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Brand Name and Grocery List

This is just a sample of options. There are lots of good choices in your grocery store besides these. Try to eat foods that are as close to their natural state as possible. But sometimes, a convenience food is necessary. Everything can work in moderation!

Breads

Whole Wheat English Muffins
Sandwich Thins (now also keto sandwich thins)
Food for Life Ezekiel sprouted grain bread
Dave's Killer Bread – 21 whole grain and seeds
Alpine Valley Power Grain bread
Roman Meal – 100% whole wheat bread
Oroweat Real Jewish Rye
Milton's Whole Wheat Bread
Oroweat Double Fiber Bread
Alvarado St. Bakery Essential Flaxseed Bread
Pepperidge Farm whole grain oatmeal bread
Arnold whole grains healthy multi grain
Nature's Own Double Fiber Wheat Bread
Thomas Whole Wheat Mini Bagel
Corn tortillas
Whole Wheat tortillas or wraps
Ezekiel sprouted grain tortilla
The Better Bagel (Online)
Low Carb Tortillas
Egglife Wraps (these are made from eggwhites)

Tips: Look for the word "whole" as the first ingredient. Aim for 3 grams or more of fiber per serving. Avoid croissants, pastries and "white" breads.

Gluten Free Breads
- Happy Campers Classy Slice
- Food for Life Brown Rice Bread
- Glutino seeded bread

Cereals

Fiber One Original
Cascadian Farms Organic Purely O's
Post Bran Flakes
Wheaties
Magic Spoon
Catalina Crunch
Kellogg's Special K High Protein
Kashi Good Friends, Go Lean, or 7 Whole Grains
Kellogg's All Bran or Bran Buds
Cheerios
Kix
Trader Joes high fiber Joe's Os
Old Fashioned Oats
Steel Cut Oats
Uncle Sam's Toasted Whole Wheat
Arrowhead Mills Oat Bran Flakes
Barbara's High Fiber
Trader Joes Hot Multigrain cereal

*****Many people with diabetes do not do well with cereal breakfasts due to the increased insulin resistance in the morning*****

Tips: Aim for 3 grams or more of fiber per serving. Avoid most "kids" cereals and refined cereals (one's with the word "enriched" as the first ingredient).

Other Starches
Banza chickpea pasta or other pasta made out of chickpeas, lentils or black beans
Whole-wheat pasta (any brand)
Brown rice (any brand)
Wild rice
Dreamfields Low Carb Pasta
Whole grains: barley, quinoa, amaranth, whole-wheat couscous

Tips: Avoid packaged mixes and meal helpers – they are very high in sodium.

Crackers
Triscuits Reduced Fat Crackers
Ryvita Crispbread
Ak Mok Crackers
Kavli Crackers
Wasa Crackers
Kashi Original 7 grain
Mary's Gone Crackers
GG Scandanavian Fiber crackers

Snacks
Kale Chips
Baked Snap peas or other vegetable
Roasted Chickpeas or edamame
Dry roasted or raw nuts: almonds, pistachios, peanuts, walnuts, pecans – unsalted preferred
Unsalted seeds: sunflower, flax, pumpkin
Air-popped popcorn
Olive oil popcorn
Orville Redenbacher 100 Calorie Smart Pop Popcorn*Fiber One* 90 Calorie Snack Bars
Quest chips

Protein Bars
Quest Bars or Kirkland Signature Protein Bars
Barebells
Fit Crunch
Source Bar
Detour Bars
Premier protein bar or drink
Think Thin
Pure Protein
Power Crunch (a bit higher in saturated fat)
Nature Valley Protein
Kind Protein
EPIC bar
Orgain protein bar
ONE
Atkins protein drink
Core Power Protein drink
Glucerna Hunger Smart
Extend Bar

Look for protein drinks that are low in sugar and carbs – there are many new products available now

Many bars have a lot of added sugar despite being a good source of protein. Choose a bar that is about 250 calories or less and has a good amount of fiber. If you are struggling to get enough protein in your diet choose a bar with more than 15 grams. It is OK to use these from time to time, but try to eat "Real" food as much as possible.

