

Shopping List

Grains: Make ½ your grains whole grains

Cereal: Kashi, Fiber One, Barbara's Puffins

Oats: Instant multi-grain hot cereal

Whole wheat pasta

Whole wheat bread

Thomas' Light Multigrain English Muffins

Tumaro's 8" Low in Carbs or Healthy Flour Tortillas

High-fiber pita bread - Western Bagel Alternative
or Weight Watchers

Vegetables: Eat dark green and orange

Fresh or frozen

Spinach

Bok Choy

Broccoli

Squash

Carrots

Sweet potatoes

Dry beans (black, pinto, white, etc.)

Tomato juice

Fruit: Any fruit or 100% fruit juice

Blueberries

Strawberries

Watermelon

100% apple juice

Raisins

Kiwi

Mott's Healthy Harvest no-sugar
added apple sauce

Dairy: go for low-fat or fat-free

Laughing Cow light cheese wedges

Fat-free liquid egg substitutes (Egg Beaters, Better 'N Eggs)

Light string cheese

Fat-free yogurt

Dannon light and fit yogurt

Fat-free Reddi Whip

Fage 2% Greek Yogurt with Fruit

Fat-free cream cheese

Fat-free sour cream

Fat-free cottage cheese

Meat and Beans

Perdue Fit & Easy boneless, skinless chicken
breast

Butterball extra lean ground turkey breast

Hebrew National Fat-free hot dogs

Almonds or walnuts

Shrimp, fresh or frozen

Salmon

Oils: choose fats wisely

Olive oil

Butter

Wishbone salad spritzers

I Can't Believe It's Not Butter! Spray

Smart Balance 37% Light Buttery Spread



Aim for 30 minutes of physical activity most days of the week