

. . . . **Best Brand For Lower G.I. Shopping**

FOOD	GROCERY STORES	NATURAL FOOD STORES	TRADER JOE'S
Beverages			
Fruit 2 O	X		
Celestial Seasonings Green Tea	X	X	
Adirondack - Sparkling Water, flavored	X		
Poland Springs - Sparkling Water	X		
Polar - Sparkling Water	X		
Sugar Free Soda	X	X	X
Tomato Juice or V-8	X	X	X
Coffee	X	X	X
Beans (Legumes)			
Chickpeas	X	X	X
Black Beans	X	X	X
Kidney Beans	X	X	X
Lentils	X	X	X
Hummus	X	X	X
Refried Beans – Vegetarian	X	X	X
Breads – made without hydrogenated oils and at least 3g fiber/serving			
Joseph's Lite, whole wheat Pita bread	X		
Stop & Shop Hearty Grain Bread	X		
Stop & Shop Natural Commitment Multi Grain (has 6g fiber/svg)	X		

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Ecce Panis Multigrain Boule	X		
Trader Joe's Sunflower Sesame Seed, sprouted wheat, multi grain, whole wheat			X
Wonder Light - Wheat			X
Baker's Inn 7 grain & 9 grain breads	X		
Arnold 100% Whole Wheat, Carb Counting Multi Grain	X		
Weight Watchers – English Muffin	X		
Cereals - made with whole grains. Cold Cereals >5g fiber & <13g sugar			
Hodgson Mill Oatbran & Wheat bran	X		
Uncle Sam Cereal and with Flaxseed	X	X	
Kellogg's Complete Wheat Bran	X		
All Bran	X	X	X
Kashi – 7 Grain Flakes, Heart to Heart, GoLean, Good Friends,	X	X	X
Cascadian Farms - Hearty Morning	X		
The Silver Palate - Thick & Rough Oatmeal	X	X	
Grainfields – Flakes, Raisin Bran	X		
Barbara's Bakery - Grain Shop, Organic Soy Essence	X	X	
Country Choice - Multi Grain	X	X	
Weight Watchers - Flakes n' Fiber	X		X
AVOID – Special K, Shredded Wheat, Sweetened Cereals & Instant hot cereals.			

Grocery Stores Include: SHAW'S, STOP & SHOP, & BIG Y

Natural Food Stores in the Worcester Area Include: WILD HARVEST AT SHAW'S IN WHITE CITY AND THE NATURAL FOOD SECTION OF STOP & SHOP

FOOD	GROCERY STORES	NATURAL FOOD STORES	TRADER JOE'S
Cheese – 3g saturated fat or less per serving			
Healthy Choice Cheese	X		
Cabot Vermont Cheddar 50% & 75%	X	X	
Hood LF/FF cottage cheese	X		
Breakstone's LF/FF cottage cheese	X		
Philly LF/FF Cream Cheese	X		
Kraft FF Parmesan Cheese	X		
Laughing Cow - Light Swiss & Lite Garlic	C		X
Kraft Fat Free Singles - Sharp Cheddar, American	X		
Boursin Light	X		X
Cheese Substitutes – soy based products			
Veggie Slices	X	X	X
Soya Kaas		X	
Veggie Topping Parmesan Flavor		X	X
Soy Garden	X		
Trader Joe's - Soy Cheese Slice – Jalapeno, Cheddar, Swiss			X
Chips/Snacks – made without hydrogenated oils, >2g fiber, <300g sodium			
Terra – Mediterranean		X	X
Trader Joe's Blue Corn – low fat, unsalted and salted & Flax Corn Chips			X
Garden of Eatin' – Blue corn, red hot blues	X	X	
Green Mountain Gringo – tortilla strips		X	

