

## **GRAINS**

### **Cereals**

Oatmeal, Oat bran, Shredded Oats, Cinnamon Oat Crunch (Mother's), All-Bran, Bran Flakes, Product 19, Fiber One, Wheatena, Shredded Wheat (Regular, Spoon-size, Wheat 'n Bran), Chex (Multi-Bran), Cheerios, Grape-nuts, Raisin Bran, Whole Grain Cornmeal, Hominy, Polenta, Brown Rice, Brown Basmati Rice, Barley, WW Couscous, Bulgur Wheat, Kasha, Wheat Germ, Quinoa, Millet

### **Breads**

100% Whole Wheat Bread  
WW Pita, WW (Kangaroo, Nature's Own, Sara Lee), Corn Tortilla, WW Tortilla  
Ezekiel WW Bread (frozen-K, MP)  
Kroger's Crusty Multi-Grain, Vienna, Seedless Rye  
WW English Muffins (Thomas, Sara Lee, Kroger)  
Bagels (Thomas Whole Wheat, Sara Lee Honey)  
Honey Whole Wheat (Daily Knead)

### **Pasta – WW**

### **Crackers**

Wasa (K, GE), Natural Rye Krisp (K, GE), Ryvita (MP, GE), Wheatine (MP)

### **Full Fat Soy Products (over 3 grams fat per serving)**

Regular Soy Milk (Silk Plain, Vanilla), Soy Nuts (Genisoy, Dr. Soy), Edamame (Green soybeans-K, MP, VS), Tofu, Tempeh

### **Other Proteins (3 grams fat or less per serving)**

Burgers – Boca (FF Vegan), Morningstar Veggie Burger, Soy Crumbles  
Beans – Dried, Canned, Frozen, FF Refried Beans  
Egg Beaters, Kroger Break-Free, Better'n'Egg, Egg whites  
Soy Cheese (Veggie Slices and Veggie Shreds)  
“Better 'n Peanut Butter” – regular and low-sodium (MP)

### **Fat-Free Dairy**

Skim milk, Ultra Skim, Fat-free Plus (K)  
FF Cream Cheese, Cottage Cheese, Ricotta Cheese, Sour Cream  
FF Yogurt, FF Sliced Cheese

### Prepared Foods

FF Tomato Sauce-Health Choice (Chunky Vegetable Primavera), Ragu  
Vegetable Broth – Swanson’s, College Inn, Kroger brand  
Soups - Health Valley, Fantastic, Progresso, Healthy Choice (Country Vegetable,  
Garden Vegetable)  
Salsa – Old El Paso, Pace Picante Sauce  
Salad Dressings – Kraft FF (1000 Island, Catalina, Zesty Italian), Weight  
Watchers (Italian, FF), Ken (FF Sun Dried Tomato), Maple Grove, Walden Farm  
(FF Balsamic Vinaigrette)  
FF mayonnaise, FF Miracle Whip  
Smart Squeeze (GE, K), FF I Can’t Believe that It’s Not Butter Spread (tub-K),  
Promise Fat-free Margarine (tub-GE)

### Snacks

FF Gourmet Tortilla Chips, Baked Tostitos, Baked Lays (Original) Guiltless  
Gourmet FF Tortilla Chips, FF Pretzels (Rold Gold, Utz), Rice Cakes (Hain,  
Quaker), FF Popcorn, FF Cookies (Archway Oatmeal), Angel Food Cake, FF  
Pudding Mix (Jello-brand), FF Muffin Mix – Krusteaz, Hodgson Mill



### Beverages

Herbal tea, Grain coffee: Cafix, Dacopa, Teccino (MP), Roma (MP), Postum (K)  
Revival Roasted Soy Coffee ([www.revivalsoy.com](http://www.revivalsoy.com) or 1-800-REVIVAL),  
Caffeine free Diet Colas, Diet Rite

### Miscellaneous

Wondercocoa by Wonderslim (MP)  
Better’n Peanut Butter (MP)



***Please share any treasures you discover during your own Supermarket Safari.***

Ingredients may be changed by manufacturer. Be sure to carefully read the labels during each purchase.  
GE=Giant Eagle, K=Kroger, MP=Mountain People’s Coop, VS=Von Son Asian Market  
Revised 04.2007