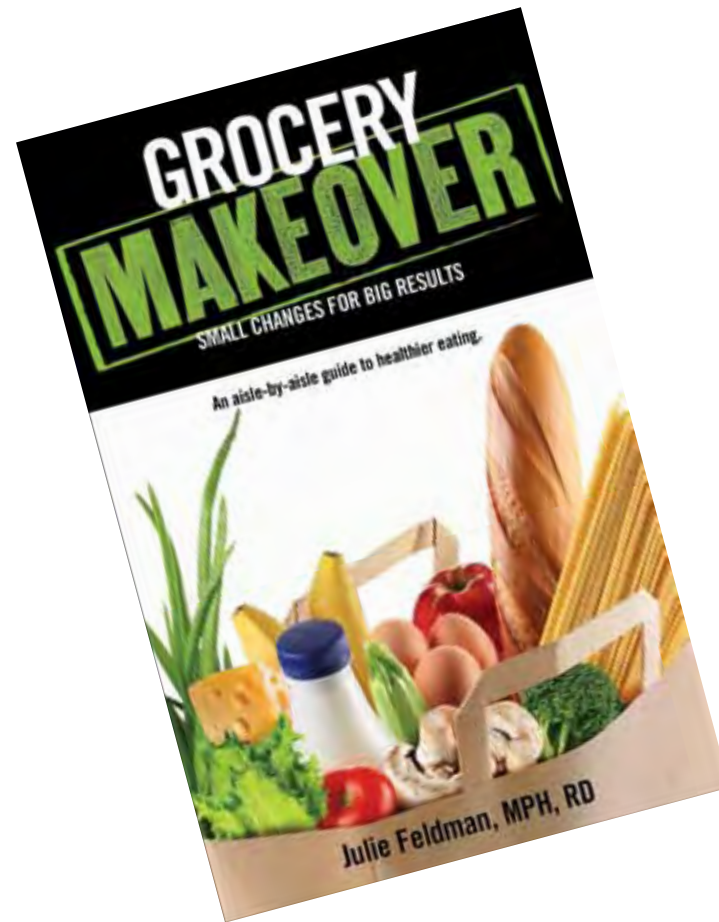


# ***Grocery Makeover*** **Web Guide**



## Produce Shopping Guide

Rely on produce to provide fiber, vitamins, minerals, and phytochemicals that help fight disease and keep you healthy.

Aim for five servings a day of a variety of fruits and vegetables.

## Fruit and Vegetable Colors and Nutritional Content

Red	Lycopene, ellagic acid (mostly found in berries, pomegranates, and walnuts), and quercetin. Act as antioxidants to reduce cancer risk, lower LDL cholesterol, and lower blood pressure.
Orange and Yellow	Beta-carotene, flavonoids, lycopene, potassium, and vitamin C. Reduce cancer risk, lower cholesterol and blood pressure, and promote healthy joints and healthy immune system.
Green	Fiber, thiamine, riboflavin, niacin, vitamin E, lutein, zeaxanthin, calcium, magnesium, folate, vitamin C, calcium, and beta-carotene. Antioxidants boost immunity, lower cholesterol, and support healthy vision.
Blue and Purple	Resveratrol, vitamin C, fiber, flavonoids, ellagic acid, and quercetin. Boost immune function, aids digestion, lowers cholesterol, and limits cancer cell activity.
White	Lignans (phytoestrogens), beta-glucans, EGCG (potent antioxidant common in green tea), SDG (lignin common in flaxseed), and folic acid. Powerful immune modulators, decreasing cancer risk and balancing hormone levels.

