



Eating Healthy Tips



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The Society of Saint Vincent de Paul (SVdP)

Georgetown, TX

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Eating Healthy

Eating nutritiously is a struggle for us all and especially when on a tight budget trying to stretch food dollars. Typically, healthy food is more expensive than less expensive, high-calorie, highly processed, artificial-ingredient food choices. It's no wonder that one third of American children are overweight. We at the Society of St. Vincent de Paul understand the issue, and we are trying to help our neighbors by providing this reference information.

Eating Well on a Tight Budget

- Look for sales (and coupons for healthy choice) and plan meals accordingly.
- Make a grocery list and be an educated shopper
- Prep meals ahead of time to make dinnertime easier.
- Buy fresh produce that is in season.
- Embrace whole grains and beans.
- Repurpose leftovers.
- Buy the healthiest brands of meat, cheese, dairy, fruits and vegetables that you can.
- Strive to fill your pantry and refrigerator with healthy food. (Refer to our "What to Buy/What Not to Buy" list of suggestions.)
- Stop buying processed foods in the grocery store and at fast-food restaurants.
- Make your own food from scratch to save money and control the ingredients.

Eating Family Meals Together

Life can be chaotic, but we at SVdP believe gathering together for a family meal (with cell phones off) is so important. Even if your family only has 15 minutes together for dinner, make that time quality time! Don't forget to say a blessing with your children before meals. Praying with your children is a great way to reinforce their relationship with God and understand being thankful for what they receive. A blessing can be as easy as "God is good. God is great. Thank you for our food. Amen." And finally, always thank the cook for the meal!



What to Buy/What Not to Buy

This guide provides information on products available from two grocery stores in the local area. Use it to compare products so you can strive to fill your kitchen with as much "healthy food" that you can versus "unhealthy food".

Buy organic brands whenever you can: No genetic engineering (GMOs), no artificial flavors, colors or preservatives, no added growth hormones or antibiotics, produced without synthetic pesticides and fertilizers. Such as: Great Value Organic Brand, HEB Organics Brand	
Consider "HEB Select Brand" products, which have no high fructose corn syrup or synthetic ingredients or artificial colors. Look for icon and/or the name "HEB Select" part of the product name .	
Buy fresh baked goods versus packaged. HEB Bakery has many baked goods with the "Select Brand" icon listed or part of the name.	
Buy 100% whole or 100% whole grain versions of breads, pasta, cereal and flour.	
Buy milk and dairy foods labeled with no rBST and rBGH growth hormones.	
Buy "HEB Natural Brand" or organic meat brands to avoid growth hormones, antibiotics and ractopamine-tainted meat	
Buy wild salmon instead of farm-raised salmon to avoid Astaxanthin.	
Read food labels and avoid products with the following ingredients, which are banned in many countries outside of the U.S.: <ul style="list-style-type: none"> • high fructose corn syrup • trans fats: "un-hydrogenated oil" such as "partially-hydrogenated" soybean and cottonseed oils • Brominated Vegetable Oil (BVO) • artificial food colors such as: such as Red No. 40, Yellow No. 5, and Yellow No. 6 • artificial sweeteners: acesulfame K, Aspartame, Sucralose, Saccharin or Neotame • Azodicarbonamide (ADA) • Potassium Bromate • BHA or BHT • Carrageenan • sodium nitrates • Olestra 	
Read food labels and buy products that are low in sodium (salt) and sugar. Also consider avoiding products with: Monosodium Glutamate (MSG). and hidden sugars such as: Fructose, Sucrose, Dextrose	
Buy fresh fruit and vegetables or frozen with no butter, no/low salt and unsweetened. If canned, look for low-sodium versions, but read the food labels to avoid the offenders listed above. If you can afford it, buy some organic produce to avoid GMOs and pesticide-tainted produce. (See recommended list under Fruits/Vegetables.)	

Healthier Suggestions

The foods listed below are examples of healthier choices based on information provided in the "Nutrition Facts" and "Ingredients" labels. When shopping, compare both labels with other food items you may be considering.

Key: Cal=Calories, Na=Sodium, Cb=Total Carbs, S=Total Sugar, F=Total Fat, H-E-B=HEB, Wal=Walmart, , ...=more varieties available