(Preferably a protein bar that does not use high amounts of soy protein although some of these do. Some protein bars use sugar alcohols that can cause bloating or gas in sensitive individuals)

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Fruit & Vegetable
Fresh produce
Frozen produce (with no added sugars, gravies or sauces)
Canned vegetables (no added salt)

Tips: Choose low sodium varieties when purchasing canned produce. Always look for frozen fruits that are not processed with added sugars.

Yogurts
Ralphs (Kroger) Carb Master brand milk and yogurt
Siggi's Icelandic yogurt
Wallaby Greek plain yogurt
Light and Fit Two Good Greek Yogurt
Oikos Triple Zero yogurt
Dannon Light and Fit Greek Yogurt
Yoplait Protein
Oikos Pro
Nonfat or low-fat Greek yogurts – *be careful of flavors with lots of added sugar*

Dairy , dairy substitutes and cheeses
Fat free or Low-fat milk
Fairlife brand milks (lower carb than regular milk)
Unsweetened soy almond, or coconut milk – fortified with calcium
Reduced fat cheeses
Low moisture/part-skim mozzarella string cheese
Part skim or nonfat ricotta cheese
Low-fat or nonfat cottage cheese
Cabot 75% Reduced Fat Cheddar Cheese
Laughing Cow Light Cheese Wedges

Spreads
Smart Balance
Benecol Spread
Promise Light Spread
I Can't Believe Its Not Butter
EarthBalance Spread
Nut butters – peanut, almond, cashew, sunflower (watch portions as very high in calories)
Avocado
Hummus

Beverages
WATER
Unsweetened ice tea or coffee
Flavored mineral waters – La Croix, Perrier, Dansani, Trader Joes, Waterloo, Bubly
Diet Snapple
Crystal Light
Diet Soda
Diet V8 Splash
Diet Ocean Spray
Minute Maid Light
ICE

Sugar substitutes are ok to have in moderation but if you are drinking a lot of diet drinks you are most likely getting a lot of sugar substitute. Try to drink more water instead.

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Meat, Fish, Poultry, and other animal based proteins

White meat chicken or turkey without skin
Loin and round cuts of beef, lamb and pork without fat
Lean ground meats (93% lean or better)
Fresh or frozen fish or shellfish (no breading)
Healthy Choice deli meats
Butterball Fat Free Honey Roasted or Smoked Turkey
Ralphs Low sodium turkey meat
Louis Rich Carving Board Chicken
Jennie-O extra Lean deli meats
Trader Joes Just Chicken
Eggs
Egg whites
Tin fish – tuna, sardines, salmon, oysters, clams, etc.
Chicken of the sea wild caught Alaskan pink salmon
Wild caught chunk light tuna
Safe catch

Vegetarian Options:

Tempeh
Tofu
Soyrizo
Trader Joes High Protein Veggie Burger
Beyond Meat
Impossible burger
Dr. Praeger's All American Veggie Burger
Tofurkey Deli Slices
Light Life Smart Deli "Meats"
Yves Veggie Cuisine Deli Slices
Veggie Burgers
Pea protein based products

Frozen Meals

Lean Cuisine
Healthy Choice
Smart Ones
Kashi
Saffron Road
Evol
Eat Well (Vons)
Stouffer's Fit Kitchen
Amy's Kitchen Light & Lean Entrees
Jimmy Dean D-Lights Breakfast Sandwiches
Egg white bites (frozen section)

1. Aim for those that keep calories in the 250-550
2. Choose meals with less than 4 grams of saturated fat.
3. Choose meals with less than 800 milligrams of sodium.
4. Select meals with at least 3-5 grams of fiber.

Ice Creams

Halo Top
Enlightened
Artic Zero
Skinny Cow or Yasso Individually Wrapped Bars
Breyer's CarbSmart Ice Cream
Sugar free popsicles/Sugar free fudgesicles