Produce Fiber Chart	Serving Size	Fiber (g)
Apple	1 medium	4.4
Asparagus	½ cup cooked	1.7
Avocado	1 medium	13.5
Banana	1 medium	3.1
Beets	½ cup	2.5
Blackberries/boysenberries/raspberries	1 cup	7.6
Blueberries/strawberries	1 cup	3.6
Broccoli	1 cup	8.0
Brussels sprouts	¾ cup	3.0
Cantaloupe	1 half	2.0
Carrots	½ cup	3.4
Celery	½ cup	4.0
Corn	1 medium ear	5.0
Cucumber	10 slices with skin	0.7
Eggplant	2 thick slices	4.0
Grapefruit	1 medium	2.5
Grapes	1 cup	1.4
Greens	1 cup	8.0
Guava	1 cup	8.9
Kiwi	1 medium	2.1
Mango	1 medium	3.7
Mushrooms	5 small	1.4
Nectarine/peach/plum	1 medium	2.4
Orange	1 medium	3.1
Papaya	1 cup	2.5
Pear	1 medium	5.5
Peas	½ cup	9.1
Peppers	½ cup	2.0
Pineapple	1 cup	2.3
Pomegranate	1 medium	11.3
Potato	1 medium	4–5.0
Squash	½ cup	3.0
Tomato	1 medium	1.5
Watermelon	2 cups	1.1
Yams	1 medium	6.8

## Bread Calorie & Fiber Chart

(See package for serving size)

	<b>Calories</b>	<b>Fiber (g)</b>
Flatout Light Wraps	90	9
Aunt Millie's Hearth Whole Grain Hamburger Bun	110	7
Thomas' Bagel Thins	110	5
Arnold Sandwich Thins	100	5
Arnold Pocket Thins	100	5
Aunt Millie's Hearth Whole Grain Hot Dog Bun	80	5
Boboli Whole Wheat Thin Pizza Crust	120	4
Food for Life Ezekiel 4:9 Bread	80	3
Aunt Millie's Light Potato & Fiber Bread	35	2.5
Ian's Panko Whole Wheat Breadcrumbs	70	2

## Everyday Eats—Fish

	<b>Calories (3 oz)</b>	<b>Mercury (ppm)</b>	<b>Omega-3 Content (g)</b>
Wild Alaskan salmon	175	0.014	1.88
Chunk light tuna	99	0.118	1.6
Cod	89	0.095	0.150
Mackerel	114	0.05	2.390

## Everyday Eats—Meat & Poultry

	<b>Calories (3 oz)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>
White meat chicken without skin	142	3.0	0.9
White meat turkey without skin	91	1.1	0.4
95% lean ground turkey	122	6.1	1.9
95% lean ground beef	145	5.6	2.5
Sirloin	160	5.6	2.1
Eye round roast	148	5.3	1.9

## Deli

	<b>Serving Size</b>	<b>Calories/Serving</b>	<b>Total Fat (g)</b>	<b>Sodium (mg)</b>	<b>Nitrate Free (Y/N)</b>
Dietz & Watson Lower-Sodium Turkey	2 oz	50	0.5	330	Y
Dietz & Watson Uncured Classic Dinner Ham	2 oz	60	2.5	440	Y
Applegate Farms Organic Roasted Chicken	2 oz	60	1.5	360	Y
Alpine Lace Reduced-Fat Cheese	1.2 oz	110	7	75	Y
Grilled chicken	3.7 oz	120	1.5	670	Y
Grilled vegetables	1 cup	35	0.7	13	Y
Quinoa salad	1 cup	100	5	104	Y
Lentil soup	7 oz	130	3.5	580	Y
Hebrew National Reduced Fat Beef Franks	1 hot dog	120	10	360	N
Boar's Head Sliced Turkey	2 oz	60	1	350	N
Jennie-O Extra-Lean Turkey Bacon	2 slices	40	1	240	Y
Low-fat cheese	1 oz	110	7	75	Y
Low-fat spinach dip	2 oz	130	9	580	Y
Chicken noodle soup	13 oz	120	1.5	1380	Y
3-Bean salad	3.5 oz	90	4.5	480	Y