Item	Brand	Cal	Na	Cb	S	F	HEB	Wal
Mayonnaise	Hellman's Olive Oil Mayo	60	125	.5	0	6	Y	Y
	Hellman's Real Mayo	90	90	0	0	10	Y	Y
	HEB Organic Mayonnaise	100	80	0	0	11	Y	
Ketchup	Hunt's 100% Natural Tomato Ketchup	20	150	5	3	0	Y	Y
	Heinz Simply Ketchup	15	160	4	4	0		Y
	HEB Selects Ketchup	15	160	4	4	0	Y	
	Great Value Organic Ketchup	15	160	4	3	0		Y
Oil	HEB Organic Ketchup	20	150	5	4	0	Y	
	Great Value Organic Extra Virgin Olive Oil	120	0	0	0	14		Y
	HEB Extra Virgin Olive Oil	120	0	0	0	14	Y	
	Wesson Canola Oil	130	0	0	0	14	Y	Y
Oil Spray	HEB Organics Canola Oil	120	0	0	0	14	Y	
	Great Value Organic Extra Virgin Olive Oil	0	0	0	0	0		Y
	HEB Select No Stick Extra Virgin Olive Oil	0	0	0	0	0	Y	
Vinegar	HEB Organics Balsamic Vinegar of Modena	20	0	4	4	0	Y	
	Pompeian Organic Balsamic Vinegar	15	0	3	2	0		Y
	Great Value Apple Cider Vinegar	0	0	0	0	0		Y
Mustard	HEB Organics Apple Cider Vinegar	0	0	0	0	0	Y	
	HEB Dijon Mustard	0	105	0	0	0	Y	
	Great Value Yellow	0	60	0	0	0		Y
Pickles	HEB Select Yellow	0	80	0	0	0	Y	
	Mt Olive Simply Dill Relish	0	180	0	0	0		Y
	Mt Olive Organic Bread and Butter	30	220	7	7	7	Y	
Olives	HEB Ode to Olives Pitted Kalamata Black Olives	40	360	1	0	4	Y	
	Mario Organic Kalamata olives	45	210	0	0	4	Y	Y
	HEB Ode to Olives Texas Size Pitted Green Olives	45	210	0	0	4	Y	
	Mario Castelvetrano Pitted Olives	30	135	1	0	3	Y	Y
Flour	Great Value "Unbleached" All Purpose Flour	110	0	23	0	0		Y
	HEB Select "Unbleached" All Purpose Flour	0	0	23	0	0	Y	
Sugar	HEB Organic "Unbleached" All Purpose Flour	0	0	23	0	0	Y	
	Imperial Pure Cane Sugar	15	0	4	4	0	Y	Y

Sugar	HEB Pure Cane Sugar	15	0	4	4	0	Y	
Sugar Substitute	Great Value Stevia	0	0	0	0	0		Y
	HEB Organics Stevia	0	0	0	0	0	Y	
Maple Syrup	Maple Groves Pure Maple Syrup	210	10	53	53	0	Y	Y
Raw Honey	Kelly's Raw Natural Honey	60	0	17	16	0	Y	
	HEB Raw & Unfiltered Texas Wildflower Honey	60	0	17	17	0	Y	
Apple Sauce	Great Value Unsweetened Apple Sauce	50	10	12	0	0		Y
	HEB Unsweetened Apple Sauce	70	0	17	13	0	Y	
	HEB Organics Apple Sauce	70	20	18	12	0	Y	
Canned Fruit	Dole 100% fruit juice / water packed pears...	70	0	18	14	0	Y	Y
	HEB Organics Pear Cups	70	0	13	18	0	Y	
Dried Fruit	Sun Maid Raisin Snacks	120	10	31	26	0	Y	Y
	HEB Select California Sweet Raisins	100	5	23	18	0	Y	
	Craisins the Original	130	0	33	20	0	Y	Y
Gelatin	Jel Gelatin (not Jell-O brand)	70	70	16	26	0		Y
	Simply Delish Jel (Stevia)	6	22	4	0	0		Y
Peanut Butter	Smucker's Organic Creamy Natural Peanut Butter	180	55	5	1	16		Y
	Jif Natural low-sodium natural peanut butter	190	80	8	4	16	Y	Y
	Skippy Peanut Butter	190	150	3	6	16	Y	Y
Jelly	Bonne Maman Preserves	50	0	13	12	0	Y	Y
	Welch's Natural spreads	35	15	9	8	0	Y	Y
