

APPENDIX D

NAVIGATING THE SUPERMARKET

ICONS

☺	HIGH-HYDRO
*	HD-FRIENDLY
**	HIGH-HYDRO CARBOHYDRATE
†	HIGH-HYDRO PROTEIN
♥	MUFA

Since the HD plan focuses on high-hydro vegetables and fruits, try to always start out in the produce section of the supermarket to fill your cart with all of your favorites!

FRESH VEGETABLES

Within the produce section, there are high-hydro vegetables that I want you to focus on, HD-friendly vegetables you can mix with high-hydro vegetables, and vegetables that are considered high-hydro carbohydrates. Each one is classified here.

FYI: Many times vegetables are precut into ready-to-buy platters. I know that this can be costly, but it's a convenient way to get some raw high-hydro vegetables in your diet. This can be a great option to put in your cart. A beautiful vegetable platter doesn't only have to be for guests!

- Acorn squash**
- Artichokes☺
- Arugula*
- Asparagus☺
- Bean sprouts☺
- Beets☺
- Bell peppers (all kinds)☺
- Broccoli☺
- Broccoli rabe☺
- Brussels sprouts☺
- Butternut squash**
- Cabbage☺

- Carrots☺
- Celery *
- Collard greens☺
- Cucumber*
- Dandelion greens☺
- Eggplant*
- Endive*
- Escarole*
- Jicama☺
- Jerusalem artichoke☺
- Kale☺
- Kohlrabi☺
- Mustard greens☺
- Mushrooms*
- Okra☺
- Onions☺
- Parsnips**
- Peas†
- Snow peas☺
- Spaghetti squash☺
- Spinach☺
- Sweet potato**
- Swiss chard☺
- Tomatoes*
- Turnips☺
- Yellow squash☺
- Zucchini☺

FRESH FRUIT

Again, begin to see all the fruits in terms of high-hydro and HD-friendly. I encourage you to stock up on the high-hydro fruits especially in Start Strong phase. Then you can add an HD-friendly fruit as you progress into Still Focused.

FYI: Always look for fruits that are in season. Remember that grapes are an HD-friendly fruit, but 10 frozen grapes are allowed in the Start Strong phase, so throw them in your cart and make frozen fruit skewers!

- Apples☺
- Apricots☺
- Avocados ♥
- Banana*
- Blackberries☺
- Blueberries☺
- Cantaloupe*
- Cherries*
- Clementines☺
- Cranberries☺
- Figs, fresh☺
- Grapes*
- Grapefruit☺
- Honeydew

- Lemons☺
- Limes☺
- Mango☺
- Kiwifruit☺
- Oranges☺
- Papaya☺
- Peaches☺
- Pears☺
- Pineapples*
- Plums☺
- Pomegranate seeds☺
- Pumpkin☺
- Raspberries☺
- Strawberries☺
- Watermelon*

DAIRY

FYI: Shirataki noodles and kelp noodles are most often found in the dairy section, not the pasta section, as they are refrigerated. Kelp noodles may be harder to find. They can also be found in the Asian or international foods aisle. I include egg substitutes to have on hand for those busy mornings.

- Egg substitutes*—I like Papetti’s All White 100% Liquid Egg Whites or Eggology 100% Egg Whites
- Eggs*
- Greek yogurt, plain (like Fage or Chobani)*
- Hummus (Tribe, Sabra, Good Neighbors)☺
- Kelp noodles☺
- Shirataki noodles (different shapes)☺
- Tofu (firm, extra-firm)*
- Unsweetened almond milk (40 calories cup or less, like Almond Breeze)
- Unsweetened vanilla almond milk (40 calories cup or less, like Almond Breeze)

FROZEN FOODS AISLE

I encourage my clients to stock up on frozen vegetables. There is nothing wrong with preparing frozen veggies—they’re often flash frozen, which preserves the nutrients, and can be a lot easier on your wallet. As long as

they are plain with no sugar or salt added, you are good to go. I have listed my favorite go-to frozen high-hydro vegetables and high-hydro fruits here.

FYI: Frozen fruits are wonderful to keep on-hand for smoothies!

