

The Supermarket Experience

You may find that the foods listed below assist you in achieving a healthful eating style. The intent is not to endorse specific brands per se, but to lead you toward foods that are satisfying, preservative free, low fat and low sodium beyond the choices of grains, fruits and vegetables. Don't expect to like them all - you won't! - but give them a chance. With the recent trend in health food products, most of these items can be found not only at stores like Bread and Circus and Trader Joe's but also your local supermarket.

Beverages

- Good Earth Herbal Teas Original Herb Blend
- Poland Spring Sparkling Spring Water

Cereals

- New Morning Oatios
- Kashi Puffed Seven Whole Grains and Sesame
- Perky's Nutty Rice

Cookies/ Pretzels/ Chips

- New Morning Oat Bran Honey Grahams with Amaranth
- Health Valley Cholesterol Free Fat-Free Cookies (all flavors)
- R.W. Frookie Oatmeal Raisin and Apple Spice Cookies
- Barbara's Pretzels 98% Fat Free
- Snyder's of Hanover Unsalted Hard Pretzels
- Robert's American Gourmet Pirate's Booty, Veggie Booty or Fruity Booty

Popcorn

- Country Grown Pop Lite Microwave Popcorn

Salad Dressing

- Annie's Original Farmhouse
- Walden Farms Sugar Free Calorie Free Dressings

Salsa

- Enrico's Salsa No Salt Added Chunky Style with Organic Tomatoes

Spaghetti Sauce

- Enrico's All Natural Spaghetti Sauce

Spices

- McCormick Parsley Patch Salt Free All Purpose and Popcorn Blend

Frozen Pizza

- Ellio's Healthy Slices Garden Style Pizza

Miscellaneous

- Stow Mills Barrel Aged Dill Spears - No Salt
- Orchard's Best Fruit Spreads (all flavors)
- Joyva Sesame Tahini