

# Shopper's Guide

---

Cardiac and Vascular Program  
Hamilton Health Sciences  
Hamilton, Ontario  
Revised, November 2012

---

The Shopper's Guide was prepared to help you make healthier choices at the grocery store. It includes criteria for selecting different foods and some examples of products that meet the criteria. The information obtained from the food label was accurate at the time of printing. However, it may change so please check labels for the most current information.

Ideally, try to prepare the majority of your meals and baked goods at home using acceptable ingredients. If necessary, make them ahead of time and freeze for future use. You may need to test your recipes when making substitutions. Changing your ingredients may alter your end product.

## Ingredient Substitutions:

1 oz (30g) square baking chocolate	→	3 tbsp (45ml) cocoa & 2 tsp (10 ml) non-hydrogenated soft tub margarine or 3 tbsp (45ml) cocoa & 3 tsp (15ml) unsaturated oil
1 whole egg	→	2 egg whites or ¼ cup egg substitute or 1 tbsp (15ml) powdered flaxseed soaked in 3 tbsp (45ml) water
1 cup (250 ml) butter	→	1 cup (250ml) non-hydrogenated soft tub margarine or 1 cup (250ml) applesauce or ¾ cup (175ml) unsaturated oil
1 cup (250 ml) whole milk	→	1 cup (250ml) 1% or skim milk
1 cup (250ml) sour cream	→	1 cup (250ml) plain low fat yogurt, plain low fat Greek yogurt or low fat sour cream
1 cup (250ml) oil, for baking	→	1 cup applesauce or 1 cup pureed fruit

## Tips on Reading Food Labels

Nutrition information on food labels helps you make informed food choices and are based on Health Canada's regulations.

## Nutrition Facts Table

Nutrition Facts table provides you with information on the calories and 13 nutrients for the serving size shown. The Daily Values are based on recommendations for a healthy diet. Look for a higher % Daily Value next to nutrients you are trying to increase in your diet, such as fibre. Aim for a lower % Daily Value next to nutrients you are trying to decrease, such as cholesterol, saturated fat, trans fat and sodium.

<b>Nutrition Facts</b>			
Per 125 ml (87 g)			
Amount	½ cup	% Daily Value	
Calories	80		
Fat	0.5 g	1%	
Saturated	0 g		
+ Trans	0 g	0%	
Cholesterol	0 mg	0%	
Sodium	0 mg	0%	
Carbohydrate	18 g	6%	
Fibre	2 g	8%	
Sugars	2 g		
Protein	3 g		
Vitamin A	2%	Vitamin C	10%
Calcium	0%	Iron	2%

**Nutrition Claims**

<b><u>The Label Says</u></b>	<b><u>What it Means</u></b>
<b>Calories &amp; Sugar</b>	
Calorie-Free	Contains no more than 5 calories per serving
Calorie-Reduced	Contains 25% fewer calories than the regular version of that food
Low-Calorie	Contains 40 calories or less per serving
No Sugar Added	May contain naturally present sugar, but has no sugar added
Light	Light foods are reduced in fat and calories, but not always. "Light" may also describe the colour, taste or texture of food. Manufacturers must describe what is "light" about the food.
Low In Sugar	Contains 25% less sugar than the regular version of that food.
Sugar-Free	No more than 5 calories per serving
<b>Cholesterol &amp; Fat</b>	
Fat Free	Less than 0.5 g of fat per serving
Low Fat	No more than 3 g of fat per serving
Cholesterol-Free	No more than 3 g of cholesterol per serving & low in saturated fat
Low In Cholesterol	No more than 20mg of cholesterol per serving & low in saturated fat

Low In Saturated Fat	No more than 2 g of saturated fat per serving & trans fat per serving
"Extra Lean" Ground Meat	Maximum 10% fat content
"Lean" Ground Meat	Maximum 17% fat content
"Medium" Ground Meat	Maximum 23% fat content
"Regular" Ground Meat	Maximum 30% fat content
<b>Fibre</b>	
Source of Dietary Fibre	At least 2 g of fibre per serving
High Source of Dietary Fibre	At least 4 g of fibre per serving
Very High Source of Dietary Fibre	At least 6 g of fibre per serving
<b>Salt &amp; Sodium</b>	
Low Sodium	Contains no more than 140 mg of sodium per serving
No Added Salt/ "Unsalted"	No salt added to this product during processing
Reduced Sodium	At least 25% less sodium when compared to the regular product
Salt-Free/Sodium Free	Contains no more than 5 mg of sodium per serving

## Ingredient List

Food companies are required to put the ingredient list on packaged foods . All the ingredients in a food are listed in order of weight, from most to least.

