

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
Frijo, 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
Frijo, 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

- Kozy Shack Lactose Free Pudding (tapioca, rice & chocolate)
- SF gelatin snack cups
Jell-O
- 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 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 Warm 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)

MEAT & SEAFOOD

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

Beef

- 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

- 97% to 100% FF hot dogs
Hoffy Extra Lean, Hebrew National 97% FF, Ball Park FF, Ball Park Smoked White Turkey

Seafood (fresh & frozen)

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

Shelf-Stable Seafood & Other Proteins

- Canned & pouched albacore tuna (packed in water)
- Canned & pouched boneless & 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 (new Black Bean Veggie Burger!), MorningStar Farms, Dr. Praeger's, Veggie Patch
- Frozen ground-beef-style soy crumbles
Boca Meatless Ground Crumbles, MorningStar Farms Meal Starters Grillers Recipe Crumbles
- Meatless meatballs (frozen & refrigerated)
Veggie Patch, Nate's, MorningStar Farms
- Frozen meatless sausage-style breakfast patties and links
MorningStar Farms
- Faux grilled chicken patties, cutlets & strips (frozen & refrigerated)
MorningStar Farms, Lightlife
- Frozen breaded-chicken-style soy patties
Boca, MorningStar Farms
- Frozen meatless hot dogs
MorningStar Farms Veggie Dogs, Veggie Patch Veggie Dogs
- Frozen meatless corn dogs
MorningStar Farms
- Meatless Buffalo wings (frozen & refrigerated)
MorningStar Farms, Lightlife
- Frozen meatless chicken nuggets
MorningStar Farms

- Meatless BBQ Riblets (frozen & refrigerated)
MorningStar Farms, Gardein

PRODUCE

Fall Seasonal Produce

- Broccoli
- Butternut squash (Bake-tastic Fries!)
- Cranberries
- Pears
- Turnips (MORE fries!)

Fresh Vegetables

- Bell peppers
- Carrots
- Cauliflower
- Cucumbers
- Eggplant
- Jicama
- Kale (for HG's kale chips!)
- Lettuce
- Mushrooms (portabellas ROCK)
- Onions (for Lord of the Onion Rings!)
- Snow peas & sugar snap peas
- Spaghetti squash
- Spinach
- Tomatoes

Bagged Produce

- Lettuce mixes
- Broccoli cole slaw
- Classic coleslaw mix
- Bean sprouts

Frozen Vegetables

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

Fresh Fruit

- Apples
- Bananas
- Grapefruits
- Oranges

Frozen Fruit (NSA)

- Strawberries
- Dark sweet cherries
- Mango chunks
- Peach slices
- Dole Frozen Fruit Single-Serve Cups
And any other fruits and veggies!

CANNED FOODS

Fruit & Veggies

- Pineapple packed in juice (chunks, crushed & slices/rings)
- Mandarin orange segments packed in juice
- Peach slices packed in juice
- NSA applesauce
- Pure pumpkin
Libby's 100%
- Tomatoes (crushed, diced & stewed)
- Early/young peas (for HG's guacamole!)
- Sweet corn kernels
Green Giant Mexicorn
- Jarred roasted red peppers (in water)
- Pickles (refrigerated & shelf-stable)

Soup

- Low-calorie soups
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 & Cheese), Progresso High Fiber, Tabatchnick (frozen), Campbell's V8 Soups, Campbell's Soup at Hand (check stats)
- Instant soup
Mishima (Miso! Edamame!)
- LF turkey & veggie chili
Amy's, Hormel, Tabatchnick (frozen), Health Valley
- FF chicken, beef & vegetable broth (look for low-sodium)
- 98% FF cream of celery, chicken & mushroom condensed soups
Campbell's

Beans

- Black beans
- Red kidney beans
- Cannellini (white kidney) beans
- Garbanzo beans (chickpeas)
- FF & LF refried beans

PACKAGED SNACKS

Crackers, Chips & Other Crunchy Snacks

- High-fiber crackers (especially flatbread-style)
Wheat Thins Fiber Selects, Ryvita, Wasa, Doctor Cracker
- RF baked & 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), Special K Popcorn Chips

- LF baked & popped tortilla chips
Guiltless Gourmet, Baked! Tostitos Scoops!, Popchips Tortilla Chips
- Lentil & hummus chips
Mediterranean Snacks, Plentils, Simply 7
- Pretzels
Snack Factory Pretzel Crisps
- Rice snacks & soy crisps
Quaker, Genisoy, Glennys
- 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-calories-or-less snack packs
Nabisco 100 Cal, Kellogg's 100 Calorie Right Bites, Chex 100 Calorie, 100 Calorie Doritos, Pringles Stix

Portion-Savvy Candy, Cookies & Sweets

- Chocolate candy
Skinny Cow Dreamy Clusters & Heavenly Crisps, Hershey's Simple Pleasures, Hershey's 100 Calorie Bars
- Lollipops & hard candy
Dum Dums, Tootsie Pops, Jolly Rancher
- Cookies
Nabisco 100 Cal, Quaker Soft Baked Oatmeal Cookies & Crunchy Oat Granola Cookies, Nonni's Biscotti (Salted Caramel!)
- Other sweet treats
Entenmann's Little Bites, Weight Watchers Snack Cakes, Sara Lee Pound Cake Slices (frozen), Rice Krispies Treats The Original Bars, Special K Pastry Crisps (new flavors!), Newtons Fruit Crisps

