

Eating Healthy Tips



JULY 6, 2021
The Society of Saint Vincent de Paul (SVdP)

Georgetown, TX

© Copyright Notice. All materials contained within this document are protected by United States copyright law and may not be reproduced, transmitted, displayed, published or broadcast without the prior express written permission of The Society of St. Vincent de Paul, Georgetown, TX. For reprint permission, please contact Joan Nosewicz at joan.nosewicz@gmail.com

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

Sugar	HEB Pure Cane Sugar	15	0	4	4	0	Υ	
Sugar Substitute	Great Value Stevia	0	0	0	0	0		Υ
	HEB Organics Stevia	0	0	0	0	0	Υ	
Maple Syrup	Maple Groves Pure Maple Syrup	210	10	53	53	0	Υ	Υ
Raw Honey	Kelly's Raw Natural Honey	60	0	17	16	0	Υ	
,	HEB Raw & Unfiltered Texas Wildflower Honey	60	0	17	17	0	Υ	
Apple Sauce	Great Value Unsweetened Apple Sauce	50	10	12	0	0		Υ
	HEB Unsweetened Apple Sauce	70	0	17	13	0	Υ	
	HEB Organics Apple Sauce	70	20	18	12	0	Υ	
Canned Fruit	Dole 100% fruit juice / water packed pears	70	0	18	14	0	Υ	Υ
	HEB Organics Pear Cups	70	0	13	18	0	Υ	
Dried Fruit	Sun Maid Raisin Snacks	120	10	31	26	0	Υ	Υ
	HEB Select California Sweet Raisins	100	5	23	18	0	Υ	
	Craisins the Original	130	0	33	20	0	Y	Υ
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
. oaa. Datto.	Jif Natural low-sodium natural peanut butter	190	80	8	4	16	Υ	Y
	Skippy Peanut Butter	190	150	3	6	16	Υ	Υ
Jelly	Bonne Maman Preserves	50	0	13	12	0	Y	Y
	Welch's Natural spreads	35	15	9	8	0	Υ	Υ
	Smucker's Natural fruit spread	40	0	11	10	0	·	Y
	HEB Organics Preserves	50	2	12	12	0	Υ	<u> </u>
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	Υ
	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	-	Υ
Canned Tomatoes	HEB tomatoes no salt added diced	25	15	5	0	0	Υ	
	HEB Organics Tomato Sauce	25	220	6	3	0	Y	
	Rotel tomatoes, no salt added	25	15	5	2	0	Υ	Υ
Pasta Sauce	Silver Palate low sodium	50	360	6	3	0	Υ	
	Prego lower sodium sauce	70	360	12	9	0		Υ
	HEB Garlic & Herb Pasta Sauce	60	340	11	6	1	Υ	
	Yo Mama's Keto Tomato Basil Pasta Sauce	60	125	5	2	4		Υ
	HEB Organics Pasta Sauce	100	390				Υ	
Pizza Sauce	HEB Organics Pizza Sauce	35	230	6	1	0	Υ	
	Del Grosso Pappy Fred's Old Style Pizza Sauce	35	250	3	0	0	Υ	
	Prego Pizza Sauce	35	200	6	4	1	Y	Υ
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	·	Υ
	HEB Select Specialty Salsa	10	135	2	1	0	Υ	
Dried Beans	HEB Select South Texas Pinto Beans	120	110	23	1	1	Y	
	Great Value or HEB beans such as navy, black				-		Y	Υ
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	Υ
	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	Υ
Barlev	Quaker Barley	170	0	37	0	0	Y	Y
Dried Pasta	Barilla Protein whole grain angel hair	190	0	38	2	1	Y	Y
Dilica i dota	Whole grain penne	180	0	39	1	1	Y.	Y
Packaged	HEB Select Seasoned Stuffing	120	350	19	2	3	Y.	- '-
i ackayeu		110	410	22		1	Y	
	Pepperidge Farm Herb Seasoned Stuffing				2		Y	Y
	Annie's Mac & Cheese Less Sodium Annie's Mac & Cheese	260 270	400 430	47 40	7	3	Y	<u> </u>
Cannod Vaca					0		Y	
Canned Vegs	HEB French-Fried Onions French's French-Fried Onions	45 45	50 60	3	0	3	Y	Y
	HEB Green Beans No Salt Added	20	15	4	2	0	Y	Y
	Libby Natural Green Beams No Salt Added	25	10	5	1	0	I	Y
Broth	Central Market Organics Low Sodium Chick Broth	10	65	1	0	0	Y	
טוטווו								
Canned Soup	Central Market Organics Low Sodium Beef Broth	15 70	140 410	9	0	2	Y	Υ
Soy Sauce	Campbell's Healthy Request Soups Great Value Soy Sauce less sodium	5	570	1	0	0	ľ	Y
July Jaule							V	
Toriyaki Sayas	Kikkoman Less Sodium Soy Sauce	10 15	590	1 4	3	0	Y	Y
Teriyaki Sauce	Kikkoman Less Sodium Teriyaki		310				Y	
BBQ Sauce	Soy Yay Veri Veri Teriyaki less sodium HEB Select Specialty Series Texas Style BBQ Sauce	50	440	9	7	1		Υ
L DRU Sauce	I DED Select Specially Selles Lexas Style BBO Sauce	50	290	11	10	0	Υ	1

	HEB Organic BBQ Sauce	50	270	14	12	0	Υ	
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	Υ	
	Happy Baby Organic Apples and Blueberries	70	5	17	13	0	Υ	Υ
Dressing	Good Seasoning Mix – Zesty Italian	5	220	1	1	0	Υ	Υ
_	Ken's Simple Vinaigrette Balsamic	100	320	3	1	10	Υ	Υ
	Annie's Balsamic dressing	100	60	2	0	10	Υ	Υ
Cereal	Quaker Oats Old Fashioned Oatmeal	150	0	27	1	3	Υ	Υ
	HEB Organics Old Fashioned Oatmeal	150	0	27	1	3	Υ	
	Cream of Wheat	110	100	24	1	0	Υ	Υ
	Bear Naked Granola	220	5	45	6	3	Υ	Υ
	General Mills Cheerios	100	140	20	2	2	Υ	Υ
	Multi grain Cheerios	150	150	32	8	1	Y	Υ
	HEB Organics Honey Nut O's	160	140	33	11	2	Υ	Υ
	HEB Organics Honey and Oat Crunch	150	140	33	7	1	Υ	
	HEB Organics Raisin Bran	194	210	46	18	1	Υ	
	Annie's Cocoa Bunnies	140	160	29	10	8	Υ	Υ
	Annie's Fruity Bunnies & Blossoms	150	70	31	11	2		Υ
Pancake Mix	Annie's Pancake Mix	150	370	29	5	2	Y.	Υ
Breadcrumbs	Kikkoman Panko Gluten Free	110	15	25	0	0	Υ	Υ
Chips	HEB Bakery Unsalted Tortilla Chips	80	0	8	0	5	Υ	
	HEB Organics Tortilla Strips	140	80	16	0	7	Υ	
	Tostitos Scoops! Tortilla Chips, Baked	120	140	22	0	3	Υ	Υ
	Xochitl Sea Salt Mexican Style Corn Tortilla Chips	150	105	18	0	6	Υ	Υ
	Mission Tortilla Rounds	140	90	18	0	7	Υ	Υ
	Mission Thin & Crispy Restaurant Style Tortillas	140	75	18	0	6	Υ	Υ
	Great Value Organic Blue Corn Tortilla Chips	140	115	19	0	6		Υ
	Central Market Tortilla Chips Blue Corn	130	20	20	0	5	Υ	
	HEB Organics Nacho Cheese	130	210	16	0	7	Υ	
	Cape Cod Original Kettle Cooked Potato Chips	140	70	16	0	8	Υ	Υ
	HEB Kettle Cooked Olive Oil Potato Chips	140	120	17	0	7	Υ	
	Lay's Simply Sea Salted Potato Chips	160	160	15	0	10	Υ	
	HEB Ridged Original Potato Chips	160	170	15	0	10	Υ	
	Hain Celestial Group Sensible Portions Straws	130	220	170	7	?		Υ
Puffs	Pirate's Booty White Cheddar Baked Rice Corn	130	140	19	0	5		Υ
Pretzels	Snyder's Pretzel Twists Honey Wheat	110	160	22	4	2		Υ
	Lutz Braided Pretzels Honey Wheat	110	170	21	4	1		Υ
	HEB Select Low Fat Honey Wheat Pretzels	110	160	20	5	2	Υ	
	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	Υ
	Central Market the Lighter Side of Popcorn	120	80	19	0	4	Υ	
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	Υ
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. Y.	V
Charles	Goldfish baked whole grain	140	240	19	0	5		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.	Υ
	Annie's Snack Mix Cheddar	150	190	18	0	7	Y	
Dolony Consets	HEB Organics Trail Mix Harvest	140	0	15	2	8	Y	1