## Oils

Choose healthy unsaturated oils (polyunsaturated and monounsaturated fats).

### Oils High in Polyunsaturated Fat

Corn oil      Soya oil  
Grapeseed oil      Sunflower oil

### Oils High in Monounsaturated Fat

Canola oil      Olive oil      Peanut oil      Safflower oil

## Oil Sprays

Becel Topping & Cooking Spray  
Mazola No Stick (corn oil)  
President's Choice (canola oil)

## Margarines

Choose a non-hydrogenated margarine that has **no more than 1 gram of saturated fat per two teaspoon serving and has no trans fat.**

	Cal	Sat Fat (g)	Trans Fat (g)	Sodium (mg)
Becel RSF or Becel Light	30-40	0.5	0	60
President's Choice Blue Menu Celeb Calorie-Reduced	40	0.5	0	50
Compliment's Balance Calorie Reduced	40	0.5	0	60
Becel, All other varieties	70	1	0	0-70
Canola Harvest	70	1	0	70
Compliments Balance, Regular or made with Olive oil	70	1	0	70
Great Value	70	1	0	70
Lactantia Olivina or Lactantia Healthy Attitude Omega-3	70	1	0	70-80
President's Choice Blue Menu Celeb Lactose-Free or Original or Salt Free	70	1	0	70
President's Choice Memories of Butter	70	1	0	70

## Margarines with Plant Sterols

Adding plant sterol enriched margarine to a healthy diet and exercise plan can help to lower your blood cholesterol, specifically your LDL-cholesterol or bad cholesterol.

Becel Proactiv	30	0.5	0	60
President's Choice Blue Menu Celeb with Plant Sterols	70	1	0	70

## Salad Dressing

Choose a salad dressing that has **100 calories or less, 1 gram saturated fat or less and 100 milligrams of sodium or less in one tablespoon.** Two tablespoons should be enough to coat at least four cups of salad. You can also use salad dressings to marinate chicken, fish, tofu, or vegetables or toss with warm beans, lentils or whole grains.

### Homemade Salad Dressing Recipes

#### Balsamic Vinaigrette

¼ cup balsamic vinegar  
1 clove garlic, minced  
2-3 tsp maple syrup or brown sugar  
3 Tbsp orange juice  
1 tsp Dijon mustard  
½ tsp salt  
½ cup extra virgin olive oil

**1 tbsp: 70 calories, 75mg sodium**

#### Honey Mustard

3 tbsp Dijon mustard  
1 tbsp honey  
3 tbsp orange juice  
1/4 cup mayonnaise  
1/3 cup canola oil

**1 tbsp: 75 calories, 90 mg sodium**

Combine ingredients in jar with tight fitting lid. Shake well.  
Refrigerate for up to 5 days.

### Commercial Salad Dressings (1 tablespoon, 15 ml)

	Cal	Sat Fat (g)	Sodium (mg)
Bolthouse Farms Creamy Yogurt Honey Mustard or Original Coleslaw or Thousand Island	25-35	0.2-0.5	45-90
Compliments Balance Raspberry	30	0.2	90
JC Japanese Ginger or Sesame	15-50	0-0.2	70-95
President's Choice Blue Menu Raspberry or Mango or Lemon Poppy Seed	10-25	0	5-65
President's Choice Maple Balsamic	60	0.2	75
Renee's Gourmet Ravin Raspberry or Tangerine & Lime or Roasted Red Pepper or Greek Feta	15-90	0-1	45-80
Renee's Gourmet Light Poppy Seed or Caesar	45	0-0.5	70-95



## Mayonnaise

Choose a mayonnaise that has **50 calories or less and 1 gram saturated fat or less in one tablespoon.**

	Cal	Sat Fat (g)
Balance Mayonnaise Style Dressing	50	1.0
Compliments Whipped Dressing	40	0.5
Great Value Light or 54% Less Fat or Regular Whipped Dressing	30-45	0.3-0.5
Hellmann's ½ the Fat Mayonnaise or Hellmann's with Olive Oil Light	40-50	0.3-0.4
Irresistibles Life Smart Mayonnaise	50	0.5
Kraft Miracle Whip Regular or Calorie Wise or Whipped Fat Free Dressing	15-40	0-0.5
President's Choice Blue Menu 50% Less Fat Whipped Dressing	30	0.3
President's Choice Blue Menu Fat Free Mayonnaise Type Dressing	20	0

## Yogurt

Choose plain, unsweetened (or Splenda-sweetened) yogurt, 1% or less milk fat (MF) and 1 gram of saturated fat or less per serving.

