

THE RUNNER'S SHOPPING LIST

By Whole Foods Market & Dr. Kathleen Deegan, RDN, Fueling Specialist, Sacramento Running Association

GRAINS 100% whole grain options

Bread, 100% whole wheat/grain: 365 Everyday Value Early Bird Seed, 365 Everyday Value Whole Wheat Hamburger Buns, Grateful Bread Golden Honey Whole Wheat, Dave's Killer Bread Thin-Sliced 21 Whole Grains & Seeds

Pasta, whole grain: 365 Everyday Value Organic Whole Wheat, 365 Everyday Value Macaroni & Cheese

Rice, brown rice: 365 Everyday Value Long Grain Brown, 365 Everyday Value Indian Basmati Brown

Beans, lentils: 365 Everyday Value Organic Lentils, Beans or Split Peas

Pancake/waffle mixes: Arrowhead Mills Buttermilk or Buckwheat, Zema's Multigrain, Zema's Ancient Whole Grain Sweet Potato, Zema's Ancient Cinnamon Oatmeal Apple Muffin Mix

Cereal: 365 Everyday Value Raisin Bran, 365 Everyday Value Honey Flakes & Oat Clusters, Engine Rip's Big Bowl Original, Nature's Path Heritage Flakes, Kashi's Go Lean Honey Almond Flax, 365 Everyday Value Oatmeal-Old Fashioned or Instant

DAIRY Low fat or fat-free options

Milk, fat-free: a2 Milk 1% Fat-Free, Straus Organic Nonfat, 365 Everyday Value Fat-Free

Cheese: Mini Babybel Light, 365 Everyday Value Mild Cheddar, 365 Everyday Value Mexican Blend, 365 Everyday Value Feta, 365 Everyday Value Part-Skim Mozzarella, 365 Everyday Value Light Stringcheese

Cream cheese: 365 Everyday Value Neufchatel (0% fat)

Cottage cheese: 365 Everyday Value Organic Fat-Free

Sour cream: 365 Everyday Value Organic Low-Fat

Yogurt, non-fat: Fage 0% Fat, Wallaby Organic Greek, 365 Everyday Value Organic Fat-Free

MEATS Cuts with the least amount of fat

Beef, 97% fat-free: sirloin, tenderloin, tri-tip, flank steak, hamburger beef

Poultry: skinless chicken or turkey breast, extra lean ground chicken or turkey

Pork, 90% fat-free or lean: top loin, tenderloin, sirloin

Canned meats, water packed: 365 Everyday Value wild caught Albacore Tuna no salt added

Sandwich meats: 365 Everyday Value Organic Oven Roasted Turkey Breast



SAUCES & SOUPS Low sodium options 300mg per serving

Pasta sauce: Yellow Barn Biodynamic Tomato Basil, Cucina Antica Marinara

Sauces: 365 Everyday Value Salsa Thick & Chunky, 365 Everyday Value Hoisin, 365 Everyday Value Soy Ginger, 365 Everyday Value Peanut

Salad dressings: Newman's Own, Annie's Natural, 365 Everyday Value Organic

Mustard: 365 Everyday Value Organic Honey, 365 Everyday Value Dijon, 365 Everyday Value Yellow, 365 Everyday Value German

Mayonnaise: 365 Everyday Value Light

Syrup: Wholesome Sweeteners Organic Pancake Syrup Lite

Ketchup: Westbrae Natural Organic Unsweetened, Sir Kensington's

Soup: Dr. MacDougall's Lower Sodium Soups, Organic Imagine Light in Sodium, Health Valley Organic No Salt Added

FROZEN FOODS Low sodium and low-fat options

Less than 1000g sodium per entree, less than 10g fat per entree.

Breakfast: 365 Everyday Value Whole Wheat Multigrain Waffles

Entrées: Amy's Light in Sodium Vegetable Lasagna or Enchilada or Mac-n-Cheese, Engine 2 Organic Grain Medley

Fruits, no added sugar: 365 Everyday Value frozen fruits

Vegetables, no added seasoning: 365 Everyday Value frozen vegetables

SNACKS Low fat snacks 6g fat per serving

Bars: Clif Organic, Clif Builder

Popcorn: Skinny Pop, 365 Everyday Value Everyday Value Popcorn, Boom Chicka Pop

Chips: 365 Everyday Value Potato Chips, 365 Kettle Chips, 365 Everyday Value Cheese Puffs, 365 Everyday Value Lightly Salted Tortilla Strips, 365 Everyday Value Pretzels, 365 Everyday Value Vegetable

Crackers: 365 Everyday Value Woven Wheats, Back to Nature Harvest Whole Wheat, Blue Diamond Artisan Nut Thins

Cookies: Tate's Bake Shop Whole Wheat Dark Chocolate Chip Cookies, Annie's Bunny Grahams, Back to Nature all types

Nuts: 365 Everyday Value Trail Mix

Note: This is not a comprehensive list; many other products are also appropriate.