

# Whole Foods for Weight Control

## Fruits and Vegetables

Fresh and frozen vegetables  
Low-sodium vegetable juices  
Fresh and frozen fruit  
Applesauce and canned fruit in juice  
Fresh, bottled, or frozen juice w/o HFCS  
Canned tomatoes  
Refrigerated sauerkraut  
Sundried tomatoes

## Grains

Brown and white rice, rice blends  
Bulgur, quinoa, millet, polenta, kasha, cous cous  
Whole wheat bread, wraps, tortillas and pasta  
Corn tortillas  
Wheat Thins, Rye Krisp, and Wasa crackers  
Low-fat frozen whole wheat waffles  
Whole wheat pizza crusts

## Legumes, Nuts, and Seeds

Beans, peas, lentils - canned and dried  
Peanuts and peanut butter  
Tofu, tempeh, and soy milk  
Almond, coconut, and hemp milk  
Tree nuts and nut butters  
Sesame tahini  
Hummus  
Ground beef style soy crumbles

### **Meat, Eggs and Frozen Entrees**

Lean beef, pork, chicken  
Fresh, canned, and frozen fish w/o batter  
Eggs, free range or omega-3  
Egg whites  
Light, non-creamy, soups - canned and frozen  
Amy's frozen burritos and Kashi entrees  
Contessa stir fry meals  
Healthy Choice steamers and entrees  
Lean Cuisine

### **Dairy**

Low-fat regular and Greek yogurt  
Low-fat cottage cheese  
Low-fat milk  
Light sour cream  
Low-fat kefir and buttermilk  
Shredded cheese  
Grated parmesan and romano  
Part-skim mozzarella and ricotta, Feta, Swiss, farmer, and non-fat cream cheese

### **Cereal**

Cooked cereals, non-instant  
Grits  
Whole grain, non-sugary cereals  
Kashi cereals

### **Fats and Oils**

Trans-free tub margarine or light butter  
Canola oil  
Extra virgin olive oil  
Non-stick oil spray

### **Sauces, Dressings and Condiments**

Low-fat, low-sugar salad dressings

Salsa

All-fruit jam and preserves

Dijonnaise

Reduced-sugar ketchup

Pickles

### **Snack Foods**

Plain popcorn kernels or low-fat microwavable

Whole-wheat pretzels, low sodium

Rice cakes, baked potato chips, popped chips

Unsalted dry-roasted nuts

Dried apple slices

Fresh fruit

Laughing Cow light cheese wedges and light string cheese

Graham crackers

### **Beverages**

Water

Flavored water

Herbal teas

Green and regular tea (w/o HFCS)

### **Treats**

Extra dark (80%) chocolate

Frozen 100% fruit bars

Low-fat flavored yogurts

Sugar-free gum

Kashi granola bars

Sweetened rice cakes