

# Hungry Girl's Official 2014 Supermarket List

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

## DAIRY

### **Cheese**

- FF & RF shredded cheese  
*Sargento, Kraft, Weight Watchers, Lifetime*
- FF & RF slices  
*Sargento, Kraft, Weight Watchers*
- FF & RF block-style cheese  
*Lifetime, Cabot Light, Kraft*
- RF cheese snacks with 100 calories or less  
*Mini Babybel, Weight Watchers, Cabot Serious Snacking*
- Light string cheese  
*Frigo, Sargento, Weight Watchers*
- FF & RF crumbled feta cheese  
*Athenos, President*
- The Laughing Cow Light cheese wedges (new White Cheddar!)
- The Laughing Cow 1/3 Less Fat Smooth Sensations Cream Cheese Spread
- Philadelphia 2X Protein Cream Cheese Spread
- FF cream cheese in a tub  
*Philadelphia*
- FF, LF & light (not part-skim) ricotta cheese  
*Frigo, Precious*
- FF & LF cottage cheese (with & without fruit)  
*Knudsen/Breakstone's On the Go!/Snack Size & Doubles, Fiber One, Friendship Fit to Go 1%*
- Almond cheese & soy cheese (low in fat)  
*Lisanatti Foods, GO Veggie!*
- RF Parmesan-style grated topping (pasta aisle) or grated Parmesan cheese  
*Kraft*

### **Yogurt**

- FF yogurt  
*Yoplait Light, Dannon Light & Fit*
- FF & RF Greek yogurt (with & without fruit)  
*Fage (Total 0%, 2%, Fruyo); Chobani (0%, 2%, Simply 100, Bite); Oikos (0%, 1 1/2%), Yoplait (Greek 100, Greek Blended); Dannon Light & Fit Greek*
- Yogurt with crunchy toppings  
*YoCrunch (Greek, Pie Parfaits, Breakfast Blends & more!), Yoplait Light with Granola, Chobani Flips*

### **Egg Products**

- FF liquid egg substitute  
*Egg Beaters Original, Better 'n Eggs, Nulaid ReddiEgg*
- Liquid egg whites  
*AllWhites, Egg Beaters 100% Egg Whites*

- Eggs (for hard-boiled whites)

### **Milk, Milk Swaps & Creamers**

- Blue Diamond Unsweetened Vanilla Almond Breeze
- So Delicious Dairy Free Almond Plus 5X Protein!
- Light vanilla soymilk (refrigerated)  
*8th Continent, Silk*
- FF dairy milk
- Unsweetened coconut milk beverage (refrigerated & shelf-stable)  
*So Delicious, Blue Diamond Almond Coconut Breeze*
- Good Karma Flax Milk (refrigerated)
- FF & LF non-dairy liquid creamer  
*Coffee-mate, Coffee-mate Natural Bliss, So Delicious Original Coconut Milk Creamer*

### **Sour Cream & Butter**

- FF & light sour cream
- Light buttery spread & light butter in a tub  
*Brummel & Brown, Land O'Lakes, Smart Balance*
- I Can't Believe It's Not Butter! Spray

## CEREAL

### **Cold Cereal**

- Fiber One Original bran cereal (or All Bran Original, if you avoid aspartame)
- Puffed rice, wheat & corn  
*Kashi 7 Whole Grain Puffs, Kix*
- Other cereals with about 150 calories & 4 grams of fiber per cup  
*Kashi Squares Honey Sunshine, Kashi Heart to Heart Warm Cinnamon Oat Cereal, Kashi Simply Maize, Fiber One (all varieties), Barbara's Bakery Puffins, Cinnamon Burst Cheerios, Dulce de Leche Cheerios, Multi Grain Cheerios (both Peanut Butter & Dark Chocolate Crunch)*

### **Hot Cereal**

- Old-fashioned oats  
*Quaker*
- Instant oatmeal packets  
*Quaker, Kashi, Nature's Path Organic, BetterOats*