Yogurt (100 g, 1/3 cup)	Cal	Sat Fat(g)	Pro(g)	Yogurt (175 g, 3/4 cup)	Cal	Sat Fat(g)	Pro(g)
Yoplait Source	40	0	4	Yoplait Source, Plain	70	0	7
Astro Zero 0%	40	0	3	Liberte Organic, No Fat, Plain	80	0	13
Danone Silhouette	40	0	3	Astro Original Balkan, 0% Plain or 1% Plain	80	0-1	7-8
PC Blue Menu Finesse	50	0	3	Astro, Biobest Plain	80	1	7
Greek (175 g, 1/3 cup)	Cal	Sat Fat(g)	Pro(g)	Small Drinkable Yogurt	Cal	Sat Fat(g)	Pro (g)
P.C. Greek, 0% Plain	120	0	18	Danone Danacol (80 ml)	30	0	3
Liberte Greek, 0% Plain	110	0.5	20				
Oikos, 0% Plain	100	0	18				





## Cheese

### Cottage Cheese & Pressed Cottage Cheese

Choose a cottage cheese with **no more than 1.0 grams saturated fat, no added sugars and 300 mg sodium or less in 125 ml (1/2 cup) serving.**

	Cal	Sat Fat (g)	Sodium (mg)
Gay Lea Nordica Fat Free or 1% Low Fat	90-100	0-1	280-290
P.C. Blue Menu 1% with Probiotics, Plain	90	1	270
Western 0.5% Pressed & Dry Pressed Cottage	100	0	140-220

### Brick Cheese (8-20% MF—partly skimmed milk cheese)

Ideally also choose a cheese that has **no more than 3.5 gm saturated fat and 240 mg sodium per 30 gm (1 ounce) serving.**

	Cal	Sat Fat (g)	Sodium (mg)
Black Diamond Light 18% or Partly Skimmed Mozzarella	80-90	3.0-3.5	220-230
Compliment's Balance Light Cheddar 19% or Partly Skimmed Mozzarella 18%	80-90	3.0-3.5	180-230
Kraft Light Monterey Jack 17% or Swiss 18%	80-90	3.0-3.5	60-220
Kraft Partly Skimmed Mozzarella 18%	80	3.5	240
Norwegian Jalsberg Lite Swiss 16%	80	3.0	140
President's Choice Blue Menu Partly Skimmed Mozzarella 18% or Light Swiss 18%	90	3.0-3.5	100-220
President's Choice Herb Goat Cheese 15% or Regular Goat Cheese & 4 Peppercorn 18%	70-80	3.5	110
Tre Stelle Partly Skimmed Mozzarella 16% or Light Provolone 12%	60-80	2.0-3.0	120-160

### Brick Cheese (7% or less MF – skim milk cheese)

Choose a cheese that has **no more than 3.5 gm saturated fat and 240 mg sodium per 30 gm (1 ounce) serving.**

	Cal	Sat Fat (g)	Sodium (mg)
Allegro 4% & 7%	60	1.0	210-240
Maple Dale Cheese 7%	60	1.5	210

## Cold Cuts

Choose one that has **6 grams total fat or less and 450 milligrams of sodium or less per 63-65 gram serving**. Before choosing packaged meats, a healthier first choice is to have home cooked turkey, chicken, or lean roast beef.

	Cal	Sat Fat (g)	Sodium (mg)
PC Blue Menu Fat Free Cooked Turkey	60	0	95
Pillers Cooked Ham or Smoked Turkey	30	0.5	220-380
Schneiders Fat Free Chicken Breast or Cooked Ham	40-60	0	260-410
Schneiders Heritage Ham	70	0.5	450

## Canned Meats

Choose one that has **6 grams of total fat or less and 450 milligrams of sodium or less per 52-56 gram serving (1/4-1/2 can)**.

