Smooth & Dreamy
- LF ice cream sandwiches
  - Skinny Cow, Weight Watchers, Klondike Slim-a-Bear, Breyers Smooth & Dreamy
- Light and LF ice cream cones
  - Weight Watchers, Skinny Cow, Nestle Lil' Drums
- LF fudge bars

SAUCES, SALAD DRESSINGS, AND SHELF-STABLE CONDIMENTS
- Light, LF, and FF salad dressings
  - Newman's Own Lite LF Sesame Ginger Dressing (and other varieties in the Lite line), Wish-Bone Light, Kraft Free, Kraft Light, low-calorie options from Litehouse, Hidden Valley FF, Girard's FF, Bolthouse Farms
- Spray dressings
  - Wish-Bone Salad Spritzers
- Vinegar (balsamic, seasoned rice, etc.)
- BBQ sauce (with 45 calories per serving)
  - Chris' & Pitt's, Stubbs
- FF mayonnaise
- Hellmann's/Best Foods Dijonnaise
- Mustard (honey, Dijon, spicy brown, yellow)
- Vivi's Original Sauce Carnival Mustards (request 'em!)
- Ketchup
  - Heinz (No Salt Added, Reduced Sugar, Organic Heinz, Simply Heinz)
- Frank's RedHot Original Cayenne Pepper Sauce
- RF peanut butter
  - Skippy RF Creamy and RF Super Chunk, Justin's Nut Butters (portion-controlled packs)
- Better'n Peanut Butter/Peanut Wonder
- SF and low-sugar fruit preserves and jam
  - Smucker's SF and Low Sugar Preserves and Jams, Polaner SF Preserves with Fiber
- Thick marinades (30 calories or fewer per tablespoon)
  - Lawry's, Newman's Own, Mrs. Dash
- LF marinara, pasta, and pizza sauce
  - Classico, Dei Fratelli
- Salsa
  - La Victoria, Pace
- Reduced-sodium/lite soy sauce
- SF pancake syrup
  - Cary's SF, Mrs. Butterworth's SF, Log Cabin SF
Jet-Puffed Marshmallow Creme
Marzetti Light and FF Caramel Dip, Litehouse LF and Original
Light and SF chocolate syrup
Hershey’s Lite and SF

BEVERAGES

Spring water
Flavored water (check calories and servings per container!)
Aquafina FlavorSplash, Zero-Calorie SoBe LifeWater, VitaminWater Zero, ActiVeg
Drinks, Minute Maid Fruit Falls and Just 10 Pouches
Coconut water
Zico, O.N.E., Vita Coco
Light juice beverages
Trop50, V8 V-Fusion Light, Ocean Spray Light
Low-calorie juice drinks
Ocean Spray Diet (new Cran-Cherry!), Diet V8 Splash (especially Tropical Blend!)
SF powdered drink mixes
Crystal Light, Wyler’s Light, Lipton Iced Tea To Go, AriZona SF, True Lemonade, Crystal Light Pure
Diet soda and club soda
Coke Zero, Coke Cherry Zero, Sprite Zero, A&W Diet Root Beer, Dr. Brown’s Diet, Blue Sky Free
Diet iced tea
Diet Snapple (Trop-A-Rocka rocks!), Diet AriZona
Unsweetened iced tea
Tejava, Gold Peak Tea
Ready-to-brew coffee
Millstone, Dunkin’ Donuts, K-Cups, Starbucks (Blonde Roast!)
Instant coffee granules
Folgers, Nescafe Taster’s Choice
Starbucks VIA Ready Brew
Hot cocoa packets with 20 to 25 calories each
Swiss Miss Diet, Nestle FF
Tea bags
Celestial Seasonings, Tazo, Stash
Unsweetened instant iced tea mix
Lipton

BAKING PRODUCTS, PANTRY STAPLES, SPICES, AND MORE

Whole-wheat flour
Pancake mix
Aunt Jemima Whole Wheat Blend Pancake & Waffle Mix, Hungry Jack Complete Extra Light & Fluffy, Fiber One Complete Pancake Mix, Bisquick Heart Smart Pancake and Baking Mix
Mini semi-sweet chocolate chips
Mini marshmallows
Unsweetened cocoa powder
Moist-style cake mixes
Brownie mix
Betty Crocker Fudge Brownies, No Pudge! FF Fudge Brownie Mix
LF graham crackers and chocolate graham crackers
SF FF instant pudding mix
Jell-O SF FF Instant
Nonstick cooking spray
Pam Original, Pam Olive Oil, Pam Butter Flavor
Instant potato flakes
Betty Crocker 80 Calories Per Serving Pouch Potatoes
High-fiber pasta
Ronzoni Healthy Harvest and Smart Taste, Barilla Plus and Whole Grain
House Foods Tofu Shirataki Noodle Substitute (in the refrigerated tofu section!)
Wonton wrappers
Egg roll wrappers
No-calorie sweetener packets
Splenda, Equal, Truvia, Stevia Extract In The Raw
Splenda No Calorie Sweetener, granulated (comes loose in the box)
SF calorie-free flavored syrups
Torani SF Syrups
SF and FF flavored powdered creamer
Coffee-mate SF and FF French Vanilla
FF plain powdered creamer
Coffee-mate FF The Original
Dry taco, fajita, and chili seasoning mix
Dry onion soup/dip mix
Dry ranch dressing/dip mix
Jarred chopped garlic
Sun-dried tomatoes in pouches

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