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GenSoy – Soy Crisps – BBQ, Ranch, Garlic & Onion, and Deep Sea Salt		X	
Chocolate			
Sunspire Grain Sweetened Chocolate Chips		X	
Treats – made without hydrogenated oils, >2g fiber			
Carb Sense Brownie Mix	X		
Fig Newman's fruit-filled cookies	X	X	
Barbara's Fig Bars	X	X	
Granola Bars –without hydrogenated oils, >2g fiber, <3g saturated fat			
All Bran Honey Oat Bars & Brown Sugar Bars	X		
Kashi 7 grain cereal bars Peanut and Trailmix	X	X	
Zoe	X	X	
Crackers – made without hydrogenated oils, >2g fiber			
Ak-mak 100% whole wheat	X	X	X
Triscuit – Original and Reduced Fat	X		
Wheat Thins – Multi Grain, Low Fat, Low Sodium	X		
Trader Joe's Rye Mini Toasts			X
Kashi TLC crackers – 7 Grain, Honey Sesame, Ranch	X	X	X
Dressings – no saturated or trans fats, lower in sodium (<300mg)			
Annie's Naturals LF	X	X	X
Spectrum Natural's LF		X	
Maple Grove Farms LF	X	X	

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Spectrum Naturals Lite Canola Mayo	X	X	
Hellman's Lite Mayonnaise	X		
Naysoya Nayonaise	X	X	
Trader Joe's – Ranch, Chunky Tomato and Feta, Low Fat Creamy Basil, and Cilantro			X
Newman's Own – Light	X		
Oil & Vinegar Dressings	X	X	X
Eggs – with omega 3's			
Pete & Gerry's Organic Eggs and Omega 3 eggs	X	X	X
Omega 3 eggs – Any brand	X		
Egg Substitutes – cholesterol free			
Egg Beaters	X		
Papetti Foods – Better n' Eggs, All Whites	X		
Quick Whites			X
Flaxseed			
Whole Flaxseed, Bulk		X	
Bob's Red Mill flaxseed meal	X	X	X
Hodgson Mill – Milled Flax	X	X	
Frozen Treats – less than 3g saturated fat per serving. Better than regular but still HIGHER GI ...eat only in small portions!			
Soy Delicious	X	X	X
Tofutti's Cuties – Wild Berry and Chocolate, Mint Chocolate Chip		X	X
Organic Soy Delicious Creamy Vanilla, Chocolate Peanut Butter,		X	

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Chocolate Velvet, and Neapolitan			
No Pudge Giant Fudgy Bars	X		
Fruit – Fresh or Frozen without added sugars			
Apples	X	X	X
Applesauce (no added sugar)	X	X	X
Avocados	X	X	X
Blueberries	X	X	X
Grapefruit	X	X	X
Red & Purple grapes	X	X	X
Lemons & Limes	X	X	X
Oranges	X	X	X
Peaches/Plums	X	X	X
Pears	X	X	X
Grains – typical serving size 1/2 Cup			
Barley		X	X
Quinoa		X	X
Brown Rice (moderate GI)	X	X	X
Success Brown Rice – Boil in bag	X		
Success Rice – Boil in bag	X		
Uncle Ben's Converted rice	X	X	
Meats – selections are lower in saturated fats. Choose organic if possible			
Bison meat	X	X	
Ground turkey meat	X		X
Shelton's Chicken/Turkey Franks	X		
Ground chicken meat	X		X

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Meat Substitutes – selections may vary from store to store			
Boca Burgers	X	X	
Garden Burgers	X	X	
Morningstar Farms Products	X	X	X
Morningstar Farms Grillers, Veggie Crumbles	X		
Harvest Burger, Green Giant	X	X	
Gimmelean sausage, Light Life	X	X	X
Yves (has a variety of products)	X	X	X
Full Circle Burgers	X	X	
Veggie Patch - Burgers	X		
MILKS			
Cow – fat free Choose organic if possible			
The Organic Cow		X	X
Horizon Organic Milk	X	X	
Organic Valley	X	X	
Hood's Simply Smart (thick skim milk)	X		
Buttermilk	X	X	X
All Non Fat	X	X	X
Soy – enriched with calcium & vitamin D			
Silk Soymilk – Plain and Vanilla	X	X	
Trader Joes Soymilk – Plain and Vanilla			X
Nut Butters – can be high in calories, limit portions			
Teddy Peanut Butter	X	X	

