

# Hungry Girl's 2010 Supermarket List

**Abbreviations: FF = fat-free, RF = reduced-fat, LF = low-fat, SF = sugar-free, NSA = no-sugar-added**

## Dairy, Dairy Alternatives, & Egg Products

### **Cheese**

- FF or RF shredded cheese (Kraft, Lifetime, Sargento, Galaxy Veggie Shreds, Weight Watchers)
- FF or RF block cheeses (Lifetime, Cabot)
- FF or RF cheese slices (Kraft, Sargento, Galaxy Veggie Slices)
- FF or LF cottage cheese (Fiber One, Knudsen On the Go Cups)
- FF cream cheese (or Weight Watchers RF Spread)
- FF or RF crumbled feta
- The Laughing Cow Light Cheese Wedges
- Light string cheese (50 - 60 calories w/ about 2g fat each)
- Assorted RF cheese snacks (Weight Watchers, Sargento)
- The Laughing Cow Light Gourmet Cheese Bites
- RF Parmesan-style grated topping (pasta aisle, usually)

### **Egg Products**

- FF liquid egg substitute (Egg Beaters Original, Better'n Eggs, Nulaid ReddiEgg)
- Liquid egg whites (All Whites, Egg Beaters Whites)
- Eggs (for making hard-boiled egg whites)

### **Yogurt**

- FF or LF yogurt (Yoplait Light, Dannon Light & Fit, Weight Watchers, Yoplait Fiber One, YoPlus Light)
- FF plain Greek yogurt (Fage Total 0%, Trader Joe's 0%, **Chobani Nonfat**)
- FF or LF fruity Greek yogurt (Fage Total 2% with Fruit, Chobani Nonfat)

### **Milk & Milk Swaps**

- Refrigerated light vanilla soymilk (8th Continent Light, Silk Light)
- Blue Diamond Unsweetened Vanilla Almond Breeze (stocked with non-refrigerated soymilks)

### **Pudding**

- SF or NSA pudding cups (Jell-O SF, SF Handi-Snacks, Hunt's NSA)

- Kozy Shack NSA Rice Pudding & Tapioca Pudding
- Mousse Temptations by Jell-O

### **Assorted Low-Cal Condiments**

- FF Reddi-wip
- Cool Whip Free (freezer aisle)
- Coffee-mate Original FF liquid creamer
- Coffee-mate FF or SF French Vanilla powdered creamer
- Coffee-mate Powder Stick Packs
- FF sour cream
- FF or LF mayo
- Light buttery spread or light whipped butter (Brummel & Brown, Land O'Lakes Whipped Light, Smart Balance 37% Light)
- I Can't Believe It's Not Butter! Spray

### **Cereal**

#### **Cold Cereal**

- Puffed stuff (puffed wheat, rice, &/ or corn; Kashi 7 Whole Grain Puffs; Kix)
- Shredded wheat (like Fiber One's Frosted version)
- Fiber One Bran Cereal (original)
- Kashi Honey Sunshine
- Zoe's Granola
- Kashi Heart to Heart Warm Cinnamon Oat Cereal

#### **Hot Cereal**

- Instant oatmeal packets (Quaker, Quaker Simple Harvest)
- Amy's Hot Cereal Bowls (freezer aisle)
- Old-fashioned oats (especially for recipes)

### **Meat & Seafood**

#### **Meat**

- Nearly FF (around 97%) turkey, chicken, &/or ham slices (Oscar Mayer Deli Fresh, Applegate Farms, Butterball, Healthy Ones, Sara Lee)
- Boneless skinless lean chicken &/or turkey breast
- Extra-lean/lean ground turkey breast (Jennie-O, Butterball)
- FF or nearly FF hot dogs (Hebrew National 97% FF, Yves Meatless, Ball Park FF, Ball Park Bun Size Smoked White Turkey, Hoffs Extra Lean)

- Canned 98% FF chunk white chicken breast in water

#### **Seafood**

- Canned/pouched tuna in water
- Canned/pouched salmon in water
- Real or imitation crabmeat
- Starkist Salmon, Albacore, & Tuna Creations
- Bumble Bee Prime Fillet Albacore Steak Entrees
- Frozen or fresh shrimp & scallops
- Frozen or fresh fish fillets (like tilapia, tuna, & cod)
- Gorton's frozen grilled shrimp & fish fillets (tilapia, salmon)

#### **Assorted Meaty Extras**

- Hormel Turkey Pepperoni
- Lean turkey burger patties (Jennie-O, Butterball)
- Center-cut bacon or extra-lean/lean turkey bacon (Jennie-O Extra Lean, Louis Rich)
- Bacon bits (real or imitation)
- Soy, turkey, or beef jerky (Tasty Eats -- not the chicken-flavored ones --, Jack Link's, Oh Boy! Oberto)
- Jack Link's Premium Cuts (Chicken Nuggets!)

