

# HEALTHY FOODS SHOPPING LIST

Updated January, 2002

## FOOD LISTS/BRAND NAMES

(Kid Tested – Mother Approved)

<p><b>Beverages:</b></p> <ul style="list-style-type: none"> <li>- Imagine Foods' Rice Dream</li> <li>- Hain Soy Supreme</li> <li>- Pacific Almond Milk</li> <li>- Better than Milk - Vanilla Soy Beverage Mix</li> <li>- Soy Silk Chocolate (refrigerated)</li> <li>- Soy Silk Original and Vanilla (refrigerated)</li> <li>- Ghirardelli: Hot Chocolate Mixes</li> <li>- After the Fall 100% fruit juices</li> <li>- R.W. Knudsen juices and spitzers</li> <li>- Santa Cruz Organic Nectars</li> <li>- Hansen's smoothies and natural sodas</li> <li>- Caffeine-free teas</li> <li>- Herbal teas</li> </ul>	<p><b>Breads:</b></p> <ul style="list-style-type: none"> <li>- Alvarado Street Bakery (sprouted hamburger &amp; hot dog buns)</li> <li>- Healthy Choice Breads</li> <li>- Wonder 100% whole wheat bread</li> <li>- Koeplingers hamburger &amp; hot dog buns</li> <li>- Ezekiel bread</li> <li>- EnerG breads</li> <li>- Bob's Red Mill breads (mixes for bread machines)</li> <li>- Spelt bread (available in the clinic)</li> <li>- Wasa breads</li> </ul>
<p><b>Breakfast Foods:</b></p> <ul style="list-style-type: none"> <li>- Stoneyfield Farms: Organic Yogurts</li> <li>- Arrowhead Mills: Gluten Free Pancake &amp; Waffle Mix*</li> <li>- Van's Waffles: Mini's, Wheat Free*</li> </ul>	<p><b>Cereals:</b> *wheat free</p> <ul style="list-style-type: none"> <li>- Barbara's: Apple Cinnamon O's, Honey Nut O's, Shredded spoonfuls (like Life)</li> <li>- Mother's: Toasted Oak Bran (like Life)*, Cinnamon Oat Crunch, Honey Round Ups, Groovy Grahams, Peanut Butter Bumpers</li> <li>- U.S. Mills: Cocomotion*, Wafflers</li> <li>- Breadshop: Sweetened Puffed Rice*, Frosted Corn Flakes*</li> <li>- Nature's Path: Koala Crisp*, Gorilla Munchies, etc.</li> <li>- Yogi Bhajans Peace Cereals: Wildberry Crisp, Vanilla Almond Crisp, Cinnamon Apple Crisp</li> <li>- Health Valley: Rice Crunch'ems*, Raspberry Rhapsody*</li> <li>- Arrowhead Mills: Instant oatmeals, Kamut, Spelt, Amaranth</li> <li>- Erewhon Instant Cereals</li> <li>- Life Stream Flax Plus</li> </ul>
<p><b>Condiments:</b></p> <ul style="list-style-type: none"> <li>- Polaner: All-Fruit jams</li> <li>- R.W. Knudsen: fruit toppings</li> <li>- Raw creamed honey</li> <li>- Runford Baking Powder (non-aluminum)</li> <li>- Real Salt</li> <li>- Arrowroot powder (instead of corn starch)</li> <li>- Raw Sugar</li> <li>- Organic Sucanat</li> </ul>	<p><b>Dairy Products Replacements:</b></p> <ul style="list-style-type: none"> <li>- Galaxy Foods: Veggie slices - Mozzarella flavor</li> <li>- Raw Milk cheeses</li> <li>- Organic whipping cream</li> <li>- Organic half and half</li> <li>- Organic Valley butter</li> <li>- Soy Silk Coffee Creamer</li> </ul>