## Salad Dressings & Marinades

	<i>Calories</i>	<i>Fat (g)</i>	<i>Sugar (g)</i>	<i>Sodium (mg)</i>
Kraft Light Raspberry Vinaigrette (2 Tbsp)	50	3.5	5	240
Ken's Light Options Balsamic Vinaigrette (2 Tbsp)	60	4.5	4	210
Ken's Light Options Ranch (2 Tbsp)	80	7	2	310
Newman's Own Lite Honey Mustard Dressing (2 Tbsp)	70	0	5	280
Mrs. Dash Salt-Free Spicy Teriyaki (2 Tbsp)	50	1	6	0
Newman's Own Lite Low-Fat Sesame Ginger Dressing (2 Tbsp)	35	1.5	4	330
Newman's Own Teriyaki Marinade (1 Tbsp)	25	0	4	330
Newman's Own Herb & Roasted Garlic Marinade (1 Tbsp)	20	1	2	370

## Oils

	<i>Calories (Tbsp)</i>	<i>Fat (g)</i>	<i>Saturated (g)</i>	<i>Monounsaturated (mg)</i>
Extra virgin olive oil	119	14	2	9.8
Canola oil	119	14	1	8.3
High oleic sunflower oil	124	14	1	11.7
Hemp seed oil	130	14	1.5	1.3

## Peanut Butter

	<i>Calories (2 Tbsp)</i>	<i>Total Fat</i>	<i>Sugar (g)</i>	<i>Sodium (mg)</i>
Jif Reduced Fat Peanut Butter	190	12	4	220
Better 'n Peanut Butter	100	2	2	190
Jif Omega-3 Peanut Butter	190	16 (8 g mono)	3	150

## Jelly

	<i>Calories (Tbsp)</i>	<i>Sugar (g)</i>
Smucker's Low Sugar Jelly	25	5
Smucker's Simply Fruit	40	8

## Ketchup & Mustard

	<i>Calories (Tbsp)</i>	<i>Sugar (g)</i>
Ketchup	15	3.4
Mustard (yellow)	3	0
Dijon mustard	15	0
No-added-sugar ketchup	5	1

## Vinegars

	<i>Calories (Tbsp)</i>	<i>Sugar (g)</i>	<i>Sodium (mg)</i>
Balsamic vinegar	14	2	4
Rice vinegar	0	0	0
Red wine vinegar	3	0	1
Cider vinegar	0	0	0

## Barbecue Sauce & Mayonnaise

	<i>Calories (2 Tbsp)</i>	<i>Total Fat (g)</i>	<i>Sugar (g)</i>	<i>Sodium (mg)</i>
Whole Foods 365 Organic BBQ Sauce	100	8	6	260
Annie's Naturals Organic BBQ Sauce	45	1	5	220
Conorzio Organic BBQ Sauce	45	0	9	280
Dinosaur Bar-B-Que Sensuous Slathering Sauce	25	0	5	240
Kraft Light Barbecue Sauce	20	0	3	340
Miracle Whip Light	25	1.5	2	
Light mayonnaise	49	5	0.7	
Miracle Whip Fat-Free	15	0	2	
Fat-free mayonnaise	13	0.4	1.6	
Kraft Mayo with Olive Oil	45	4	1	

## Spice Guide

Choose salt-free spices including garlic powder, onion powder, vanilla extract, basil, oregano, ground cinnamon, black pepper, parsley flakes, Mrs. Dash salt substitute, and salt-free seasoning mixes and blends including Italian or garlic and herb to keep your healthy foods flavorful.