### **Veggies**

#### **Fresh**

- Chopped & prepared veggies/veggie snacks (Mann's Light Bites, Mann's Snacks on the Go)
- Salad greens
- Giant romaine lettuce leaves & cabbage (like Mann's Lettuce Singles -- for wraps!)
- Veggies for munching on (cherry tomatoes, broccoli, sugar snap peas, baby carrots)
- Broccoli slaw mix
- Mann's Lo Mein Stir Fry (part veggies, part noodles)
- Tomatoes
- Bell peppers
- Onions (for Lord of the Onion Rings!)
- Butternut squash (for HG's special fries)
- More fresh veggies of your choice

#### **Frozen**

- Steam-in-the-bag veggies (Birds Eye, Green Giant)

- Seasoned veggies or veggies in LF sauce (Green Giant Just for One!, Green Giant Healthy Blends)

## **Fruit**

### **Fresh**

- Grab-n-go fruit (apples, pears, bananas, oranges)
- More fresh fruit of your choice

### **Canned & Frozen**

- Canned fruit in juice or water (pineapple, mandarin oranges, peaches)
- NSA frozen fruit (strawberries, dark sweet cherries, mango chunks, peach slices, mixed berries)
- NSA applesauce (flavored!)

## **Soups & Other Canned Goods**

### **Low-Cal Canned Soups**

- Progresso (99% FF, Light, & High Fiber)
- Amy's Organic Light in Sodium (Chunky Tomato Bisque!)

### **Broths & Chili**

- FF chicken, beef, or veggie broth (look for low-sodium)
- Canned LF turkey or veggie chili (Hormel, Health Valley)

### **Non-Canned Guilt-Free Soups**

- Tabatchnick Soups (freezer aisle)
- Kettle Cuisine Soups & Chili (freezer aisle)
- Mishima instant soups (Miso & Edamame!)
- Campbell's Soup at Hand (check stats for LF ones)
- Campbell's V8 Soups

### **More Canned Fun**

- Pure pumpkin (Libby's!)
- Black beans (look for low-sodium)
- Other beans of your choice (garbanzo, kidney)
- FF refried beans
- Tomato sauce (look for flavored)
- Crushed tomatoes (for chunky sauce, & look for flavored)
- Diced tomatoes (fire-roasted!)

## **Packaged Snacks, Bars, Etc.**

### **Crackers & LF Chips**

- High-fiber crackers (Wheat Thins Fiber Selects, Ryvita, Wasa)

- Guiltless Gourmet Tortilla Chips
- Baked &/or RF potato chips (Kettle Bakes, Baked!, Pringles Light, Cape Cod 40% RF)
- Popchips (or Popped Chips)

### **Popcorn & Other Crunchy Snacks**

- 94% FF mini microwave popcorn bags (Jolly Time Healthy Pop, Orville Redenbacher's Smart Pop!, Pop Secret 94% FF Snack Size)
- Rice cakes & snacks (Quaker Rice Cakes & Tortillaz)
- Soy crisps (Genisoy, Glenny's)
- Michael Season's single-serving snacks

### **100-Calorie-or-Less Snack Packs & Treats**

- Snack cakes (Hostess 100 Calorie Packs, Weight Watchers Snack Cakes)
- Quaker Mini Delights
- Rice Krispies Treats The Original Bars
- VitaTops, VitaMuffins, & VitaBrownies (freezer aisle!)
- Pringles Stix
- Oreo Wafer Fun Stix
- Assorted 100-calorie snack packs (Nabisco, Right Bites, Mini Bites, Chex Mix)
- 100 Calorie Bars (Hershey's, Reese's, York, Snickers, Twix)
- Hershey's Sticks
- Entenmann's Little Bites 100 Calorie Packs