	Smucker's Natural fruit spread	40	0	11	10	0		Y
	HEB Organics Preserves	50	2	12	12	0	Y	
Canned Fish	Central Market No Salt Added White Albacore Tuna	150	180	0	0	2	Y	
	StarKist Very Low Sod White Albacore Tuna Water	50	120	0	0	5	Y	Y
	Bumble Bee Prime Fillet White Albacore Tuna Water	140	280	0	0	1	Y	Y
Canned Meat	HEB Select Premium Chunk Chicken Breast in Water	60	230	0	0	1	Y	
	Valley Fresh Organic Premium White Chicken Breast	50	240	0	0	1		Y
Canned Tomatoes	HEB tomatoes no salt added diced...	25	15	5	0	0	Y	
	HEB Organics Tomato Sauce	25	220	6	3	0	Y	
	Rotel tomatoes, no salt added	25	15	5	2	0	Y	Y
Pasta Sauce	Silver Palate low sodium	50	360	6	3	0	Y	
	Prego lower sodium sauce	70	360	12	9	0		Y
	HEB Garlic & Herb Pasta Sauce	60	340	11	6	1	Y	
	Yo Mama's Keto Tomato Basil Pasta Sauce	60	125	5	2	4		Y
Pizza Sauce	HEB Organics Pasta Sauce	100	390				Y	
	HEB Organics Pizza Sauce	35	230	6	1	0	Y	
	Del Grosso Pappy Fred's Old Style Pizza Sauce	35	250	3	0	0	Y	
	Prego Pizza Sauce	35	200	6	4	1	Y	Y
Pizza Crust	HEB Ultra-Thin and Crispy 100% Whole Wheat	170	35	32	3	3	Y	
Jarred Salsa	Newman's Own Salsa	15	95	3	0	0		Y
	HEB Select Specialty Salsa	10	135	2	1	0	Y	
Dried Beans	HEB Select South Texas Pinto Beans	120	110	23	1	1	Y	
	Great Value or HEB beans such as navy, black...						Y	Y
Canned Beans	Bush's reduced sodium black beans ...	110	210	20	0	0	Y	Y
	Central Market Organics Low Sodium Black Beans	110	130	14	0	0	Y	
	Rosarita Refried Beans Low Sodium Traditional	110	350	16	0	2	Y	Y
	Amy's Organic Low Sodium Refried Beans Trad	140	330	22	1	3	Y	Y
Rice	HEB Organic Long Grain Brown Rice	170	0	34	0	1	Y	
	Riceland Brown Rice	150	0	32	0	1	Y	Y
Barley	Quaker Barley	170	0	37	0	0	Y	Y
Dried Pasta	Barilla Protein whole grain angel hair...	190	0	38	2	1	Y	Y
	Whole grain penne...	180	0	39	1	1	Y	Y
Packaged	HEB Select Seasoned Stuffing	120	350	19	2	3	Y	
	Pepperidge Farm Herb Seasoned Stuffing	110	410	22	2	1	Y	Y
	Annie's Mac & Cheese Less Sodium	260	400	47	4	4	Y	Y
Canned Veggies	Annie's Mac & Cheese	270	430	40	7	3		
	HEB French-Fried Onions	45	50	3	0	3	Y	
	French's French-Fried Onions	45	60	3	0	3	Y	Y
	HEB Green Beans No Salt Added	20	15	4	2	0	Y	Y
	Libby Natural Green Beans No Salt Added	25	10	5	1	0		Y
Broth	Central Market Organics Low Sodium Chick Broth	10	65	1	0	0	Y	
	Central Market Organics Low Sodium Beef Broth	15	140	0	0	0	Y	
Canned Soup	Campbell's Healthy Request Soups	70	410	9	0	2	Y	Y
Soy Sauce	Great Value Soy Sauce less sodium	5	570	1	0	0		Y
	Kikkoman Less Sodium Soy Sauce	10	590	1	0	0	Y	Y
	Kikkoman Less Sodium Teriyaki	15	310	4	3	0	Y	
Teriyaki Sauce	Soy Yay Veri Veri Teriyaki less sodium	50	440	9	7	1	Y	Y
	HEB Select Specialty Series Texas Style BBQ Sauce	50	290	11	10	0	Y	

