



The Health Educator's Top Picks at LaVerde's Updated Fall 2004

This list was compiled with a focus on three factors: selecting food as close to the way nature made it as possible; minimizing unhealthy fats and emphasizing healthy fats; and providing the nutrients that sustain energy and concentration.

Breakfast cereals (with skim or low fat milk/fat free or low fat yogurt/cottage cheese):

- Shredded Wheat and Bran
- Grape Nuts
- Kashi Organic Puffs, Go Lean, Go Lean Crunch
- Quaker Instant Oatmeal Regular Flavor
- Quaker Old Fashioned Oatmeal

Lunch and Dinner options:

- Sant's Vegetarian Sandwiches – hummos, tofu salad
- Smart Dogs soy hot dogs
- Eggs or Egg Beaters
- Sliced turkey and chicken breast
- Canned tuna/pop-top canned tuna
- Canned beans
- Best pasta sauces overall: Barilla
- Best frozen food: Garden Burger Veggie Medley
- REQUEST: whole grain pasta
- REQUEST: more healthy frozen meals

Veggies and Salads:

- Cut-up fruit and vegetables
- Fresh produce or frozen vegetables
- Newman's Own Light Italian Dressing

(over)

Bread and Crackers:

- Baker's brand breads
- Reduced Fat Triscuits crackers

Dairy:

- String cheese
- Laughing Cow Light cheese
- Fat free or low fat yogurt
- Fat free or low fat cottage cheese

Munchies:

- Soy Crisps in single serving bags
- Baked potato chips
- Pirate's Booty
- Unpopped popcorn (if you have an air popper)
- Nuts
- Salsa
- REQUEST: baked tortilla chips