

Vegetables		
Type	Notes	Recommended Brands / Items
Fresh	All Varieties	Any Brand
Salad Mix	Remove added croutons, cheese, dressing, and toppings	Cal-Organic Farms, Dole, Earthbound Farm, Fresh Attitude, Fraiche, Fresh Express, Glory Foods, Organic Girl, Ready PacLeasa, Store Brand
Frozen	All Varieties No salt added No sauces No butter/cream/oil added	Bird's Eye, Columbia River, Deluxe All Natural, Pictsweet, Seapoint Farms, Today's Harvest, Green Giant (select products), Store Brand
Dehydrated Vegetables	All Varieties No salt added	Just Veggies
Canned	No salt added Low Sodium	Del Monte, Farmer's Market, Libby's, Walnut Acres, Store Brand

Tomato Products		
Type	Notes	Recommended Brands / Items
Dehydrated Tomatoes	No oil added	California Sun Dry
Pasta Sauce	Spaghetti or Marinara Sauce No salt added Low Sodium	L.E. Roselli, Enrico's, Walnut Acres, The Silver Palate, Gia Russa, Whole Food's, Engine 2, Store Brand
Tomato Sauce	No salt added	Hunt's, Muir Glen Organic, Store Brand
Tomato Pasta / Puree	No salt added	Contadina, Dei Fratelli, Flora, Hunt's, Muir Glen Organic, Progresso, S&W, Store Brand
Salsa	No salt added	Enrico's, Floribbean, Susan's Gourmet
Tomatoes	Canned No salt added	Del Monte, Dei Fratelli, Eden Organic, Hunt's, Muir Glen Organic, Pomi, S&W, Vita Sana, Store Brand
Juices (Tomato / Vegetable)	Bottled or canned No salt added	R.W. Knudson

Fruits and Fruit Products		
Type	Notes	Recommended Brands / Items
Fresh	All varieties	Any Brand
Frozen	All varieties	Cascadian Farm, Columbia River, Dole, Marca Europe's Best, Wyman's, Store Brand
Canned	Packed in juice or water No sugar or syrup added	Dole, Native Forest, Nutradiet, Del Monte, Wyman's, Store Brand
Applesauce	No sugar added	Mott's, Santa Cruz Organic, Store Brand
Dried Caution: high-calorie dense	Unsulphured Unsweetened	Dole, Flavor Tree, Funky Monkey, Made in Nature, Mariani, Naturally Delicious, Sun Date, Sun Maid, Sunsweet

Preserves & Spreadables Caution: high-calorie dense	No sugar added	Bionature, Chantaine All Natural, Crofter's, Eden, Kime's, Medford Farms, Polaner All Fruit, Ridge, Smuchers Simply Fruit, Sorrel, St. Dalfour, Westbrae, Wild Oats Natural, Store Brand
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Beans and Legumes		
Type	Notes	Recommended Brands / Items
Dried	All varieties No seasoning packet	Arrowhead Mills, Bob's Red Mill, Diana, Goya, Fig Food Company, Store Brand
Frozen	All varieties No salt added No sauce No butter	Birds Eye, Columbia River, Green Giant, Seapoint Farms, Sunrich Naturals, Today's Harvest, Store Brand
Canned	No salt added Low sodium	Bush's, Del Monte, Eden Organic, Goya, Store Brand
Bean Chili	Vegetarian No salt added Fat-free	Health Valley Organic

Whole Grains <i>(May also be available in bulk section)</i>		
Type	Notes	Recommended Brands / Items
Pasta	100% whole grain Whole wheat Whole durum Whole semolina No salt added	Alma's, Barilla, Bionature, DaVinci, Deboles, Delallo, DeCecco, Eden, Erewhon, Explore Asian Black Bean Pasta, Banza, Food For Life, Heartland, Hodgson Mill, Lundberg, Mueller's, Ronzoni Healthy Harvest, Rustachella, Seitenbacher, Vita Spelt, Westbrae, Store Brand
Couscous	100% whole wheat No added salt No seasoning packet	Fantastic Foods, Hodgson Mill, Near East Whole Grains Blends, Rice Select, Store Brand
Rice	Borwn whole grain Wild Rice	Canoe, Carolina, Goya, Grey Owl, Iberia, Kashi Original Pilaf Rice, Lundberg, Lotus Foods, Minsley, Minute Rice, Rice Expressions, Rice Select, Success, Uncle Ben's, Store Brand
Quinoa	100% whole grain	Ancient Harvest, Arrowhead Mills, Bob's Red Mill, Earthly Choice
Farro/Millet/Barley	100% whole grain Not pearled	Earthly Choice, Arrowhead Mills, Bob's Red Mill, Hamilton's
Corn Meal	Whole grain No grits	Bob's Red Mill, Goya, Store Brand
Flour	100% whole grain	Ancient Harvest, Arrowhead Mills, Bob's Red Mill, King Arthur Flour, Pillsbury, Store Brand

