



Eating for Your Numbers

WEIGHT MANAGEMENT

The Centers for Disease Controls (CDC) recommends eating a diet that is well balanced with **whole grains, lean meats, fresh produce, and low in saturated fats, sodium and sugar** to lose healthy weight.

For more information, visit www.cdc.gov/healthyweight/healthyeating/index.html

The following items available at AJ's Fine Foods can help to lower or manage your weight:

	BREAKFAST	SNACKS	LUNCH/DINNER
BISTRO			
Scrambled Eggs (½ cup)	X		X
Turkey (3-4 slices) Low Sodium	X	X	X
Swiss Cheese (2 slices) Low Sodium	X	X	X
Fresh Fruit and Berries (½ cup)	X	X	X
Plain Oatmeal w/Berries and Granola (8 oz)	X		X
Bistro Bean Salad (½ cup)			X
Grilled Asparagus (5 spears)			X
Hearts of Palm (½ cup)			X
Pesto Chicken Salad (½ cup)			X
Couscous Salad (½ cup)			X
Grilled Veggies (½ cup)			X
Black Bean Salad (½ cup) Any bistro bean salad			X
Cucumber Vinaigrette (½ cup)			X
Kale Salad (½ lb)			X
DAIRY			
Voskos Plain Non-fat Yogurt (8 oz)	X	X	X
Laughing Cow Lite Swiss Cheese (1 wedge)			X
Almond Milk	X	X	
Eggs	X		X
AISLES			
Kind Bar		X	
Mojo Bar		X	
Starkist Selects Very Low Sodium Tuna in Water Pop Top (4.5 oz)			X
Swansons White Premium Chicken Breast Pop Top (4.5 oz)			X
Thin Crackers		X	X
Oats	X		
Craisins	X	X	X
Quinoa			X
Wasa Crackers		X	X
Apple Cider Vinegar			X
R Bar	X	X	X
GFB Bar	X	X	X
Lara Bar	X	X	X

	BREAKFAST	SNACKS	LUNCH/DINNER
PRODUCE			
Avocado (1)		X	X
Apple (1)	X	X	X
Seasonal Fruit or Berries (5-10)	X	X	X
Loose Peeled Baby Carrots (3)		X	X
Hot House Tomato (1)			X
Loose Sugar Peas (¼ lb)			X
Loose Spring Mix (¼ lb)			X
BUTCHER			
Oven Roasted Turkey Slices (2)	X	X	X
Cooked Chicken Breast (1 breast)			X
BAKERY			
Whole Wheat Kaiser Roll (1)			X
French Demi Baguette (½)			X
SALAD BAR			
Mixed Greens, seeds, beans, raspberry vinaigrette dressing (½ lb) No meat, cheese, or croutons			X
Chobani Non-fat Vanilla Yogurt w/ Fruit (¼ lb)	X	X	
DRINKS			
Smart Water (23 oz) electrolytes	X	X	X
AJ's Plain Bottled Water (16.9 oz)	X	X	X
Arrowhead Sparkling Water 100% Natural (33.8 oz)	X	X	X
Vita Coco Coconut Water (11 oz)	X	X	X

Disclaimer: Not all foods that are recommended are listed. There are many other options, and remember that portion control is essential. Not all locations may have these items.