## MEAT & SEAFOOD

### **Poultry**

- Jimmy Dean, Jennie-O, Butterball, Foster Farms, Perdue, Tyson*

- Boneless skinless chicken breast & turkey breast (raw breasts, tenders & cutlets; precooked cutlets, strips & chopped)  
*Tyson Grilled & Ready, Applegate Naturals*
- Applegate Naturals Chicken Nuggets (frozen)
- Lean chicken burgers  
*Weight Watchers (frozen), Al Fresco (refrigerated)*
- Fully cooked chicken sausage (refrigerated)  
*Al Fresco, Applegate Organics*
- Al Fresco All Natural Chicken Meatballs (refrigerated)
- Lean ground turkey (7% fat or less)
- Lean turkey burger patties (refrigerated & frozen)
- Turkey pepperoni  
*Hormel*

### **Beef**

*Laura's Lean Beef*

- Extra-lean ground beef
- Extra-lean & lean steak (top round, top sirloin, strip, tenderloin, t-bone & shoulder)
- Tyson's Grilled & Ready Beef Strips (freezer aisle!)

### **Pork**

- Extra-lean & lean pork (tenderloin, top loin chops, top loin roast, center loin chops, center rib chops & sirloin roast)

### **Bacon**

*Oscar Mayer, Hormel, Jennie-O, Applegate Naturals*

- Center-cut bacon
- Turkey bacon
- Precooked real crumbled bacon
- Oscar Mayer Turkey Bacon Bits

### **Packaged & Deli Meats**

- Extra-lean (96 - 99%) turkey breast, chicken breast, ham & roast beef slices  
*Boar's Head (lower-sodium, jerk turkey, chipotle chicken & more), Oscar Mayer (Selects), Applegate Naturals, Butterball, Healthy Ones, Sara Lee, Laura's Kitchen*
- Extra-lean & lean hot dogs  
*Hoffy Extra Lean, Hebrew National 97% FF, Ball Park Lean, Ball Park Smoked White Turkey*

### **Seafood (fresh & frozen)**

- Tilapia, tuna, cod, sea bass & other lean fish fillets
- Shrimp
- Crab  
*Chicken of the Sea Lump Crabmeat, Trade Winds, MeTompkin*
- Imitation crabmeat

### **Shelf-Stable Seafood & Other Proteins**

- Canned & pouched albacore tuna (packed in water)
- Canned & pouched boneless & skinless pink salmon (packed in water)
- Pouched seasoned tuna & tuna salad  
*StarKist Tuna Creations (new Ranch flavor!), StarKist Ready-to-Eat Tuna Salad*

### **MEAT SUBSTITUTES**

- Frozen meatless hamburger-style patties  
*Boca Original Vegan, Amy's Bistro, MorningStar Farms Grillers Original, Veggie Patch, Gardein The Ultimate Beefless Burger*
- Frozen meatless veggie-burger patties  
*Gardenburger, Boca, Amy's, MorningStar Farms, Dr. Praeger's*
- Frozen ground-beef-style soy crumbles  
*Boca Meatless Ground Crumbles, MorningStar Farms Meal Starters Grillers Recipe Crumbles*
- Soyrizo/soy chorizo  
*Tofurky, El Burrito*
- Meatless meatballs (frozen & refrigerated)  
*Veggie Patch, Nate's, MorningStar Farms, Amy's*
- Faux grilled chicken patties, cutlets & strips (frozen & refrigerated)  
*MorningStar Farms, Lightlife, Beyond Meat*
- Frozen meatless corn dogs  
*MorningStar Farms*
- Meatless Buffalo wings (frozen & refrigerated)  
*MorningStar Farms, Lightlife, Veggie Patch, Gardein*
- Meatless BBQ Riblets (frozen & refrigerated)  
*MorningStar Farms, Gardein*

### **PRODUCE**

#### **Fresh Vegetables**

- Asparagus
- Avocado
- Bell peppers

- Broccoli
- Brussels sprouts
- Butternut squash (Bake-tastic Fries!)
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Jicama
- Kale (for HG's kale chips!)
- Lettuce
- Mushrooms (portabellas ROCK)
- Onions (Lord of the Onion Rings!)
- Potatoes (fingerling, russet & more!)
- Snow peas & sugar snap peas
- Spaghetti squash
- Spinach
- Tomatoes
- Turnips (MORE fries!)
- Zucchini