	HEB Organic BBQ Sauce	50	270	14	12	0	Y	
Baby Food	HEB Select Baby Apple Mango Spinach Pouch	60	0	16	12	0	Y	
	HEB Baby Organics Banana Apple Carrot Pouch	70	10	16	14	0	Y	
	Happy Baby Organic Apples and Blueberries	70	5	17	13	0	Y	Y
Dressing	Good Seasoning Mix – Zesty Italian	5	220	1	1	0	Y	Y
	Ken's Simple Vinaigrette Balsamic	100	320	3	1	10	Y	Y
	Annie's Balsamic dressing	100	60	2	0	10	Y	Y
Cereal	Quaker Oats Old Fashioned Oatmeal	150	0	27	1	3	Y	Y
	HEB Organics Old Fashioned Oatmeal	150	0	27	1	3	Y	
	Cream of Wheat	110	100	24	1	0	Y	Y
	Bear Naked Granola	220	5	45	6	3	Y	Y
	General Mills Cheerios	100	140	20	2	2	Y	Y
	Multi grain Cheerios	150	150	32	8	1	Y	Y
	HEB Organics Honey Nut O's	160	140	33	11	2	Y	Y
	HEB Organics Honey and Oat Crunch	150	140	33	7	1	Y	
	HEB Organics Raisin Bran	194	210	46	18	1	Y	
	Annie's Cocoa Bunnies	140	160	29	10	8	Y	Y
	Annie's Fruity Bunnies & Blossoms	150	70	31	11	2		Y
Pancake Mix	Annie's Pancake Mix	150	370	29	5	2	Y.	Y
Breadcrumbs	Kikkoman Panko Gluten Free	110	15	25	0	0	Y	Y
Chips	HEB Bakery Unsalted Tortilla Chips	80	0	8	0	5	Y	
	HEB Organics Tortilla Strips	140	80	16	0	7	Y	
	Tostitos Scoops! Tortilla Chips, Baked	120	140	22	0	3	Y	Y
	Xochitl Sea Salt Mexican Style Corn Tortilla Chips	150	105	18	0	6	Y	Y
	Mission Tortilla Rounds	140	90	18	0	7	Y	Y
	Mission Thin & Crispy Restaurant Style Tortillas	140	75	18	0	6	Y	Y
	Great Value Organic Blue Corn Tortilla Chips	140	115	19	0	6		Y
	Central Market Tortilla Chips Blue Corn	130	20	20	0	5	Y	
	HEB Organics Nacho Cheese	130	210	16	0	7	Y	
	Cape Cod Original Kettle Cooked Potato Chips	140	70	16	0	8	Y	Y
	HEB Kettle Cooked Olive Oil Potato Chips	140	120	17	0	7	Y	
	Lay's Simply Sea Salted Potato Chips	160	160	15	0	10	Y	
	HEB Ridged Original Potato Chips	160	170	15	0	10	Y	
	Hain Celestial Group Sensible Portions Straws	130	220	170	7	?		Y
Puffs	Pirate's Booty White Cheddar Baked Rice Corn	130	140	19	0	5		Y
Pretzels	Snyder's Pretzel Twists Honey Wheat	110	160	22	4	2		Y
	Lutz Braided Pretzels Honey Wheat	110	170	21	4	1		Y
	HEB Select Low Fat Honey Wheat Pretzels	110	160	20	5	2	Y	
	Goldfish Whole Grain Pretzels	90	200	16	0	1		
Popping Corn	Central Market Organics Yellow Popping Corn	120	20	23	0	1	Y	
	Skinny Pop Popcorn	150	75	15	0	10	Y	Y
	Central Market the Lighter Side of Popcorn...	120	80	19	0	4	Y	
Micro Popcorn	HEB Organics Original Microwave Popcorn	120	135	21	0	2	Y	
	Jolly Time, 100 Calorie Healthy Micro Popcorn	110	240	24	0	2	Y	Y
Crackers	HEB Delicatessen Wheat Crisps (no BHT)	70	140	9	.5	3	Y	
	Good Thins Rice Simply Salt...	130	85	26	5	1	Y.	Y
	Blue Diamond Almond Nut Thins – Hint Salt...	130	80	24	0	2	Y	Y
	Triscuit Thin Crisps Original	130	170	21	0	4	Y.	Y
	HEB Ancient Grains Hint of Sea Salt Rice Crackers	130	80	24	0	2	Y.	
	HEB Select ITZ-A Whole Wheat Crackers	70	120	10	1	3	Y.	
	Goldfish baked whole grain	140	240	19	0	5	Y.	Y
Snacks	Annie's Fruit Snacks	80	55	19	11	0	Y.	Y
	HEB Organics Oat and Honey Granola Bars	190	115	31	11	6	Y	
	Annie's Oatmeal Raisin Bars	90	65	10	8	1	Y.	Y
	Annie's Snack Mix Cheddar	150	190	18	0	7	Y	
	HEB Organics Trail Mix Harvest	140	0	15	2	8	Y	
Bakery Sweets	HEB Bakery Select Sweets (look for the "HEB Select icon" Such as: Select Chocolate Cookies and Muffins						Y	
Package Cookies	Central Market Duplex Supreme Sandwich	130	90	20	10	5	Y	
	Central Market Maple Cream Sandwich Cookies	100	40	15	7	4	Y	
	Pepperidge Farm Thin & Crispy Chocolate Chip	140	135	20	12	6	Y	Y
	Annie's Bunny Graham Cookies	130	110	20	6	4	Y	
	HEB Organics Whole Grain Animal Crackers	130	70	21	6	4	Y	
Package Mix	Annie's Double Chocolate Brownie Mix	140	80	25	18	4	Y	Y
Seeds	HEB Sunflower Kernels	180	125	7	0	16	Y	
Nuts	Great Value Mixed Nuts Lightly Salted	170	40	5	0	15		Y
	Great Value Peanuts	170	45	4	0	15		Y
Nuts	HEB Select Peanuts Lightly Salted	180	75	7	2	15	Y	