Eating for Your Numbers

HYPERTENSION & DIABETES

Legend: **H** = Helps to Manage Hypertension **D** = Helps to Manage Diabetes

	BREAKFAST	SNACKS	LUNCH/DINNER
BISTRO			
Turkey (3-4 slices) Low Sodium	D	D	D
Swiss Cheese (2 slices) Low Sodium	H D	H D	H D
Scrambled Eggs (½ lb)	D		
Fresh Fruit and Berries (½ lb)	H D	H D	H D
Plain Oatmeal w/Berries and Granola (8 oz)	H D		H D
Bistro Bean Salad (½ lb)			H D
Grilled Asparagus (5 spears)			H D
Hearts of Palm (½ lb)			H D
Pesto Chicken Salad (½ lb)			H D
Couscous Salad (½ lb)			H D
Grilled Veggies (½ lb)			H D
Black Bean Salad (½ lb) Any bistro bean salad			H D
Cucumber Vinaigrette (½ lb)			H D
Kale Salad (½ lb)			H D
DAIRY			
Voskos Plain Non-fat Yogurt (8 oz)	H D	H D	H D
Laughing Cow Lite Swiss Cheese (1 wedge)			D
Tillamook Medium Cheddar Cheese Single (3-4 oz)		D	D
Santa Barbara Cheesy Cheddar Stix (1 stick)		D	D
Almond Milk	H D	H D	
Eggs	H D		H D
AISLES			
Kind Bar			H D
Starkist Selects Very Low Sodium Tuna in Water Pop Top (4.5 oz)			H D
Swansons White Premium Chicken Breast Pop Top (4.5 oz)			H D
Justin's Peanut Butter Pack (1.15 oz)	H D	H D	H D
Peanut Butters	H D	H D	H D
Thin Crackers		H D	H D
Oats	H D		
Coconut Oil			H D
Craisins	H	H	H
Quinoa			H D
Wasa Crackers		H	H
Apple Cider Vinegar			H D
R Bar	H D	H D	H D
GFB Bar	H	H	H
Lara Bar	H	H	H
Justin's Packets	H D	H D	H D

The **American Heart Association** recommends eating a diet rich with whole grains and high fiber that is low fat and low in sodium and sugar to reduce high blood pressure (hypertension). This includes fruits, vegetables, unsalted nuts, whole wheat breads, lean meats, and low fat dairy. For more information, visit www.heart.org

The **American Diabetes Association (ADA)** recommends following a diet that is well balanced with whole grains and lean meats, and fresh produce to reduce or manage diabetes. The ADA recommends 45-60g of carbohydrates per meal and 15-30g of carbohydrates per snack.

The ADA recommends sugar servings stay under 8g. For more information, visit www.diabetes.org/food-and-fitness/food/my-food-advisor/

	BREAKFAST	SNACKS	LUNCH/DINNER
PRODUCE			
Avocado (1)		H D	H D
Apple (1)	H D	H D	H D
Seasonal Fruit or Berries (5-10)	H D	H D	H D
Loose Peeled Baby Carrots (3)		H D	H D
Hot House Tomato (1)			H D
Loose Sugar Peas (¼ lb)			H D
Loose Spring Mix (¼ lb)			H D
Dates	H	H	H
BUTCHER			
Oven Roasted Turkey Slices (2)	D	D	D
Cooked Chicken Breast (1 breast)			H D
BAKERY			
Whole Wheat Kaiser Roll (1)			H D
French Demi Baguette (½)			D
SALAD BAR			
Mixed Greens, seeds, beans, raspberry vinaigrette dressing (½ lb) No meat, cheese, or croutons			H D
Chobani Non-fat Vanilla Yogurt w/ Fruit (¼ lb)	H D	H D	
DRINKS			
Smart Water (23 oz) electrolytes	H D	H D	H D
AJ's Plain Bottled Water (16.9 oz)	H D	H D	H D
Arrowhead Sparkling Water 100% Natural (33.8 oz)	H D	H D	H D
Orange Juice	H	H	
Vita Coco Coconut Water (11 oz)	H	H	H

Disclaimer: Not all foods that are recommended are listed. There are many other options, and remember that portion control is essential. Not all locations may have these items.

Eating for Your Numbers

Bashas' WEIGHT MANAGEMENT

The Centers for Disease Controls (CDC) recommends eating a diet that is well balanced with **whole grains, lean meats, fresh produce, and low in saturated fats, sodium and sugar** to lose healthy weight.

For more information, visit www.cdc.gov/healthyweight/healthyeating/index.html

The following items from Bashas' can help to lower or manage your weight:

	BREAKFAST	SNACKS	LUNCH/DINNER
DELI			
Turkey (3-4 slices) Low Sodium	X	X	X
Swiss Cheese (2 slices) Low Sodium	X	X	X
Cedar Hummus (3 oz)		X	X
Steamed Veggies (½ cup)			X
Scrambled Eggs (½ cup)	X		
DAIRY			
Oikos Plain Non-fat Yogurt (5.3 oz)	X	X	X
Almond Milk	X	X	
Eggs	X		X
PRODUCE			
Avocado (1)		X	X
Apple (1)	X	X	X
Seasonal Fruit or Berries (5-10)	X	X	X
Loose Carrot (1)			X
Loose Snow Peas (less than ¼ lb)			X
Eat Smart Pre-Packaged Veggies (½ bag)			X
BAKERY			
Whole Wheat Kaiser Roll (1)	X		X
Bashas' Whole Wheat Bread (2 slices)	X	X	X
AISLES			
Food Club No Stir Natural Peanut Butter (2 tablespoons)	X	X	X
Mission Whole Wheat Tortillas (1)	X		X
Oat Revolution Apple Cinnamon (1 pouch) Instant Oatmeal	X	X	X
Crunch Master Multi Seed Crackers (7 crackers)		X	X
Island Snacks Pumpkin Seeds (½ package)		X	
Planters NUT-rition Wholesome Nut Mix (1 pouch)		X	
Minute Ready to Serve Brown Rice (1 container)			X
Kind Bar (1)	X	X	
Food Club Salsa (2 tablespoons)	X	X	X
Whole Wheat Fig Bar (1 package)		X	X
Keebler Flatbread Crisps Italian Herb (7 crackers)		X	X
Rold Gold Tiny Twists (17)		X	X
Full Circle Instant Oatmeal (1 pouch)	X	X	X
Full Circle Thin Wheat Crackers (16 crackers)		X	X
Justin's Classics Peanut Butter Pack (1.15 oz)	X	X	X
Special K Individual Bowls (1)	X		
Starkist Selects Very Low Sodium Tuna in Water Pop-Top (4.5 oz)			X
Simply 7 Quinoa Chips - Sea Salt (20)		X	X
Wholesome Goodness Trail Mix - Small Pouch (1.25 oz)		X	X

	BREAKFAST	SNACKS	LUNCH/DINNER
AISLES (CONT.)			
Thin Crackers		X	X
Oats	X		
Craisins	X	X	X
Quinoa			X
Full Circle Bulgar/Red Quinoa			X
Full Circle Brown Rice			X
Bush's Beans			X
Wasa Crackers		X	X
Good Thins		X	X
Quinoa Chips		X	X
Rice Cakes		X	
Artisana Nut Thins		X	
R Bar	X	X	X
GFB Bar	X	X	X
Lara Bar	X	X	X
Apple Cider Vinegar			X
DRINKS			
Smart Water (23 oz) electrolytes	X	X	X
Bashas' Plain Bottled Water (16.9 oz)		X	X
TruCoco Coconut Water (10 oz)	X	X	X
Hint Natural Flavored Water (12 oz)	X	X	X
V8 Juice	X	X	X
Core Juice	X	X	X
One Coconut Water	X	X	X

Disclaimer: Not all foods that are recommended are listed. There are many other options, and remember that portion control is essential. Not all locations may have these items.

Eating for Your Numbers

Bashas' HYPERTENSION & DIABETES

Legend: **H** = Helps to Manage Hypertension **D** = Helps to Manage Diabetes

	BREAKFAST	SNACKS	LUNCH/DINNER
DELI			
Turkey (3-4 slices) Low Sodium	H D	H D	H D
Swiss Cheese (2 slices) Low Sodium	H D	H D	H D
Cedar Hummus (3 oz)		H D	H D
Steamed Veggies (½ lb)			H D
Scrambled Eggs (½ cup)	D		
DAIRY			
Oikos Plain Non-fat Yogurt (5.3 oz)	H D	H D	H D
Food Club Fat Free Cheese Singles (2 oz)	D		D
Almond Milk	H D	H D	
Eggs	H D		H D
PRODUCE			
Avocado (1)		H D	H D
Apple (1)	H D	H D	H D
Seasonal Fruit or Berries	H D	H D	H
Banana (1)	H	H	H
Orange (1)	D	D	D
Loose Carrot (1)		H	H
Loose Snow Peas (less than ¼ lb)			H D
Eat Smart Pre-Packaged Veggies (½ bag)			H D
Dates	H	H	H
BAKERY			
Whole Wheat Kaiser Roll (1)	H D		H D
Bashas' Whole Wheat Bread (2 slices)	H D	H D	
AISLES			
Food Club No Stir Natural Peanut Butter (2 tablespoons)	H D	H D	H D
Mission Whole Wheat Tortillas (1)	H D		
Oat Revolution Apple Cinnamon (1 pouch) Instant Oatmeal	H		
Crunch Master Multi Seed Crackers (7 crackers)		H D	H D
Island Snacks Pumpkin Seeds (½ package)		H D	
Planters NUT-rition Wholesome Nut Mix (1 pouch)		H D	
Lundberg Apple Cinnamon Rice Cakes (1 cake)	H	H	
Minute Ready to Serve Brown Rice (1 container)			H
Kind Bar (1)		H	
Mojo Bar (1)		H	
Whole Wheat Fig Bars		H	
Food Club Salsa (2 tablespoons)	D		D
Full Circle Instant Oatmeal (1 pouch)	H	H	
Sunmaid Raisins (1 box)			
Full Circle Thin Wheat Crackers (16)		H	H
Justin's Classics Peanut Butter Pack (1.15 oz)	H D	H D	H D
Special K Individual Bowls (1)	H		