Bakery Sweets	HEB Bakery Select Sweets (look for the "HEB Select icon" Such						Υ	
Package Cookies	as: Select Chocolate Cookies and Muffins Central Market Duplex Supreme Sandwich	130	90	20	10	5	Y	1
i ackage cookies	Central Market Maple Cream Sandwich Cookies	100	40	15	7	4	Y	
		140	135	20	12	6	Y	Y
	Pepperidge Farm Thin & Crispy Chocolate Chip Annie's Bunny Graham Cookies	130	110	20	6	4	Y	T
	HEB Organics Whole Grain Animal Crackers	130	70	21	6	4	Y	
Packago Miy	Annie's Double Chocolate Brownie Mix	140	80	25	18	4	Y	Υ
Package Mix							Y	Ť
Seeds	HEB Sunflower Kernels	180 170	125	7 5	0	16 15	Y	Y
Nuts	Great Value Mixed Nuts Lightly Salted Great Value Peanuts	170	40 45	4	0	15		Y
	HEB Select Peanuts Lightly Salted	180	75	7	2	15	Υ	T T
Nuts				. ,	. /	1.75	. Y	

HEB Select Dry Floanted Peterbritos with Sea Salt		HEB Select Honey Roasted Peanuts	190	120	7	3	14	Υ	
HEB Select Whole Natural Raw Almonds									
Bekery Rread									
HEB Select Country White Bread Scratch Made	Dakon Drood								
HEB Seinet Sourdrough Breast Scratch Made	вакегу втеас	·							
HEB Select French Bread Scratch Made			_						
Bakery Rolls									
Package Bread									
Nature's Own Honey 7 Grain							0		
Droweat Whole Graine Healthy Multi-Grain Pread 90 150 17 2 2 Y Y	Package Bread				14		1		
HEB Essential Grains Multigrain Bread		Nature's Own Honey 7 Grain	70	105	14	2	1	Υ	Υ
HEB Essential Grains Multigrain Bread		Oroweat Whole Grains Healthy Multi-Grain Bread	90	150	17	2	2	Υ	Υ
Bakery Torillias			120	210	22	4	1	Υ	
Package Tortillas	Bakery Tortillas								
Taoc Shells	·								
HEB Select Holitog Burs — Enriched Burs 150 30 170 23 31 1 1								'	'
HEB Select Hot Dog Buns	raco Silelis		_					V	
HEB Wheat Hot Dog Buns									
HEB Select Info% Wheat Buns	Buns					_			
HEB Select 100% Wheat Buns									
English Muffins			130						
Sati		HEB Select 100% Wheat Buns	170	250	31	4	2	Υ	
Sati	English Muffins	Thomas 100% Whole Wheat English Muffins	120	230	23	0	1	Υ	Υ
Seasoning Blends				290		0	0		
Seasoning									
McCormick Child Mix - lower sodium									 '
McCormick Chill Mix - Iower sodium	Coasoning			-					V
Packaged sauces Simply Organic Sweet Basil Pesto Sauce Mix 10 200 2 0 0 V									
HEB Select Less Sodium Brown Gravy mix	Destroy 1							Y	
McCormick Brown Gravy Mix - lower sodium (MSG)	Packaged sauces								Y
HEB Select Sloppy Joe Mix						_			
HEB Ready to Erew Tea Bags for Ice Tea			20			0	0		Υ
Bottled Juice		HEB Select Sloppy Joe Mix	15	270	3	0	0	Υ	
Bottled Juice	Tea	HEB Ready to Brew Tea Bags for Ice Tea	0	0	0	0	0	Υ	
LEB Select Dark Chocolate Almonds 210 20 20 14 15 Y	Bottled Juice		110	35	27	26	0	Υ	
Ice Cream			_						
Frozen Treats Outshine Frozen Fruit Bars			-						
HEB Organic Fruit Bars			45					Y	V
HEB Select Strawberry Fruit Bars	1102011 110415								
Annie's Fruit Pops		· ·							
Alexia Sweet Potato Fries								-	V
HEB Select Sweet Potato Crinkle Cut Fries									
Alexia House Cut Fries							_		
Frozen Bread									
HEB Organics Roasted Garlic Bread			_						Y
Central Market French Demi Baguette	Frozen Bread					_			
Frozen Dough New French Bakery Artisan Pizza Dough 120 260 22									
Frozen Pizza									
Amy's Margarita Pizza - Organic						1	2		
California Pizza Kitchen Thin Margherita Pizza 220 480 29 4 17 Y	Frozen Pizza	Midtown Pizza Co. Uncured Pepperoni Pizza	230	470	35	2	6	Υ	
Frozen Waffles		Amy's Margarita Pizza – Organic	270	540	31	4	12	Υ	
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 Cold Dressing Bolthouse Ranch 45 280 3 2 3 Y Cold Dressing 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 Cilantro Cotija Dressing 100 150 1 0 10 Y Cold Tea HEB Select No Pulp Rio Red Grapefruit Juice 120 0 28 23 0 Y		California Pizza Kitchen Thin Margherita Pizza	220	480	29	4	17	Υ	
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 Cold Dressing Bolthouse Ranch 45 280 3 2 3 Y Cold Dressing 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 Cilantro Cotija Dressing 100 150 1 0 10 Y Cold Tea HEB Select No Pulp Rio Red Grapefruit Juice 120 0 28 23 0 Y	Frozen Waffles		160	390	23	5	6		
Cold Salsa HEB Fresh Salsa 5 150 2 0 0 Y Cold Guac HEB Fresh Guacamole 40 110 2 0 3 Y Cold Pickles Claussen Dill Spears 5 280 0 0 0 Y Cold Dressing Bolthouse Ranch 45 280 3 2 3 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 Cold Tea HEB Select No Pulp Rio Red Grapefruit Juice 110 10 25 21 0 Y Cold Rolls Annie's crescent rolls 90 330 14 3 3 Y Sparkli		HEB Select Roasted Red Pepper Hummus	_			0	4		
HEB Select Medium/Hot Serrano Salsa 5 115 2 1 0 Y		•	5		2	0	0	Υ	
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 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 Sparkling Water H-E-B Organics Lemon Strawberry Water 40 15 10 9 0 Y LaCroix Sparkling Water 0 0 0 0 0 0 7 Y 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 Valley Dairy, Stonyfield Organic, Ben & Jerry's Ice Cream, Breyers Ice Cream (in transition), Haagan 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.			_						
Cold Pickles Claussen Dill Spears S 280 0 0 0 Y Nathan's Kosher Dill Chips S 290 1 0 0 Y Bolthouse Ranch Bolthouse Blue Cheese Bolthouse Blue Bolthouse Blue Bolthouse B	Cold Guac								1
Nathan's Kosher Dill Chips Bolthouse Ranch Bolthouse Blue Cheese			_						1
Bolthouse Ranch 45 280 3 2 3 Y	23/4 / 10///00		_						1
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 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 0 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), Haagan 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.	Cold Dressing								†
HEB Select Cilantro Cotija Dressing Cold Juice HEB Select Some Pulp Orange Juice HEB Select No Pulp Rio Red Grapefruit Juice HEB Select Unsweet Texas Brewed Tea Cold Tea HEB Select Unsweet Texas Brewed Tea O O O O O O O O O O O O O O O O O O	Cold Dicooling								
Cold Juice HEB Select Some Pulp Orange Juice 120 0 28 23 0 Y HEB Select No Pulp Rio Red Grapefruit Juice 1110 10 25 21 0 Y Cold Tea HEB Select Unsweet Texas Brewed Tea 0 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 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), Haagan 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.		HER Select Cilentro Catile Proceins							1