#### **Bagged Produce**

- Lettuce mixes
- Broccoli cole slaw
- Classic coleslaw mix
- Bean sprouts

#### **Frozen Vegetables**

- Stir-fry veggies
- Cauliflower & broccoli florets
- Seasoned veggies & veggies in LF sauce  
*Green Giant Just for One, Health Blends & Seasoned Steamers*
- Steam-in-the-bag veggies  
*Birds Eye, Green Giant, Veg-All*
- Birds Eye Recipe Ready Frozen Vegetables

#### **Fresh Fruit**

- Apples
- Berries (raspberries, blackberries, strawberries, blueberries)
- Bananas
- Cantaloupe and/or honeydew melon
- Cherries
- Grapefruits
- Grapes
- Lemons
- Mangoes
- Nectarines and/or peaches
- Oranges (mandarin, navel, etc.)
- Pears
- Pineapple
- Pomegranates (POM POMS ready-to-eat arils!)
- Watermelon

#### **Frozen Fruit (NSA)**

- Strawberries
- Dark sweet cherries

- Mixed berries
- Mango chunks
- Peach slices
- Dole Frozen Fruit Single-Serve Cups

*And any other fruits & veggies!*

### **CANNED & JARRED FOODS**

#### **Fruit & Veggies**

- Pineapple packed in juice
- Mandarin orange segments packed in juice
- Peach slices packed in juice
- NSA applesauce
- Pure pumpkin  
*Libby's 100%*
- Tomatoes (crushed, diced, stewed, seasoned, etc.)
- Early/young peas (for HG's guacamole!)
- Sweet corn kernels  
*Green Giant Mexicorn*
- Jarred roasted red peppers (in water)
- Pickles (refrigerated & shelf-stable)

#### **Soup**

- Low-calorie soups  
*Amy's Organic (Chunky Tomato Bisque! Light in Sodium varieties!); Progresso 99% FF, Light, High Fiber, & Heart Healthy; Tabatchnick (frozen); Campbell's V8 & Soup at Hand (check stats); Annie Chun's (frozen); Kashi (frozen); Pacific Foods*
- Instant soup  
*Mishima (Miso! Edamame!)*
- LF turkey & veggie chili  
*Amy's Medium Black Bean, Hormel, Tabatchnick (frozen), Health Valley*
- FF chicken, beef & vegetable broth (look for low-sodium)

#### **Beans**

- Black beans
- Red kidney beans
- Cannellini (white kidney) beans
- Garbanzo beans (chickpeas)
- FF & LF refried beans

#### **Crackers, Chips & Other**

##### **Crunchy Snacks**

- Crackers with fiber (especially flatbread-style)  
*Ryvita, Wasa, Doctor Kracker, Melba Toast & Snacks, Van's Natural Foods Gluten Free Baked Crackers*
- RF baked & popped chips  
*Popchips, Quaker Popped, Kettle Brand Bakes, Baked! Lay's, Cape Cod 40% RF/Less Fat, Michael Season's (cont.)*

*Baked, Special K Popcorn Chips, Snikiddy Eat Your Vegetables Chips, Crunchmaster Popped Edamame Chips*

- ❑ Snikiddy All Natural Baked Fries & Cheese Puffs
- ❑ LF baked & popped tortilla chips  
*Guiltless Gourmet, Baked! Tostitos Scoops!, Popchips*
- ❑ Lentil, bean, hummus & quinoa chips  
*Mediterranean Snacks, Plentils, Simply 7, Kashi*
- ❑ Snack Factory Pretzel Crisps
- ❑ The Good Bean Roasted Chickpea Snacks
- ❑ Seaweed snacks  
*GimMe All Natural*
- ❑ Rice snacks & soy crisps  
*Quaker, Genisoy, Glennys*
- ❑ Rice cakes  
*Quaker*
- ❑ 94% FF microwave popcorn bags  
*Jolly Time Healthy Pop, Orville Redenbacher's SmartPop!, Pop Secret 100 Calorie Pop*
- ❑ Freeze-dried fruit  
*Just Tomatoes, Etc!, Funky Monkey, Crispy Green, Sensible Foods*