Hot Cereals		
Type	Notes	Recommended Brands / Items
Oatmeal	Irish oats, Steel-cut oats, old fashioned oats, quick-oats, rolled oats, instant oats; Plain No sugar added	Arrowhead Mills, Bob's Red Mill, Country Choice, Erewhon, McCann's, Mother's, Nature's Path, Old Wessex Ltd., Quaker, Scottish Porridge Oats, Store Brand
Cracked Wheat	All varieties Plain	Arrowhead Mills, Bob's Red Mill, Wheatena
Cream of Brown Rice/Buckwheat	Brown Rice 100% whole grain Plain	Erewhon, Pocado
Whole Grain/Multigrain	All varieties No salt added No sugar added	Arrowhead Mills, Kashi, Stone Buhr, Store Brand
Barley/Rice/Rye	100% whole grain Plain	Arrowhead Mills, Bob's Red Mill, Erewhon

Cold Cereals		
<i>Caution: All Choices High-Calorie Dense</i>		
Type	Notes	Recommended Brands / Items
Whole Grain	Puffed whole grain Whole grain No salt added No sugar added	Arrowhead Mills, Bob's Red Mill, Food for Life, Kashi, Nature's Path, Quaker, Seitenbacher Ballastos, Love Grown Power O's, Grainberry
Shredded Wheat & Bran	No salt added No sugar added	Arrowhead Mills, Barbara's, Post, Store Brand
Brown Rice	No salt added No sugar added	Nature's Path

Bread Products		
<i>Caution: All Choices High-Calorie Dense</i>		
Type	Notes	Recommended Brands / Items
Whole Grain Breads	100% whole grain 100% sprouted grain No hydrogenated fat Low sodium	Alvarado Stree Bakery, Ezekial Breads, Food for Life, Nature's Path Manna Bread
Rye Bread	No salt added	French Meadow Bakery, Rudolph's
Bagels	100% whole grain	Food for Life
Buns	100% whole grain	Food for Life
English Muffins	100% whole grain	Food for Life
Tortillas / Wraps	100% whole grain No salt added	Mission, Whole Kitchen, Food for Life, Garden City, Store Brand
Pita Bread	100% whole grain No salt added	Garden City, Redwan Pita Bakery, Toufayan, Store Brand
Bread Crumbs	100% whole grain No salt added	Store Brand

Dairy		
Type	Notes	Recommended Brands / Items
Milk (Dairy)	Nonfat, skim, or evaporated	Any Brand
Milk (Soy)	Unsweetened	8th Continent, Edensoy, Organic Valley, Silk, WestSoy, ZenSoy, Store Brand

Yogurt	Nonfat No sugar added No syrup added	Horizon, Stonyfield Farms, Yoplait Light, Fage, Chobani, Oikos Triple Zero, Cascade, Dannon Light, Athenos, Eros, Green Valley Organics, Siggi's, Voskos, Store Brand
Cottage Cheese	Nonfat Low sodium	Friendship, Store Brand
Ricotta Cheese	Nonfat	Calabro, Miceli's, Polly-O, Sorrento, Sargento
Cheese <i>*Use as a condiment*</i>	Fat free Reduced-Fat Soy or plant-based	Galaxy Nutritional Foods, Kraft, Store Brand
Sour Cream <i>*Use as a condiment*</i>	Nonfat No sugar added	Tofutti, Store Brand

Vegetable Protein

Type	Notes	Recommended Brands / Items
Tofu	Plain Any texture	Leasa, Marjon, Nasoya Silken, WestSoy, Wild Wood Organics, Mori-Nu, Store Brand
Tempeh	Plain No salt added	Lightlife
TVP (Texture Vegetable Protein) TSP (Texture Soy Protein)	Plain Any size	Bob's Red Mill, Now Foods

Animal Protein

Limit to 6oz per day

Type	Notes	Recommended Brands / Items
Eggs	Egg Whites Fat-free	All Whites, Deb-EI Just Whites, Egg Beaters, Eggology, Organic Valley
Seafood	Fresh or Frozen No sodium No sauce No butter	Aqua Star, Sustainable Seas, Store Brands
Canned Meat	Water packed No salt added Very low sodium	Bumble Bee, Crown Prince Natural, Star-Kist, Wild Planet, Hormel, Store Brand
Shellfish	Fresh or Frozen No salt added No sauce No butter	Any Brand
Poultry	Fresh, Frozen, or Ground 99% Fat-free Skinless	Perdue Fit & Easy, Boar's Head, Butterball, Jenni-O, Store Brand
Deli Meats	Over-roasted No salt added Low sodium	Boar's Head, Plainville, Dietz & Watson
Beef / Pork <i>*Trim and Drain Fat*</i>	Round Roast Sirloin Tenderloin 93/7% Ground Beef	Store Brand