HEB Select No Pulp Rio Red Grapefruit Juice Cold Tea HEB Select Unsweet Texas Brewed Tea O O O O O O O O V Cold Rolls Annie's crescent rolls Sparkling Water H-E-B Organics Lemon Strawberry Water LaCroix Sparkling Water 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), Haagan 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.	Cold Juice								1
Cold Tea HEB Select Unsweet Texas Brewed Tea 0 0 0 0 0 V 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 V 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), Haagan 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.	Colu Julce								1
Cold Rolls Annie's crescent rolls Sparkling Water H-E-B Organics Lemon Strawberry Water LaCroix Sparkling Water 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), Haagan 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.	Cald Ta -		_						
Sparkling Water H-E-B Organics Lemon Strawberry Water LaCroix Sparkling Water 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), Haagan 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.									L
LaCroix Sparkling Water 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), Haagan 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.									Y
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), Haagan 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.	Sparkling Water		_						ļ
Organics, HEB Natural, some Safeway/Lucerne dairy, Horizon Organic, Organic Valley Dairy, Stonyfield Organic, Ben & Jerry's Ice Cream, Breyers Ice Cream (in transition), Haagan 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.					_	_			
Jerry's Ice Cream, Breyers Ice Cream (in transition), Haagan 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.	Dairy								
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.						en &			
goat, brick, ricotta, fresh mozzarella, Monterey Jack, Parmesan, provolone and cottage cheese.		Dannon, Stonyfield Farms and Yoplait yogurts. When buying cheese, consider lower-sodium cheeses, such as: Swiss,							
						iss,			
Milk Central Market Organics 2% Milk Y									
	Milk	Central Market Organics 2% Milk						Υ	

Hein-Heil		Great Value Organic Milk		Υ
Hell-ri-Half			Υ	Y
Eggs	Half-n-Half		Y	
Egg lands Best Grade A Extra Large Eggs		Horizon Organic	Υ	Υ
Egg land's Best Grade A Extra Large Eggs	Eggs	HEB Organics Eggs	Υ	
HEB Natural Shrodded Mozzarella			Υ	Υ
HEB Seleuc Shawel Patrensean Choese HEB Netural Provolone Thin Sliced Great Value Organic Streeded Choese or Brick HEB Netural Monotone Thin Sliced Great Value Organic Streeded Choese or Brick Heb Netural Monotone Thin Sliced Hebricon Cottage Choese Heb Netural Monotone Streen Choese Heb Netural Monotone Streen Choese Heb Netural Monotone Choese HEB Netural Patrensean Hebricon Chapte Choese HEB Netural Patrensean HEB Netural HEB HEB HEB Netural HEB Netural HEB Netural HEB Netural HEB Netural HEB HEB Netural HEB Ne	Cheese	Bel Gioioso Fresh Mozzarella	Υ	Υ
HEB Natural Bashy Swiss Thin Stied HEB Natural Provision Finn Steed HEB Natural Provision Finn Steed Great Value Organic Shreeded Cheese or Brick HEB Natural Monterey, Jack HEB Natural Parts With Ricotta Cheese or Brick HEB Natural Parts With Ricotta Cheese HEB Organics Greek Vogut HEB Organics Greek Vogut Y V Viguri HEB Organics Greek Vogut HEB Organics Greek Vogut V V V Organics Vogut for Kids V V V V Organics Vogut for Kids V V V V Coult Finn Strain Str		HEB Natural Shredded Mozzarella	Υ	
HEB Natural Proviolone Thin Siliced Great Valve Organic Streeded Cheese or Briok First Natural Montreey Jack Heb Natural Montreey Jack Heb Natural Montreey Jack Horizone Cottage Cheese Y HEB Natural Parmesan Y Boar's Head Simplicity All Natural' First Natural Parmesan Y Boar's Head Simplicity All Natural' First Natural Parmesan Y Cream Cheese Heb Organics Cream Cheese Heb Organics Cream Cheese Y Sour cream Heb Organics Cream Cheese Heb Organics Organic Cheese Heb Organics Organic Cheese Y Cream Cheese Heb Organics Organic Cheese Y Meat Armie's Vanilla loc Cream Meat Buy west that has no added additives, growth hormones, arribiotics nitrates or nitrites. Beef Organic, Grass-Fed Beef Organic, Grass-Fed Beef Organic, Grass-Fed Beef Heb Natural Beard Heb Drine of Organic Cheese Heb Natural Beard Heb Drine of Organic Cheese Heb Natural Beard Heb Natural Beard Chicken Heb Natural		HEB Select Shaved Parmesan Cheese	Υ	
Great Value Organic Shredded Cheese or Birick HEB Natural Monteroy Jack Heb Natural Monteroy Jack Heb Natural Monteroy Jack Heb Natural Monteroy Jack Heb Natural Part Skim Ricotta Cheese Y Y Yogurt Bear's Heb Organics Streak Yogurt Y Y Yogurt Heb Organics Streak Yogurt Organics Yogurt for Kids Organics Yogurt for Kids Organics Yogurt for Kids Organics Togurt for Kids Organics Streak Yogurt Y Y Yogurt Organics Togurt for Kids Organics Yogurt for Yo		HEB Natural Baby Swiss Thin Sliced		
HEB Natural Monterey Jack Horizon Cottage Cheese HEB Natural Part Skim Ricotta Cheese HEB Organics Cream Cheese Y Y HEB Natural Part Skim Ricotta Cheese HEB Organics Cream Cheese Y Y Y Cream Cheese HEB Organics Greek Yogurt HEB Organics Cream Cheese Y Y Sour cream Herb Organics Stemen Cheese Y Y Sour cream Herb Corganics Stemen Cheese Y Y HEB Organics Stemen HEB Organics Butter W Y Kerny gold Pure Irish Butter Remy gold Pure Irish Butter W Y HEB Organics Butter HEB Organics Butter W Y HEB Organics Butter W Y HEB Select Cleamy Creations 1905 Vanilla Y Y Y Annie S Verilla Ice Cream HEB Select Cleamy Creations 1905 Vanilla W Y Annie S Verilla Ice Cream HEB Select Cleamy Creations 1905 Vanilla W Y HEB Organics Brand W Y HEB Organics Brand HEB Natural Heal Brand W Y HEB Organics Brand W Y HEB Organics Brand W Y HEB Prime 1 Grass Fed Brand W Y HEB Natural Beath Brand W Y Docsor Mayer Natural Hot Dogs W Y Docsor Mayer Natural Hot Dogs W Y Docsor Mayer Natural Hot Dogs W Y HEB Natural Beath Brand W Y HEB Natural Brand W Y HEB Natural Remain Bran		HEB Natural Provolone Thin Sliced	Υ	
Horizon Cottage Cheese				Υ
