

Runner's Shopping List

by Kathleen Deegan, PhD, MS, RDN

CALIFORNIA
INTERNATIONAL
MARATHON

WHOLE
FOODS
MARKET

The California International Marathon & Whole Foods Market have teamed up to put together a Runner's Shopping List with the healthiest options to look for when shopping.

GRAINS: ALWAYS LOOK FOR 100% WHOLE GRAIN OPTIONS

- Bread, 100% whole wheat/grain:** 365 Everyday Value Multi-grain Artisan, 365 Everyday Value 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, Earth Balance Mac & 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 Multi-grain, Zema's Ancient Whole Grain Sweet Potato, Zema's Ancient Cinnamon Oatmeal Apple Muffin Mix
- Cereal:** 365 Everyday Value Honey Flakes & Oat Clusters, Kashi's Go Lean Honey Almond Flax, 365 Everyday Value Oatmeal-Old Fashioned

DAIRY: ALWAYS LOOK FOR LOW FAT OR FAT-FREE OPTIONS

- Milk, fat-free:** a2 Milk 0% Fat Free, Straus Organic Nonfat, 365 Everyday Value Fat Free
- Creamer, low-fat:** Nature's Dairy Free Creamer Nut Pods Original Unsweetened
- 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 String cheese, 365 Everyday Value Neufchatel Cream Cheese (0% fat), Clover Fat Free Cottage Cheese, 365 Everyday Value Organic Fat Free Cottage Cheese
- Sour Cream:** 365 Everyday Value Organic Low Fat, Clover Light
- Yogurt, non-fat:** Fage 0% Fat, Wallaby Organic Greek, 365 Everyday Value Organic Fat Free

MEATS: ALWAYS LOOK FOR CUTS WITH THE LEAST AMOUNT OF FAT

- Beef, 97% fat-free:** sirloin, tenderloin, tri-tip, flank steak, ground 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:** Safe Catch Wild Catch Albacore Tuna no salt added
- Sandwich Meats:** 365 Everyday Value Organic Turkey Breast, New Hope Turkey Breast

SAUCES & SOUPS: ALWAYS LOOK FOR LOW SODIUM OPTIONS

- Pasta Sauce:** Yellow Barn Biodynamic Tomato Basil, Cucina Antica Marinara
- Sauces:** 365 Everyday Value Salsa Thick & Chunky, Whole Foods General Tso's, 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
- Condiments:** Mustard: 365 Everyday Value Organic Honey, 365 Everyday Value Dijon, 365 Everyday Value Yellow, 365 Everyday Value German; Mayonnaise: 365 Everyday Value Light; Ketchup: Westbrae Natural Organic Unsweetened, Sir Kensington's
- Syrup:** New Look Organic Pancake Syrup Lite
- Soup:** Dr. MacDougall's Lower Sodium Soups, Organic Imagine Light in Sodium, Health Valley Organic No Salt Added

FROZEN FOODS: ALWAYS LOOK FOR LOW SODIUM + LOW FAT OPTIONS

- Breakfast:** 365 Everyday Value Whole Wheat Multi-grain 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: ALWAYS LOOK FOR LOW FAT OPTIONS

- Bars:** Clif Organic, Clif Builder
- Popcorn:** Skinny Pop, Kale Popcorn, 365 Everyday Value Popcorn, Boom Chicka Pop
- Chips:** 365 Everyday Value Potato Chips, 365 Everyday Value Kettle Chips, 365 Everyday Value Corn Chips, 365 Everyday Value Cheese Puffs, 365 Everyday Value Naan Chips, 365 Everyday Value Pretzels
- Crackers:** 365 Everyday Value Woven Wheats, Back to Nature Harvest Whole Wheat, 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

FRUITS AND VEGETABLES: ALWAYS LOOK FOR FRESH, LOCAL CHOICES

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