Vegetable Protein

Type	Notes	Recommended Brands / Items
Dehydrated	No added salt	Bob's Red Mill, Frontier Soups
Frozen	Reduced fat No salt added No sugar added	Tobatchnick
Stock / Broth	Any variety No salt added Low sodium	Imagine, Kitchen Basics, Pacific Natural Foods, Shelton, Swanson, Progresso, Store Brand
Bouillon	Any variety No salt added	Herbox
Canned	No salt added	Health Valley Organic

Frozen Meals

Type	Notes	Recommended Brands / Items
Pasta	Varies from variety and flavors	365 Everyday Value, Amy's, Whole Food's
Veggie Burgers	Varies from variety and flavors	Gardenburger, Engine 2

Snack Foods

All Choices High Calorie-Dense

Type	Notes	Recommended Brands / Items
Pretzels	100% whole wheat Unsalted	Martin's Pretzel Bakery
Popcorn	No butter No salt added	Bearito's, Cache River Popcorn Rice, Engine 2, Garden of Eatin, Newman's Own, Orville Redenbacher's, Store Brand
Rice Cakes / Rice Crackers	100% brown rice No salt added	Lundberg Farms, Koyo Organic, Hol-Grain Crackers, Mother's
Whole Grain Crackers	100% whole grain Low sodium	Wasa Whole Wheat, Le Pain de Fleur, Ryvita Sesame, Whole Food's Brand
Tortilla Chips	No salt added Baked	Garden of Eatin, Guiltless Gourmet
Nut Butter	No salt added No sugar added No palm oil	Crazy Richard's, 365 Everyday Value, Adams, Store Brand

Desserts

All Choices High Calorie-Dense

Type	Notes	Recommended Brands / Items
Cocoa Powder	Fat-free Sugar-free	Carob Powder, Chattfield's, Ghirardelli Hershey's, TerrAmazon
Frozen Fruit Bars / Popsicles	No sugar added	Breyer's Pure Fruit, Whole Fruit, Store Brand
Frozen Yogurt	Fat-free Sugar-free	Stonyfield Organic Nonfat Yogurt
Ice Cream	Fat-free Sugar-free	Breyer's Fat Free Ice Cream, Lifeway Frozen Kefir, Kemps Fat Free No Sugar Added Frozen Yogurt
Pudding	Fat-free Sugar-Free	Jell-O

Salad Dressings and Marinades

Type	Notes	Recommended Brands / Items
Vinegars	No sugar added No salt added	Any flavor
Salad Dressings	Fat-free Low sodium	Conorzio, Sophia Greek Island, Health Starts Here, Whole Food's Brand
Marinades	No salt added Low sodium	Mrs. Dash, Ken's, Bragg's

Condiments

Type	Notes	Recommended Brands / Items
Liquid Smoke		Colgin
BBQ Sauce	No sugar added	Robbie's Mild, G.H Hughes
Ketchup	No salt added No sugar added	Heinz, Hunt's, Westbrae, G.H Hughes
Hot Sauce		Bone Suckin' Sauce, Busha Browne's Pukka Hot Pepper Sauce, Dave's Gourmet, Tobasco
Mustard	No salt added	Coleman's Mustard Powder, Westbrae Natural

Spices and Herbs

Type	Notes	Recommended Brands / Items
Dried Herbs & Spices	No salt added	Any Brand
All Purpose Seasoning	No salt added	Badia, Bragg's, Emeril's, Frontier, Magic, McCormick, Miracle Blend, Mrs. Dash, Penzeys Spices International, Schilling, Spike

Beverages

Type	Notes	Recommended Brands / Items
Tea	Decaffeinated or herbal No sugar added	Bigelow, Celestial Seasonings, Good Earth, Honest Tea, Ito En, Lipton, Mighty Leaf, Republic of Tea, Select, Steaz, Tazo, Triple Leaf, Tea's Tea, Twinings, Store Brand
Mineral Water & Seltzer	No sodium	Asante, Boylan, Calistoga, Canada Dry, Crystal Bay, Glaceau, Smart Water, La Croix, Poland Spring, Perrier, Ritz Metro Mint, Syfo, Vintage, Store Brand
Club Soda	No sodium	Canada Dry, Schweppes, Store Brand
Coconut Water	No sugar added	Ducoco, Goya

Recommended Stores / Online Sources

Amazon.com

Hearthhealthymarket.com

Vitacost.com

Lowsaltfoodsstore.com

Wellyourworld.com

Primogourmetfoods.com

Bensonsgourmetseasonings.com

Kalustyans.com

Trader Joe's

Whole Food's