HEB Natural Part Skirn Ricotta Cheese HEB Natural Parmessan Y HEB Orabural Parmessan Y HEB Orabural Parmessan Y Y Cream Cheese HEB Organics Green Cheese Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y HEB Organics Orgen Cheese Y Y Y Y Y HEB Organics Orgen Cheese Y Y Y Y Y Y Sour cream Heb Organics Orgen Cheese Y Y Y Y HEB Organics Orgen Cheese Y Y Y Y Y HEB Organics Dutter Kenry gold Pure Irish Butter X Kenry gold Pure Irish Butter X Y Y Y Y Y Loa Cream HEB Saleet Cheany Creations 1905 Vanilla Y Y HEB Organics Butter Y Y Y HEB Organics Dutter Y Y Y HEB Organics Seried Beef Organics Gress-Fed Beef Organics Gress-Fed Beef Y HEB Organics Brand Y HEB Firm 1 Grass Fed Bend Y HEB Firm 1 Grass Fed Bend Y HEB Firm 1 Grass Fed Brand Y HEB Firm 1 Hill Marker H H H H H H H			Υ	
HEB Natural Parmesan Boar's Head 'Simplicity All Natural' Y Cream Cheese HEB Organics Cream Cheese Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Organics HEB Organics Cream Cheese Y Y Sour cream Hers or Cream Hers organics Hers				
Boar's Head 'Simplicity All Natural'			_	
Cream Cheese HEB Organics Cream Cheese Y Y Opqurt Organics Groupt for Kids V Cream HEB Organics Suptor HEB Organics Butter Kerry gold Pure Inish Butter HEB Organics Butter Kerry gold Pure Inish Butter V Challenge Butter Challenge Butter V Y Challenge Butter Rery gold Pure Inish Butter V Y Y Challenge Butter V Y Y Rery Gold Pure Inish Butter V Y Rery Gold Pure Inish Butter V Y Y Y Y Rery Gold Pure Inish Butter V Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y				
Mean			-	
Organics Yogurt for Kids Sour cream Horzon Sour Cream Horzon Sour Cream Horzon Sour Cream HEB Organics Butter Kerry gold Pure Irish Butter Kerry gold Pure Irish Butter Y Y Challenge Butter Kerry gold Pure Irish Butter Y Y Lee Cream HEB Select Creamy Creations 1905 Vanilla Breyser's Natural Vanilla Ben & Jerry Ice cream Y Y Annie's Vanilla Ice Cream Meat Buy meat that has no added additives, growth hormones, antibiotics nitrates or nitrites. Beef Organic, Grass-Fed Beef Organic, Grass-Fed Beef Organic, Grass-Fed Beef HEB Natural Beef Brand Y HEB Organics Brand HEB Partural Beef Brand Y HEB Prime 1 Grass Fed Brand HEB Prime 1 Grass Fed Brand HEB Prime 1 Grass Fed Brand Y Y Beef Hot Dogs HEB Natural Beef Brand Y Y Beef Hot Dogs HEB Natural Beef Brand HEB Natural Beef Hot Dogs Chicken HEB Natural Beaf Brand Y Y Roisserie Chicken HEB Natural Brand Perduc Harvest land Brand Y Perduc Harvest land Brand Y Perduc Harvest Land Brand HEB Natural Roise Hot Notes Roisserie Chicken HEB Natural Roise Matural Hot Dogs Chicken HEB Natural Roise Matural Hot Dogs Chicken HEB Natural Roise Matural Hot Dogs HEB Natural Brand Y Y Package Chicken HEB Natural Roise Matural Hot Dogs W Y Roisserie Chicken HEB Natural Roise Chicken (in Deli) Y Y Package Chicken HEB Natural Roise Chicken (in Deli) Y Y HEB Organics Ground Turkey HEB Prozen Natural Whole Turkey Turkey HEB Driman I Grand Y Y HEB Organics Ground Turkey HEB Natural Choice Original Uncured HEB Natural Choice Original Uncured HEB Natural Choice Original Uncured HEB Natural Drois Brand HEB Natural Choice Original Uncured HEB Natural Choice Original Uncured HEB Natural Drois Brand HEB Natural Pork Brand N Y HEB Organics Ground Turkey HEB Organics Ground Turkey HEB Driman I Grand Pork Brand HEB Natural Pork Brand				
Sour cream Horizon Sour Cream HEB Organics Butter HEB Organics Butter HEB Organics Butter	Yogurt			
Butter HEB Organics Butter		0 0		
Kerry gold Pure Inish Butter			Y	
Chalenge Butter HEB Select Creamy Creations 1905 Vanilla Breyer's Natural Vanilla Bea Jerry Ice cream Y Y Y Annie's Vanilla Ice Cream Y Y Y Annie's Vanilla Ice Cream Buy meat that has no added additives, growth hormones, antibiotics nitrates or nitrites. Beef Organic, Grass-Fed Beef Organic, Grass-Fed Beef Beef Brand HEB Organics Brand Y Y HEB Organics Brand HEB Prime 1 Grass Fed Beaf HEB Prime 1 Grass Fed Beaf Oscar Mayer Natural Het Dogs HEB Natural Beef Hot Dogs HEB Natural Beef Hot Dogs Y Y Boar's Head Simplicity Hot Dogs V Y Boar's Head Simplicity Hot Dogs V Y HBI Country Fare Brand Chicken HEB Natural Rotisserie Chicken (in Deli) Y Perdoke Harvest land Brand Y Y Pre-Cooked Chicken Tyson Naturals Grillied Chicken (in Deli) Y Pre-Cooked Chicken Tyson Naturals Grillied Chicken HEB Natural Brand Y Y HEB Natural Ground Turkey HEB Forzen Natural Whole Turkey HEB Forzen Natural Whole Turkey HEB Rotarial Ground Turkey HEB Natural Broit Brand Y Y Ham Slice HEB Hickory Smoked Boneless Ham HEB Natural Droit Rose Ham Bacon Horme Natural Choice Original Ducured HEB Natural Droit Rose Ham HEB Natural Droit Rose Ham HEB Hickory Smoked Boneless Ham HEB Natural Droit Rose Ham HEB Natural Droit Rose Ham HEB Natural Droit Rose Ham HEB Natural Broit Housed House HEB Select Irredelinis Deli Meat HEB Select Irredelinis Deli Meat HEB Select Irredelinis Deli Meat HEB Select Reminum Original Smoked HEB Roserve Deli Meat HEB Roserve Deli Meat HEB Roserve Deli Meat HEB Roserve Deli Meat HEB Roserve Del	Butter			
IEB Select Creamy Creations 1905 Vanilla				
Breyer's Natural Vanilla Ben & Jerry Ice cream Annie's Vanilla Ice Cream Annie's Vanilla Ice Cream Buy meat that has no added additives, growth hormones, antibiotics nitrates or nitrites. Beef Organic, Grass-Fed Beef Y HEB Organic Brand Y HEB Organic Brand Y HEB Prime 1 Grass Fed Beef Y HEB Natural Beef Brand Y HEB Prime 1 Grass Fed Beef Y HEB Natural Beef Hot Dogs Y Oscar Mayer Natural Hot Dogs Y Dog's Head Simplicity Hot Dogs Y Dog's Head Simplicity Hot Dogs Y Chicken HEB Natural Beef Hot Dogs Y Perdue Harvest land Brand Y Hot Router Stand Simplicity Hot Dogs Y Perdue Harvest land Brand Y Hot Router Stand Simplicity Hot Dogs Y Perdue Harvest land Brand Y Hot Router Stand Simplicity Hot Dogs Y Perdue Harvest land Brand Y Hot Router Stand Simplicity Hot Dogs Y Perdue Harvest land Brand Y Perdue Harvest land Brand Y Hot Router Stand Stand Y Perdue Harvest land Brand Y Hot Router Stand Stand Y Perdue Harvest land Brand Y Hot Router Stand Stand Y Perdue Harvest land Brand Y Hot Router Stand Stand Y HEB Natural Deli Meats Y HEB Rotarial Deli Meats Y HEB Rotarial Pork Brand Y HEB Rotarial Pork Brand Y HEB Brozen Natural Whole Turkey Y HEB Organics Ground Turkey Y HEB Organics Ground Turkey Y Pork HEB Prozen Natural Whole Turkey Y Pork HEB Hickory Shord Brand Y HEB Natural Pork Brand Y HEB Natural Hot Decembers Ham Y HEB Natural Hot Decembers Ham Y HEB Natural Hot Sugar Housed Y HEB Natural Hot Sugar Housed Y HEB Select Ingredients' Deli Meats Y HEB-B Select Premium Original Snoked Y HEB Select Premium Original Snoked Y HEB Select Premium Original Snoked Y HEB Rotarials Brand Deli Meat HEB Rotar			_	Y
