Hungry Girl’s Fall 2012 Supermarket List

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

**DAIRY**

*Cheese*
- FF & RF shredded cheese
  - Kraft, Sargento, Weight Watchers
- FF & RF slices
  - Kraft, Sargento, Weight Watchers
- FF & RF block-style cheese
  - Lifetime, Cabot Light, Kraft
- RF cheese snacks with 100 calories or less
  - Mini Babybel, Weight Watchers, Cabot Serious Snacking
- Light string cheese
  - Frigo, Sargento, Weight Watchers (Smoked flavor!)
- FF & RF crumbled feta cheese
  - Athenos, President
- The Laughing Cow Light cheese wedges
- The Laughing Cow 1/3 Less Fat Smooth Sensations Cream Cheese Spreads
- FF cream cheese in a tub
  - Philadelphia
- FF, LF & light (not part-skim) ricotta cheese
  - Frigo, Precious
- FF & LF cottage cheese (with & without fruit)
  - Knudsen/Breakstone’s On the Go!/Snack Size & Doubles, Fiber One, Friendship Fit to Go 1%
- Almond cheese & soy cheese (low in fat)
  - Lisanatti Foods The Original Almond Cheese Alternative, Galaxy Veggie/GO Veggie!
- RF Parmesan-style grated topping (pasta aisle)
  - Kraft

*Yogurt*
- FF yogurt
  - Yoplait Light, Yoplait Light with Fiber (50-cal Fiber One yogurt with a new name!), Dannon Light & Fit
- FF & RF Greek yogurt (with & without fruit)
  - Fage Total 0% and 2%, Chobani 0% and 2%, Athenos 0%, Oikos 0% and 1 1/2%, Yoplait Greek 100
- Yogurt with crunchy toppings
  - YoCrunch (Greek, Pie Parfaits, Breakfast Blends & more!), Yoplait Light with Granola

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

*Meat Products*
- FF liquid egg substitute
  - Egg Beaters Original, Better ’n Eggs, Nulaid ReddiEgg
- Liquid egg whites
  - AllWhites, Egg Beaters 100% Egg Whites
- Eggs (for hard-boiled whites)

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

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

**CEREAL**

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

*Hot Cereal*
- Old-fashioned oats
  - Quaker
- Instant oatmeal packets
  - Quaker, Kashi, Nature’s Path Organic, BetterOats
- Earnest Eats Hot & Fit Cereal (Mayan Blend ROCKS)

**Poultry**
- Jimmy Dean, Jennie-O, Butterball, Foster Farms, Perdue, Tyson (Grilled & Ready!)
- Boneless skinless chicken breast & turkey breast (raw breasts, tenders & cutlets; precooked cutlets, strips & chopped)
- Applegate Naturals Chicken Nuggets (frozen)
- Lean ground turkey
- Lean turkey burger patties (refrigerated & frozen)
- Weight Watchers Chicken Burgers (frozen)
- Al Fresco Chicken Burgers (pre-seasoned raw patties, refrigerated)
- Al Fresco Chicken Sausages (refrigerated)
- Turkey pepperoni
  - Hormel

*Meat & Seafood*
- Laura’s Lean Beef
- Extra lean ground 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**
- Oscar Mayer, Hormel, Jennie-O, Applegate Naturals
- Center-cut bacon
- Turkey bacon (look for Jennie-O’s improved version!)
- Precooked real crumbled bacon
- Oscar Mayer Turkey Bacon Bits