	HEB Select Honey Roasted Peanuts	190	120	7	3	14	Y		
	HEB Select Dry Roasted Pistachios with Sea Salt	170	160	8	2	14	Y		
	HEB Select Whole Natural Raw Almonds	160	0	6	1	4	Y		
Bakery Bread	HEB Select 10 Grain Sandwich Bread, Half	150	260	25	2	3	Y		
	HEB Select Country White Bread Scratch Made	130	300	26	0	1	Y		
	HEB Select Sourdough Bread Scratch Made	140	300	27	1	1	Y		
	HEB Select French Bread Scratch Made	140	260	27	1	1	Y		
Bakery Rolls	HEB Select Sweet Aloha Rolls	110	120	21	6	0	Y		
Package Bread	HEB Select Honey Wheat Bread	80	100	14	2	1	Y		
	Nature's Own Honey 7 Grain	70	105	14	2	1	Y	Y	
	Oroweat Whole Grains Healthy Multi-Grain Bread	90	150	17	2	2	Y	Y	
	HEB Essential Grains Multigrain Bread	120	210	22	4	1	Y		
Bakery Tortillas	HEB Select Bakery Flour Tortillas	120	280	17	0	4	Y		
Package Tortillas	Mission Carb Balance Flour Tortillas (sucralose)	45	210	12	0	2	Y	Y	
Taco Shells	Ortega "Whole Grain" Corn Taco Shells	110	160	16	0	6			
	HEB Select Multigrain Taco Shells	150	30	19	0	8	Y		
Buns	HEB Select Hot Dog Buns – Enriched Buns	130	170	23	3	1	Y		
	HEB Wheat Hot Dog Buns	140	220	26	6	2	Y		
	HEB Select Hamburger Buns - Enriched Buns	130	170	23	3	1	Y		
	HEB Select 100% Wheat Buns	170	250	31	4	2	Y		
English Muffins	Thomas 100% Whole Wheat English Muffins	120	230	23	0	1	Y	Y	
Salt	Morton's Lite Salt 50% Less Sodium	0	290	0	0	0	Y	Y	
Seasoning Blends	McCormick's Montreal Chicken 25% Less Sodium	0	45	0	0	0	Y	Y	
Seasoning	Morton & Basset Organic Taco Seasoning	0	0	0	0	0	Y		
	McCormick Taco Mix – lower sodium	15	250	3	0	0	Y	Y	
	McCormick Chili Mix – lower sodium	30	270	6	1	0	Y	Y	
Packaged sauces	Simply Organic Sweet Basil Pesto Sauce Mix...	10	200	2	0	0		Y	
	HEB Select Less Sodium Brown Gravy mix	20	230	4	0	0	Y		
	McCormick Brown Gravy Mix – lower sodium (MSG)	20	230	3	0	0	Y	Y	
	HEB Select Sloppy Joe Mix	15	270	3	0	0	Y		
Tea	HEB Ready to Brew Tea Bags for Ice Tea	0	0	0	0	0	Y		
Bottled Juice	HEB 100% Organics Apple Juice	110	35	27	26	0	Y		
Candy	HEB Select Dark Chocolate Almonds ...	210	20	20	14	15	Y		
Ice Cream	See Dairy Section	-	-	-	-	-			
Frozen Treats	Outshine Frozen Fruit Bars ...	45	0	11	100	0	Y	Y	
	HEB Organic Fruit Bars...	140	80	25	12	3	Y		
	HEB Select Strawberry Fruit Bars	140	10	35	29	0	Y		
	Annie's Fruit Pops	130	5	32	14	0	Y	Y	
	Alexia Sweet Potato Fries	140	140	24	4	5	Y	Y	
	HEB Select Sweet Potato Crinkle Cut Fries	130	200	23	1	3.5	Y	Y	
	Alexia House Cut Fries	130	200	23	1	3.5	Y	Y	
Frozen Bread	HEB Organics Country Italian Style Bread	140	320	28	0	0	Y		
	HEB Organics Roasted Garlic Bread	140	300	29	0	0	Y		
	Central Market French Demi Baguette	130	290	27	1	0	Y		
Frozen Dough	New French Bakery Artisan Pizza Dough	120	260	22	1	2	Y		
Frozen Pizza	Midtown Pizza Co. Uncured Pepperoni Pizza	230	470	35	2	6	Y		
	Amy's Margarita Pizza – Organic	270	540	31	4	12	Y		
	California Pizza Kitchen Thin Margherita Pizza	220	480	29	4	17	Y		
Frozen Waffles	Central Market Wheat Waffles - Mini	160	390	23	5	6	Y		
Cold Hummus	HEB Select Roasted Red Pepper Hummus	60	140	4	0	4	Y		
Cold Salsa	HEB Fresh Salsa	5	150	2	0	0	Y		
	HEB Select Medium/Hot Serrano Salsa	5	115	2	1	0	Y		
Cold Guac	HEB Fresh Guacamole	40	110	2	0	3	Y		
Cold Pickles	Claussen Dill Spears	5	280	0	0	0	Y		
	Nathan's Kosher Dill Chips	5	290	1	0	0	Y		
Cold Dressing	Bolthouse Ranch	45	280	3	2	3	Y		
	Bolthouse Blue Cheese	35	135	1	1	2.5	Y		
	HEB Select Cilantro Cotija Dressing...	100	150	1	0	10	Y		
Cold Juice	HEB Select Some Pulp Orange Juice	120	0	28	23	0	Y		
	HEB Select No Pulp Rio Red Grapefruit Juice	110	10	25	21	0	Y		
Cold Tea	HEB Select Unsweet Texas Brewed Tea	0	0	0	0	0	Y		
Cold Rolls	Annie's crescent rolls	90	330	14	3	3	Y	Y	
Sparkling Water	H-E-B Organics Lemon Strawberry Water	40	15	10	9	0	Y		
	LaCroix Sparkling Water	0	0	0	0	0	Y	Y	
Dairy	Buy dairy products that do not include the synthetic hormones and antibiotics. Some suggested brands: Central Market Organics, HEB Natural, some Safeway/Lucerne dairy, Horizon Organic, Organic Valley Dairy, Stonyfield Organic, Ben & Jerry's Ice Cream, Breyers Ice Cream (in transition), Haagen Daz, Brown Cow Farm, Crowley Cheese of Vermont, Dannon, Stonyfield Farms and Yoplait yogurts. When buying cheese, consider lower-sodium cheeses, such as: Swiss, goat, brick, ricotta, fresh mozzarella, Monterey Jack, Parmesan, provolone and cottage cheese.								
Milk	Central Market Organics 2% Milk						Y		