Ben & Jerry Ice cream Annie's Vanilla Ice Cream Buy meat that has no added additives, growth hormones, antibiotics nitrates or nitrites. Beef Organic, Grass-Fed Beef Y Y Y HED Organic, Grass-Fed Beef Y Y HED Organic Grass-Fed Beef Y Y HED Organic Grass-Fed Beef Y Y HED Organic Grass-Fed Beef Y Y HED Natival Beef Brand Y Y HED Natural Beef Hot Dogs Y Y Y Y DOGS AND	Ice Cream		-	
Meat Buy meat that has no added additives, growth hormones, antibiotics nitrates or nitrites. Beef Organic, Grass-Fed Beef Y Y Y HEB Organics Brand Y Y HEB Organics Brand Y Y HEB Organics Brand Y Y HEB Natural Beef Brand Y Y HEB Natural Beef Brand Y Y HEB Natural Beef Brand Y Y Beef Hot Dogs HEB Natural Beef Hot Dogs Y Y Y Y Beef Hot Dogs HEB Natural Beef Hot Dogs Y Y Y Y Bear Natural Beef Hot Dogs Y Y Y Y Bear Natural Hot Dogs Y Y Y Y Bear Natural Hot Dogs Y Y Y Y Bear Natural Beef Hot Dogs Y Y Y Y Bear Natural Hot Dogs Y Y Y Y PROCOked Chicken Y Y Y HEB Natural Deli Meats Y Y Y HEB Frozen Natural Whole Turkey Y Y HEB Frozen Natural Whole Turkey Y Y HEB Organics Ground Turkey Y HEB Organics Ground Turkey Y Y HEB Organics Ground Turkey Y HEB Natural Pork Brand Y Y HEB Natural Pork Brand Y Y HEB Natural Pork Brand Y Y HEB Natural Hot Dogs Read Natural Hot Dogs Read Natural Whole Housed Bacon HEB Natural No Sugar Uncured Hot Port Natural Whole Brand HEB Natural No Sugar Uncured Hot Port Natural Whole Brand HEB Natural Whole Brand HEB Natural Whole Brand HEB Natural Whole Brand HEB Natural Whole Brand Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y				
Buy meat that has no added additives, growth hormones, antibiotics nitrates or nitrites.				Υ
Beef Organic, Grass-Fed Beef Y Y			Y	
HEB Organics Brand Marketside Butcher Organic Grass-Fed HEB Natural Beef Brand Y HEB Prime 1 Grass Fed Brand HEB Natural Beef Hot Dogs Oscar Mayer Natural Hot Dogs Oscar Mayer Natural Hot Dogs Oscar Mayer Natural Hot Dogs Chicken HEB Natural Brand Y HeB Natural Brand Y HeB Natural Brand Y HeB Natural Brand Y Hill Country Fare Brand Chicken Perdue Harvest land Brand HEB Natural Brond HEB Natural Portse Brand Chicken Y Rotisserie Chicken HEB Natural Brond HEB Natural Poli Meats Y Pre-Cooked Chicken Tyson Naturals Grilled Chicken Tyson Naturals Grilled Chicken Y HEB Frozen Natural Winole Turkey HEB Rotarual Winole Turkey HEB Natural Ground Turkey HEB Natural Ground Turkey HEB Natural Ground Turkey HEB Natural Order Order Turkey Nausage Eckrich Natural Casing Polska Kielbasa He-B-B elect Premium Ordiginal Smoked Y H-B-B Fresh Mild Italian Sausage Links Nobassa Ali-Natural Beef Smoked HEB Natural Brand Deli Meat HEB Natural Brand Deli Meat HEB Roar's Head "Simplicity Ali Natural" HEB Natural Brand Deli Meat HEB Roar's Head "Simplicity Ali Natural" HEB Natural Brand Deli Meat HEB Roar's Head "Simplicity Ali Natural" HEB Natural Brand Deli Meat HEB Natural Brand HEB Select Ingerdeints Deli Meat HEB Natural Brand Deli Meat HEB Natural Brand Deli Meat HEB Natural Brand HEB Select Ingerdeints Deli Meat HEB Natural Brand HEB Select Ingerdeints Deli Meat HEB Natural Brand HEB Select Ingerdeints Deli Meat				
Marketside Butcher Organic Grass-Fed	Beef			Υ
HEB Natural Beef Brand HEB Prime 1 Grass Fed Brand Y Beef Hot Dogs HEB Natural Beef Hot Dogs Oscar Mayer Natural Hot Dogs Y Poscar Selead Simplicity Hot Dogs Chicken HEB Natural Brand Perdue Harvest land Brand Perdue Harvest land Brand HIII Country Fare Brand Chicken HIII B Natural Boeli Meats Y Pre-Cooked Chicken HEB Natural Boeli Meats Y Pre-Cooked Chicken Tyson Naturals Grilled Chicken Y Ground Turkey HEB Frozen Natural Whole Turkey Ground Turkey HEB Natural Ground Turkey HEB Natural Ground Turkey HEB Natural Dork Brand HEB Hickory Smoked Boneless Ham Bacon Homel Natural Choice Original Uncured HEB Natural Uncured Bacon Hormel Natural No Sugar Uncured Applegate Natural No Sugar Uncured Fresh Belid All-Natural Uncured Hickory Sausage Eckinh Natural Casin Polska Kielbasa HEB Select Premium Original Smoked HEB Select Ingredients' Deli Meats Y Package Deli Meat HEB Sesero Deli Meat HEB Natural Brand Y Applegate Natural Brand Y HEB Natural Brand Y HEB Natural Brand Y HEB Natural Brand Y Presh Seafood Choose lower-mercury seafood, such as salmon, shrimp and cod. Avoid higher-mercury fish, such as stilling in the petrochemical that is banned in many countries.			Υ	
HEB Prime 1 Grass Fed Brand			.,	Y
Beef Hot Dogs HEB Natural Beef Hot Dogs Y Y Y Oscar Mayer Natural Hot Dogs Y Y Y Y Boar's Head Simplicity Hot Dogs Y Y Y Y Boar's Head Simplicity Hot Dogs Y Perdue Harvest land Brand Y HEB Natural Brand Y HIE Ountry Fare Brand Chicken Y HIE Country Fare Brand Chicken Y HIE Natural Roisserie Chicken (in Deli) Y Package Chicken HEB Natural Roisserie Chicken (in Deli) Y Package Chicken HEB Natural Roisserie Chicken Y Y Pre-Cooked Chicken Tyson Naturals Grilled Chicken Y Y Pre-Cooked Chicken Tyson Naturals Grilled Chicken Y Y HEB Frozen Natural Whole Turkey Y Y Ground Turkey HEB Natural Ground Turkey Y Y HEB Natural Ground Turkey Y Y HEB Natural Ground Turkey Y HEB Natural Ground Turkey Y Y HEB Natural Ground Turkey Y Y HEB Natural Pork Brand Y Y HEB Hickory Smoked Boneless Ham Y Y HEB Natural Pork Brand Y Y HEB Natural Uncured Bacon Hormel Natural Choice Original Uncured Hickory Y Y Sanisfield All-Natural Uncured Hickory Y Y Sausage Eckrich Natural Casing Polska Kielbasa Y Y H-E-B Fresh Mild Italian Sausage Links Kiobassa All-Natural Casing Polska Kielbasa Y Y H-E-B Fresh Mild Italian Sausage Links Kiobassa All-Natural Beef Smoked Y Y H-E-B Fresh Mild Italian Sausage Links HEB Natural Brand Deli Meat HEB Reserve Deli Meat HEB Reserve Deli Meat HEB Reserve Deli Meat HEB Reserve Deli Meat Y HEB Organics Deli Meat Y Y HEB Organics Deli Meat Choose lower-mercury seafood, such as salmon, shrimp and cod. Avoid higher-mercury fish, such as titlefish, shark, swordfish and king mackerel. Salmon Buy wild caught salmon, not "farm-raised salmon" as farm-raised fish are fed "astaxanthin", a Y Y Petrochemical that is banned in many countries.				