	Cal	Sat Fat (g)	Sodium (mg)
Brunswick Herring in Lemon & Cracked Pepper or Packed in Tomato Basil	70-85	0.7-1.0	135-140
Brunswick Sardines in Spring Water or Hot Peppers	65-75	0.5-0.7	100-125
Clover Leaf Solid White Tuna in Water or Low Sodium	70	0.3	70-170
Clover Leaf Light Tuna or Light Low Sodium	60	0.5	100-150
Clover Leaf Sockeye Skinless Boneless Salmon or Skinless Boneless Pink Salmon	60	0.1-0.2	160-270
Great Value Canned Chicken, Turkey	60	1-2	330-380
Maple Leaf Chunks of Chicken or Chunks of Turkey	70	0-0.2	135-170
Maple Leaf Flakes of Chicken, Ham or Turkey	60-80	1-1.5	300-390
PC Blue Menu Seasoned Chunk Turkey	60	0.3	160
PC Blue Menu Wild Pacific Sockeye Salmon or Wild Pacific Pink Salmon	80-90	1-1.5	45
PC Blue Menu White Albacore Tuna in Water or White Albacore Low Sodium	60-70	0-0.3	70-170

## Packaged Bacon

Choose one that is **2 grams of saturated fat or less and 450 milligrams of sodium or less per 50-54 gram serving.**

	Cal	Sat Fat (g)	Sodium (mg)
Lou's Peameal Bacon –2sl (50g)	70	0.6	360
PC Blue Menu Chicken Bacon –2sl (52g)	70	0.6	320
PC Blue Menu Turkey Bacon Style –2 sl(52g)	60	0.6	300
Selection Smoked Bacon –precooked, 3sl (14g)	60	1.5	180
Selection Smoked Bacon,50% Less Sodium - Precooked, 3 sl (14g)	60	1.5	90

## Frozen Entrees

Single serving entrees that are **350 calories or less, 2 grams of saturated fat or less and 600 milligrams of sodium or less**

	Cal	Sat Fat (g)	Sodium (mg)
Healthy Choice Gourmet Steamers (all)	270	1.0	400-540
Irresistible Life Smart Vegetable Couscous with Legumes	320	0.5	410
Lean Cuisine Selections Chicken in Wine Sauce or Ginger Beef Stir Fry or Chicken a la Orange or Sweet & Sour Chicken	160-260	0.5-1.5	430-520
Michelina's Real Gourmet Beef Bourguignon or Classic Chicken (Roasted Potato & Veg) or Chicken Penne Toscana with Pasta & Vegetables	190-290	0.5-1.5	270-490
Weight Watchers Smart Ones Gourmet Sweet & Sour Chicken or Cranberry Turkey Medallions & Roasted Potatoes or Shrimp Marinara with Linguini	190-250	0.3-0.4	460-570

**Meat Alternatives (a good substitute for meat)****Egg Substitute (1/4 cup, 50 ml)**

Egg Beaters(Frozen)	– Original
Egg Beaters (Liquid)	– Cheddar & Chives
Egg Creations	– Original
	– Cheese & Chives
	– Garden Vegetable
Gay Ridge Farms	– Golden
	– Just Egg Whites
Naturegg Omega Pro (Liquid)	
Naturegg Break Free	
Naturegg Simply Egg Whites	

**Peanut Butter (2 tbsp, 30 ml)**

Kraft 100% Peanuts, smooth, crunchy, light
No Name smooth, crunchy
Our Compliment's 100% Natural
President's Choice Blue Menu "Just Peanuts"
smooth, crunchy

**Fortified Soy Beverage (1 cup, 250 ml)**

Beatrice Sensational Soy	So Good
Edensoy	So Nice
Neilson Soy Delight	Silk Soy
President's Choice Soy	Vita Soy

**Legumes (1/2 cup, 125 ml)**

Choose one that has **6 grams of fat or less, 450 milligrams of sodium or less, per 1/2 cup serving.**

Baby Lima Beans	Edamame	Navy Beans	Romano Beans
Black Eye Beans	Green/Red Lentils	Red/White Kidney	Split Fava Beans
Chick Peas	Green/Yellow Split Peas	Beans	

Baked Beans	Fat (g)	Sodium (mg)
Deep Browned Beans in Tomato Sauce with or without Pork	2.0-2.5	390-410
Heinz Baked Beans in Tomato Sauce with or without Molasses	0.5-1.5	390-420
PC Refried Beans Low-Fat	1.0	330

**Soy Protein**

Item has at least **10 grams of protein, 1.5 grams saturated fat or less and 450 milligrams sodium or less per serving**

