

SUPERMARKET SAVVY®
Brand-Name Shopping List
Including Carbohydrate Choices



Use this list as a tool to help you select healthful foods. In general, the foods listed are low in fat and saturated fat, while moderate in sodium and fiber. Specific nutrient criteria are given for each food category. Nutrition information is based on the serving size as specified on the product label. **Be sure to pay attention to the Serving Size listed in green.**

Foods **high in fiber (X)**, **low in sodium (✓)**, **Trans Fat-Free**, and **Good (◆)** and **Excellent (◆◆)** Sources of Whole Grains are designated. The number of **Carbohydrate Choices** (a system used by people with diabetes) is given—**▶ (6 to 10 grams of carbohydrate); ① (11 to 20 grams carbohydrate); ①① (21 to 25 grams carbohydrate); ② (26 to 35 grams carbohydrate); ②① (36 to 40 grams carbohydrate); and ③ (41 to 50 grams carbohydrate).**

The foods chosen for this list were evaluated based on manufacturer information from Nutrition Facts Labels. Inclusion of a food on this list does not imply an endorsement and is not meant to classify any food as “good” or “bad.”

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BREAD	Bagels, Tortillas, Muffins	2
BREAKFAST	Cereal (cold)	2
	Cereal, (hot) Bars, Entrees,	3
	Pancakes/Waffles	3
DAIRY	Milk, Cream Substitutes/Toppings	3
	Cheese, Yogurt, Alternatives, Eggs	4
DESSERTS	Cookies/Bars/Snack Cakes	4
	Ice Cream/Frozen Yogurt	5
	Novelties, Bakery, Pudding	5
ENTREES	Main Dishes/Meals	5
	Pizza, Pasta, Potato, Rice, Soup	6
FATS/OILS	Cooking Sprays,	6
	Margarine, Nuts/Seeds, Oils	7
MEAT	Beef, Pork, Poultry, Game, Analogs	7
	Processed, Fish/Seafood,	8
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SAUCES	Salad Dressings, Sauces,	9
	Pasta Sauce, Salsa/Dips	9
SEASONINGS/	Condiments, Spices/Seasonings	10
INGREDIENTS	Grains, Flour	10
SNACKS	Chips, Pretzels, Popcorn, Crackers	10

BEVERAGES

(0 g fat, Trans fat free, no added sugar)

Portion Size = 1 cup (8 oz) prepared or amount recommended to make 1 cup (8 oz).

FRUIT JUICE—Good source of antioxidants

- Dole 100% Juice (all) ✓②
- Gerber 100% Juice (all) ✓②
- Horizon Organic Orange & Grapefruit Juice ✓②
- Langer’s All Pomegranate Juice ✓②①
- Minute Maid 100% Juices (Apple; Orange; Cherry; Pink Grapefruit; Pomegranate) ✓②
- Minute Maid Heart Wise Orange Juice ✓②
- Minute Maid Orchard’s Best 100% Fruit Juice (all) ✓②
- Mott’s 100% Apple Juice ✓②
- Mott’s 100% Juice Boxes (all) ✓②
- Nestle Juicy Juice (all) ✓②
- Northland 100% Organic Juice (all) ✓②
- Ocean Spray 100% Juice from concentrate (all) ✓②
- POM Pomegranate Juice ✓②
- Simply Orange (all) ✓②
- Sunsweet PlumSmart Juice ✓②①
- Sunsweet Prune Juice ✓③
- TreeSweet 100% Orange Juice ✓②
- TreeSweet Juice (Orange Pineapple; Pink Grapefruit) ✓①
- TreeTop 100% Apple Juice ✓②
- Tropicana Healthy Kids Orange Juice ✓②
- Tropicana Pure Premium (all) ✓①①
- Tropicana Pure Premium Essentials (all) ✓②
- Welch’s 100% Juice (Grape; White Grape) ✓②



✓ Low Sodium (≤140mg) ◆ Good Source of Whole Grains (8-15g)
 X High Fiber (≥5g) ◆◆ Excellent Source of Whole Grains (≥16g)
 Carbohydrate Choices: ▶ (6-10g), ① (11-20g), ①① (21-25g),
 ② (26-35g), ②① (36-40g), ③ (41-50g)