The **American Heart Association** recommends eating a diet rich with whole grains and high fiber that is low fat and low in sodium and sugar to reduce high blood pressure (hypertension). This includes fruits, vegetables, unsalted nuts, whole wheat breads, lean meats, and low fat dairy. For more information, visit www.heart.org

The **American Diabetes Association (ADA)** recommends following a diet that is well balanced with whole grains and lean meats, and fresh produce to reduce or manage diabetes. The ADA recommends 45-60g of carbohydrates per meal and 15-30g of carbohydrates per snack. The ADA recommends sugar servings stay under 8g. For more information, visit www.diabetes.org/food-and-fitness/food/my-food-advisor/

The following items available at Bashas' can help to lower or manage high blood pressure and help to lower the risk of or manage diabetes.

	BREAKFAST	SNACKS	LUNCH/DINNER
AISLES-CONT.			
Starkist Selects Very Low Sodium Tuna in Water Pop-Top (4.5 oz)			H D
Simply 7 Quinoa Chips - Sea Salt (20)		H D	H D
Wholesome Goodness Trail Mix - Small Pouch (1.25 oz)		H	H
Peanut Butters	H D	H D	H D
Thin Crackers		H D	H D
Oats	H D		
Coconut Oil			H D
Craisins	H	H	H
Quinoa			H D
Full Circle Bulgur/Red Quinoa			H D
Full Circle Brown Rice			H D
Bush's Beans			H D
Wasa Crackers		H	H
Good Thins		H D	H D
Cashews	H D	H D	H D
Quinoa Chips		H D	H D
Apple Cider Vinegar			H D
Rice Cakes		H D	
Artisana Nut Thins		H D	
R Bar	H D	H D	H D
GFB Bar	H	H	H
Lara Bar	H	H	H
Justin's Packets	H D	H D	H D
DRINKS			
Smart Water (23 oz) electrolytes	H D	H D	H D
Bashas' Plain Bottled Water (16.9 oz)	H D	H D	H D
TruCoco Coconut Water (10 oz)	H	H	H
Hint Natural Flavored Water (12 oz)	H D	H D	H D
Orange Juice	H	H	H
V8 Juice	H D	H D	H D
Core Juice	H	H	H
One Coconut Water	H	H	H

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FOOD CITY Eating for Your Numbers WEIGHT MANAGEMENT

The Centers for Disease Controls (CDC) recommends eating a diet that is well balanced with **whole grains, lean meats, fresh produce, and low in saturated fats, sodium and sugar** to lose healthy weight.

For more information, visit www.cdc.gov/healthyweight/healthyeating/index.html

The following items from Food City can help to lower or manage your weight:

	BREAKFAST	SNACKS	LUNCH/DINNER
DELI			
Huevos al Gusto with Corn Tortilla	X		
Fresh Fruit Cup (6 oz)	X	X	X
Chipotle Chicken (½ lb)			X
Whole Wheat Tortilla (1)			X
Ceviche (4 oz)			X
Broiled Chicken (½ bird)			X
Pollo Asado			X
Baked Chicken (1)			X
DAIRY			
Muscle Milk Light Protein Shake Sugar Free (14 oz)	X	X	X
Jerseymaid Low Fat Yogurt (6 oz)	X	X	X
La La Brand Reduced Fat Yogurt (6 oz)	X	X	X
Unsweetened Soy Milk (1 cup)	X	X	X
Unsweetened Almond Milk (1 cup)	X	X	X
Yoplait Light Yogurt (6 oz)	X	X	X
Eggs	X		X
PRODUCE			
Avocado (1)		X	X
Apple (1)	X	X	X
Seasonal Fruit or Berries (5-10)	X	X	X
Spinach Leaves (1 cup)			X
Banana (1)	X	X	X
Dole Fresh Salad Greens (6 oz)			X
Orange (1)	X	X	X
Baby Carrots (3 oz)		X	X
Kiwi (1)	X	X	X
Grapefruit (1)	X	X	X
Mango (1)	X	X	X
MEAT / CHEESE DEPT.			
Food Club Part Skim Milk Cheese (8 oz)	X	X	X
Queso Fresco (8 oz)		X	X

