

## Healthier Alternatives to Processed Conventional Foods

| CONVENTIONAL FOODS  | HEALTHIER ALTERNATIVES   |
|---|--|
| <b>BREAKFAST FOODS</b>  |  |
| <b>Cold/Hot Cereals</b>   |  |
| General Mills Apple-Cinnamon Cheerios                                     | Barbara's Apple Cinnamon O's   |
| General Mills Cheerios  | New Morning Oatios, Cascadian Farms Purely O's                                   |
| Kellogg's Cocoa Crispies, General Mills Cocoa Puffs or Post Cocoa Pebbles | Envirokidz Cocoa Crisps  |
| Kellogg's Corn Flakes   | Arrowhead Mills Spelt, Kamut or Amaranth Flakes, Erewhon Corn Flakes             |
| Kellogg's Fruit Loops   | Barbara's Fruity Punch   |
| Kellogg's Raisin Bran   | Cascadian Farms, Erewhon, Health Valley Raisin Bran                              |
| Nabisco Shredded Wheat (unsweetened and sweetened)                        | Arrowhead Mills Shredded wheat (unsweetened and sweetened)                       |
| Post Shredded Wheat   | Barbara's Shredded Spoonfuls   |
| Quaker Cap'n Crunch Peanut Butter Crunch                                  | Barbara's Peanut Butter Puffins, Envirokidz Peanut Butter Panda Puffs            |
| Quaker Granola  | Baker's Granola and Museli, Breadshop, Health Valley Granola                     |
| Quaker Oatmeal (with added sugar)   | Arrowhead Mills, Nature's Path, Erewhon, Uncle Sam's Oatmeal, Quaker Rolled Oats |
| <b>Waffles/Pancakes/Other</b>   |  |
| Aunt Jemima Frozen Pancakes   | Ian's Frozen Pancakes  |
| Aunt Jemima Pancake/Waffle Mix  | Arrowhead mills Pancake/Waffle mix   |
| Golden Blintzes   | Ian's Cheese Blintzes  |
| Kellogg's Cereal Bars   | Health Valley Cereal Bars  |
| Kellogg's Eggo Frozen Waffles   | Vans All Natural Frozen Waffles  |
| <b>Bread</b>  |  |
| Progresso Bread Crumbs  | Jaclyn's Bread Crumbs  |
| Sahara Pita Bread   | Damascus Pita Bread  |
| Thomas's English Muffins  | Matthew's or Vermont English Muffins   |
| Wonder, Arnold, Pepperidge Farms brands                                   | Matthew's, Vermont Bread, The Baker, Shiloh Farms, Food for Life brands          |
| <b>Dairy</b>  |  |
| Dannon, Columbo, Yo-Plait Yogurt and Yogurt Products                      | Horizon, Stoneyfield Farms, Brown Cow, Fage Yogurt and Yogurt Products           |
| Friendship, Axelrod, Sorrento Cottage Cheese, Ricotta Cheese, Sour Cream  | Organic Valley, Horizon, Cabot   |
| Philadelphia Cream Cheese (Neufchatel)                                    | Organic Valley Cream Cheese  |
| Margarine   | Spectrum Spread  |
| Kraft Shredded Cheese   | Horizon Shredded Cheese  |
| <b>Kraft Singles</b>  | Organic Valley, Horizon Singles  |
| <b>Kraft String Cheese</b>  | Horizon String Cheese  |
| <b>Swiss Miss Puddings</b>  | Horizon Puddings   |

