Brand Shortcuts

Diabetes, cholesterol, and heart health picks that are already on the shelf

StudioLink Recipe | Pairs with "The Diabetes, Cholesterol, and Heart Health Grocery Shortlist"

> You do not have to read every label from scratch. These brands are widely available and already fit the criteria for blood sugar, cholesterol, and heart health. Store brands with matching nutrition work just as well, so buy the version that saves you money.

Dairy and Refrigerated

Greek yogurt

Fage Total 0%, Chobani Plain Non-Fat, Oikos Triple Zero.

Found at most major chains including Tops, Wegmans, Kroger, Safeway, Target, and Costco.

Cottage cheese

Good Culture Low-Fat, Daisy 2%, Breakstone's 1%.

Widely available at most grocery stores.

Plain kefir

Lifeway Plain Low-Fat.

Wegmans, Tops, Whole Foods, Kroger.

Pantry Grains and Fiber

Oats

Quaker Old Fashioned, Bob's Red Mill Rolled Oats.

Every major grocery chain.

Barley

Bob's Red Mill Pearl Barley, Arrowhead Mills.

Wegmans, Whole Foods, Kroger, Target.

Psyllium husk

Konsyl Original, Yerba Prima Whole Husk. Check the label, since some flavored versions add sugar.

Walgreens, CVS, Tops, Wegmans, Amazon.

Whole-grain bread

Dave's Killer Bread 21 Whole Grains, Food for Life Ezekiel 4:9, Arnold Whole Grains.

Wegmans, Tops, Kroger, Whole Foods.

Whole-grain pasta

Barilla Whole Grain, De Cecco Whole Wheat, Banza Chickpea.

All major chains.

Heart-Healthy Fats

Extra virgin olive oil

California Olive Ranch, Cobram Estate, Lucini.

Every major grocery chain.

Plant sterol spreads

Benecol Spreads, Promise Activ.

Tops, Wegmans, Kroger, Costco.

Unsalted nut butter

Smucker's Natural Unsalted, Trader Joe's Unsalted.

Most grocery chains, Trader Joe's for the store brand.

Protein

Canned salmon and sardines

Wild Planet, Vital Choice, King Oscar for sardines.

Wegmans, Whole Foods, Kroger, Costco, Amazon.

Frozen fish

Wild-caught salmon and cod, store-brand or branded frozen fillets.

Any grocery store freezer aisle.

Poultry

Bell & Evans, Perdue, Empire Kosher, or store brand.

All major chains.

Tofu and tempeh

Nasoya tofu, House Foods tofu, Lightlife tempeh.

Wegmans, Whole Foods, Kroger, Target.

Canned and Frozen Staples

Canned beans

Bush's Reduced Sodium, Goya Low Sodium, or any no-salt-added store brand.

All major chains.

Canned tomatoes

Muir Glen No-Salt-Added, Pomi, store brand no-salt-added.

Wegmans, Whole Foods, Tops, Kroger.

Frozen vegetables

Birds Eye, Green Giant, store brand.

Every major grocery chain.

Frozen berries

Wyman's Wild Blueberries, store brand.

Every major grocery chain.

Low-Sodium Broth

Broth and bone broth

Imagine Low-Sodium, Swanson Unsalted, Bonafide Provisions Bone Broth.

Wegmans, Whole Foods, Kroger, Target.

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This guide is educational and does not replace medical advice. Check with your care team before changing your diet, especially if you take medication for diabetes, cholesterol, or blood pressure.