- | | |
|---|--------------------------------------|
| <input type="radio"/> Artichokes☺ | <input type="radio"/> Spinach☺ |
| <input type="radio"/> Asparagus☺ | <input type="radio"/> Swiss chard |
| <input type="radio"/> Bell peppers (green, red, or yellow)☺ | <input type="radio"/> Yellow squash☺ |
| <input type="radio"/> Broccoli☺ | <input type="radio"/> Zucchini☺ |
| <input type="radio"/> Broccoli rabe☺ | <input type="radio"/> Blackberries☺ |
| <input type="radio"/> Brussels sprouts☺ | <input type="radio"/> Blueberries☺ |
| <input type="radio"/> Carrots☺ | <input type="radio"/> Mango☺ |
| <input type="radio"/> Collard greens☺ | <input type="radio"/> Peaches☺ |
| <input type="radio"/> Kale☺ | <input type="radio"/> Pears☺ |
| <input type="radio"/> Okra☺ | <input type="radio"/> Raspberries☺ |
| <input type="radio"/> Peas† | <input type="radio"/> Strawberries☺ |
| <input type="radio"/> Snow peas☺ | |

Here are some other foods you can grab while you're in the freezer section.

- | | |
|---|---|
| <input type="radio"/> Amy's California Burger (light in sodium) | <input type="radio"/> Shrimp* |
| <input type="radio"/> Gardenburger Black Bean Chipotle | <input type="radio"/> Veggie burgers (I like Dr. Praeger's California Veggie Burger)† |
| <input type="radio"/> Salmon fillets* | |

CANNED & INTERNATIONAL FOODS

As you explore the canned aisles, remember to look for No-Salt-Added varieties.

- | | |
|--|---|
| <input type="radio"/> Adzuki beans† | (without flavoring packets)† |
| <input type="radio"/> Black beans† | <input type="radio"/> Fava beans† |
| <input type="radio"/> Black-eyed peas† | <input type="radio"/> Great Northern beans† |
| <input type="radio"/> Chickpeas (garbanzo beans)† | <input type="radio"/> Kidney beans† |
| <input type="radio"/> Dried beans, peas, and lentils | <input type="radio"/> Lentils† |

- Mung beans †
- Navy beans
- Olives ♥
- Pinto beans †
- Tomatoes—I like Muir Glen Organic or Whole Foods 365*
- White beans †
- Agar ☺
- Arame ☺
- Dulse ☺
- Kombu ☺
- Nori ☺

BREADS, CEREALS & GRAINS

Explore the aisles for breads, crackers, and wraps that fit the HD-friendly carbohydrate guidelines: 100 calories or less; 3 grams of fiber or more. I listed some brands below but you can do some investigative work and try different brands that fit the HD criteria. Remember, in Start Strong to limit carbs to 2 per day with at least 1 from the high-hydro carbohydrate** option.

Try to find cereals that fall under the HD-friendly carbohydrate guidelines: 150 calories or less; 5 grams of fiber or more. Watch the sugar grams in your cereal! Look for 6 grams of sugar or less per serving.

FYI: You can order Decision Nutrition Chia Bagels at decisionnutrition.com or amazon.com.

- Amaranth**
- Barbara's Original Puffins cereal
- Barley**
- Brown rice**
- Buckwheat**
- Decision Nutrition Chia Bagels*
- Decision Nutrition Chia Chips*
- Farro**
- FiberRich Bran Crackers*
- Food for Life Ezekiel 4:9*
- Kashi Heart to Heart Cereal*
- La Tortilla Factory Low Carb Tortillas*
- McCann's Oatmeal
- Popcorn*
- Quaker Oatmeal
- Quinoa**
- Rye berries**
- Ryvita Dark Rye Crispbread*
- Tumaro's Low in Carbs Multi-Grain Tortillas*
- Uncle Sam Oatmeal
- Wasa Fiber Rye Crispbread*

POULTRY & FISH

The best advice is to buy your poultry and fish from reputable markets. For poultry, always look that it is USDA certified organic.