**Packaged & Deli Meats**
- Extra lean (96 - 99%) turkey breast, chicken breast, ham & roast beef slices
- Boar’s Head (lower-sodium options, jerk turkey, chipotle chicken & more), Oscar Mayer (new Selects without artificial preservatives), Applegate, Butterball, Healthy Ones, Sara Lee
<table>
<thead>
<tr>
<th>CANNED FOODS</th>
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<tbody>
<tr>
<td><strong>Fruit &amp; Veggies</strong></td>
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<tr>
<td>Pineapple packed in juice (chucks, crushed &amp; slices/rings)</td>
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<tr>
<td>Mandarin orange segments packed in juice</td>
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<tr>
<td>Peach slices packed in juice</td>
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<tr>
<td>NSA applesauce</td>
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<td>Pure pumpkin</td>
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<tr>
<td>Libby’s 100%</td>
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<tr>
<td>Tomatoes (crushed, diced &amp; stewed)</td>
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<tr>
<td>Early/young peas (for HG’s guacamole!)</td>
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<td>Sweet corn kernels</td>
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<tr>
<td>Green Giant Mexicorn</td>
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<tr>
<td>Jarred roasted red peppers (in water)</td>
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<tr>
<td>Pickles (refrigerated &amp; shelf-stable)</td>
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<td><strong>Soup</strong></td>
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<td>Low-calorie soups</td>
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<tr>
<td>Amy’s Organic (Chunky Tomato Bisque!), Amy’s Organic Light in Sodium, Progresso 99% FF, Progresso Light (new Chicken Pot Pie Style and Creamy Potato with Bacon &amp; Cheese), Progresso High Fiber, Tabatchnick (frozen), Campbell’s V8 Soups, Campbell’s Soup at Hand (check stats)</td>
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<tr>
<td>Instant soup</td>
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<td>Mishima (Miso! Edamame!)</td>
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<td>LF turkey &amp; veggie chili</td>
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<tr>
<td>Amy’s, Hormel, Tabatchnick (frozen), Health Valley</td>
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<tr>
<td>FF chicken, beef &amp; vegetable broth (look for low-sodium)</td>
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<tr>
<td>98% FF cream of celery, chicken &amp; mushroom condensed soups</td>
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<td>Campbell’s</td>
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<td><strong>Beans</strong></td>
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<tr>
<td>Black beans</td>
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<tr>
<td>Red kidney beans</td>
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<tr>
<td>Cannellini (white kidney) beans</td>
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<tr>
<td>Garbanzo beans (chickpeas)</td>
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<tr>
<td>FF &amp; LF refried beans</td>
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<tr>
<td><strong>PACKAGED SNACKS</strong></td>
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<tr>
<td><strong>Crackers, Chips &amp; Other Crunchy Snacks</strong></td>
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<tr>
<td>High-fiber crackers (especially flatbread-style)</td>
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<tr>
<td>Wheat Thins Fiber Selects, Ryvita, Wasa, Doctor Kracker</td>
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<td>RF baked &amp; popped potato chips</td>
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<tr>
<td>Popchips, Kettle Brand Baked, Baked! Lay’s, Pringles Light, Cape Cod 40% RF/Less Fat, Michael Season’s Baked (single-serving snacks), Special K Popcorn Chips</td>
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</tbody>
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Cereal bars & chewy granola bars

Chocolate candy

Ice cream & frozen yogurt

Pies & tarts

Portion-Savvy Candy, Cookies & Sweets

Sweets

FROZEN MEALS & MEAL STARTERS

Bread

Breakfast sandwiches, bowls & wraps

Light bread slices

Light & high-fiber hamburger & hot dog buns

Light English muffins

High-fiber pitas

Light high-fiber flatbreads

ICE CREAM, FROZEN DESSERTS & DESSERT INGREDIENTS

Light and FF ice cream cartons

Portion-controlled cups of light ice cream

Light & FF waffles

Frosty bars & shakes

Light iced tea

Light waffle cones

Light waffles

Light & healthy beverages

Light & healthy frozen desserts
SAUCES, SALAD DRESSINGS & SHELF-STABLE CONDIMENTS