#### **Portion-Savvy Candy, Cookies & Sweets**

- ❑ Chocolate candy  
*Skinny Cow Dreamy Clusters & Heavenly Crisps, UNREAL candy, Hershey's Simple Pleasures*
- ❑ Lollipops & hard candy  
*Dum Dums, Tootsie Pops, Jolly Rancher*
- ❑ Cookies  
*Nabisco 100 Cal, Quaker Soft Baked Oatmeal Cookies & Crunchy Oat Granola Cookies, Nonni's Biscotti (Salted Caramel!)*

#### **Snack Bars**

- ❑ Cereal bars & chewy granola bars  
*Quaker, Fiber One, Special K, Kashi, Soyjoy, Rickland Orchards, Corazonas Mini Oatmeal Squares*
- ❑ Crunchy granola bars  
*Nature Valley, Kashi Crunchy Granola, Clif Crunch*
- ❑ Decadent snack bars  
*Fiber One, Special K, Chex Mix, Balance Mini*
- ❑ "Mini-meal" bars  
*Kashi GoLean, Kind, Luna (both Protein & Fiber), Larabar, Perfect Foods Bar Lite (refrigerated), Corazonas Oatmeal Squares, Gnu Foods FiberLove, Quest Bars (Double Chocolate Chunk!)*

#### **Nuts & Seeds**

- ❑ Pistachios in the shell

*Everybody's Nuts! (seasoned), Wonderful Pistachios*

- ❑ Almonds (whole & sliced)  
*Blue Diamond 100-calorie packs, Emerald 100-calorie packs, Wonderful (Almonds, Almond Accents)*

#### **Jerky**

- ❑ Beef, chicken, turkey, pork & meatless jerky  
*Jack Link's, Tillamook Country Smoker, Oh Boy! Oberto, Krave, Primal Spirit Foods*

#### **BREAD**

- ❑ Light bread slices  
*Weight Watchers, Nature's Own 40 Calories & Double Fiber, Arnold, Sara Lee 45 Calories & Delightful, Pepperidge Farm Light Style & Very Thin, Fiber One*
- ❑ Light & high-fiber hamburger & hot dog buns  
*Sara Lee 80 Calories & Delightful, Pepperidge Farm Bakery Classic 100% Whole Wheat, Nature's Own*
- ❑ 100-calorie flat sandwich buns  
*Arnold/Brownberry/Oroweat Sandwich Thins, Pepperidge Farm Deli Flats, Nature's Own Sandwich Rounds*
- ❑ Light English muffins  
*Thomas', Western Bagel Alternative, Weight Watchers, Nature's Own 100 Calorie*
- ❑ High-fiber pitas  
*Western Bagel Alternative, Weight Watchers*
- ❑ Large high-fiber flour tortillas with about 110 calories each  
*La Tortilla Factory (Smart & Delicious Low Carb High Fiber, 100 Calorie), Mission Carb Balance, Tumaros (8-Inch Low in Carbs, Deli Style)*
- ❑ Light high-fiber flatbreads  
*Flatout (Hungry Girl Foldits, Light, Pinwheel Lavash, Thin Crust Artisan Pizza)*
- ❑ 6-inch corn tortillas
- ❑ Corn taco shells (flat-bottomed!)
- ❑ Light & thin bagels  
*Western Bagel Alternative 2.0, Weight Watchers, Thomas' Bagel Thins, Kim's Light, Pepperidge Farm Bagel Flats, Nature's Own Thin Sliced Bagels*
- ❑ Pillsbury Crescent Recipe Creations Seamless Dough Sheet (refrigerated)
- ❑ Pillsbury Classic Pizza Crust dough (refrigerated)
- ❑ Pillsbury RF Crescent Rolls dough (refrigerated)
- ❑ Lavash bread (bakery or ethnic-food aisle)