| <b>Frozen Foods</b>   |  |
|---|--|
| Mrs. Paul's or Gorton's Fish Sticks   | Natural Sea Fish Sticks and Fillets  |
| Stouffer's, Lean Cuisine, Weight Watchers Frozen Dinners (pizza, lasagna, macaroni and cheese...) | Amy's Ethnic Gourmet, Cascadian Farms, Health is Wealth, Green Guru, Fillo Factory, Shelton's Frozen Dinners                                     |
| Weaver Chicken nuggets, tenders and patties   | Health is Wealth Chicken nuggets, Tenders & Patties, Ian's, Bell & Evans Chicken Nuggets   |
| White Castle Burger   | Shelton Turkey Burger, Coleman Natural Beef Burger, Georgetown Farm Buffalo Burger; Sunshine, Harvest, Garden, Boca and Morningstar Vege Burgers |
| <b>Lunch Meats</b>  |  |
| Hickory Farms Beef Sausage  | Shelton Beef Sausage   |
| Hickory Farms Chicken Sausage   | Applegate Farms Chicken Sausage  |
| Nathan's, Ball Park or Sabrett Hot Dogs   | Applegate Farms Beef or Turkey Hot Dogs, Wellshire Farm Hot Dogs   |
| Oscar Meyer Bacon   | Applegate Farms Pork or Turkey Bacon   |
| Oscar Meyer Bologna   | Applegate Farms Turkey Bologna   |
| Oscar Meyer Turkey Breast   | Applegate Farms Turkey Breast  |
| Tyson or Armour Ham   | Applegate Farms, Wellshire Farms Ham   |
| <b>Meat/Poultry</b>   |  |
| Hormel or Tyson Beef  | Ian's, Coleman, Niman Ranch Beef   |
| Purdue, Empire or Tyson Poultry   | Murray's, Bell & Evans, Eberly's, D'Artagnan   |
| <b>Boxed/Canned Foods</b>   |  |
| Kraft Macaroni and Cheese   | Annie's Macaroni and Cheese  |
| Chef Boyardee Ravioli, Spaghetti O's...   | Annie's Ravioli, Spaghetti O's...  |
| Del Monte, Green Giant, Libbys Vegetables   | Muir Glen brand, Westbrae Natural, Eden Vegetables   |
| Progresso, Goya, Heinz, Campbell's Beans  | Shari Anns, Walnut Acres, Westbrae Natural, Eden Beans   |
| Progresso, Campbell's Soups   | Shari Anns, Annie's, Walnut Acres, Shelton's, Health Valley Soups  |
| Gerber Baby Food  | Earth's Best, Organic Baby Baby Food   |
| <b>Condiments</b>   |  |
| <b>Heinz Ketchup</b>  | Westbrae, Tree of Life, Muir Glen  |
| Hellmann's Mayonnaise   | Nasoyo, Spectrum Naturals  |
| Prego, Ragu Tomato Sauce  | Amy's, Walnut Acres, Muir Glen, Seeds of Change, Vantia, Pomi, Colavita, Bionaturae, Newman's Own, Redpack, Hunts                                |
| Skippy, Jif, Peter Pan Peanut Butter  | Kettle, Tree of Life, Arrowhead Mills Peanut or Almond Butter  |
| Welch's Jelly   | Polaner, Harvest Moon, Cascadian Farms or Bionature Fruit Spreads  |
| Wishbone  | Annie's Naturals, Maple Grove Farms or Seeds of Change organic salad dressing  |