- Light, LF & FF salad dressings
  - Newman’s Own Lite LF Sesame Ginger Dressing (and others in the Lite line), Wish-Bone Light, Kraft Free, Kraft Light, Litehouse (check stats), Hidden Valley FF, Girard’s FF, Bothouse Farms
- Spray dressings
  - Wish-Bone Salad Spritzers
- Vinegar (balsamic, seasoned rice, etc.) Nakano Seasoned Rice Vinegars (so many flavors!)
- BBQ sauce (with 45 calories per serving)
  - Stubb’s
- 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 & RF Super Chunk
- Justins’ Nut Butters (portion-controlled packs)
- Better’n Peanut Butter/Peanut Wonder
- SF & low-sugar fruit preserves & jam Smucker’s SF & Low Sugar Preserves & Jams, Polaner SF Preserves with Fiber
- Thick marinades (30 calories or fewer per tablespoon)
  - Lawry’s, Newman’s Own, Mrs. Dash
- LF marinara, pasta & pizza sauce
  - Classico, Dei Fratelli
- Salsa
  - La Victoria, Wholly Salsa (refrigerated in produce section), Pace
- Reduced-sodium/lite soy sauce
- SF pancake syrup
  - Cary’s SF, Mrs. Butterworth’s SF, Log Cabin SF
- Jet-Puffed Marshmallow Creme
- Light & FF caramel dip (produce section!)
  - Marzetti Light & FF Caramel Dip, Litehouse LF & Original
- Light & SF chocolate syrup
  - Hershey’s Lite & SF

BEVERAGES

- Spring water
- Flavored water (check calories and servings per container!)
  - Aquafina FlavorSplash, Zero-Calorie SoBe Lifewater, Vitanwater Zero, Activate Drinks, Minute Maid Fruit Falls & Just 10 Pouches
- Coconut water
  - Zico, O.N.E., Vita Coco, Taste Nirvana (especially Coco Aloe), Coco Libre, Harmless Harvest
- Low-calorie & light juice beverages
  - Diet V8 Splash, V8 V-Fusion Light, Trop50 (new tea blends!), Ocean Spray Diet (Cran-Cherry!), Ocean Spray Light
- Low-calorie powdered drink mixes
  - Crystal Light & Crystal Light Pure, Wyler’s Light, Lipton Iced Tea To Go (Tea & Honey mixes!), AriZona SF, True Lemonade
- Diet soda & club soda
- Diet iced tea
  - Diet Snapple (Trop-A-Rocka rocks!), Diet AriZona
- Unsweetened iced tea
  - Tejava, Gold Peak Tea
- Tea bags
  - Celestial Seasonings, Tazo, Stash
- Unsweetened instant iced tea mix
  - Lipton

- 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

BAKING PRODUCTS, PANTRY STAPLES, SPICES & MORE

- Whole-wheat flour
- Pancake mix
  - Aunt Jemina Whole Wheat Blend, Hungry Jack Complete Extra Light & Fluffy, Fiber One Complete, Bisquick Heart Smart
- Mini semi-sweet chocolate chips
- Mini marshmallows
- Unsweetened cocoa powder
- Moist-style cake mixes
- Brownie mix
  - Betty Crocker, No Pudge!
- Betty Crocker Cereal Muffin Mixes
- LF graham crackers & chocolate graham crackers
- SF FF instant pudding mix
  - Jell-O SF FF Instant
- Nonstick cooking spray
  - Pam (Original, Olive Oil & Butter Flavor)
- Instant potato flakes
  - Betty Crocker 80 Calories Per Serving Pouch Potatoes
- High-fiber pasta
  - Ronzoni Healthy Harvest & Smart Taste, Barilla Plus & 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, Nectresse (new & natural!)
- Splenda No Calorie Sweetener, granulated (comes loose, not in packets)
- SF calorie-free flavored syrups
  - Torani SF Syrups
- SF & FF flavored powdered creamer
  - Coffee-mate SF & FF French Vanilla (even regular ones have reasonable stats!)
- FF plain powdered creamer
  - Coffee-mate FF The Original
- Dry taco, fajita & chili seasoning mix
- Dry onion soup/dip mix
- Dry ranch dressing/dip mix
- Jarred chopped garlic
- Sun-dried tomatoes in pouches (or packed in oil; drain ‘em!)

Remember to sign up for HG’s FREE daily emails at hungry-girl.com!