

VEGETABLES

Frozen or fresh is best!

Fresh

- Any fresh vegetable
- Organic vegetables
- Pick seasonal options
- Sweet potato, zucchini noodles, veggie noodles
- Broccoli slaw

Frozen

- Steam Fresh® Vegetables (no sauce)
- Green Giant®, Birds-Eye®
- Cauliflower rice
- Riced veggies
- Zoodles, zucchini, pre-cut
- Spiralized noodles

DAIRY, DAIRY ALTERNATIVES & EGGS

>5 grams protein per serving

Yogurt

- Fage® Plain Greek Yogurt
- Oikos® Plain Greek Yogurt
- Dannon® Light & Fit Greek
- Stoneyfield Farm®
- Oikos triple zero®
- Elli quark® or Siggis®
- Open Nature

Cheese

- Laughing Cow Light® Mini Babybel Cheese
- Sargento® Light String Cheese
- Weight Watchers®

Milk

- Whole, 2% milk
- Organic Milk
- Lactaid® Milk
- Fairlife® Milk (Lactose Free)
- Silk® soy plain (unsweet)
- Almond Dream Light® (unsweetened; low protein)

Cottage Cheese

- Breakstone's® 2%
- Deans® 1-2%
- Frigo® Low-fat Ricotta
- Laughing Cow® Cheese

Eggs

- Egg Beaters®
- Eggs, egg whites
- Trader Joes® Just Whites
- Organic Eggs
- Hard-boiled eggs

FRUIT

Frozen or fresh is best!

Fresh & Frozen

- Any fresh fruit
- Organic fresh fruit
- Pick seasonal options for great taste

Canned

- Dole® Fruits in 100% Juice
- Del Monte's® Light
- Applesauce (no sugar added)

PROTEIN

Plant Based – choose these more often!

- Tofu
- Tempeh, TVP, Seitan
- Legumes (e.g. edamame, black, pinto, white, navy, chick peas, peas, black eye peas, lentils)

Lean or extra lean cuts; >90-95% lean

Animal Based – choose seafood more often!

- Baked Fish
- Canned (chunk) Tuna, (wild) Salmon, Sardines
- Grilled/Baked Shrimp/Scallops
- Boneless, skinless Chicken or Turkey
- Pork Tenderloin
- Extra Lean beef (flank, London broil, tenderloin, filet)
- Rotisserie chicken

Brands

- Whole Catch®
- Waterfront Bistro®
- Tyson® Grilled Chicken
- Archer Farms®/Trader Joe's Chicken Sausage
- Morning Star® Farms®
- Jeanni-O®
- StarKist® Salmon & Tuna Creations
- Hormel® Natural Choice
- Applegate Farms® Chicken Sausage
- Tofurky® Deli Slices
- Smart Ground® (v)
- Gardein® Chik'n Strips
- Beyond Meat (v)

WHOLE GRAINS

"Whole" grain should be listed 1st

Bread Brands

- Healthy Life® 100% whole wheat
- Sandwich 100 calorie whole wheat Thins®
- Smart & Delicious® Tortillas
- Flatout® Wraps
- Healthfull breads (Brownberry)
- Bagel thins
- Corn tortillas
- Nature's own Double Fiber

100% Whole Wheat Pasta

- Barilla Protein plus®
- Fiber Gourmet®
- Lentil or bean pasta

Cereal/Oatmeal Brands

- Bob's red mill® Oatmeal
- Think thin® oatmeal
- Kashi® Go Lean Oatmeal/cold Cereals (<10g sugar/serving)
- Fiber one®
- Post® Shredded Wheat
- All Bran®
- Barbara's® Spoonfuls
- Cheerios®
- Nature's Path organic
- Arrowhead Mills® Puffed Rice
- Special K® Protein
- Trader Joe's Rolled oats

Cracker Brands

- Wasa Fiber Rye®
- Good thins
- Nut Thins
- 3 seed sweet potato crackers
- Crunchmaster protein cracker

Waffle/Bagel Brands

- Kashi® Go Lean
- Vans® Multi Grain, Lite

SOUPS

- Amy's® Organic
- Healthy Choice®
- Canned LF turkey or veggie chili (Hormel®, Health Valley®)
- Pacific® soups
- Progresso® (Light, Low Sodium)
- Pure pumpkin (Libby's®)

SNACKS

Snack Bars (100-180 calories)