| <b>Baking Goods</b>                         |  |
|---|--|
| Gold Medal Enriched Flours                  | Arrowhead Mills Flour (assorted grains)  |
| Keebler Cookie Pie Crust                    | Arrowhead Mills Cookie Pie Crust   |
| Betty Crocker or Duncan Hines Cake Mix      | Dr. Oetker Cake Mix  |
| Nestle, Hershey Chocolate Morsels           | Sunspire Chocolate Chips, Tropical Source  |
| McCormick Vanilla Flavor Extract            | Madagascar Bourbon Pure Vanilla Extract  |
| <b>SNACK FOODS</b>                          |  |
| <b>Crackers/Chips</b>                       |  |
| Boston, Pop Secret Popcorn                  | Bearitos (microwave and non-microwave), Shiloh Farms, Newman's Own Popcorn (microwave) |
| Carr's Water Crackers                       | Organic Courtney's or Bisca English Water Crackers                                     |
| Doritos, Frito Corn Chips                   | Guiltless Gourmet Chili Lime or Robert's Chips   |
| Franklin Crunch & Munch                     | Good Health Butterscotch and Poppyrock Popcorn   |
| Keebler Town House Crackers, Ritz           | Barbara's Rite Rounds Lite   |
| Lays, Pringles, Ruffles Potato Chips        | Terra Chips, Kettle, Cape Cod or Barbara's Potato Chips                                |
| Nabisco Cheddar Cheese Nips                 | Barbara's Cheese Bites   |
| Nabisco Mr. Salty Pretzels or Rold Gold     | Newman's Own, Snyder's Pretzels  |
| Nabisco Triscuit                            | Barbara's Wheatines  |
| Nabisco Wheat Thins                         | Hain Wheatettes  |
| Pepperidge Farm's Gold Fish Crackers        | Our Family Farm Captain's Catch Baked Cheese Crackers, Good Health Gold Fish           |
| Tostitos Chips                              | Bearitos, Garden of Eating or Kettle Tortilla Chips                                    |
|   |  |
| <b>Cookies/Cakes</b>                        |  |
| Entenmanns Apple Pie                        | Amy's Apple Pie  |
| Entenmanns Muffins                          | Organic Toaster Classics Muffins   |
| Entenmanns's Oatmeal Cookies                | Health Valley, Newman's Oatmeal Cookies  |
| Keebler. Chips a Hoy Chocolate Chip Cookies | Newman's Own Chocolate Chip Cookies  |
| Kellogg's Pop Tarts                         | Health Valley Tarts, Amy's Toaster Pops  |
| Nabisco Animal Crackers                     | Hain, Our Family Farm – Wild Animal Cookies  |
| Nabisco Fig Newtons                         | Fig Newmans, Barbara's Fig Bars  |
| Nabisco Graham Crackers                     | Barbara's Go Go Grahams  |
| Nabisco Honey Grahams                       | New Morning Honey Grahams, Mi-Del Graham Crackers                                      |
| Nabisco Oreo's                              | Newman-O's   |
| Quaker Granola Bars, Kudos                  | Health Valley Granola Bars, Bliss Bar  |
| Vienna Lady Fingers                         | Frookies Vanilla Sandwich Cookies  |
|   |  |
| <b>Candy</b>                                |  |
| Fruit Rollups                               | Stretch Island Fruit   |
| Gummi Bears                                 | Super Sour Gummi Bears "Let's Do..Organic", Harmony                                    |
| Jelly Belly Jelly Beans                     | Harmony Jelly Beans  |
| Nestlé's, Hershey Chocolate Bar             | Newman's Own, Green & Blacks, Tropical Source, Rapunzel, Lundt, Vivani, Valrhona       |
| Twizzlers Licorice                          | Panda Licorice   |

| <b>Frozen Desserts</b>                            |  |
|---|--|
| Baskin Robbins, Edys Ice Cream, Yogurt and Sorbet | Cascadian Farms, Stonyfield Farms, Rhonybrook, Julie's, Sharon's, Ben and Jerry's, Haagen Daaz, Breyers Rice Dream, Soy Delicious Ice Cream, Yogurt and Sorbet |
| <b>Other</b>                                      |  |
| Jell-O  | Hain Jello, Horizon Fruit Jels   |
| Motts Applesauce (with added sugar)               | Motts (without added sugar), Santa Cruz, Leroux Creek Apple Sauce  |
| <b>Beverages</b>                                  |  |
| Dole, Libby's, Mott's, Welch's Juices             | After the Fall, Apple & Eve, RW Knudsen, Santa Cruz, Lakewood, Walnut Acres Juices   |
| Tropicana, Minute Maid Frozen Juice               | Cascadian Farms, Just Pikt Frozen Juice  |
| Coke, Pepsi, Seven Up...                          | RW Knudsen, Steap, Eden Sodas  |