

Nutrition Dynamics Favorite Picks

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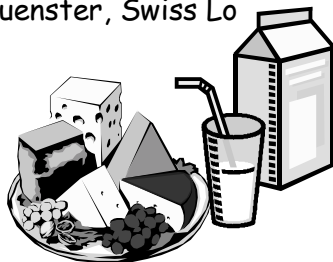


Milk (3 grams or less fat/8 oz)

Nonfat Milk (dried, canned, liquid)
1% Milk
Buttermilk
GeniSoy Soy Protein Powder, Protein
Shakes, UltraSoy Protein Powder
Prosoya So Nice Soy Milk
White Wave Silk Soy Milk

Cheese (5 grams or less fat/oz.)

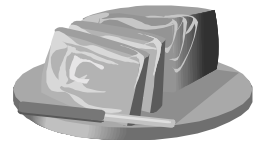
Alpine Lace Reduced Fat Feta (Plain or
Tomato Basil), Lightly Smoked
Provolone, 33% Less Fat Jalapeno
Cabot 75% Reduced Fat or 50% Light
Cheddar Chavrie Goat Cheese (Plain,
Basil & Garlic)
Friendship 1% Fat Cottage Cheese
(Regular or Whipped), Pineapple
cottage Cheese
Kraft 1/3 Less (Cracker Barrel
Cheddar, Monterey Jack, 2% Singles)
Jarlsberg Lite (specialty cheese/deli)
Sargento Mootown Snackers (Light)
Sorrento Mozzarella (Light,
Stringsters)
Ricotta (Low Fat)
Unie Kaas Gouda light
Wegman's FYFGA 75% Reduced Fat
Cheddar, Light Muenster, Swiss Lo
Light Muenster



Margarine (5 grams or less fat/2 Tbsp)

Benecol (Light)
Brummel & Brown Spreads
Downey's Honey Butter (Regular/
Cinnamon)
Fleishmann's Low Fat

Deli Meats (6 grams or less fat/2 oz)



Hatfield Roast Pork
Healthy Choice Honey Roast Turkey
Breast
Plainville Turkey Breast (No-Salt, Plain
or Oven Roasted), Turkey Pastrami
Russer Fat Free Hams (Cooked, Honey
Cured) Light (Braunschweiger, Ham,
Pickle & Pimiento, Salami, Old
Fashioned Loaf)
Sara Lee Oven Roasted Turkey Breast
(Plain or Honey Roast)
Tops' Roast Beef
Wegmans' Roast Beef (Just or
Seasoned), Turkey (Fat Free, Herb,
Oven Roasted), Pastrami, Corned
Beef

Yogurt (3 grams or less fat/8 oz and

contains no aspartame!)

Horizon
Stonyfield Farm

Cereals (5 grams of fiber/serving)

American Home Foods Wheatena
Barbara's Bakery High 5, Puffins
Regular & Cinnamon, Soy Essence
Bran Flakes/Organic Raisin Bran (all)
Fantastic Foods Hot Cereals (all
varieties)
Health Valley Organic Bran (with
Apples & Cinnamon/Raisins), Fat Free
Granola (all)
Kashi (Heart to Heart, Good Friends,
Cinnaraisin Crunch/ Go Lean - Crunch)
Kellogg's Bran Buds, All Bran Original
Lifestream Flax Plus
Nabisco 100% Bran
Nature's Path Organic Optimum
Post Grape Nuts (not flakes)
Quaker (Unprocessed Bran, Oat Bran -
Hot, Oatmeal all varieties except "n
Cream")
Ralston Chex (Multi-Bran, Wheat)
Roman Meal Cream of Rye
Shredded Wheat (all varieties ex
Honey)



Breads

(2 grams or more fiber/slice)

Arnold Branola Natural Whole Grain
Bun, Master's Best (Three Seed,
Winter Wheat), 100% Whole Wheat
Homestyle Kitchens' Organic Flour
Tortillas
Nature's Path Manna Bread (All)
Natural Ovens (Breads, Rolls, Muffins
any)
Pepperidge Farm Whole Natural Grain
(any)
Sahara 100 % Whole Wheat Pitas
(any)
Stroehmann's 100% Whole Wheat
Thomas' Honey Wheat English Muffins
Wegmans' Multi-Grain, Country Wheat
Wonder Stoneground 100% Whole
Wheat
US Mills (Oats Plus, Uncle Sam)

Crackers (3 grams or less fat/serving)

Adrienne's Lovosh Hawaii (Ten Grain)
Ak-Mak Original Whole Wheat Sesame
Barbara's Wheatines (Bits, Lightly Salted)
Dar Vita Stoneground Wheat Crackers
Health Valley (all crackers)
Grissol Melba Toasts (Double Fiber)
Kavli (Crispy Thin, Hearty Thick,
Muesli, Ultrathin)
Nabisco Triscuits (Reduced Fat only)
NY Flatbreads (all crackers)
Olof Original Sweden Crisp (Whole
Grain)
Ryvita Crisp Breads (all crackers)
Ralston Purina Ry Krisp, Wheat Krisp
Shafer, Clark & Co. Finn Crisp (all)
Wasa (all crackers)