- Kashi®
- Think thin Fiber or Protein nut bars
- Quest®
- NuGo Slim® (vegan)
- Luna protein bar® or Kind Strong®
- Nature valley Protein
- Orgain Protein Bar
- Others: Oatmega bar, Health Warrior, Paleo®, Power Crunch bars, Fit Joy, Rx bars, Tone it Up, Aloha®
- Microwave 100 calorie popcorn bags
- Rice cakes (GF)
- World peas, Baked chickpeas
- Good thins crackers
- Diana's® Banana
- Vitamuffin®
- Diamond® 100-calorie almond packs
- Skinny Pop® popcorn
- Popchips® (or Trader Joe's® popped)
- Snap peas, crunch broccoli florets
- Freeze-dried fruit (Trader Joe's®, Archer Farms®)
- Weight Watchers® fudge bars
- SF Fruity popsicles (SF popsicles, Crystal Light®)
- Enlighted crisps or Halo Top ice cream
- Justin's nut butter (portion pack)
- Brami bean lupini snacks
- Brad's veggie chips

FROZEN MEAL REPLACEMENTS

Add: frozen/ fresh vegetables and fruit to your frozen meals

- Healthy Choice®, Café Steamers
- Lean Cuisine®, Lean Cuisine® Market Creations
- Amy's®
- Sweet Earth®
- Smart Ones®/Smart Made
- Kashi®
- Organic Bistro® (Whole foods)
- EVOL®, Luvo®
- Trader Joe's reduced guilt
- Special K
- Eating Well®

NUTRITION FACT GUIDELINES:

Look at *calories* and *servings size* on every product and label you choose!

- Low calorie food choices
- < 10 grams sugar per serving
- >3-5 grams fiber per serving
- Avoid "enriched" or white flour products
- Rinse canned vegetables/fruits
- Pick seasonal fruits and vegetables for taste
- Limit added sugars, additives and food colorings/dyes

OTHER

Choose beverages that are 5 calories or less per serving

Low Calorie Beverage Brands

- La Croix® sparkle water
- Trader Joe's® sparkle water
- Crystal Light®, Crystal Light® Pure
- True Lemon®
- Nature's Splash®
- Low Sodium V8® Juice
- Diet Snapple®
- Dasani® Flavored Water
- Stash® Tea
- Sparkling Ice

Spreads

Choose spreads that are whipped in a tub and trans fat free

- Cooking spray
- Extra Virgin Olive Oil (1T oil= 120 cal)
- Promise® light (tub spread)
- Smart Balance® lite or Earth Balance®
- Brummel & brown yogurt
- Better'n Peanut Butter®, PB2®
- Reduced Sugar Jam
- Smuckers® sugar-free jelly
- Tessamae BBQ sauce

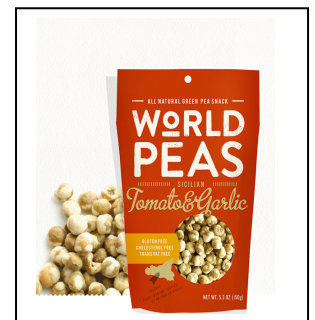
Dressings/Sauces/Marinades

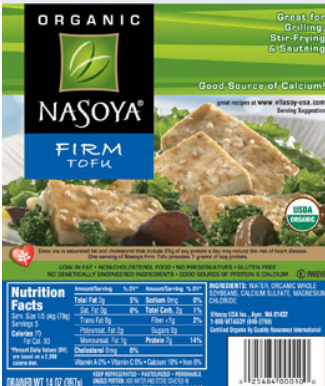
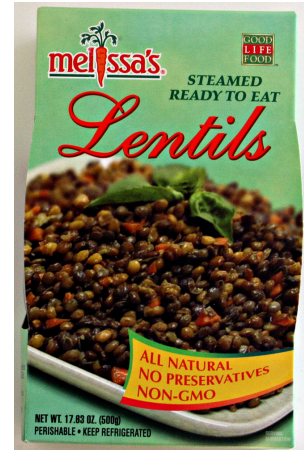
- Salsa
- Balsamic & Apple Cider vinegars
- Unsweetened applesauce
- Frank's RedHot®
- Low-cal marinades (Mrs. Dash®, Lawry's®)
- Low-cal salad dressings Wish-Bone® Light, Newman's Own Lite Balsamic, Bolthouse Farms yogurt dressing
- SF pancake syrup (Cary's®, Log Cabin® SF, Vermont®)
- Marzetti Veggie Drizzle Finishing Sauces
- Tzatziki yogurt sauce/dip
- Stubb's Marinades

Spices/Seasonings

Any herbs, spices to cook with are great (limit salt, salt seasoning mixtures)

- Vanilla, Almond, coconut extract
- Cinnamon, Nutmeg, Pumpkin pie spice
- Garlic powder, Onion powder, Ginger
- Italian seasoning, Basil, Oregano
- Curry, Cumin, Red pepper, Chili powder
- Dry seasoning mixes (taco, hidden valley)
- McCormick® Perfect Pinch
- Mrs. Dash®
- Truvia, Stevia, Swerve or Splenda Naturals®





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