#### **FROZEN MEALS & MEAL STARTERS**

- ❑ LF waffles  
*Eggo LF, Van's Lite*
- ❑ Breakfast sandwiches, bowls & wraps  
*Weight Watchers Smart Ones, Jimmy Dean Delights Breakfast Sandwiches & Bowls, Special K Flatbread Breakfast Sandwiches, Cedarlane Egg White Omelettes & Breakfast Burritos, Amy's Hot Cereal Bowls, Tabatchnick Steel Cut Oatmeal Singles, Vitalicious VitaSandwiches*
- ❑ Flatbreads, panini & pocket sandwiches  
*Amy's Pocket Sandwiches, Lean Pockets, Lean Cuisine Flatbread Melts & Panini, Weight Watchers Smart Ones Flatbreads*
- ❑ Burritos & wraps  
*Amy's, Cedarlane, EVOL*
- ❑ Pizzas (multi-serving & single-serving)  
*Kashi, Amy's (Light & Lean), Lean Cuisine, Weight Watchers Smart Ones, VitaPizza (request it!), Better4U, MorningStar Farms*
- ❑ Classic entrees  
*Kashi, Healthy Choice, Lean Cuisine, Cedarlane, Amy's (Light & Lean), MorningStar Farms, Lightlife, EVOL*
- ❑ Steam-ready meals  
*Lean Cuisine Market Collection, Healthy Choice Cafe Steamers, Kashi Steam Meals*
- ❑ Amy's Cheese Pizza Toaster Pops
- ❑ Contessa Stir-Fry Meals
- ❑ Garden Lites Souffles & veggie dishes
- ❑ Applegate Naturals Gluten-Free Beef Corn Dogs

#### **ICE CREAM, FROZEN DESSERTS & DESSERT INGREDIENTS**

- ❑ Light & FF ice cream cartons  
*Dreyer's/Edy's Slow Churned*
- ❑ Portion-controlled cups of light ice cream  
*Skinny Cow, Dreyer's/Edy's Slow Churned, Weight Watchers*
- ❑ Frozen yogurt  
*Dreyer's/Edy's Slow Churned Yogurt Blends, Stonyfield Oikos Organic Nonfat Greek Frozen Yogurt, Healthy Choice Greek Frozen Yogurt, TCBY Frozen Yogurt*
- ❑ Yasso Frozen Greek Yogurt bars
- ❑ Lifeway Frozen Kefir
- ❑ So Delicious Dairy Free Almond & Coconut Milk Frozen Desserts
- ❑ Light & LF ice cream bars  
*Enlightened The Good-For-You Ice (cont.)*

- Cream, Skinny Cow (Truffle Bars!), Blue Bunny Sweet Freedom Snack Size*
- LF fudge bars  
*Healthy Choice Premium, Weight Watchers Giant, Skinny Cow, NSA Fudgsicles*
- Fruit bars  
*Blue Bunny FrozFruit, Fruitfull Juice Bars, Dreyer's/Edy's Outshine*
- Mini fillo shells  
*Athens*
- Frozen whipped topping  
*Cool Whip Free, Truwhip (regular or Natural Light)*
- Vitalicious VitaTops & Mini VitaCakes

**SAUCES, SALAD DRESSINGS & SHELF-STABLE CONDIMENTS**

- Light, LF & FF salad dressings  
*Newman's Own Lite (LF Sesame Ginger Dressing!), Wish-Bone Light, Bolthouse Farms, Kraft Free & Light, Litehouse Lite & Opa, Hidden Valley FF, Girard's FF*
- Vinegar (balsamic, rice, seasoned rice, red wine, white wine, cider)  
*Nakano Seasoned Rice Vinegars (so many flavors!)*
- BBQ sauce (with 45 calories per serving)  
*Stubb's*
- FF & light mayonnaise
- Hellmann's/Best Foods Dijonnaise
- Mustard (honey, Dijon, spicy brown, yellow)
- Vivi's Original Sauce Carnival Mustards (request 'em!)
- Ketchup  
*Heinz (Real Jalapeño, No Salt, Reduced Sugar, Organic, Simply, Balsamic Vinegar)*
- Frank's RedHot Original Cayenne Pepper Sauce
- RF peanut butter  
*Jif RF, Skippy RF Creamy & RF Super Chunk*
- Justin's Nut Butters (portion-controlled packs)
- Better'n Peanut Butter/Peanut Wonder
- Powdered peanut butter  
*PB2, FitNutz*
- SF & low-sugar fruit preserves & jam  
*Smucker's SF & Low Sugar, Polaner SF with Fiber*
- Marinades (30 calories or less per tbsp.)  
*Lawry's, Newman's Own, Mrs. Dash, Margie's*
- LF marinara, pasta & pizza sauce