## Grains & Pasta

	<i>Calories (cup)</i>	<i>Fiber (g)</i>	<i>Protein (g)</i>
Barilla Plus Whole Wheat Pasta	210	4	10
Ronzoni Smart Taste Pasta	170	5	6
Brown rice	198	2.6	4
Quinoa	222	5.2	8.1
Soba noodles	113	3	6
Near East Wheat Pilaf	170	8	7
Near East Lentil Pilaf	180	8	11
Tofu shirataki noodles	20	<2	1
Wheatberries	320	12	13
Barley	200	10	7
Wild rice	166	3	6.5
Kraft Whole Grain Macaroni & Cheese	260	5	8
Fiber Gourmet Pasta	130	18	7

## Sauces

	<i>Calories (½ cup)</i>	<i>Sugar (g)</i>	<i>Sodium (mg)</i>	<i>Fiber (g)</i>
Prego Light Smart Traditional	45	7	410	3
Ragu Light Tomato Basil	60	9	330	2
Newman's Own Fire Roasted Tomato & Garlic Pasta Sauce	70	5	500	2
Ragu No Sugar Added Light Tomato Basil	60	6	320	2
Rinaldi ToBe Healthy Garden Vegetable Sauce	70	5	330	2
Bertolli Arrabbiata Sauce	60	4	450	2

## Crunchy Cravings

(See package for serving size)

	<b>Calories</b>	<b>Fiber (g)</b>	<b>Fat (g)</b>	<b>Sugar (g)</b>	<b>Sodium (mg)</b>
Garden of Eatin' Tortilla Chips Popped	140	3	7	0	140
Trader Joe's Potato Lentil Curls	130	4.5	4	0	380
Orville Redenbacher 94% Fat Free Popcorn	120	4	2	0	240
Boom Chicka Pop Popcorn	130	3	8	0	90
Way Better Snack Simply Beyond Black Bean Chips	130	3	6	0	60
Eat Smart Naturals Honey Whole Wheat Pretzels	110	3	2	3	100
Orville Redenbacher Smart Pop Kettle Korn	140	6	2.5	0	230

## Eggs

	<b>Calories</b>	<b>Protein (g)</b>	<b>Fat (g)</b>	<b>Cholesterol (mg)</b>
Egg white	17	3.6	0	0
100 Percent Whites (¼ cup)	30	6	0	0
Egg Beaters (¼ cup)	30	6	0	0
Egg-Land's Best Hardcooked Peeled Eggs (only white)	17	3.6	0	0

## Cookies & Crackers

(See package for serving size)

	<b>Calories</b>	<b>Fat (g)</b>	<b>Sugar (g)</b>	<b>Fiber (g)</b>
Wheat Thins Fiber Selects Five Grain	120	4.5	4	6
Special K Cracker Chips	110	2.5	1	3
100-Calorie Keebler Fudge Dipped Sandies	100	4	6	3
Reduced-Fat Whole Grain Triscuits	120	3	0	3
Quaker Multigrain Fiber Crisps	110	1.5	6	3
Reduced-Fat Cheez-Its	130	4.5	0	1
Reduced-Fat Nilla Wafers	120	2	12	0
Reduced-Fat Honey Maid Honey Graham Crackers	140	2	8	2
Premium Whole Grain Crackers	70	2	0	1
Fat-Free Fig Newtons	90	0	12	1

## Healthier Dessert Options

	<b>Calories</b>	<b>Fat (g)</b>	<b>Sugar (g)</b>	<b>Fiber (mg)</b>
Purely Elizabeth Chocolate Chip Cookie Mix	80/cookie	2.5	7	2
Betty Crocker Low-Fat Fudge Brownie Mix	130/brownie	2	19	<1
Krusteaz Fat-Free Blueberry Muffin Mix	130/muffin	0	15	2
Bob's Red Mill Spice Apple Bran Cookies Mix	120	2	10	3
King Arthur Cranberry Sunflower Granola Bar Mix	140/bar	7	12	2