	Protein (g)	Sat Fat (g)	Sodium (mg)
Amy's Texas Burger or California Burger	12	0.3-0.5	350-430
President's Choice Blue Menu Extra Firm Tofu	13-16	0-1.5	0-50
Sunrise Extra Firm Tofu	13	1.5	15
Tofurky Ovenroasted (52g, 5 sl)	12	0	300
Veggie Patch Ultimate Meatless Burger	11	0.4	320
Veggie Patch Simulated Chick'n Nuggets (4)	11	1.0	330
Yves Souvlaki Veggie Skewers (1 skewer, 80 g)	16	0.2	420
Yves Veggie Meatballs(4 balls, 60 g)	13	0.2	440
Zoglo's Mixed Vegetable Patties or Meatless Chicken Patties or Golden Meatless	10-15	0.5-1.5	330-350

### **Canned Fruit**

Label should indicate-packed in water, in it's own juice, unsweetened juice or no added sugar.

### **Pudding/Custard/Mousse**

Choose those with **3 grams of fat or less per serving and no sugar added.**

Dr. Oetker Mousse 50 Calories

Dr. Oetker Shirriff Light Lemon Pie Filling &  
Dessert Mix

JELL-O Instant Fat Free Pudding Sweetened  
with Aspartame & Acesulfame Potassium

JELL-O No Sugar Added Refrigerated Pudding

Kozy Shak No Sugar Added Tapioca or Rice  
Pudding (Refrigerated)

Mousse Temptations by JELL-O No Sugar  
Added (Refrigerated)

Snack Pack No Sugar Added

### **Gelatin**

Choose those with no sugar added.

JELL-O Jelly Powder No Sugar Added

JELL-O No Sugar Added Refrigerated Gel Cups

Snack Pack Juicy Gels Reduced Sugar

## Frozen Desserts

Choose a frozen dessert that has **130 calories or less, 2.5 grams of saturated fat or less, 15 grams sugar or less per ½ cup serving.**

	Cal	Sat Fat (g)	Sugar (g)
Chapman's Frozen Yogurt Vanilla Bars or Lactose Free Ice Milk Fudge Bars	90	1.5-2.5	5-8
Chapman's Frozen Yogurt (except Mint Chocolate) or Sorbet	80-120	0-2	12-15
DelMonte Real Fruit Bars or Sherbet & Frozen Yogurt	50-110	0-0.5	12-14
Dorgel Gelato – Spumoni or Creamy Banana	90-100	2.5	13-14
Great Value Vanilla Ice Milk or Neopolitan	100	1.5	13-15
Nestle Real Dairy Light Ice Cream (50% Less Fat)	110	2.0	14-15
President's Choice Blue Menu Fruit Smoothie Bars or Frozen Yogurt or Fruit Bars	80-110	0-1	12-14
Skinny Cow Mini Fudge Bar	45	0.1	7
Skinny Cow Chocolate or Caramel Truffle Bar or Vanilla Sandwich	100-130	1.0-1.5	13-15

## Muffin Mixes (3 grams of fat or less per serving)

	Cal	Total Fat (g)
Quaker Low Fat Muffin Mix (Bran, Carrot, Banana)	140-150	1.5-3.0
PC Organics Cornmeal Muffin Mix	140	0

## No Sugar Added Jams

Choose a jam that has **5 grams of sugar or less per tablespoon (15 ml) serving**

E.D. Smith No Sugar Added

P.C. Blue Menu

Selection 50% Less Calories or Light 40% Less Sugar

Smuckers No Sugar Added

Smuckers Double Fruit

## Cookies

Choose a cookie that is **2.5 grams saturated fat or less, 20 grams carbohydrate or less and 150 calories or less per serving.**

	Cal	Sat Fat (g)	Carbohydrate (g)
Christie Arrowroot(4)	120	1.2	20
Dare Breaktime Chocolate Chip(4)	130	1.5	20
Dare Simple Pleasures Chocolate Thins(4) or Cranberry with Chamomile(4) or Almond(4) or Digestives(3)	130-140	2.0	19-20
Matilde Vincenzi Amaretto Cookies (4)	87	0	15
Mom's Mini Biscotti (3)	80	0.3	12
Nairn's Stem Ginger Oat Cookies (2)	90	1.0	15
Peak Freans Lifestyle Fruit Crème (2) or Blueberry with Brown Sugar(3)	110-130	1.5	19
Peak Freans Nice Cookies (3)	120	2.5	19
President's Choice Blue Menu Oatmeal Chocolate Chip (2)	100	1.0	16
Selections Oatmeal Cookies(2)	130	2.5	18
Thin Addictives, Pistachio Almond Thins (1 pkg) or Cranberry Almond Thins (1 pkg)	100-110	0.4-0.5	14-15

## Hot Chocolate

Choose a hot chocolate sweetened with sugar substitute.

