



PRODUCE:

While canned or frozen produce is better than none, choose fresh produce to get the most nutrition! Look for brightly colored fruits and vegetables in season—these are packed with vitamins and nutrients.

DELI/PREPARED FOODS:

Deli meat (from the counter)

Winn-Dixie turkey and roast beef
Beef: gluten-free, no MSG, low-fat

COUNTER:

Pecorino Romano cheese
Grated Parmesan cheese
Three—Pepper Colby Jack cheese
Tribe— any flavor hummus
Otria Hummus Veggie Dip
Sabra— Any flavor hummus or guacamole
Garden Fresh Gourmet salsa
Laughing Cow cheese— any flavor
KerryGold— Reduced Fat Aged Cheddar
BelGioso Shredded— any flavor
Alouette— Light Cheese Spread — any flavor
Wholly Guacamole
— 100 - calorie packs
Dippin Stix— Sliced Apple and Peanut Butter, Carrots and Ranch

CONDIMENTS, SAUCES & SEASONINGS:

Salad Dressing

Newman's Own — Olive Oil & Vinegar, Lite Balsamic
Maple Grove Farms of Vermont — Fat-Free Balsamic Vinaigrette or Fat-Free Greek
Annie's— Organic Red Wine & Olive Oil, Lite Gingerly
Organic Ville— Any flavor
Walden Farms— Any flavor

Butter and Spreads

Smart Balance Spray Butter
Smart Balance Organic
Smart Balance Organic Butter Spread
Smart Balance Whipped Butter Spread
Smart Balance Omega Butter Spread
I Can't Believe It's Not Butter Lite
Brummel & Brown — Promise (cardiologist—endorsed)
Brummel & Brown Natural Yogurt Spread
Daisy Light Sour Cream
Hellmann's Dijonnaise
Hellmann's Mayonnaise
Blue Plate Light Mayonnaise

Pasta/Spaghetti Sauce

Sal & Judy's Heart Smart Original, Roasted Garlic or Chunky Italian

Sauce
Victoria All Natural Roasted Garlic, Tomato Basil, or Marinara

Broth

Swanson Unsalted Cooking Stock
Kitchen Basics Unsalted Broth

Seasonings

Mrs Dash— any flavor

MEATS, FISH, POULTRY, EGGS:

Meats

When selecting fresh meats, choose leaner cuts, such as skinless chicken or turkey breast, center-cut pork chops, pork tenderloin, 93% lean ground beef, eye of round, crab, crawfish, shrimp, oysters, or any fish. Meats and fish are better for you if not breaded or fried.

Eggs

Any brand egg
Eggland's Best
Egg Beaters — Original
Just Whites – Egg Whites

BEVERAGES:

Juice— (contains more sugar, but in a natural form)
v8— Low Sodium Original 100%
Tomato Juice, 5.5 oz cans
Juicy Juice 100% Juice
Ocean Spray Cranberry 100% Juice — No Sugar Added
Tropicana 100% Pure Orange Juice
Minute Maid 100% Pure Orange Juice

Canned/Bottled

LaCroix sparkling water— any flavor
Perrier sparkling Water— any flavor
Pellegrino sparkling water

SNACKS:

Nuts

Wonderful Pistachios— Roasted, no salt
Wonderful Pistachios — 1 oz individual packs
Winn-Dixie jumbo roasted unsalted peanuts
Back to Nature 100% Natural— Harvest Blend, California blend, Cashew, Almond & Pistachio blend, or California blend
Planters NUT—rition Heart Health Mix
Winn-Dixie— dry roasted unsalted peanuts or lightly salted
Emerald— Simply Natural Almonds
Blue Diamond— 100-calorie almond packs
Blue Diamond Whole Natural Almonds

Diamond of California— any nut or style

Popcorn

Winn-Dixie— Organic Natural Flavor or Butter Flavor popcorn
FIT Popcorn

Crackers

Wasa— any flavor
Triscuit— any flavor
Crunchmaster— any flavor

Bars

Kashi— Honey Almond Flax
Think Thin Bars

Nut Butters

MaraNatha All Natural Almond Butter (creamy or crunchy)
Smuckers Natural Peanut Butter (crunchy or creamy)
Jif— Natural Peanut Butter (creamy or crunchy)

Other

All Natural Fruit Strips— any flavor
Funky Monkey
Sensible Crunch Dried Snacks— any flavor
Beanitos— any flavor

CANNED GOODS, RICE, BEANS, PASTA:

Canned Fruit— (Contains more sugar, but in a natural form)
Dole cups in 100% juice— mandarin oranges, pineapple tidbits, diced peaches, diced apples or tropical mixed fruit
Motts— Healthy Harvest (no sugar added)— any flavor (individuals)
Motts— No sugar added Snack and Go Applesauce— any flavor

Canned Vegetables

Winn-Dixie Organic— black beans, pinto Beans, red kidney beans, garbanzo beans
Winn-Dixie— no salt added collard greens, turnip greens, mixed vegetables, spinach, sweet peas, green beans
Del Monte— no salt added— green beans
Glory— Lower Sodium Turnip or Collard Greens
Bush's Reduced Sodium pinto beans, Great Northern beans
Blue Runner— no salt added— Creole Cream Style navy beans, Creole Cream style red beans
Hunts— no salt added tomato sauce, Stewed Tomatoes
Winn-Dixie— No Salt Added Crushed Tomatoes, Diced or Stewed Tomatoes, Del Monte— No Salt Added Diced Tomatoes

