



99 HEALTHY FOODS DR. OZ WANTS IN YOUR SHOPPING CART



BREAKFAST

- 1. BetterOats Oat Revolution Thick and Hearty Old-Fashioned Instant Oatmeal, Apples & Cinnamon
- 2. Kashi Blueberry Waffles
- 3. Amy's Breakfast Scramble Wrap
- 4. Van's Natural Foods Whole Grain Pancakes
- 5. Jennie-O Breakfast Sausage Links
- 6. VitaBuns English Muffins
- 7. Cream of Wheat Instant Healthy Grain
- 8. Uncured Turkey Bacon

MEALS

- 9. Healthy Choice Lemon Herb Chicken
- 10. Amy's Light in Sodium Bean & Rice Burrito
- 11. Cedarlane Eggplant Parmesan
- 12. Evol Foods Teriyaki Chicken Bowl
- 13. Healthy Choice Portabella Spinach Parmesan
- 14. Amy's Roasted Vegetable Pizza
- 15. Annie Chun's Teriyaki Noodle Bowl
- 16. Dr. Praeger's Buffalo Chickenless Patties
- 17. Helen's Kitchen Bay Island Plantain
- 18. Kashi Thin Crust Basil Pesto Pizza
- 19. The Organic Bistro Chicken Parmesan Bake
- 20. SeaPak Shrimp Co. Salmon Burger
- 21. Kashi Chicken Florentine
- 22. Amy's Light & Lean Spinach Lasagna
- 23. Applegate The Great Uncured Hot Dog
- 24. Sukhi's Tandoori Chicken Sandwich
- 25. Rico M. Panada Spinach and Tofu
- 26. Helen's Kitchen Pasta Primavera
- 27. Annie Chun's Chicken & Cilantro Mini Wontons
- 28. Frozen Shrimp
- 29. Organic Bistro Wild Alaskan Salmon Bake
- 30. Amy's California Veggie Burger

PASTAS/GRAINS/CEREALS

- 31. 100% Whole Wheat Pita Pocket Bread
- 32. Dr. Praeger's Sweet Potato Littles
- 33. Arnold Grains & More 100% Whole Wheat Triple Health Bread

PASTAS/GRAINS/CEREALS (con't)

- 34. Barilla Plus Penne
- 35. 100% Whole Wheat Bagel Thins
- 36. Post Grape Nuts Cereal
- 37. General Mills Cheerios Cereal
- 38. Nature's Plus Flax Plus Flakes Cereal
- 39. Microwaveable Brown Rice
- 40. Kashi 7 Whole Grain Cereal Puffs
- 41. Annie Chun's Pad Thai Brown Rice Noodles
- 42. Shirataki Noodles
- 43. Quinoa
- 44. Back to Nature Multigrain Flax Seeded Flatbread
- 45. DeBoles Artichoke Flour Pasta
- 46. Kashi 7 Whole Grain Cereal Flakes

SNACKS

- 47. Chiquita Pineapple Bites
- 48. Tostitos Blue Corn Tortilla Chips
- 49. Orville Redenbacher's Smart Pop! (94% Fat Free) Mini Bags
- 50. Snyder's of Hanover Organic Whole Wheat & Oat Pretzel Sticks
- 51. Sargento Natural Reduced Fat Colby Jack Snacks
- 52. Food Should Taste Good All-Natural Olive Chips
- 53. Wasa Whole Grain Crackers
- 54. Ak Mak Crackers
- 55. Greek Yogurt
- 56. Laughing Cow Light Creamy Swiss Cheese
- 57. Stacy's Simply Naked Pita Chips
- 58. Eden Organic Brown Rice Chips

SIDES

- 59. Broccoli Slaw
- 60. Dr. McDougall's Light Sodium Tomato Basil Pasta Soup
- 61. Amy's Organic Light Sodium Split Pea Soup
- 62. Pacific Organic Creamy Butternut Squash Soup, Light Sodium
- 63. Health Valley Soup 40% less Sodium, 5 bean vegetable
- 64. Bagged Salad Greens
- 65. Health Valley Soup Fat-Free Garden Split Pea with Carrots
- 66. Tiger Tiger Thai Onion Soup
- 67. Fire Roasted No Salt Added Diced Tomatoes
- 68. Steam-in-Bag Frozen Vegetables (no sauce)

SIDES (con't)

- 69. Health Valley Soup Vegetable Barley Less Sodium

DESSERT

- 70. Soy Dream Vanilla Lil' Dreamers Frozen Sandwich
- 71. Almond Dream Lil' Dreamers Vanilla Frozen Sandwich
- 72. Breyers Pure Fruit Fruit Bars & Berry Swirls
- 73. Arctic Zero 150 Calorie Pints (ice cream substitute)
- 74. So Delicious Purely Decadent Cherry Amaretto (ice cream substitute)
- 75. Diana's Bananas Banana Babies Dark Chocolate Frozen Dessert
- 76. So Delicious Chocolate Minis Sandwiches
- 77. Back To Nature Cookies: Chocolate Chunk, Peanut Butter Creme & Cranberry-Pecan-Granola
- 78. Barbara's Bakery Snackimals (chocolate, choc. chip, snicker-doodle)
- 79. Lucy's Gluten-Free Ginger Snaps
- 80. Mi-Del All Natural Maple Munchies Cookies
- 81. Health Valley Amaranth Graham Crackers
- 82. Vitalicious Deep and Velvety Chocolate VitaBrownies

CONDIMENTS

- 83. Wholly Guacamole
- 84. Vinegar (Malt, White, Red)
- 85. Annie's Horseradish Mustard
- 86. Newman's Own Balsamic Vinaigrette
- 87. Hummus
- 88. Annie's Organic Buttermilk Dressing
- 89. Hot Sauce
- 90. Ready-Pac Pico de Gallo
- 91. Extra Virgin Olive Oil
- 92. Spectrum Golden Balsamic Vinaigrette

BEVERAGES

- 93. Almond Milk, Unsweetened
- 94. Sparkling Water/Seltzer
- 95. Coffee
- 96. Unsweetened Iced Tea
- 97. Uncle Matt's Organic Grapefruit Juice
- 98. V-8 Low Sodium Vegetable Juice
- 99. Green Tea

*** Consider the above foods along with fresh fruits, vegetables and lean proteins.**

** Disclaimer: for your convenience, we have listed specific brands, but Dr. Oz and The Dr. Oz Show do not endorse any of the name brand products listed above. If you prefer another brand that has the same ingredients & nutritional value, feel free to use it.