	Great Value Organic Milk		Y
	Horizon Organic Milk	Y	Y
Half-n-Half	Central Market Organics Half & Half	Y	
	Horizon Organic	Y	Y
Eggs	HEB Organics Eggs	Y	
	Egg land's Best Grade A Extra Large Eggs	Y	Y
Cheese	Bel Gioioso Fresh Mozzarella	Y	Y
	HEB Natural Shredded Mozzarella	Y	
	HEB Select Shaved Parmesan Cheese	Y	
	HEB Natural Baby Swiss Thin Sliced	Y	
	HEB Natural Provolone Thin Sliced	Y	
	Great Value Organic Shredded Cheese or Brick		Y
	HEB Natural Monterey Jack	Y	
	Horizon Cottage Cheese	Y	
	HEB Natural Part Skim Ricotta Cheese	Y	
	HEB Natural Parmesan	Y	
	Boar's Head "Simplicity All Natural"	Y	
Cream Cheese	HEB Organics Cream Cheese	Y	
Yogurt	HEB Organics Greek Yogurt	Y	
	Organics Yogurt for Kids	Y	
Sour cream	Horizon Sour Cream	Y	
Butter	HEB Organics Butter		
	Kerry gold Pure Irish Butter	Y	Y
	Challenge Butter	Y	Y
Ice Cream	HEB Select Creamy Creations 1905 Vanilla	Y	
	Breyer's Natural Vanilla	Y	Y
	Ben & Jerry Ice cream	Y	Y
	Annie's Vanilla Ice Cream	Y	
Meat	Buy meat that has no added additives, growth hormones, antibiotics nitrates or nitrites.		
Beef	Organic, Grass-Fed Beef	Y	Y
	HEB Organics Brand	Y	
	Marketside Butcher Organic Grass-Fed		Y
	HEB Natural Beef Brand	Y	
	HEB Prime 1 Grass Fed Brand	Y	
Beef Hot Dogs	HEB Natural Beef Hot Dogs	Y	
	Oscar Mayer Natural Hot Dogs	Y	Y
	Boar's Head Simplicity Hot Dogs		
Chicken	HEB Natural Brand	Y	
	Perdue Harvest land Brand		Y
	Hill Country Fare Brand Chicken	Y	
Rotisserie Chicken	HEB Natural Rotisserie Chicken (in Deli)	Y	
Package Chicken	HEB Natural Deli Meats	Y	
Pre-Cooked Chicken	Tyson Naturals Grilled Chicken	Y	
Turkey	HEB Frozen Natural Whole Turkey	Y	
Ground Turkey	HEB Natural Ground Turkey	Y	
	HEB Organics Ground Turkey		
Turkey	Honeysuckle Turkey Brand	Y	
Pork	HEB Natural Pork Brand	Y	
Ham Slice	HEB Hickory Smoked Boneless Ham	Y	
Bacon	Hormel Natural Choice Original Uncured		Y
	HEB Natural Uncured Bacon	Y	
	Applegate Natural No Sugar Uncured	Y	Y
	Smithfield All-Natural Uncured Hickory	Y	Y
Sausage	Eckrich Natural Casing Polska Kielbasa		Y
	H-E-B Select Premium Original Smoked	Y	
	H-E-B Fresh Mild Italian Sausage Links	Y	
	Kiobassa All-Natural Beef Smoked	Y	
Fresh Deli Meat	HEB "Select Ingredients" Deli Meats	Y	
	Boar's Head "Simplicity All Natural"	Y	
Package Deli Meat	HEB Reserve Deli Meat	Y	
	HEB Natural Brand Deli Meat	Y	
	HEB Organics Deli Meat	Y	
	Oscar Mayer Natural Brand	Y	Y
	Applegate Organic Brand	Y	Y
Fresh Seafood	Choose lower-mercury seafood, such as salmon, shrimp and cod. Avoid higher-mercury fish, such as tilefish, shark, swordfish and king mackerel.	Y	Y
Salmon	Buy wild caught salmon, not "farm-raised salmon" as farm-raised fish are fed "astaxanthin", a petrochemical that is banned in many countries.	Y	Y
Frozen Fish	If buying frozen, un-breaded fish products are a healthier choice. Orca Bay is a good brand.	Y	Y
Frozen Breaded	Gorton's Classic Beer Battered Fillets or Crispy Battered Fillets are better choices.	Y	Y