## International Foods

	<i>Calories</i>	<i>Protein (g)</i>	<i>Sugar (g)</i>	<i>Fiber (g)</i>	<i>Fat (g)</i>	<i>Sodium (mg)</i>
Low-sodium soy sauce (Tbsp)	15	1	2	0	0	550
Sweet and sour sauce (Tbsp)	30	0	5	0	0	110
Whole Foods 365 Teriyaki Sauce (Tbsp)	15	0	2	0	0	290
Sliced water chestnuts, canned in water	25	1	2	1	0	10
Instant miso soup	35	3	0	0	0	790
Manischewitz Split Pea Soup Mix (cup prepared)	90	5	2	4	0	680
Rokeach Gefilte Fish (piece)	70	9	0	0	2	420
Horseradish sauce (tsp)	15	0	0	0	1.5	15
Vegetarian refried beans (½ cup)	90	5	0	5	0.5	570
Salsa (2 Tbsp)	9	0	1	0.5	0	198
Enchilada sauce (oz)	9	0	0.5	0	0	170

## Protein & Granola Bars

	<i>Calories</i>	<i>Protein (g)</i>	<i>Fiber (g)</i>	<i>Fat (g)</i>	<i>Sugar (g)</i>
LUNA bar	180	8	3	5	13
LUNA Protein bar	170	12	3	5	13
Clif Bar	240	10	5	6	22
Clif Builder's bar	270	20	4	8	20
MoJo bar	200	8	3	12	10
Larabar	240	5	5	13	22
Promax LS	220	18	14	7	9
KIND Bars	190	3	3	13	12
Kashi Cherry Vanilla Cereal Bars	120	2	3	3	9
Special K Protein and Fiber Bar	110	4	4	3	7
Kashi GoLean Crisp Bar	170	8	5	5	13
Kashi GoLean Roll	190	12	6	5	14
Kashi Chewy Granola Bar	120	5	4	2	8

## Nuts & Dried Fruit

	<i>Calories</i>	<i>Protein (g)</i>	<i>Total Fat (g)</i>
Almonds (oz)	169	6.3	15
Walnuts (oz)	183	4.3	18.3
Peanuts* (oz) (a legume)	166	6.7	14
Cashew (oz)	163	4.3	13
Brazil nut (oz)	186	4	19
Macadamia nuts (oz)	204	2	22
Pistachios (oz)	161	6	13
Raisins (1/4 cup)	123	24	2
Prunes (1/4 cup)	71	8.5	2.1
Apricots (1/4 cup)	78	17.4	2.4
Sunsweet Dark-Chocolate Covered Prune Bites	190	20	3

## Cereals

(See package for serving size)

	<b>Calories/ Serving</b>	<b>Sugar (g)</b>	<b>Fiber (g)</b>	<b>Fat (g)</b>	<b>Protein (g)</b>
Quaker Corn Bran Crunch	90	6	4	1	2
Cheerios	100	1	3	2	3
Kix	110	3	3	1	2
Wheat bran flakes	100	5	5	0.5	2
Oat bran flakes	110	6	4	1	3
Shredded wheat	170	1	6	1	6
Kellogg's Fiber + Antioxidants Cinnamon Oat	110	7	9	1.5	3
Nature's Path Sunrise Crunchy Vanilla	110	7	3	1	2
Hodgson Mill Steel Cut Oats	106	0.7	3	1.8	3.5
Special K Protein Plus	120	3	7	1	10
Special K Multigrain Oats & Honey	100	8	3	0.5	2
Life Crunchtime	110	7	6	1.5	2
Fiber One	60	0	14	1	2
Fiber One Honey Clusters	160	6	13	1.5	3
Fiber One Caramel Delight	180	10	9	3	3
Fiber One 80 Calories	80	3	10	1	1
Grape-Nuts	200	4	7	1	6
Kashi GoLean	140	6	10	1	13
Kashi Good Friends	160	10	12	1.5	5
Kashi Heart to Heart Honey Toasted Oat	120	5	5	1.5	3
Kashi Warm Cinnamon	120	5	5	1.5	4
Kashi Honey Sunshine	100	6	5	1	2
Kashi Cinnamon Harvest	180	9	5	1	6
Kashi Berry Blossoms	100	5	7	1	2
Barbara's Cinnamon Puffins	90	6	5.5	1	2
Quaker Lower Sugar Oatmeal	110	6	3	1.5	3
Steel cut oats	170	0	5	3	7
Better Oats Oat Fit	100	0	3	2	4