### **Bite-Worthy Bars**

- Cereal bars & chewy granola bars (Fiber One, Quaker 90 Calorie, Special K, South Beach Living Fiber Fit)
- Crunchy granola bars (Nature Valley, Kashi)
- Decadent snack bars (South Beach Living Delights, Chex Mix, Promax 70 Calorie)
- Mini-meal-type bars (Kashi GoLean, Kind, Luna, Lara)

### **Assorted Guilt-Free Snack Foods**

- Freeze-dried fruit (Gerber Mini Fruits, Just Tomatoes, Trader Joe's, Sensible Foods, Funky Monkey, Crispy Green)
- Gerber Fruit Puffs & Veggie Puffs
- Jell-O SF Gelatin Snacks
- LesserEvil Krinkle Sticks
- Fiber One Toaster Pastries
- Newtons or Special K Fruit Crisps

## **Nuts**

- Everybody's Nuts! California Pistachios
- All Natural Almond Accents
- 100-calorie packs of Blue Diamond Almonds
- 100-calorie packs of Emerald's Walnuts & Almonds (Cocoa Roast!)

## **Bread Aisle**

### **Bread & Buns**

- Low-cal, high-fiber light bread (Weight Watchers; Nature's Own Light & Double Fiber; Arnold's Bakery Light; Pepperidge Farm Light Style, Very Thin, & Whole Grain; Sara Lee Delightful; Fiber One)
- Light buns (Nature's Own Double Fiber Buns, Pepperidge Farm Classic Whole Grain White Hamburger Buns & Hot Dog Buns)
- Arnold Select/Oroweat Sandwich Thins or Pepperidge Farm Deli Flats

### **English Muffins & Bagels**

- Light English muffins (Weight Watchers, Thomas', Western Bagel Alternative, Fiber One)
- Low-cal bagels (Western Bagel Alternative, Weight Watchers, Kim's Light)

### **Tortillas & Pitas**

- LF, high-fiber flour tortillas with around 110 cals each (La Tortilla Factory Smart & Delicious Low Carb High Fiber or 100 Calorie, Mission Carb Balance, Tumaro's 8" Healthy or Low in Carbs, Flatout Light Wraps)
- High-fiber pita bread (Western Bagel Alternative, Weight Watchers)

## **Ice Cream & Frozen Novelties**

- FF or LF ice cream (Dreyer's/Edy's Slow Churned Light Ice Creams, Dreyer's/Edy's Loaded, Breyers Smooth & Creamy FF)
- LF ice cream sandwiches (The Skinny Cow, Weight Watchers, Klondike Slim-a-Bear)
- Fruit bars (Blue Bunny FrozFruit, Fruitfull Juice Bars, Dreyer's/Edy's NSA Fruit Bars)
- LF fudge bars (Weight Watchers GIANT, Healthy Choice Premium, NSA Fudgsicles)

- Portion-controlled light ice cream cups (Weight Watchers, Dreyer's/Edy's)
- Light ice cream bars (The Skinny Cow, especially Truffle Bars!)
- Weight Watchers Sherbet & Ice Cream Bars
- Fruity popsicles (SF Popsicles, Crystal Light)
- Guilt-free sundae cones (Nestle Lil' Drums, Weight Watchers, The Skinny Cow)

### **Sauces, Dressings, Etc.**

- Low-cal salad dressings (Girard's FF, Wish-Bone Bountifuls, Kraft Free, Kraft Light, Hidden Valley FF, Wish-Bone Light, Newman's Own Lighten Up!, low-cal ones from Litehouse)
- Spray dressings (Wish-Bone, Ken's, Newman's Own)
- SF pancake syrup (Cary's SF, Mrs. Butterworth's SF, Log Cabin SF)
- Salsa (fresh, La Victoria, Pace)
- SF preserves (Smucker's SF, Polaner SF with Fiber)
- Frank's RedHot (Original & flavored)
- Hellmann's/Best Foods Dijonnaise
- Ketchup (Heinz, Heinz Reduced Sugar)
- Mustard (honey, Dijon, spicy brown, yellow)
- Vivi's Original Sauce Carnival Mustards (request 'em!)
- Reduced-sodium/lite soy sauce
- BBQ sauce with about 45 calories per 2-tbsp. serving (Chris' & Pitt's)
- LF marinara or pizza sauce (Classico, Dei Fratelli)
- Low-cal marinades (Mrs. Dash, Lawry's, Newman's Own)