Cadbury's Lite Hot Chocolate	President's Choice Calorie-Reduced Instant
Carnation Lite Hot Chocolate	Hot Chocolate
Our Compliment's Light Hot Chocolate	Selections Lite Hot Chocolate



## Crackers

Choose a **whole grain or whole wheat cracker with 1 gram saturated fat or less, and 150 milligrams of sodium or less per 20 gram serving.**

	Cal	Sat Fat (g)	Sodium (mg)
Quaker Crispy Mini Rice Cakes, Original(2)	70	0	0
Ryvita Muesli Crunch (1), Dark Rye or Sesame Rye (2) or Rye & Oat Bran (2) or Multigrain (2)	70-80	0	10-70
Christie Triscuit, 61 % Less Sodium (4)	80	0	50
Kavali Crispy Thins (4) or 5 Grain (2)	60-70	0	60
Wasa Hearty Rye (1) or Light Rye(2) or Multigrain (1)	50	0	70-80
Finn Crisp Original Rye (3) or Plus 5 Wholegrains (3)	70-80	0	110
Great Value Woven Wheats, 50% Less Sodium	90	1	70
Mary's Organic Crackers	100	0	130
Misura Whole Wheat Rusks	81	0	100
Christie Stoned Wheat Thins, 41% Less Sodium	86	0.3	95
Manischew Whole Wheat Matzos	79	0	0
Kashi Snack Crackers Fire Roasted Vegetables	80	0.2	135
Christie Rice Thins Brown Rice Crisps	76	0.2	125
Crunch Master Multi Seed Crackers Original	90	0.4	75
PC 12 Grain Crackers	79	0.1	107
PC Blue Menu Ancient Grains (10) or Wheat (10) or Wheat & Onion (10) or Wheat & Sesame Snack Crackers	80	0.2-0.3	34-130



## Cold Cereal

Choose a cold cereal with **4 grams of dietary fibre or more, 1 gram of saturated fat or less, 8 grams of sugar or less, and 200 milligrams of sodium or less per serving.**

	Cal	Sat Fat (g)	Fibre (g)	Sugar (g)	Sodium (mg)
<b>General Mills</b>					
Fibre One (1/2 c)	60	0	14	0	105
Organic Weetabix (2)	130	0	4	2	130
<b>Irresistibles</b>					
Life Smart Multigrain Cereal (2/3 c)	140	0.5	10	4	140
<b>Kelloggs</b>					
All Bran Buds (1/3 c)	80	0	11	7	200
All Bran, Original (1/2 c)	90	0.2	12	7	190
Muesli Date, Raisin & Almond (3/4 c)	220	0.4	5	6	50
<b>Nature's Path Organic</b>					
Wheat Bran (3/4 c)	110	0.2	5	4	110
Flax With Multibran (3/4 c)	110	0.2	5	4	135
Organic Heritage Flakes (3/4 c)	120	0.1	4	4	130
Smart Bran (1/2 c)	80	0.2	13	6	130
<b>President's Choice</b>					
Blue Menu Bran Flakes (3/4 c)	120	0	5	2	120
Crunchy Whole Grain & Almonds(1c)	230	0.4	6	8	160
Fibre First Multi Bran (1/2 c)	110	0	13	5	120
<b>Quaker</b>					
Life Multigrain (3/4 c)	120	0.3	4	5	105
Muffets (2)	160	0.2	5	0	0
Oat Bran (1/3 c)	120	0.4	4	0	0

## Hot Cereals

<b>President's Choice</b>					
100% Whole Grain Steelcut Oats(40g)	150	0.4	4	0	0
100% Whole Grain Steelcut Oats Quick Cooking (45g)	180	1	4	0	170
Oatmeal Regular (45g)	180	0.5	5	0	150
100%Whole Grain 5 Grain Hot Cereal (37g)	140	0	4	0	3