<ul style="list-style-type: none"> <li>- Organic expeller-pressed oils</li> </ul>	
<p><b>Desserts:</b></p> <ul style="list-style-type: none"> <li>- Imagine Foods: Rice Dream Puddings (banana, chocolate, lemon, butterscotch)</li> <li>- Frookie Cookies: Sandwich Cremes</li> <li>- Health Valley Cookies: Oatmeal raisin*, Chocolate Chip</li> <li>- Newman's Own: variety cookies</li> <li>- Hain: Animal Grahams</li> <li>- Standard Process Bars (peanut butter, cocoa, soy almond crunch) - available at clinic</li> <li>- Clif Bars</li> <li>- Luna Bars</li> <li>- Oasis Bars</li> <li>- Stretch Island Fruit Leathers</li> <li>- Dole: Fruit juices, popsicles (in own juice)</li> <li>- Hain: Super Fruit Jello</li> <li>- Panda Licorice Bites (licorice candy)</li> <li>- Motts: Natural applesauces (no sugar added)</li> <li>- Santa Cruz Organic applesauces</li> </ul>	<p><b>Dinners (Frozen &amp; Fast Foods):</b></p> <ul style="list-style-type: none"> <li>- Annie's: Macaroni and Cheese</li> <li>- Grandma Millings Kitchen: Organic pasta rings (like Spaghetti O's)</li> <li>- Cascadian Farms: Spud Puppies, French Fries</li> <li>- Amy's: frozen pizzas, pizza rolls, Mexican dinners, Veggie Lasagna, and others</li> <li>- Imagine Foods: Non-dairy creamed soups</li> <li>- Krema: peanut butter</li> <li>- Thai Chef frozen dinners</li> <li>- Taj frozen dinners</li> </ul>
<p><b>Pastas:</b></p> <ul style="list-style-type: none"> <li>- Annie Chun: rice noodles</li> <li>- Whole Wheat pastas</li> <li>- Quinoa pastas</li> <li>- Tinkyada Rice Pasta</li> <li>- DeBoles Organic Pastas</li> <li>- Eden Organic Pastas</li> </ul>	<p><b>Meat/Poultry/Meat Products:</b></p> <ul style="list-style-type: none"> <li>- Turkey Store: turkey burger patties, Italian sausage, Bratwurst, bacon</li> <li>- Boca Burgers</li> <li>- Laura's Lean Beef</li> <li>- Boers Head Brand: Ovengold roast turkey</li> <li>- Applegate Farms Natural Deli Meats</li> <li>- Plainview lunch meats</li> </ul>
<p><b>Snacks:</b></p> <ul style="list-style-type: none"> <li>- El Matador: tortilla chips</li> <li>- Michael Season's: Potato Chip varieties</li> <li>- Garden of Eatin': varieties</li> <li>- Terra: varieties of sweet potato chips &amp; veggie stix</li> <li>- Soya King: Soy chips*</li> <li>- Newman's Own pretzels</li> <li>- Barbara's Cheetos</li> </ul>	<p><b>Salad Dressings/Sauces/Salsas:</b></p> <ul style="list-style-type: none"> <li>- Paul Newman's: All natural salad dressings &amp; salsas</li> <li>- Muir Glen Organic Pasta Sauces &amp; salsas</li> <li>- Amy's Pasta Sauces</li> <li>- Enrico's Organic Pasta Sauces</li> </ul>

## LIST OF STORES

### Major new super stores:

Kroger  
Farmer Jack  
Meijer  
Sam's

### Merchant of Vino Whole Food Markets

Walton Blvd., Rochester  
15 & Coolidge, Troy

### VitaSmart Nutrition Center (formerly Vitamin Village)

2359 Garfield, Clinton Township

### Vitamin Village

23401 Greater Mack, St. Clair Shores  
3289 Rochester Road, Troy

### Vim & Vigor Health Foods

23 & Van Dyke, Shelby Township

### Vince & Joe's

Canal and Garfield