



THE QUEEN'S MEDICAL CENTER








COMPREHENSIVE WEIGHT MANAGEMENT PROGRAM

95+ Convenient Food, Snack, & Drink Products











Food shopping can be overwhelming with the huge number of choices available. We've selected some of the healthier options available at local stores. Take care to review the nutrition content to ensure compatibility with your individual weight loss and health goals.

Protein

Approx. Nutrition: 100-200 calories; at least 5 g protein; less than 10 g fat; less than 15 g carb









Convenient "grab n' go" options.				
Product Information	Oscar Mayer P3 Ham, Almonds, Cheddar	Sargento Balanced Breaks Colby-Jack w/Peanuts, Dried Cranberries	True Story Organic Turkey Breast Snack Packs	Kirkland Organic Hard-Boiled Eggs 2 per pack
Nutrition	160 cal, 13 g protein 10 g fat, 4 g carb 1 g fiber, <1 g sugar	180 cal, 8 g protein 12 g fat, 11 g carb 2 g fiber, 8 g sugar	35 cal, 7 g protein 0 g fat, 1 g carb 0 g fiber, 0 g sugar	136 cal, 12 g protein 8 g fat, 0 g carb 0 g fiber, 0 g sugar
Notes	Ⓢ Ⓣ ⓕ	Ⓢ Ⓣ ⓕ Ⓒ	Ⓒ	Ⓒ; also at Ⓢ Ⓣ under different brands.
				
Product Information	Lucerne Light String Cheese	Babybel Mini Light (Blue)	Orchard Valley Harvest Cashews: Halves & Pieces 8 x 1 oz bags	Pacific Gold Original Beef Jerky 12 x 1.25 oz bags
Nutrition	50 cal, 7 g protein 2.5 g fat, 0 g carb 0 g fiber, 0 g sugar	50 cal, 6 g protein 3 g fat, 0 g carb 0 g fiber, 0 g sugar	160 cal, 5 g protein 13 g fat, 8 g carb <1 g fiber, 1 g sugar	90 cal, 14 g protein 1 g fat, 8 g carb 0 g fiber, 7 g sugar
Notes	Ⓢ; also at all other stores under different brands.	Ⓢ Ⓣ ⓕ	Ⓢ Ⓐ	Ⓒ Ⓐ

Lower-sugar flavored yogurts and cottage cheese.				
Product Information	Good Culture Cottage Cheese with Pineapple	Dannon Light & Fit Greek (variety of flavors)	Dannon Triple Zero Greek Yogurt (variety of flavors)	Yoplait Greek 100 (variety of flavors)
Nutrition	150 cal, 17 g protein 5 g fat, 10 g carb 0 g fiber, 9 g sugar	80 cal, 12 g protein 0 g fat, 8 g carb 0 g fiber, 6 g sugar	120 cal, 15 g protein 0 g fat, 15 g carb 6 g fiber, 7 g sugar	100 cal, 15 g protein 0 g fat, 10 g carb 0 g fiber, 7 g sugar
Notes	Ⓣ ⓕ	Ⓢ Ⓢ ⓕ ⓕ	Ⓢ Ⓢ ⓕ ⓕ	Ⓢ ⓕ
Salty, Crunchy, Cheesy!				
Product Information	Cello Whisps Parmesan Cheese Crisps	Moon Cheese Cheddar	Mr. Cheese O's Crunchy Cheese Snacks	Shrewd Food Protein Crisps
Nutrition	Per 15 crisps 100 cal, 9 g protein 7 g fat, <1 g carb 0 g fiber, 0 g sugar	per 6-7 pieces 70 cal, 5 g protein 5 g fat, 1 g carb 0 g fiber, 0 g sugar	Per 20 pieces 150 cal, 10 g protein 9 g fat, 6 g carb 0 g fiber, 0 g sugar	per 0.74 oz bag 90 cal, 14 g protein 3 g fat, 2 g carb 0 g fiber, 1 g sugar
Notes	Ⓒ ⓐ	Ⓣ ⓐ	Ⓣ ⓐ	ⓕ ⓐ
Plant-based proteins have fiber to help with satiety.				
Product Information	Madame Edamame Frozen Soybeans	Kirkland Organic Hummus Single Serve Cups	Harvest Snaps Baked Snapea Crisps Lightly Salted	Justin's Classic Peanut Butter 1.15 oz. Squeeze Pack
Nutrition	per 9 oz pack 158 cal, 13 g protein 6 g fat, 12 g carb 4 g fiber, 2 g sugar	160 cal, 4 g protein 12 g fat, 10 g carb 3 g fiber, 1 g sugar	Per 22 pieces 120 cal, 5 g protein 5 g fat, 16 g carb 3 g fiber, 1 g sugar	190 cal, 8 g protein 16 g fat, 7 g carb 2 g fiber, 2 g sugar
Notes	Individual packs. Microwave to reheat. Ⓒ	Ⓒ; also at Ⓢ Ⓣ under different brands.	Ⓢ Ⓒ ⓐ	Ⓢ Ⓣ Ⓦ ⓐ