- Classico, Dei Fratelli*
- Salsa  
*La Victoria, Wholly Salsa (refrigerated in produce section), Pace*
- Hummus  
*Eat Well Enjoy Life Hummus with Greek Yogurt*
- Reduced-sodium/lite soy sauce

**BEVERAGES**

- Spring water
- Flavored water (check calories & servings per container!)  
*Vitaminwater Zero, Activate Drinks, Aquafina FlavorSplash, 0 Calories SoBe Lifewater, Minute Maid Fruit Falls & Just 10 pouches*
- Coconut water  
*Zico, O.N.E., Vita Coco, Taste Nirvana (Coco Aloe), Coco Libre, Harmless Harvest*
- Low-calorie & light juice beverages  
*Diet V8 Splash, V8 V-Fusion Light, Trop50, Ocean Spray Diet & Light, Bai5*
- Low-calorie drink mixes  
*Crystal Light, True Lemon Lemonade, Wylers Light, Lipton Iced Tea, AriZona SF, MiO, Dasani Drops, Starbucks VIA Refreshers*
- Diet soda & club soda  
*Coke Zero, Coke Cherry Zero, Sprite Zero, Blue Sky Free (Root Beer), A&W Diet Root Beer, Dr. Brown's Diet*
- Unsweetened and diet iced tea  
*Tejava, Gold Peak Tea, Diet Snapple (Trop-A-Rocka!), Diet AriZona*
- Unsweetened instant iced tea mix  
*Lipton*
- Tea bags  
*Celestial Seasonings, Tazo, Stash*
- Ready-to-brew coffee  
*Millstone, Dunkin' Donuts (Bakery Series!), K-Cups, Starbucks (Blonde Roast!)*
- Instant coffee granules  
*Folgers, Nescafe Taster's Choice*
- Starbucks VIA Ready Brew
- Hot cocoa packets with 20 - 25 calories each  
*Swiss Miss Diet, Nestle FF*

**BAKING PRODUCTS, PANTRY STAPLES, SPICES & MORE**

- Whole-wheat flour
- Pancake mix  
*Aunt Jemima Whole Wheat Blend,*

- Hungry Jack Complete Extra Light & Fluffy, Fiber One Complete, Bisquick Heart Smart*
- Mini semi-sweet chocolate chips
- Unsweetened cocoa powder
- LF graham crackers & chocolate graham crackers
- Nonstick cooking spray  
*Pam (Original, Olive Oil & Butter Flavor), Pompeian 100% Grapeseed Oil*
- Grapeseed oil and/or olive oil  
*Pompeian 100% Grapeseed Oil, Pompeian OlivExtra Premium Mediterranean Blend Oil*
- High-fiber pasta  
*Barilla (Plus, White Fiber, Whole Grain), Ronzoni (Healthy Harvest, Smart Taste)*
- House Foods Tofu Shirataki Noodle Substitute (refrigerated tofu section!)
- Wonton wrappers
- Egg roll wrappers
- No-calorie sweetener packets  
*Splenda, Truvia, Equal, Stevia In The Raw, Nectresse*
- No-calorie granulated sweetener (comes loose, not in packets)  
*Splenda No Calorie Sweetener, Stevia In The Raw*
- SF calorie-free flavored syrups  
*Torani SF Syrups*
- SF & FF powdered creamer  
*Coffee-mate SF & FF French Vanilla (regular ones have reasonable stats too!), Coffee-mate FF The Original*
- Dry taco, fajita & chili seasoning mix (salt-free packets by Mrs. Dash!)
- Dry onion soup/dip mix
- Dry ranch dressing/dip mix
- Salt-free seasoning mixes  
*Mrs. Dash, McCormick Perfect Pinch*
- Jarred chopped garlic
- Sun-dried tomatoes in pouches (or packed in oil; drain 'em!)