

Shopping for Weight Loss



**Nutrition:
Back to Basics**

Fruits

Lower Carb Options:

½ cup portion size

blackberries, blueberries, strawberries,



raspberries, watermelon, cantaloupe,
 papaya, nectarines, melon, apricots,
 peaches, pomegranates, cherries, plums

Higher Carb: need to limit

apple (large), banana, pineapple, pears,
 oranges, grapes, mango, sugar free snack
cups, dried fruit

Vegetables

Lower carb vegetables

asparagus, avocado (¼ large), beets,
 broccoli, brussel sprouts, cabbage,
 cauliflower, carrots, celery, collards,
 cucumbers, green beans, eggplant, kale,
 lettuce/romaine, mushrooms, onions,
 peppers, snow peas, spaghetti squash,
 spinach, summer squash, swiss chard,
 tomato or cherry tomato, winter squash,
zucchini/summer squash

Higher Carb: need to limit

corn, peas, potato, sweet potato, winter
squash, plantains, parsnips,



Dairy

- 0-2% milk
- almond milk OR cashew unsweetened
- soy milk, unsweetened
- cheese, all kinds
- cottage cheese
- string cheese, light
- ricotta cheese, part skim
- Greek, 0%: *Try Chobani, Dannon Light and Fit, non-fat plain Greek Fage, Oikos Triple Zero*
- Lactose-free: *Kite Hill*
- eggs
- egg whites or beaters or egg beaters



Protein

- beef, 95% fat free
- beef, roast or steak
- chicken, breast, no skin or ground
- chicken, burgers or sausage: *Try Alfresco*
- chicken, canned or roasted (prepared)
- lamb, shoulder or leg
- lean deli meat: *Try Boar's Head or Thin and Trim*
- pork, loin, tenderloin or Canadian bacon
- turkey, breast, tips, burgers or sausage
- turkey, ground, 99% fat free
- tofu, light firm
- clams
- cod
- crab
- flounder, sole, haddock
- halibut
- lobster
- mussels
- oyster
- salmon or canned salmon
- scallops
- shrimp
- swordfish or tilapia
- tuna, yellow fin or canned tuna



Protein Bars/Shakes

- Quest Bar
- Think Thin Bar
- Pure Protein Bar
- RX Bar



- Premier Protein Shake
- Atkins Shake
- Ensure Max Plus Shake



Frozen

- breakfast sandwiches/bowls: Try Jimmy Dean Delights or Special K



- dinner/lunch entrees: Try Healthy Choice Simply, Atkins, Beetnik



- frozen vegetables: Try Green Giant Cauliflower Rice or Bird's Eye Lentil Pasta



- frozen fruit, no sugar added
- salmon burgers or shrimp
- turkey burgers or meatballs
- veggie burgers/sausage



Breads

- light English muffins: Try *Thomas Whole Wheat Light*
- light wheat bread/buns: <50 cal/slice
- mini bagels/bagel thins: Try *Thomas or Pepperidge Farms*
- pita: Try *Joseph'*
- sandwich: Try *Dave's Thin Killer Bread*



- wraps: Try *Fiber One, Cedars Low Carb or Flat-Out*

Grains

- brown rice
- pasta
- quinoa

**use measuring cups for portion control! ¼-1/2 cup, cooked!*

Cereals

Cereals

- cereal: Try *Special K Protein Plus* or *Kashi Go Lean*



- oatmeal no added sugar

Nuts

- 100 calorie nut packs



- almonds, walnuts, peanuts: *measure out to ¼ cup serving*
- peanut or almond butter, no sugar added: Try *Teddy Natural, 2 tbsp serving*

Condiments

- light salad dressing: Try *Bolthouse Farms*
- reduced calorie mayo: Try *Hellman's with Olive Oil* or *Hellman's Light*