Oscar Mayer Natural Hot Dogs Boar's Head Simplicity Hot Dogs Chicken HEB Natural Brand Y Perdue Harvest land Brand Y Hill Country Fare Brand Chicken Y Hill Country Fare Brand Chicken Y Horecoked Chicken HEB Natural Rotisserie Chicken (in Deli) Y Package Chicken HEB Natural Beil Meats Y Pre-Cooked Chicken Y Tyson Naturals Grilled Chicken Y Turkey HEB Fozen Natural Whole Turkey Y Ground Turkey HEB Organics Ground Turkey Y HEB Organics Ground Turkey Y HEB Organics Ground Turkey Y HEB Natural Pork Brand Y HAM Slice HEB Hickory Smoked Boneless Ham Y Ham Slice HEB Hickory Smoked Boneless Ham Y Homel Natural Choice Original Uncured Y HEB Natural Uncured Bacon Y HEB Natural Uncured Bacon Y HEB Natural Uncured Hickory Y Smithfield All-Natural Uncured Hickory Y Sausage Eckrich Natural Casing Polska Kielbasa Y H-E-B Fresh Mild Italian Sausage Links Y H-E-B Fresh Mild Italian Sausage Links Y Kiolbassa All-Natural Beef Smoked Y HEB Soer's Head 'Simplicity All Natural' Package Dell Meat HEB Natural Brand Hoat Meat Y HEB Roserve Dell Meat Y Applegate Organic Brand Y HEB Natural Brand Dell Meat Y HEB Roserve Dell Meat Y Applegate Organic Brand Y HEB Roserve Dell Meat Y HEB Natural Brand Dell Meat Y HEB Natural Brand Mild Halian Sausage Links Y HEB Natural Brand Dell Meat Y HEB Natural Brand Dell Meat Y Applegate Organic Brand King mackerel.	5 (11) 5			
Boar's Head Simplicity Hot Dogs Chicken HEB Natural Brand Y Perdue Harvest land Brand Y Hill Country Fare Brand Chicken Y Package 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 Prozen Natural Whole Turkey Y HEB Organics Ground Turkey Y HEB Organics Ground Turkey Y HEB Natural Pork Brand Y Honeysuckle Turkey Brand Y Pork HEB Natural Pork Brand Y Ham Slice HEB Natural Choice Original Uncured Y HEB Natural Uncured Bacon Y Appleate Natural No Sugar Uncured Y Sausage Eckrich Natural Choice Original Uncured Hickory Y Sausage Eckrich Natural Choice Original Uncured Hickory Y Fresh Deli Meat HEB-Fesh Mild Italian Sausage Links Y Kiolbassa All-Natural Beef Smoked Y HEB-B Fresh Mild Italian Sausage Links Y Kiolbassa All-Natural Beef Smoked Y HEB Borganics Deli Meat Y HEB Roserve Deli Meat Y HEB Rogranics Deli Meat Appleate Organic Brand Y TY Ty Pottochemical that is banned in many countries.	Beef Hot Dogs			
Chicken HEB Natural Brand Y Perdue Harvest land 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 Foround Turkey HEB Natural Ground Turkey Y HEB Organics Ground Turkey Y HEB Natural Fork Brand Y HOPK HEB Natural Pork Brand Y HOPK HEB Natural Pork Brand Y HOPK HEB Natural Choice Original Uncured Y HEB Natural Uncured Bacon Y HEB Natural Uncured Bacon Y Applegate Natural No Sugar Uncured 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 Kiolbassa All-Natural Beef Smoked Y H-E-B Fresh Mild Italian Sausage Links Y Kiolbassa All-Natural Beef Smoked Y HEB Rogranics Deli Meat Y HEB Porganics Deli Meat Y HEB Rogranics Deli Meat Y HEB Natural Brand Deli Meat Y HEB Natural Brand Deli Meat Y HEB Natural Brand Deli Meat Y HEB Rogranics Deli Meat Applegate Organic Brand A Y Y Fresh Seafood Choose lower-mercury seafood, such as salmon, shrimp and cod. Avoid higher-mercury fish, such as tilefish, shark, swordish and king mackerel. Salmon Buy wild caught salmon, not "farm-raised salmon" as farm-raised fish are fed "astaxanthin", a Y Petrochemical that is banned in many countries.			Y	Y
Perdue Harvest land Brand	Chialan		V	
Hill Country Fare Brand Chicken HEB Natural Rotisserie Chicken (in Deli) Package Chicken HEB Natural Deli Meats Y Pre-Cooked Chicken Tyson Naturals Grilled Chicken Turkey HEB Frozen Natural Whole Turkey Y Turkey HEB Natural Ground Turkey HEB Natural Ground Turkey HEB Natural Ground Turkey HEB Natural Pork Brand Y Pork HEB Natural Pork Brand Y Honeysuckle Turkey Brand Y HeB Natural Pork Brand Y HeB Natural Pork Brand Y Ham Slice HEB Hickory Smoked Boneless Ham Hornel Natural Choice Original Uncured Y HEB Natural Uncured Bacon Y Applegate Natural No Sugar Uncured Y Sausage Eckrich Natural Casing Polska Kielbasa Fresh Deli Meat HEB Select Premium Original Smoked Y H-E-B Select Premium Original Smoked Y H-E-B Fresh Mild Italian Sausage Links Y Package Deli Meat HEB "Select Ingredients" Deli Meats Boar's Head "Simplicity All Natural" Package Deli Meat HEB Natural Brand Deli Meat HEB Natural Brand Y Applegate Organics Brand 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. Frozen Fish His bying frozen, un-breaded fish products are a healthier choice. Orca Bay is a good brand. Y Y Frozen Fish His bying frozen, un-breaded fish products are a healthier choice. Orca Bay is a good brand. Y Y Frozen Fish His Digning frozen, un-breaded fish products are a healthier choice. Orca Bay is a good brand.	Cnicken		Y	V
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 Y HEB Organics Ground Turkey Y HEB Organics Ground Turkey Y Pork HEB Natural Pork Brand Y Ham Slice HEB Hickory Smoked Boneless Ham Y Ham Slice HEB Hickory Smoked Boneless Ham Y Ham Slice HEB Natural Choice Original Uncured Y HEB Natural Uncured Bacon Y Applegate Natural No Sugar Uncured Y Smithfield All-Natural Uncured Hickory Y Smithfield All-Natural Uncured Hickory 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 H-E-B Fresh Mild Italian Sausage Links Y H-E-B Select Ingredients' Deli Meats Y Boar's Head "Simplicity All Natural" Y Package Deli Meat HEB Rotural Brand Deli Meat Y HEB Natural Brand Deli Meat Y HEB Organics Deli Meat Y HEB Natural Brand Deli Meat Y HEB Natural Brand Deli Meat Y HEB Organics Deli Meat Y HEB Natural Brand Deli Meat Y HEB Natural Brand Deli Meat Y HEB Natural Brand Deli Meat Y HEB Organics Deli Meat Y HEB Natural Brand			V	Y
Package Chicken HEB Natural Deli Meats Y Pre-Cooked Chicken Tyson Naturals Grilled Chicken Y Turkey HEB Frozon Natural Whole Turkey Y Ground Turkey HEB Natural Ground Turkey Y HEB Organics Ground Turkey Y Turkey Heb Natural Ground Turkey Y Pork Heb Natural Pork Brand Y Ham Slice Heb Hickory Smoked Boneless Ham Y Bacon Hormel Natural Choice Original Uncured Y Bacon Hormel Natural Uncured Bacon Y Applegate Natural No Sugar Uncured Y Y Smithfield All-Natural Uncured Hickory 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 Kiolbassa All-Natural Beef Smoked Y Fresh Deli Meat HEB "Select Ingredients" Deli Meats Y Boar's Head "Simplicity All Natural" Y Package Deli Meat Y HEB Natural Brand Deli Meat Y	Dationaria Chialan			
Pre-Cooked Chicken Tyson Naturals Grilled Chicken Turkey HEB Frozen Natural Whole Turkey HEB Natural Ground Turkey HEB Organics Ground Turkey HEB Organics Ground Turkey HEB Organics Ground Turkey HEB Natural Pork Brand Pork HEB Natural Pork Brand Pork HEB Natural Pork Brand Hormel Natural Choice Original Uncured HEB Natural Uncured Bacon Hormel Natural Choice Original Uncured HEB Natural Uncured Bacon Applegate Natural No Sugar Uncured Y Smithfield All-Natural Uncured Hickory Sausage Eckrich Natural Casing Polska Kielbasa Fresh Mild Italian Sausage Links Kiolbassa All-Natural Beef Smoked Y H-E-B Select Premium Original Smoked Y H-E-B Select Ingredients" Deli Meats Boar's Head "Simplicity All Natural" Package Deli Meat HEB Natural Brand Deli Meat HEB Reserve Deli Meat HEB Reserve Deli Meat HEB Reserve Deli Meat HEB Natural Brand Oscar Mayer Natural Brand Applegate Organics Deli Meat HEB Organics Deli Meat H				