## Cereal Bars

Choose a cereal bar with **4 grams of dietary fibre or more, 2.5 grams of saturated fat or less, 20 grams of carbohydrate or less and 150 calories or less.**

	Cal	Sat Fat (g)	Fibre (g)	Carbohydrate (g)
<b>Fibre 1, 100 Calorie</b> Strawberry or Chocolate Caramel Pretzel or Peanut Butter Chocolate	100	1.0-1.5	5	19-20
<b>Irresistibles Honey Nut &amp; Chocolate (1bar)</b>	100	0.5	4	16
<b>Kellogg's All Bran Bars</b> Original or Orange Cranberry	130	1.5	4	20
<b>Taste of Nature</b> Nova Scotia Blueberry Field	150	1.0	4	20

## Breads

Choose a sliced packaged bread which has **whole grain listed as the first ingredient, has 2 grams of dietary fibre or more and 150 milligrams of sodium or less per slice.**

	Fibre (g)	Sodium (mg)
<b>Body Wise</b> Multigrain or 100% Whole Wheat (1sl = 21g)	2-2.5	100-105
<b>Country Harvest Breads</b> Vitality Multigrain, Oat n Honey or Vitality 14 or Nature Grain or Oat Bran or Ancient Grains	3	135-150
<b>Dempsters</b> Whole Grains, 12 Grains, Multigrain, Wheat & Oat and Canadian Century Grains (1sl = 43g)	3	135-150
<b>Dimpflmeirer</b> Organic 100% Rye With Sunflower Seeds or Unsalted 100% Rye (1 sl = 46g)	2	5
<b>Ezekiel</b> Sesame or Sprouted 100% Whole Grain Bread or Cinnamon Raisin (1 sl = 34g) –frozen	2-3	65-80
<b>Kassler Artisan</b> Whole Grain Rye or Black Forest Rye or Whole Rye or Sunfibre (1 sl = 60 g)	5	125-140
<b>Weight Watchers 100% Whole Wheat</b>	3	95
<b>Wonder Whole Wheat (1sl = 37 g)</b>	2.5	150

## Snack Foods

Choose a snack food that has **250 milligrams of sodium or less, no trans fat and 200 calories or less per serving.**

	Cal	Sat Fat (g)	Sodium (mg)
Beanitos, Black Bean Chips or Pinto Bean & Flax (10 Chips, 28g)	140-150	0.5	55-80
Orville Redenbacher Light 50% Less	130-150	0.5-1.5	130-180
PC Blue Menu Mini bags (28g) Sweet & Salty or Mini Butter	100-150	1.0	190-250
Pepperidge Farm Cracker Chip (20g)	90	0.4	130
Quaker Crispy Minis, Butter Popcorn, Sea Salt & Lime (12 Chips, 20 g)	80-90	0.1-0.3	220-270
Quaker Caramel Corn, & Ketchup Crispy Mini Rice Cakes (12 chips, 20 g)	80-90	0.1-0.3	190
Snack Factory Pretzel Crisp (11 crackers, 28 gm)	110	0	170-330
Spedal K Cracker Chips (20g)	80	0.3	150
Nuts/Seeds – Unsalted nuts or seeds (1/4 c)	160-200	1-3	minimal

## Soups

Choose a soup that has **500 milligrams of sodium or less per 250 ml (1 cup) serving.**

	Cal	Sodium (mg)
Campbell's Condensed 25% Less Sodium Tomato	80	360
Campbell's Condensed Light Homestyle Chicken Noodle or Light Tomato or Light Vegetable	60-70	480
Campbell's Creations	90-130	480
Campbell's Garden of Eatin' Butternut Squash or Field Potato with Spring Leek	110-120	480
Campbell's Healthy Request Fiesta Vegetable and Black Bean or Herbed Chicken Noodle or New England Clam Chowder	90-120	480
Campbell's No Salt Added Ready to Use Chicken or Broth	17	67
Health Valley Organic vegetable soup, no salt added or Minestrone, no salt added or Lentil	100-160	20-75
Irresistible Life Smart Beef Barley & Vegetable or Chicken with Brown & Wild Rice	100-120	440-470
Knorr Homestyle Stock Reduced Sodium Chicken or Vegetable	10	330
Lipton Chicken Noodle, 25% Less Sodium	60	480
PC Blue Menu Low Sodium Tomato Roasted Red Pepper or Minestrone	100-160	140
PC Blue Menu Spicy Black Bean or Lentil or Mushroom Barley	80-200	480