- Chicken, ground (extra lean)*
- Chicken breast (skin off)*
- Cod*
- Crab*
- Flounder*
- Halibut*
- Orange roughy*
- Salmon, wild (canned in water or fresh)*
- Scallops*
- Shrimp*
- Tuna (canned in water or fresh)*
- Turkey, ground (at least 93% lean)*
- Turkey breast (skin off)*

NUTS & SEEDS

You can now find nuts in individual packs to make portioning easier.

- Almond butter ♥
- Almonds ♥
- Chia seeds (hydro-boosters!!)
- Peanut butter, natural ♥
- Pistachios ♥
- Pumpkin seeds, unsalted ♥
- Sunflower seeds, unsalted ♥
- Walnuts ♥

CONDIMENTS/MISCELLANEOUS

Always have the following condiments/miscellaneous items stocked in your kitchen. I've included suggested brands for each.

- Bragg Liquid Aminos
- Cacao powder (Navitas Natural)
- Cooking sprays (Spectrum)
- Dandelion tea (Alvita, Celebration Herbals)
- Herbs and spices
- Horseradish (Silver Spring Foods, Annie's)
- Hot-pepper sauce
- Miso paste (Maruman, Hikari Organic, Eden Foods)

- Mustard (Annie's, Eden Foods)
- Nettle tea (Alvita, Celebration Herbals)
- Pasta sauce (Rao's, San Marzano)
- Salsa (Green Mountain Gringo, Muir Glen, Amy's)
- Seltzer (La Croix, San Pellegrino, Perrier)
- Stevia (NuNaturals, Sweet Leaf, Truvia)
- Tamari, low sodium (San-J, Eden Foods)
- True lemon/true lime packets
- Vinegars (Bionatural, Bragg, Spectrum)

SNACKS

Most of the foods on the 12-week plan are fresh and whole and always ready to grab and go out the door like all raw veggies from the HD Crudité or all the high-hydro fruits on page 72. But I understand that there are times you just need a grab and go item that you can keep in your pantry, suitcase (when travelling), car, bag, gym locker etc. Here are some of my favorites. Always check decisionnutrition.com for updated lists. I am always on the hunt for new grab and gos!

Nutrition Bars

- Kind Bars with 6 grams of sugar or less (MUFA)–Madagascar Vanilla Almond, Caramel Almond & Sea Salt, Dark Chocolate Nuts & Sea Salt, Dark Chocolate Mocha Almond, Roasted Jalapeño
- FiberLoveBars by Gnu Foods (HD-Friendly Carb)
- Healthy Warrior Chia Bars (HD-Friendly Carb)–Chocolate Peanut Butter is the best!

High-Hydro Dried Fruits

- Matt's Munchies–Island Mango, Mango, Applelicious, Tangy Apricot
- FruitChia Bars
- Made in Nature Figs, Plums and Apricots
- Just Tomatoes Just Strawberries, or Just Mango
- Nature's All Organic Strawberries
- Bare Fruit Organic Granny Smith Apple Chips, Gluten-Free

High-Hydro Proteins

- Cruncha ma-me freeze-dried edamame snacks, Naked or Lightly Seasoned
- The Good Bean Crispy Crunchy Chickpeas Sea Salt Flavor
- Wild Garden Hummus Dip single serve packages
- Sabra Hummus single serving packages
- Just Tomatoes Just Peas

MUFAS

- Wonderful Roasted & Salted Pistachios
- Blue Diamond Almonds Grab & Go Bags, 100 calories per bag
- Justin's All-Natural Classic Almond Butter or Peanut Butter 1.15 oz. packs

Seaweeds

- SeaSnax Roasted Seaweed Snacks, Grab & Go packs
- Annie Chun's Roasted Seaweed Snacks

HD-Friendly Chips and Crackers

- The Mediterranean Snack Company Baked Lentil Chips, 22 chips
- Mary's Gone Crackers (gluten-free)
- Beanitos Original Black Bean Chips with Sea Salt, 13 chips
- Suzie's Thin Cakes Corn, Quinoa & Sesame (gluten-free)—4.6 oz
- Wasa Crispbread
- Fiber Rich Crispbread

Yogurts—HD-Friendly Proteins

- Fage 0%
- Siggi's 0%