Cookies (3 grams or less fat/ serving)

Barbara's Bakery Nature's Choice Fat
Free Cereal Bars, Fat Free Granola
Bars, Moist & Chewy Granola Bars,
Fig Bars
Health Valley (all cookies and bars)
Natural Nectar Fi-bar (Vanilla
Chocolate, Cranberry, Vanilla
Chocolate Strawberry, Vanilla
Chocolate Raspberry)
R.W. Frookie Fruitins (Apple, Fig)
**Note: others may meet the fat guideline
but watch for excessive additives &
dyes**



Desserts (3 grams or less of fat)

Kozy Shack Puddings (Banana, Chocolate, Rice, Tapioca, Vanilla)
Stonyfield Farm's Frozen Yogurt (all)
Haagen-Dazs Sorbet (Chocolate)
Haagen-Dazs Sorbet (Raspberry & Vanilla Frozen Yogurt Bar)
Ben & Jerry's (Sorbet, Frozen Yogurt)
Ben & Jerry's Fat Free Sorbet
Sherbet (without yellow and red dyes)
Dole (Fruit 'n Juice, Sorbet)
Frozen Fruit Bars
Tropicana Cream Bar

Soups (4 grams or less fat/10 oz prepared)

Fantastic Foods Creamy Soups (all), Hearty Soups (all), Only a Pinch Low Sodium Low Fat (all)
Gourmet Award (all dried)
Hain No Salt Added (all)
Health Valley (all canned or dry)
Nile Spice Foods Homestyle Soups (Lentil, Minestrone, Potato Leek, Primavera Pasta, Red Beans & Rice)
Nile Spice Soups with Organic Ingredients (Curry Lentil & Rice, Tomato Herb)
Pritikin (Chicken & Rice, Hearty Vegetable, Lentil, Minestrone, Split Pea, Three Bean 4 Chili, Vegetarian Vegetable)
Progresso Healthy Classics (Beef Vegetable, Garlic & Pasta, Lentil, Split Pea, Tomato Garden Vegetable)
Spice Hunter (all dry)
Tabatchnick Fresh (Barley, Barley & Mushroom, Minestrone, Vegetable)
Frozen (Barley & Mushroom, Cabbage, Minestrone, New England Chowder)

Snacks (3 grams or less of fat/ serving)

Barbara's 9 Grain Pretzels
GeniSoy Soy Nuts (all varieties)
Guiltless Gourmet No Oil Tortilla Chips (Salted, Unsalted - all varieties)
Health Valley Fat Free Puffs (all)
Kettle Crisps (95% Fat Free varieties)
Pita-Snax (all)
Popcorn (air popped)
Pretzels (all plain or salted - not flavored)
Wege Honey Wheat Sourdough Pretzels
Wegmans What A Chip

Note: follow serving size on packages!

Non - Meat Alternatives

Boca Burger (Chef Max's Favorite plus all other varieties)
Edamame - fresh or frozen soybeans
Fearn Soya Granules
Gardenburger (all varieties)
Mori-Nu Tofu (all varieties)
Morningstar Farms (Spicy Black Bean plus all other varieties)
Soy Boy Baked Tofu (all varieties)
Soy Crumbles/Soy Grits
Tempeh
Tofu-Lin Baked Tofu (all varieties)
White Wave Baked Tofu (all varieties)



Fruit/Vegetables (antioxidant rich)

Apples
Apricots
Avocado
Bananas
Blackberries
Blueberries
Bok Choy
Broccoli
Brussell Sprouts
Cabbage (re or green)
Cantaloupe
Carrots
Cherries
Collard Greens
Cranberries
Escarole
Field Greens
Figs
Garlic
Grapefruit (pink or yellow)
Grapes (organic)
Green Pepper
Kale
Mango
Onion (red or yellow)
Oranges
Pineapple
Radishes
Raspberries
Raisins (organic)
Red Pepper
Romaine Lettuce
Shitake Mushrooms
Spinach
Strawberries (organic)
Sweet Potatoes
Tangerines
Tomatoes
Watercress
Watermelon
Winter Squash
Zucchini

Seeds /Nuts / Legumes /Spreads

Almonds
Almond Butter
Athenos Hummus
Beans (all dried or canned)
Chick Peas (all dried or canned garbanzo, ceci beans)
Edemame (fresh or frozen soy beans)
Flax Seed
I.M. Healthy Soy Butter (all varieties)
Lentils
Peanuts/Natural Peanut Butters
Sesame Butter (Tahini)
Soybeans/Soy Nuts/Soy Butter
Split Peas
Tribe of Two Sheiks Hummus
Walnuts

Supportive Products for Health & Wellness

Accu-measure Fitness 2000
AccuFitness - Cardio Zone Heart Rate and
Fitness Monitors
Dyna-Bands
NutriCounter
Sissel Balls
Swiss Balls