Soup

Healthy Choice— Split Pea & Ham, Country Vegetable, Zesty Gumbo
Campbell's Chunky— Healthy Request— Old-Fashioned Vegetable
Beef, Sirloin Burger with Country Vegetables, Hearty Italian—Style
Wedding, Roasted Chicken with Country Vegetables
Campbell's Homestyle— Mexican -Style Chicken Tortilla
Progresso-Reduced Sodium
Minestrone, Beef & Vegetable
Health Valley Organic— 40% Less Sodium— 5 Bean Vegetable, Split Pea & Carrot, Vegetable Barley

Tuna fish

StarKist— Low Sodium Chunk Light in water packs
Bumble Bee Light Tuna in water

Rice

Winn-Dixie Organic Long Grain
Brown Rice

Pasta

Winn-Dixie— 100% Natural Whole Wheat— any style
Luxury— 100% Whole Grain— any style
Ancient Traditional or Inca Red
Quinoa
Nature's Earthly Choice Easy
Quinoa— any flavor

HOT & COLD CEREALS:

Cereal

Cheerios— Original (yellow box)
Total— Whole Grain
Winn-Dixie— Wheat Bran Flakes
Post— Bran Flakes
Post— Grape Nuts Original
Kellogg's— Special K Protein Plus
Food for Life Ezekiel 4:9— Original, Almond

Oatmeal

Any plain oatmeal
(old-fashioned or quick)
Bob's Red Mill Steel— Cut Oats

BREAD ITEMS:

Breads

Pepperidge Farms— 100% Whole Wheat, Ancient Grains, German Dark, 15 Grain, Oatmeal
Nature's Own 100 % Whole Wheat or Grain, 100% Whole Wheat
Sandwich Rounds

Orowheat— 100% Whole Wheat, Sandwich Thins
Sara Lee— 100% Whole Wheat
Food for Life— Ezekiel Bread— any flavor

Buns

Nature's Own 100% Whole Wheat hamburger or hot dog buns

Wraps

LaTortilla Factory— Smart and Delicious— any flavor
Flatout Light—any flavor
Mission— 100% Whole Wheat medium wrap

English Muffins

Thomas— 100% Whole Wheat Hearty Muffins
Nature's Own— 100% whole wheat English Muffins

Bagels

Thomas— 100% Whole Wheat Bagel Thins
Pepperidge Farm— 100% Whole Wheat Mini Bagels

DAIRY & DAIRY PRODUCTS:

Milk

(contains more sugar, but in a natural form)
Blue Diamond Unsweetened Almond Milk
Silk— Unsweetened Almond Milk
Horizon Organic Reduced Fat Milk, Fat-Free Milk
Organic Valley— Reduced Fat Milk, Fat-Free Milk
Winn-Dixie— Organic Reduced Fat Milk,
Reduced Fat, Low-Fat, Fat-Free
Lactaid— Reduced Fat, 1%, Fat-Free
Smart Balance— Fat-Free , Low Fat
Borden— 2%, Fat-Free

Cheese

Sargento—Swiss, Aged Swiss, Sargento Reduced Fat—Pepper Jack, Medium Cheddar, Swiss, Colby
Jack Cheese Sticks, Sharp Cheddar Cheese Sticks
Kraft— Swiss
Winn-Dixie— Less Fat Swiss or Provolone

Polly-O— 2% string cheese, Twists
Frigo—Light String Cheese

Dairy Products

(contains more sugar, but in a natural form)
Daisy 4% Cottage Cheese
Breakstone's 2 or 4% Cottage Cheese
Dannon All—Natural Plain Nonfat Yogurt
Winn-Dixie— Plain Low-Fat Yogurt, Plain 0% Greek Yogurt
Fage— 2% plain Greek yogurt
Stonyfield— Plain 0% Greek Yogurt

FROZEN FOODS:

Frozen Fruit

(contains more sugar, but in a natural form)
Winn-Dixie— Pineapple Chunks, Whole Strawberries, Raspberries, Berry Medley, Mixed Fruit, Sliced Peaches
Dole— Ready Cut Fruit— strawberries, Peaches & Bananas, Mixed Berries
Dole— Frozen Sliced Strawberries, Blueberries, or Pineapple 3 oz. cups
Sunrise Growers— Pure Fruit smoothies, any flavor

Frozen Vegetables

Winn-Dixie— any vegetable
Green Giant— Steamers--Green Beans, Chopped Broccoli, Corn
Pictsweet— Steamables— Edamame, Sugar Snap Peas or Soybeans in the Pod
Birds Eye— Mixed Vegetables, Broccoli, Corn
Birds Eye— Steam Fresh— Steam Fresh— Brussels Sprouts, Green Beans

Frozen Breakfast

Kashi 7—Grain waffle
Special K Flatbread— egg with Vegetables & Pepper Jack
Smart Ones Ham & Cheese Scramble
Smart Ones Cheesy Scramble with Hash browns
Smart Ones Canadian—Style Bacon
English Muffin Sandwich

Frozen meals

Gorton's— Simply Bake Salmon, Grilled Tilapia
Tyson— Grilled & Ready Chicken Strips
All Kashi Frozen individual meals
Healthy Choice Café Steamers—
Roasted Beef Merlot



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