	BREAKFAST	SNACKS	LUNCH/DINNER
AISLES			
Food Club Toasted Oats Cereal (1 cup)	X	X	X
Food City Old Fashioned Oats (½ cup)	X		
Food Club Wheat Saltine Crackers (1 package)		X	X
Keebler Flatbread Crisps Italian Herb (4 crackers)		X	X
Natures Own Whole Wheat Bread (1 slice)	X	X	X
Natures Own Whole Grain Bread (1 slice)	X	X	X
Guerrero Whole Wheat Tortillas (1)	X	X	X
Food Club Unsweetened Apple Sauce (½ cup)	X	X	X
Blue Diamond Whole Natural Almonds (1 oz)	X	X	X
Campbell's Chicken Noodle Soup Reduced Sodium (½ cup)		X	X
Oats	X		
Bush's Beans			X
Apple Cider Vinegar			X
DRINKS			
Food City Plain Bottled Water (16.9 oz)	X	X	X
Vita Coco Coconut Water (11 oz)	X	X	X

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Eating for Your Numbers HYPERTENSION & DIABETES

Legend: **H** = Helps to Manage Hypertension **D** = Helps to Manage Diabetes

	BREAKFAST	SNACKS	LUNCH/DINNER
DELI			
Breakfast Burrito Beans, Whole Wheat Tortilla, Eggs, Salsa (1/2)	H D		
Huevos al Gusto (1/2 cup)	D		
Fresh Fruit Cup (6 oz)	H	H	H
Chipotle Chicken (1/3 lb)			H D
Whole Wheat Tortilla (1)			H D
Ceviche (4 oz)			H D
Broiled Chicken (1/2 bird)			H D
Pollo Asado			H D
DAIRY			
Food City Brand Low Fat Cottage Cheese (1/2 pint)	D	D	D
Muscle Milk Light Protein Shake Sugar Free (14 oz)	H D	H D	H D
Jerseymaid Low Fat Yogurt (6 oz)	H	H	H
La La Brand Reduced Fat Yogurt (6 oz)	H	H	H
Unsweetened Soy Milk (1 cup)	H D	H D	H D
Unsweetened Almond Milk (1 cup)	H D	H D	H D
Yoplait Light Yogurt (6 oz)	H	H	H
Eggs	H D		H D
PRODUCE			
Avocado (1)		H D	H D
Apple (1)	H D	H D	H D
Seasonal Fruit or Berries (5-10)	H D	H D	H D
Spinach Leaves (1/2 cup)			H D
Banana (1)	H	H	H
Dole Fresh Salad Greens (6 oz)			H D
Orange (1)	H D	H D	H D
Baby Carrots (3 oz)		H D	H D
Kiwi (1)	H D	H D	H D
Grapefruit (1)	H D	H D	H D
Mango (1)	H	H	H
MEAT / CHEESE DEPT.			
Queso Fresco (8 oz)		H	H

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The following items available at Food City can help to lower or manage high blood pressure and help to lower the risk of or manage diabetes.

	BREAKFAST	SNACKS	LUNCH/DINNER
AISLES			
Food Club Toasted Oats Cereal (1 cup)	H	H	
Food City Old Fashioned Oats (1/2 cup)	H		
Food Club Wheat Saltine Crackers (4 crackers)		H	H
Natures Own Whole Wheat Bread (1 slice)	H D	H D	H D
Natures Own Whole Grain Bread (1 slice)	H D	H D	H D
Guerrero Whole Wheat Tortillas (1)	H D	H D	H D
Food Club Unsweetened Apple Sauce (1/2 cup)	H	H	H
Blue Diamond Whole Natural Almonds (1 oz)	H D	H D	H D
Peanut Butters	H D	H D	H D
Oats	H D		
Bush's Beans			H D
Cashews	H D	H D	H D
Apple Cider Vinegar			H D
DRINKS			
Food City Plain Bottled Water (16.9 oz)	H D	H D	H D
Vita Coco Coconut Water (11 oz)	H	H	H
Orange Juice	H	H	

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