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Smucker's Natural Peanut Butter	X	X	
Trader Joe's Organic Peanut Butter, Almond, Soy Bean, Sunflower Seed			X
Soy Wonder – Soy Nut Butter	X	X	
Arrowhead Mill – Peanut Butter	X		
Maple Grove Farms of Vermont – Peanut Butter	X	X	
OILS			
Canola – cold or expeller pressed, source of Omega 3 fats			
Spectrum Pure Pressed		X	
Loriva	X	X	
Other oils			
Enova	X	X	
Pam and Other Canola/Olive oil sprays	X	X	
Flax Oil – source of Omega 3 fats			
Spectrum flax oil		X	
Barlean's flax oil		X	
Olive Oil – cold pressed, source of monounsaturated fats. Look for glass bottles			
Bertoli	X		
Spectrum – Naturals	X	X	
Carapelli	X		
Rienzi	X		
Trader Joe's Cold Pressed Olive Oil			X
Pancake Mixes – whole grain with no saturated & hydrogenated oils			

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Carb Sense - Buttermilk	X		
Hodgson Mills Whole Wheat buttermilk pancake mix & buckwheat	X		
Arrowhead Mills multi-grain Pancake & Waffle mix	X	X	
Pasta –High fiber, at least 5 grams per serving. Serving Size 1/2 Cup			
CarbFit	X		
BioNature	X	X	
Azzurro Whole Wheat	X		
Hodgson Mills Whole Wheat	X		
Trader Joe's Whole Wheat			X
De Cecco – Whole Wheat	X		
Soups – no saturated fat. Look for reduced sodium.			
Herb-ox low sodium bouillon	X		
Minestrone	X	X	X
Lentil	X	X	
Progresso Low Sodium	X		
Soy Products			
Tofu	X	X	X
Smoke & Fire Smoked Tofu			X
Tempeh, Light Life	X	X	
Edamame (soy beans)	X	X	X
Spreads – no more than 3g saturated fat & No hydrogenated oils			
Promise – Fat Free and Buttery	X		
Smart Balance – Original, Light and Omega +, Spray	X	X	

FOOD	GROCERY STORES	NATURAL FOOD STORES	TRADER JOE'S
Benecol – Original and light	X		
Earth Balance	X	X	X
Spectrum – Dairy Free	X	X	
Soy Garden	X	X	X
I Can't Believe It's Not Butter - Spray	X		
Sweeteners			
Splenda (natural, no carbohydrate)	X	X	
Nutrasweet	X	X	
Vegetables – Fresh or Frozen without added sauces			
Asparagus	X	X	X
Bell Peppers	X	X	X
Broccoli	X	X	X
Cabbage	X	X	X
Carrots	X	X	X
Celery	X	X	X
Eggplant	X	X	X
Lettuce	X	X	X
Mushrooms	X	X	X
Olives	X	X	X
Onions	X	X	X
Peas	X	X	X
Tomatoes	X	X	X
Zucchini	X	X	X
Vinegars - ALL			
Balsamic	X	X	X

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Apple Cider	X	X	X
White Wine Vinegar	X	X	X
Yogurt (Dairy and Soy) – without artificial sweeteners			
Whole Soy & Company	X	X	
Trader Joe's – Non fat and Low fat			X
Colombo, Low Fat & Non Fat	X		
Breyer's Low Fat & Non Fat	X		
Stonyfield Farms – Fat Free	X	X	
Cultured Soy			X
Yoplait – Carb Monitor	X		

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