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 Natural Pork Brand Y Ham Slice HEB Natural Pork Brand Y HEB Natural Uncured Bacon Y Applegate Natural No Sugar Uncured Y Applegate Natural No Sugar Uncured Y Smithfield All-Natural Uncured Hickory Y Somethield All-Natural Uncured Hickory Suspensive Stephenson Y H-E-B Select Premium Original Smoked Y H-E-B Fresh Mild Italian Sausage Links Y H-E-B Fresh Mild Italian Sausage Links Y Kiolbassa All-Natural Beef Smoked Y H-E-B Select Ingredients' Deli Meats Y Boar's Head "Simplicity All Natural" Y Package Deli Meat HEB Reserve Deli Meat Y H-EB Natural Brand Deli Meat Y H-EB Natural Bra			V	
Ground Turkey			V	
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 Smithfield All-Natural Uncured Hickory Y Smithfield All-Natural Uncured Hickory 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 Kiolbassa 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 Natural Brand Deli Meat Y HEB Organics Deli Meat Y HEB Organics Deli Meat 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. Salmon Buy wild caught salmon, not "farm-raised salmon" as farm-raised fish are fed "astaxanthin", a petrochemical that is banned in many countries. Frozen Fish If buying frozen, un-breaded fish products are a healthier choice. Orca Bay is a good brand. Y			-	
Turkey Honeysückle Turkey Brand Y Pork HEB Natural Pork Brand Y Ham Slice HEB Hickory Smoked Boneless Ham Bacon Hormel Natural Choice Original Uncured Y HEB Natural Uncured Bacon Y Applegate Natural No Sugar Uncured Y Smithfield All-Natural Uncured Hickory 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 Kiolbassa All-Natural Beef Smoked Y H-E-B Fresh Mild Italian Sausage Links Y Kiolbassa All-Natural Beef Smoked Y H-E-B 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 Natural Brand Deli Meat Y HEB Organics Brand Y Applegate Organic Brand 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. Salmon Buy wild caught salmon, not "farm-raised salmon" as farm-raised fish are fed "astaxanthin", a petrochemical that is banned in many countries.	Ground Turkey		I	
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 Sausage Eckrich Natural Casing Polska Kielbasa Y H-E-B Select Premium Original Smoked Y H-E-B Fresh Mild Italian Sausage Links Y Kiolbassa All-Natural Beef Smoked Y Fresh Deli Meat HEB "Select Ingredients" Deli Meats Y Boar's Head "Simplicity All Natural" Y Package Deli Meat Y HEB Reserve Deli Meat Y HEB Natural Brand Deli Meat Y HEB Organics Deli Meat Y Oscar Mayer Natural Brand 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. Salmon Buy wild caught salmon, not "farm-raised salmon" as farm-raised fish are fed "astaxanthin", a petrochemical that is banned in many countries. Frozen Fish If buying frozen, un-breaded fish products are a healthier choice. Orca Bay is a good brand. Y Y	Turkey			
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 Smithfield All-Natural Uncured Hickory 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 Kiolbassa All-Natural Beef Smoked Y Fresh Deli Meat HEB "Select Ingredients" Deli Meats Y Boar's Head "Simplicity All Natural" Y HEB Natural Brand Deli Meat Y HEB Organics Deli Meat Y Applegate Organic Brand Y Applegate Organic Brand Y Applegate Organic Brand Y Applegate Organic Brand Summand Code Avoid higher-mercury fish, such as tilefish, shark, swordfish and king mackerel. Frozen Fish If buying frozen, un-breaded fish products are a healthier choice. Orca Bay is a good brand. Y Y Y	•			
Hormel Natural Choice Original Uncured Y				
HEB Natural Uncured Bacon Applegate Natural No Sugar Uncured Smithfield All-Natural Uncured Hickory Y Y Smithfield All-Natural Uncured Hickory Y Y Sausage Eckrich Natural Casing Polska Kielbasa H-E-B Select Premium Original Smoked Y H-E-B Fresh Mild Italian Sausage Links Kiolbassa All-Natural Beef Smoked Y Kiolbassa All-Natural Beef Smoked Y HEB "Select Ingredients" Deli Meats Boar's Head "Simplicity All Natural" Y Package Deli Meat HEB Reserve Deli Meat HEB Reserve Deli Meat Y HEB Natural Brand Deli Meat Y HEB Organics Deli Meat Y HEB Organics Deli Meat Ooscar Mayer Natural Brand Y Applegate Organic Brand Y Applegate Organic Brand Choose lower-mercury seafood, such as salmon, shrimp and cod. Avoid higher-mercury fish, such as tilefish, shark, swordfish and king mackerel. Salmon Buy wild caught salmon, not "farm-raised salmon" as farm-raised fish are fed "astaxanthin", a petrochemical that is banned in many countries. Frozen Fish If buying frozen, un-breaded fish products are a healthier choice. Orca Bay is a good brand.			'	Υ
Applegate Natural No Sugar Uncured Smithfield All-Natural Uncured Hickory Y Y Smithfield All-Natural Casing Polska Kielbasa Fresh Oeli Meat H-E-B Select Premium Original Smoked Y H-E-B Fresh Mild Italian Sausage Links Kiolbassa All-Natural Beef Smoked Y HEB "Select Ingredients" Deli Meats Fresh Deli Meat HEB "Select Ingredients" Deli Meats Y Boar's Head "Simplicity All Natural" Y HEB Reserve Deli Meat HEB Reserve Deli Meat Y HEB Organics Deli Meat Y HEB Organics Deli Meat Y HEB Organics Deli Meat Y Oscar Mayer Natural Brand Y Applegate Organic Brand Y Applegate Organic Brand 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. Salmon Buy wild caught salmon, not "farm-raised salmon" as farm-raised fish are fed "astaxanthin", a petrochemical that is banned in many countries. Frozen Fish If buying frozen, un-breaded fish products are a healthier choice. Orca Bay is a good brand.	Duouii		Y	1
Smithfield All-Natural Uncured Hickory Sausage Eckrich Natural Casing Polska Kielbasa H-E-B Select Premium Original Smoked Y H-E-B Fresh Mild Italian Sausage Links Y Kiolbassa All-Natural Beef Smoked Y Fresh Deli Meat HEB "Select Ingredients" Deli Meats Boar's Head "Simplicity All Natural" Y Package Deli Meat HEB Reserve Deli Meat HEB Natural Brand Deli Meat HEB Natural Brand Deli Meat Y HEB Organics Deli Meat Y HEB Organics Deli Meat Y Presh Seafood Fresh Seafood Fresh Seafood Choose lower-mercury seafood, such as salmon, shrimp and cod. Avoid higher-mercury fish, such as tilefish, shark, swordfish and king mackerel. Salmon Buy wild caught salmon, not "farm-raised salmon" as farm-raised fish are fed "astaxanthin", a petrochemical that is banned in many countries. Frozen Fish If buying frozen, un-breaded fish products are a healthier choice. Orca Bay is a good brand.				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 Kiolbassa 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 HEB Organics Deli Meat Y HEB Organics Deli Meat Y Applegate Organic Brand 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. Salmon Buy wild caught salmon, not "farm-raised salmon" as farm-raised fish are fed "astaxanthin", a petrochemical that is banned in many countries. Frozen Fish If buying frozen, un-breaded fish products are a healthier choice. Orca Bay is a good brand.				