### **Guilt-Free Frozen Foods & Meals**

#### **Breakfast-y Finds**

- LF waffles (Kashi, Eggo LF, Van's LF)
- Kraft Bagel-fuls
- Weight Watchers Smart Ones Morning Express
- Jimmy Dean D-Lights Breakfast Sandwiches & Bowls

#### **Meat Substitutes**

- Veggie burgers & soy patties (Boca, Gardenburger, Morningstar Farms, Dr. Praeger's -- blot the oil! --, Amy's)

- Ground-beef-style soy crumbles (Boca, Morningstar Farms)
- Breaded-chicken-style soy patties (Boca, Morningstar Farms)
- Morningstar Farms Hickory BBQ Riblets

#### **Sandwiches, Etc.**

- Guilt-free burritos & wraps (Amy's, Cedarlane)
- Kashi Pocket Bread Sandwiches
- Low-cal panini (Lean Cuisine, Healthy Choice)
- Lean Cuisine Flatbread Melts
- Lean Pockets

#### **HG Pizza Finds**

- Amy's Spinach Pizza in a Pocket Sandwich
- South Beach Living Pizza
- Amy's Cheese Pizza Toaster Pops
- Kashi All Natural Frozen Pizzas (Thin Crust!)
- Weight Watchers Smart Ones Artisan Creations

#### **Entrees & More**

- Contessa Stir Fry Meals
- Boca Meatless Lasagna
- Boca Meatless Chili
- Amy's Mexican Tamale Pie
- Amy's Shepherd's Pie
- Kashi All Natural Entrees (Mayan Harvest Bake!)
- Healthy Choice Cafe Steamers
- Healthy Choice All Natural Entrees (Pumpkin Squash Ravioli!)
- Lean Cuisine (Beef Chow Fun!)

### **Beverages**

- Diet soda (Coke Zero, Coke Cherry Zero, Sprite Zero)
- Coffee (Millstone, Dunkin' Donuts)
- Starbucks Via Ready Brew
- Tea (Celestial Seasonings, Stash)
- SF powdered drink mixes (Crystal Light, Wyler's Light, Lipton Iced Tea To Go)
- Flavored water (Dasani Essence, Aquafina Flavorsplash, Vitaminwater10)
- Spring water
- Trop50 orange juice beverage
- SoBe Lean

- Ocean Spray Diet
- Diet V8 Splash
- 25-calorie packets of hot cocoa (Swiss Miss Diet, Nestle FF)
- Minute Maid Fruit Falls or Just 10 Pouches

### **Baking Goods, Spices, & More**

#### **Pantry Staples**

- Whole-wheat flour
- Mini semi-sweet chocolate chips
- Pillsbury Reduced Sugar Cake Mixes
- LF honey graham crackers
- SF FF instant pudding mix (Jell-O)
- Better'n Peanut Butter/Peanut Wonder (or RF PB)
- Brown rice (pre-portioned &/or instant)
- Whole-wheat-blend pasta (Ronzoni)
- Betty Crocker 80 Calories Per Serving Pouch Potatoes
- No-cal sweetener packets (Splenda, stevia)
- Splenda No Calorie Sweetener, granulated (comes loose in the box, not in packets)
- Splenda Flavors for Coffee
- Unsweetened cocoa powder
- Torani SF Syrups
- Instant coffee crystals
- Nonstick cooking spray (Pam in Original, Professional High Heat, & Olive Oil)
- SF gum (Stride, Trident Layers)

#### **Assorted Spices, Seasonings, Etc.**

- Vanilla extract
- Cinnamon
- Pumpkin pie spice
- Garlic powder
- Onion powder
- Minced dried onion
- Dry seasoning mixes (taco, fajita, chili, etc.)
- Dry onion soup/dip mix

#### **Fridge Must-Haves**

- Dill pickles (burger chips & spears)
- House Foods Tofu Shirataki noodles (near the tofu)
- Pillsbury RF Crescent Rolls
- Pillsbury Crescent Recipe Creations Seamless Dough Sheet
- Pillsbury Classic Pizza Crust

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