## Beverages

	<b>Calories (8 oz)</b>	<b>Sugar (g)</b>	<b>Caffeine (mg)</b>	<b>Artificial Sweetener</b>
Water	0	0	0	—
Crystal Light Pure Fitness Water additive	15	3	0	—
Club soda	0	0	0	—
Hint	0	0	0	—
Owater	0	0	0	—
Perrier	0	0	0	—
Crystal Light	0	0	0	Aspartame
Propel	0	0	0	Acesulfame potassium
Minute Maid Fruit Falls	5	<1	0	Sucralose
Aquafina Flavorsplash	0	0	0	Sucralose
Vitamin Water Zero	0	0	0	Crystalline fructose & stevia extract
Fruit2O	0	0	0	Sucralose
Crystal Bay	0	0	0	Sucralose & acesulfame K
Arizona Rescue Water	25	6	0	Stevia
Diet Snapple	0	0	0	Aspartame
SoBe Lifewater 0 calorie	0	0	0	Erythrit (sugar alcohol)
Diet Coke	0	0	45	NutraSweet
Zico Coconut Water	34	7	0	—
Twisted Water	38	8	0	—
G2	20	5	0	Splenda & acesulfame K



## Frozen Foods

(See package for serving size)

<b>Breakfast Food</b>	<b>Calories/ Serving</b>	<b>Protein (g)</b>	<b>Fat (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Sodium (mg)</b>
Eggo Low-Fat Whole Grain Waffles	140	5	2.5	3	3	390
Kashi GoLean Blueberry Waffles	170	8	3	6	4	300
Van's Gourmet 97% Fat Free Waffles	180	5	2	5	4	306
Vitalicious Egg n' Cheese Vitasandwich with Veggies	150	14	2	7	3	340
Vitalicious Pumpkin Spice Muffin Top	100	3	1	8	8	110
Morningstar Farms Vegetarian Sausage Patty	80	10	3	1	0.5	260
Cedarlane Egg White Frittata	180	13	7	5	4	300

<b>Vegetables</b>	<b>Calories/ Serving</b>	<b>Protein (g)</b>	<b>Fat (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Sodium (mg)</b>
All frozen fresh vegetables	varies	varies	varies	varies	varies	varies
Green Giant Broccoli in Low-Fat Cheese Sauce	60	2	2.5	2	3	460
Green Giant Niblets Corn in Butter Sauce	100	3	1.5	1	5	280
Green Giant Healthy Weight Vegetables Frozen	90	5	2.5	5	3	230

<b>Veggie Burgers &amp; Other Meat Substitutes</b>	<b>Calories/ Serving</b>	<b>Protein (g)</b>	<b>Fat (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Sodium (mg)</b>
Morningstar Farms Garden Vegetable Patty	110	10	3.5	3	1	360
Morningstar Farms Chick'n Patty	140	8	5	2	1	590
Morningstar Farms Chick'n Strips Meal Starters	140	23	3.5	1	1	500
Boca Flame Grilled Burger	120	14	5	5	0	380
Boca Ground Crumbles, made with natural ingredients	60	13	0.5	3	0	270

<b>Entrees</b>	<b>Calories/ Serving</b>	<b>Protein (g)</b>	<b>Fat (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Sodium (mg)</b>
Lean Cuisine Spa Cuisine Salmon	210	15	5	5	2	590
Van De Kamps Parchment Bake Tilapia	80	13	0	1	0	350
Tabatchnick Minestrone Soup	100	5	1.5	4	3	320
Dr. Praeger's Spinach Pancakes	80	2	4	2	0	190
Cedarlane Lentil Vegetable Soup & Samosa Wrap	230	10	6	5	4	480
Cedarlane Veggie Burrito	260	13	1	7	2	490
Amy's Low-Sodium Vegetable Lasagna	290	15	8	4	8	340
Morningstar Farms 3-Bean Chili	270	20	4	16	6	800

