

Food Brand Recommendations

*This isn't a complete list but a starting point for different brand options.

Bread, Wraps, and Tortillas	
<ul style="list-style-type: none"> • Food for Life® Ezekial • Alvarado St. Bakery or Trader Joe's® Brand • Healthy Life® • Sandwich Thins® or similar brand • Corn tortillas or high-fiber flour tortillas, any brand • Milton's® Whole Grain Plus Bread 	<ul style="list-style-type: none"> • Flatout® Flatbread Wraps • Bagel Thins® or similar brand • Nature's Pride® • Thomas'® Sahara Whole-Wheat Pita • Oroweat® 100% Whole-Grain Buns • Safeway's® Open Nature® • Dave's Killer Bread®
Energy Bars	
<ul style="list-style-type: none"> • Gnu Foods® Fiber Love • Corazonas® • ProBar® • Larabar® • Mini Clif® or Luna® 	<ul style="list-style-type: none"> • KIND® • ZonePerfect® Perfectly Simple • Zing® Nutrition Bar • Kashi® • Pure® Organic
Crackers & Chips	
<ul style="list-style-type: none"> • Ak-Mak® Sesame Cracker • Blue Diamond® Natural Nut Thins® • WASA® Crispbread • Snyder's of Hanover® Braided Twists, Multigrain • Triscuits® • Popchips® • Genisoy® Soy Crisps • Light Popcorn: Jolly Time® American's Best or Orville Redenbacher's® 	
Cereal	
<p>Tips</p> <ul style="list-style-type: none"> • Look for cereals with 5g of fiber and at least 2g of protein per serving. All of the choices below meet this criteria. • Always measure cereal with a measuring cup to keep portions in check. • Limit cold cereal to 1-2x week or less. Always add a good source of protein like a hard-boiled egg, Greek Yogurt, or nuts to have a good balance of protein and carbs. 	
<ul style="list-style-type: none"> • Oat Bran, any brand • Bob's Red Mill® Hot Cereal • Krusteaz® Zoom Hot Quick Cereal • Kashi® GOLEAN® Original Cereal • Kellogg's® All-Bran® • Post® Shredded Wheat • Uncle Sam® Original or Multi-Grain • Kellogg's® Special K® Protein Plus 	

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Dairy
<ul style="list-style-type: none">• Butter & spreads: Organic Valley®, Olivio®, Land O'Lakes, Inc.® Spreadable Butter, Earth Balance®, Brummel & Brown® Yogurt Spread• RBST Free Milk• Yogurt: Zoi®, Stonyfield® Organic, Mountain High®, Dannon® All-Natural, Fage®, Chobani®, any plain non-fat Greek brands• Babybel® and The Laughing Cow® cheeses
Convenience Foods
<ul style="list-style-type: none">• Near East® Grain Mixes• Kashi® Grain blends and Frozen Meals• Frozen Steamer Vegetable Bags, without sauce, any brand• Amy's Kitchen® brand soups and frozen meals• Pacific Foods Co® soups• Nile Spice® soup cups• Dr. Praegers Sensible Foods® Veggie Burgers and Bites• Dr. McDougall's Right Foods® Soup Cups• Tasty Bite® Indian Meal Packets• Gorton's® Grilled Salmon or Tilapia
Sauces, Dressings, & Condiments
<ul style="list-style-type: none">• Soy Vay™ Marinade and Sauces• McCormick® Perfect Pinch® spices• Ragu® Light No-Sugar Added Marinara• Wishbone® Salad spritzers• Annie's® Naturals dressings and sauces