Snack Bars

- Cereal bars & chewy granola bars
Quaker (Smashbars!), Fiber One, Special K, Kashi, Soyjoy, Kraft MilkBite (refrigerated, near the yogurt), Rickland Orchards All Natural Greek Yogurt Bars
- Crunchy granola bars
Nature Valley, Kashi Crunchy Granola, Clif Crunch
- Decadent snack bars
Fiber One (new Chewy varieties), Special K, Chex Mix, Nimble by Balance Bar, Balance Mini Energy Bars
- "Mini-meal" bars
Kashi GoLean, Kind, Luna (and Luna Fiber!), Larabar, Perfect Foods Bar Lite (refrigerated), Corazonas Oatmeal Squares

Nuts and Seeds

- Pistachios in the shell
Everybody's Nuts! (seasoned), Wonderful Pistachios
- Almonds (whole & sliced)
All Natural Almond Accents, Blue Diamond 100-calorie packs, Emerald 100-calorie packs, Wonderful Almonds
- Peanuts in the shell
- Sunflower seeds in the shell

Jerky

- Beef, chicken, turkey, pork & 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/Oroweat, Sara Lee Delightful, Pepperidge Farm (Light Style, Very Thin & Whole Grain), Fiber One
- Light & high-fiber hamburger & hot dog buns
Wonder 80 Calorie Wheat, Sara Lee Delightful, Pepperidge Farm Classic
- 100-calorie flat sandwich buns
Arnold Select/Brownberry/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, Tumaro's 8-Inch Healthy, Tumaro's 8-Inch Low in Carbs
- Light high-fiber flatbreads
Flatout Light, Flatout Foldit Flatbreads, Flatout Pinwheel Lavash Flatbread, Flatout Thin Crust Artisan Pizza Flatbreads
- 6-inch corn tortillas
- Corn taco shells (flat-bottomed!)
- Light & thin bagels
Western Bagel Alternative 2.0 (reformulated!), Weight Watchers, Thomas' Bagel Thins (and Breakfast Thins!), Kim's Light, Pepperidge Farm Bagel Flats, Nature's Own Thin Sliced Bagels
- Pillsbury Crescent Recipe Creations Seamless Dough Sheet (refrigerated)

- Pillsbury Classic Pizza Crust dough (refrigerated)
- Pillsbury RF Crescent Rolls dough (refrigerated)
- Lavash bread (bakery or ethnic-food aisle)

FROZEN MEALS & MEAL STARTERS

- LF waffles
Eggo LF, Van's Lite
- Breakfast sandwiches, bowls & wraps
Kraft Bagel-fuls, Weight Watchers Smart Ones Smart Beginnings, Jimmy Dean Delights Breakfast Sandwiches & Bowls, Cedarlane Egg White Omelettes & Breakfast Burritos, Amy's Hot Cereal Bowls
- Flatbreads, panini & pocket sandwiches
Amy's Pocket Sandwiches, Lean Pockets, Lean Cuisine (Flatbread Melts & Panini), Weight Watchers Smart Ones Flatbreads
- Burritos & wraps
Amy's, Cedarlane
- Pizzas (multi-serving & single-serving)
Kashi, Amy's (Light & Lean!), Lean Cuisine, Weight Watchers Smart Ones, VitaPizza (request it!), Naked Pizza (Superbiotic one ROCKS)
- Classic entrées
Kashi, Healthy Choice, Lean Cuisine, Cedarlane, Amy's (Light & Lean!), MorningStar Farms, Lightlife
- Steam-ready meals
Lean Cuisine Market Collection, Healthy Choice Cafe Steamers, Kashi Steam Meals
- Amy's Cheese Pizza Toaster Pops
- Contessa Stir-Fry Meals
- Garden Lites Souffles (Pizza flavor!)
- Applegate Naturals Wheat-Free Beef Corn Dogs

ICE CREAM, FROZEN DESSERTS & DESSERT INGREDIENTS

- Light and FF ice cream cartons
Dreyer's/Edy's Slow Churned Light (seasonal flavors!), Breyers FF
- Portion-controlled cups of light ice cream
Skinny Cow, Weight Watchers, Dreyer's/Edy's
- Frozen yogurt
Dreyer's/Edy's Slow Churned Yogurt Blends, Oikos Frozen Greek Yogurt, Healthy Choice Greek Frozen Yogurt, TCBY Frozen Yogurt
- Lifeway Frozen Kefir

- Light & LF ice cream bars
Skinny Cow (Truffle Bars!), Breyers Smooth & Dreamy, Blue Bunny Sweet Freedom Snack Size
- LF ice cream sandwiches
Skinny Cow, Weight Watchers, Klondike Slim-a-Bear, Breyers Smooth & Dreamy, Blue Bunny (Birthday Party!)
- Light & LF ice cream cones
Weight Watchers, Skinny Cow, Nestle Lil' Drums
- LF fudge bars
Weight Watchers Giant, Skinny Cow, Healthy Choice Premium, NSA Fudgsicles
- Fruit bars
Blue Bunny FrozFruit, Fruitfull Juice Bars, Dreyer's/Edy's Fruit Bars
- Sorbet & light ice cream bars
Weight Watchers Giant, SF Creamsicles
- SF Popsicles
- Mini fillo shells
Athens
- Cool Whip Free
- Vitalicious VitaTops
- Cake cones
- Sugar cones

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, Bolthouse 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

- Justin's 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, Vitaminwater 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, Wylers Light, Lipton Iced Tea To Go (Tea & Honey mixes!), AriZona SF, True Lemonade
- Diet soda & club soda
Coke Zero, Coke Cherry Zero, Sprite Zero, A&W Diet Root Beer, Dr. Brown's Diet, Blue Sky Free Root Beer
- 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 Jemima 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!)