## Frozen Foods *(continued)*

<b>Pizza</b>	<b>Calories/ Serving</b>	<b>Protein (g)</b>	<b>Fat (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Sodium (mg)</b>
Lean Cuisine Deep Dish Roasted Vegetable Pizza	320	16	5	3	6	480
Kashi Roasted Vegetable Stone Fired Pizza	250	14	9	4	3	630
Amy's Light & Lean Italian Vegetable Pizza	280	13	6	4	6	560

## Puddings, Ice Creams, Non-Dairy Frozen Treats & Spreads

	<b>Calories</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Sugar (g)</b>	<b>Sodium (mg)</b>
Jello 100 Calorie Fat Free Pudding (4 oz)	100	0	2	17	190
Jell-O Sugar Free Pudding Cups (3.7 oz)	60	1.5	2	0*	180
Skinny Cow Low-Fat Ice Cream Sandwich	140	1.5	4	15**	135
Blue Bunny No Sugar Added Fat Free Vanilla Ice Cream (½ cup)	80	0	4	5*	70
So Delicious Neapolitan Low- Fat Non-Dairy Ice Cream Mini Sandwich	90	2	2	8	70
Edy's Slow Churned Yogurt Blends (½ cup)	90	0	3	14	45
Edy's No Sugar Added Fruit Bars	30	0	0	2	0
Edy's Slow Churned No Sugar Added Creamy Ice Cream	100	3	3	3*	35
Smart Balance (1 Tbsp)	45	5	0	0	85
Earth Balance	100	11	0	0	120
Best Life Spread	60	6	0	0	100

\*Contains sugar alcohols.

\*\*Contains 3 g fiber.

## Dairy Products

	<b>Calories</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Sugar (g)</b>	<b>Sodium (mg)</b>
Skim milk (8 oz)	90	0	9	12	125
Sargento Reduced Fat Shredded Cheese (0.5 oz)	40	3	3.5	0.5	90
Sargento Reduced Fat String Cheese (1 stick)	50	2.5	6	0	160
Light Laughing Cow Cheese (1 wedge)	35	2	2.5	1	260
Mini Babybel Light Cheese (1 circle)	50	3	6	0	160
Philadelphia 1/3 Less Fat Cream Cheese Spread (1 Tbsp)	35	3	1	1	70
Kraft 2% Singles (1 slice)	50	2.5	4	2	290
Breakstone's 2% Cottage Cheese (4.4 oz)	90	2.5	12	4	400
Kozy Shack No Sugar Added Rice Pudding	70	1	4	5	120
Fat-free ricotta cheese (1/4 cup)	50	0	5	2	65
Reduced-fat feta cheese (1 oz)	58	3.8	5.8	0	392
Lifeway Light Farmers Cheese (1 oz)	24	0.9	2.8	0.9	9
Reduced-fat sour cream (1 oz)	39	3	1	<1	20
Fat-Free Reddi-Wip (2 Tbsp)	5	0	0	1	0
Dannon Activia Light (4 oz)	70	0	4	8	65
Yoplait 100 Calorie Greek Yogurt (5.3 oz)	100	0	13	7	55
Simply Go-Gurt (1 tube)	70	0.5	2	10	30
Dannon Light n' Fit (6 oz)	80	0	5	11	80
Yoplait Light (6 oz)	100	0	5	14	85
Light Muenster cheese slices (1 oz)	80	4.5	9	0	120
Kraft 2% Reduced-Fat Cheddar Cheese (1 oz)	90	6	7	0	240
Laughing Cow 1/3 Less Fat Cream Cheese Spread	45	4	2	<1	140