Fresh Vegetables	Buy vegetables that are in season for the best prices. If possible, buy organic corn, spinach, lettuce, kale, collard greens, mustard greens, bell peppers, hot peppers, celery and tomatoes.
Fresh Fruits	Buy fruits that are in season for the best prices. If possible, buy organic fruits with soft edible skins like: berries, nectarines, apples, grapes, cherries, peaches and pears
Frozen Vegetables	Select vegetables with no butter and no or low salt added.
Frozen Fruits	Select unsweetened brands of fruit.
Fast Food	<p>Fast food is not healthy. Typically, most fast food is high in sodium, saturated fat, trans fat, cholesterol, artificial ingredients and the meat may have growth hormones and antibiotics. Therefore, it isn't something you should eat often. Occasionally, if you eat fast food, consider these options, which are better choices, relatively speaking:</p> <p>Chick-Fil-A's Grilled Chicken Nuggets Chick-Fil-A's Grilled Market Salad Grilled chicken sandwich at Chick-fil-A, Carl's Jr, Wendy's McDonalds, KFC, Jack in Box Chick-Fil-A's Chargrilled Chicken Cool Wrap Jack in the Box Chicken Teriyaki Bowl Wendy's Junior Hamburger Wendy's Chili-Topped Potato – make your own Wendy's Grilled Chicken Salads McDonald's Grilled Chicken Salads McDonald's Honey Mustard Chicken Wrap Panera's Turkey Chili Chipotle's Steak Soft Tacos – be careful with what you add Chipotle's Salad Bowl – be careful with what you add Schlotzsky's Albacore Tuna Panera Smoked Turkey on Whole Grain Bread Boston Market Rotisserie Chicken Sandwich Subway Black Forest Ham on Wheat Bread Panda Express: Black Pepper Angus Steak or Chicken Bowl, String Bean Chicken Breast w/brown rice or vegetables Pizza – Buy thin crust, not deep or stuffed crust. Add veggies. If meat, add chicken or lean ham instead of sausage or pepperoni. Such as: Pizza Hut Thin & Crispy Cheese Pizza Domino's Pacific Veggie Pizza</p>