H-E-B Select Premium Original Smoked H-E-B Fresh Mild Italian Sausage Links Y Kiolbassa All-Natural Beef Smoked Y Fresh Deli Meat HEB "Select Ingredients" Deli Meats Boar's Head "Simplicity All Natural" Y Package Deli Meat HEB Reserve Deli Meat HEB Natural Brand Deli Meat HEB Organics Deli Meat Y HEB Organics Deli Meat Y Oscar Mayer Natural Brand Y Applegate Organic Brand Fresh Seafood Choose lower-mercury seafood, such as salmon, shrimp and cod. Avoid higher-mercury fish, such as tilefish, shark, swordfish and king mackerel. Salmon Buy wild caught salmon, not "farm-raised salmon" as farm-raised fish are fed "astaxanthin", a petrochemical that is banned in many countries. Frozen Fish If buying frozen, un-breaded fish products are a healthier choice. Orca Bay is a good brand.	Sausage	- · · · · · · · · · · · · · · · · · · ·	<u>'</u>	
H-E-B Fresh Mild Italian Sausage Links Kiolbassa All-Natural Beef Smoked Y Fresh Deli Meat HEB "Select Ingredients" Deli Meats Boar's Head "Simplicity All Natural" Package Deli Meat HEB Reserve Deli Meat HEB Natural Brand Deli Meat HEB Organics Deli Meat Y Oscar Mayer Natural Brand Oscar Mayer Natural Brand Fresh Seafood Choose lower-mercury seafood, such as salmon, shrimp and cod. Avoid higher-mercury fish, such as tilefish, shark, swordfish and king mackerel. Salmon Buy wild caught salmon, not "farm-raised salmon" as farm-raised fish are fed "astaxanthin", a petrochemical that is banned in many countries. Frozen Fish If buying frozen, un-breaded fish products are a healthier choice. Orca Bay is a good brand.			Y	•
Kiolbassa All-Natural Beef Smoked Fresh Deli Meat HEB "Select Ingredients" Deli Meats Boar's Head "Simplicity All Natural" Package Deli Meat HEB Reserve Deli Meat HEB Natural Brand Deli Meat HEB Organics Deli Meat Y Oscar Mayer Natural Brand Oscar Mayer Natural Brand Fresh Seafood Choose lower-mercury seafood, such as salmon, shrimp and cod. Avoid higher-mercury fish, such as tilefish, shark, swordfish and king mackerel. Salmon Buy wild caught salmon, not "farm-raised salmon" as farm-raised fish are fed "astaxanthin", a petrochemical that is banned in many countries. Frozen Fish If buying frozen, un-breaded fish products are a healthier choice. Orca Bay is a good brand.				
Fresh Deli Meat HEB "Select Ingredients" Deli Meats Boar's Head "Simplicity All Natural" Package Deli Meat HEB Reserve Deli Meat HEB Natural Brand Deli Meat HEB Organics Deli Meat Y HEB Organics Deli Meat Oscar Mayer Natural Brand Applegate Organic Brand 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. Salmon Buy wild caught salmon, not "farm-raised salmon" as farm-raised fish are fed "astaxanthin", a petrochemical that is banned in many countries. Frozen Fish If buying frozen, un-breaded fish products are a healthier choice. Orca Bay is a good brand. Y Y				
Boar's Head "Simplicity All Natural" Package Deli Meat HEB Reserve Deli Meat HEB Natural Brand Deli Meat Y HEB Organics Deli Meat Oscar Mayer Natural Brand 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. Salmon Buy wild caught salmon, not "farm-raised salmon" as farm-raised fish are fed "astaxanthin", a petrochemical that is banned in many countries. Frozen Fish If buying frozen, un-breaded fish products are a healthier choice. Orca Bay is a good brand. Y Y	Fresh Deli Meat			
Package Deli Meat HEB Reserve Deli Meat HEB Natural Brand Deli Meat Y HEB Organics Deli Meat Oscar Mayer Natural Brand Applegate Organic Brand Y Y Fresh Seafood Choose lower-mercury seafood, such as salmon, shrimp and cod. Avoid higher-mercury fish, such as tillefish, shark, swordfish and king mackerel. Salmon Buy wild caught salmon, not "farm-raised salmon" as farm-raised fish are fed "astaxanthin", a y y petrochemical that is banned in many countries. Frozen Fish If buying frozen, un-breaded fish products are a healthier choice. Orca Bay is a good brand.				
HEB Natural Brand Deli Meat HEB Organics Deli Meat Oscar Mayer Natural Brand Applegate Organic Brand Y Y Applegate Organic Brand Choose lower-mercury seafood, such as salmon, shrimp and cod. Avoid higher-mercury fish, such as tilefish, shark, swordfish and king mackerel. Salmon Buy wild caught salmon, not "farm-raised salmon" as farm-raised fish are fed "astaxanthin", a Y Y Petrochemical that is banned in many countries. Frozen Fish If buying frozen, un-breaded fish products are a healthier choice. Orca Bay is a good brand. Y Y	Package Deli Meat	1 7		
HEB Organics Deli Meat Oscar Mayer Natural Brand Y Applegate Organic Brand Y Y Y Choose lower-mercury seafood, such as salmon, shrimp and cod. Avoid higher-mercury fish, such as tilefish, shark, swordfish and king mackerel. Salmon Buy wild caught salmon, not "farm-raised salmon" as farm-raised fish are fed "astaxanthin", a y petrochemical that is banned in many countries. Frozen Fish If buying frozen, un-breaded fish products are a healthier choice. Orca Bay is a good brand. Y 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. Salmon Buy wild caught salmon, not "farm-raised salmon" as farm-raised fish are fed "astaxanthin", a Y Y petrochemical that is banned in many countries. Frozen Fish If buying frozen, un-breaded fish products are a healthier choice. Orca Bay is a good brand. Y Y			Υ	
Applegate Organic Brand Y Y Fresh Seafood Choose lower-mercury seafood, such as salmon, shrimp and cod. Avoid higher-mercury fish, such as tillefish, shark, swordfish and king mackerel. Salmon Buy wild caught salmon, not "farm-raised salmon" as farm-raised fish are fed "astaxanthin", a Y Y petrochemical that is banned in many countries. Frozen Fish If buying frozen, un-breaded fish products are a healthier choice. Orca Bay is a good brand. Y Y				Υ
Fresh Seafood Choose lower-mercury seafood, such as salmon, shrimp and cod. Avoid higher-mercury fish, such as tillefish, shark, swordfish and king mackerel. Salmon Buy wild caught salmon, not "farm-raised salmon" as farm-raised fish are fed "astaxanthin", a Y Y petrochemical that is banned in many countries. Frozen Fish If buying frozen, un-breaded fish products are a healthier choice. Orca Bay is a good brand. Y Y				
tillefish, shark, swordfish and king mackerel. Salmon Buy wild caught salmon, not "farm-raised salmon" as farm-raised fish are fed "astaxanthin", a y y petrochemical that is banned in many countries. Frozen Fish If buying frozen, un-breaded fish products are a healthier choice. Orca Bay is a good brand. y y	Fresh Seafood			
Salmon Buy wild caught salmon, not "farm-raised salmon" as farm-raised fish are fed "astaxanthin", a Y y petrochemical that is banned in many countries. Frozen Fish If buying frozen, un-breaded fish products are a healthier choice. Orca Bay is a good brand. Y Y				
petrochemical that is banned in many countries. Frozen Fish If buying frozen, un-breaded fish products are a healthier choice. Orca Bay is a good brand. Y Y	Salmon		Υ	Υ
Frozen Fish If buying frozen, un-breaded fish products are a healthier choice. Orca Bay is a good brand.				
	Frozen Fish		Υ	Υ
	Frozen Breaded	Gorton's Classic Beer Battered Fillets or Crispy Battered Fillets are better choices.		Υ

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	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:
	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
<u>. </u>	Domino's Pacific Veggie Pizza

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, alfalfaCereal
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, mustardSuch 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