Common US Foods Banned in Some Other Countries

Banned Ingredient	Why Banned?	Common Foods that Include the Ingredient
rBST or rBGH hormones (in Milk)	US dairy is treated with rBST or rBGH artificial hormones unless marked otherwise. The artificial hormone stimulates milk production. The FDA states no risk but other countries banned due to numerous animal and human health concerns.	US milk and dairy products that are not organic may contain
Hormones (in Beef) Zeranol, Trenbolone, and Melengestrol	Synthetic hormones used to promote growth. Can increase the risk of breast cancer and prostate cancer. Federal regulations prohibit the use of hormones in raising pork and poultry, but not beef.	Beef that is not organic or otherwise noted as no growth hormones
Ractopamine-Tainted Meat	Drug used to increase lean muscle growth in livestock such as pigs and turkeys. The drug may affect the cardiovascular system and cause hyperactivity, behavioral changes, and elevated heart rates and heart-pounding sensations.	Pork that is not organic or otherwise noted as 'produced without ractopamine'
High fructose corn syrup	This cheap sweetener is more quickly absorbed into the body. It can lead to insulin resistance, obesity, type 2 diabetes and high blood pressure.	Soda, candy, sweetened yogurt, salad dressing, frozen foods, breads, canned fruit, juice, ketchup, applesauce, crackers, relish, flavored oatmeal, cold cuts, BBQ sauce, condiments, peanut butter, snack bars, juice, canned soup, canned tomatoes, ice tea, pickles, boxed dinners, granola bars, nutrition bars, coffee creamers, jelly, sport drinks, ice cream, frozen pizza, store-bought baked goods
Astaxanthin (AX)	Petrochemical fed to farm-raised salmon to give it its coral color.	Farm-raised salmon
Genetically Engineered Foods (GMOs)	DNA changed foods that help farmers prevent crop loss. Animals fed genetically engineered foods, can suffer a wide range of maladies, including intestinal damage, multiple-organ damage, massive tumors, birth defects, premature death, and near complete sterility by the third generation of offspring.	Found in corn, soy, potatoes, summer squash, sugar beets, papaya, alfalfa....Cereal
Artificial Food Colors and Dyes such as Red No. 40, Yellow No. 5, and Yellow No. 6	Artificial food dyes are responsible for the bright colors of candy, sports drinks and baked goods. There is research showing toxicity and hazardous health effects, especially with how it affects children's behavior.	Found in cereal, beverages, puddings, gelatin, beverages, dessert powders, crackers and sauces. dairy products, potato chips, jams, candy, mustard...Such as: Kraft Mac & Cheese, Skittles, M&Ms, Little Debbie Swiss Rolls, Froot Loops, Fruity Pebbles, Kellogg's Nutrigrain Soft Baked Breakfast Bars, Maraschino cherries, Sunkist Soda, Gatorade, Pillsbury Crescent Rolls, Jell-o, Lucky Charms, Pop-Tarts, Tostitos Con Queso Dip...
Brominated vegetable oil (BVO)	A synthetic chemical, patented as a flame retardant, shown to bioaccumulate in human tissue and breast milk, and animal studies have found it causes reproductive and behavioral problems in large doses.	Found in products such as: Mountain Dew, Fresca, sports drinks...
Azodicarbonamide (ADA)	A chemical substance approved for use as a whitening agent in flour and as a dough conditioner in bread. It is also used to make yoga mats and shoe soles. It's been linked to respiratory problems and other health issues.	Found in breads, bagels, tortillas, hamburger and hot dog buns, pizza, pastries. Such as: Jimmy Dean Delights Turkey Sausage, Egg & Cheese Honey Wheat Flatbread, Pillsbury Breadsticks, Healthy Choice Simply frozen dinners...
Potassium Bromate	A chemical often used during flour processing to get higher-rising, whiter dough when baking bread products. Studies have linked it to kidney and nervous system damage, thyroid problems, gastrointestinal discomfort, and cancer.	Commercial breads such as buns, commercial baked goods, wraps, rolls, bread crumbs, bagel chips, and flatbreads. potato chips, sausage, and meat patties.
Trans fats - "Unhydrogenated oils Such as: "Partially hydrogenated soybean and cottonseed oils"	Cheap oil used for extremely long shelf life as well as being cheap to produce. However, trans fats can raise your bad (LDL) cholesterol levels while also lowering your good (HDL) cholesterol. Overall, trans fats can also increase your risk of stroke and developing heart disease.	Some brands of peanut butter, microwave popcorn particularly butter flavor, frozen pizza, packaged cookies, fresh baked goods (verify no margarine or shortening), margarine, tortillas, crackers, coffee creamers. Such as: Pillsbury products, Betty Crocker products, Coffee-Mate, Ritz Crackers, Kellogg's products, Nabisco products, margarine, Crisco, Duncan Hines products, Freschetta and Red Baron products , Girl Scout Cookies, Jimmy Dean products , Marie Callender products, microwave popcorn, Ramen Noodles, Saltine Crackers, Sara Lee Cake Donuts, Slim Jim's, Snack Pack Caramel Pudding, Special K cereal, Stouffer's Animal Crackers, Wheat Thins Stoned, Wolf Canned Chili, Little Debbie baked goods, Hostess Donettes., Hungry Man frozen dinners, Bisquick pancake mix...
Preservatives BHA & BHT	Two food preservatives. BHT is not a listed carcinogen, but some data have shown that it does cause cancer in animals.	Found in cereal, nut mixes, gum, butter spread, meat, dehydrated potatoes, and beer, etc. Such as: Hungry Jack Mashed Potatoes, Stove Top stuffing, Pillsbury Pie Crust, Farmer John Pork Breakfast Sausage Links, Wheat Thins, Frosted Flakes, Honey Bunches of Oats, Post Honey Maid S'mores, and Rice Krispies

Carrageenan	Carrageenan is extracted from red seaweed and used as a thickener. It can cause inflammation, affect the digestive system and can lead to heart disease. Tests also found that laboratory mice developed glucose intolerance and impaired insulin action.	Found in dairy products like ice cream, chocolate milk, salad dressings, soy milk and some meat products, veggie burgers, soy milk, beer. Such as: Drumstick frozen dairy desserts, Dean's Onion Dip
Acesulfame K, Aspartame, Sucralose, Saccharin, Neotame, and more	High intensity artificial sweeteners could be bad for you. Artificial sweeteners can raise your glucose levels and can change your gut bacteria composition. This change can cause glucose intolerance, which is the first step towards metabolic syndrome and diabetes in adults.	Found in Diabetic Baked Goods, diet soda, reduced calorie foods. Such as: Diet Coke, Mission Carb Balance Flour Tortillas....
Olean and Olestra	Olestra, aka Olean, is a calorie- and cholesterol-free fat substitute used in fat-free snacks like chips and French fries. Reports of adverse intestinal reactions to the fake fat including diarrhea, cramps and leaky bowels.	Found in prepackaged savory snacks and many other products. Such as: Doritos Light, Frito-Lay's WOW! potato and tortilla chips, Lay's Ruffles, Lay's Doritos, Nabisco's Fat-Free Ritz, Nabisco Fat-Free Wheat Thins crackers, Fat-Free Pringles Frito Lays Sour Cream
Sodium nitrates	Sodium nitrate is a type of salt that keeps food from degrading while also giving it a distinct smoky flavor. It's been linked to certain types of cancer.	Found in bacon, beef jerky, ham, hot dogs, lunch meat, salami and smoked fish