<p>Product Information</p> <p>Nutrition</p> <p>Notes</p>	 <p>SuperSeedz Pumpkin Seeds 1 oz Mini Pouch</p> <p>150 cal, 8 g protein 13 g fat, 4 g carb 2 g fiber, 0 g sugar</p> <p>(L) (A)</p>	 <p>Chic Naturals Big Island BBQ Dry Roasted Chickpeas</p> <p>per ¼ cup 103 cal, 5.5 g protein 2.3 g fat, 15 g carb 5 g fiber, 3 g sugar</p> <p>(S) (T)</p>	 <p>Gold Emblem Abound Dry Roasted Sea Salt Edamame</p> <p>per 1/3 cup 140 cal, 14 g protein 5 g fat, 9 g carb 7 g fiber, 1 g sugar</p> <p>(L)</p>	 <p>cruncha ma-me Freeze-dried Edamame</p> <p>Per 0.7 oz bag 90 cal, 8 g protein 4 g fat, 7 g carb 3 g fiber, 1 g sugar</p> <p>(A), Down to Earth</p>
<p>Product Information</p> <p>Nutrition</p> <p>Notes</p>	 <p>Brat Hans Organic Bratwurst Chicken Sausage</p> <p>per link 120 cal, 17 g protein 5 g fat, 0 g carb 590 mg sodium</p> <p>(W)</p>	 <p>Brat Hans Organic Chicken Breast Strips</p> <p>per 3 oz 100 cal, 24 g protein 1 g fat, 0 g carb 290 mg sodium</p> <p>(W)</p>	 <p>365 Everyday Value Chunk White Albacore Tuna, No Salt Added</p> <p>per ¼ cup 70 cal, 15 g protein 1.5 g fat, 0 g carb 0 g fiber, 0 g sugar</p> <p>(W)</p>	 <p>Chicken of the Sea Chunk Tuna in Water To-Go Cups (2 pack)</p> <p>70 cal, 15 g protein 1 g fat, 0 g carb 0 g fiber, 0 g sugar</p> <p>(F)</p>
<p><i>Local Favorites!</i></p> <p>Product Information</p> <p>Nutrition</p> <p>Notes</p>	 <p>Enjoy Shredded Soft Ika</p> <p>per 1 oz 88 cal, 7 g protein 0 g fat, 4 g carb 0 g fiber, 2 g sugar</p> <p>(L) (F)</p>	 <p>Aloha Tofu Natto Cup</p> <p>per 3 oz 140 cal, 12 g protein 7 g fat, 6 g carb 4 g fiber, 0 g sugar</p> <p>(S) (F)</p>	 <p>Kaimana Marlin Jerky Lemon Salt, Onion Pepper, or Smoke Flavors</p> <p>per 1 oz 106 cal, 24 g protein 0 g fat, 1 g carb 0 g fiber, 1 g sugar</p> <p>(S) (L) (C) (F)</p>	







Protein Shakes & Bars

Approx. Nutrition: 100-200 calories; 15-30 g protein; less than 10 g fat; less than 20 g carb

<p>Product Information</p> <p>Nutrition</p> <p>Notes</p>	 <p>Mini Perfect Bar Peanut Butter</p> <p>100 cal, 5 g protein 6 g fat, 8 g carb 1 g fiber, 5 g sugar</p> <p>Ⓦ (Kailua)</p>	 <p>Kirkland Signature Protein Bar</p> <p>190 cal, 21 g protein 7 g fat, 22 g carb 15 g fiber, 1 g sugar</p> <p>©</p>	 <p>Quest Bar (variety of flavors)</p> <p>200 cal, 21 g protein 8 g fat, 21 g carb 15 g fiber, 1 g sugar</p> <p>Ⓢ Ⓣ ⓐ Ⓒ</p>	 <p>Pure Protein Bar (variety of flavors)</p> <p>200 cal, 19 g protein 5 g fat, 20 g carb 0 g fiber, 3 g sugar</p> <p>Ⓢ Ⓣ ⓐ Ⓒ</p>
<p>Product Information</p> <p>Nutrition</p> <p>Notes</p>	 <p>Think Thin High Protein Bar (variety of flavors)</p> <p>230 cal, 20 g protein 8 g fat, 24 g carb 1 g fiber, 0 g sugar</p> <p>Ⓢ Ⓣ ⓐ</p>	 <p>Atkins Raspberry Chia Bar</p> <p>180 cal, 16 g protein 7 g fat, 19 g carb 13 g fiber, 2 g sugar</p> <p>Ⓣ ⓐ</p>	 <p>Premier Protein (variety of flavors)</p> <p>160 cal, 30 g protein 3 g fat, 4 g carb 2 g fiber, 1 g sugar</p> <p>Ⓢ Ⓣ ⓐ Ⓒ</p>	 <p>Muscle Milk LIGHT (variety of flavors)</p> <p>100 cal, 20 g protein 1 g fat, 4 g carb 2 g fiber, 0 g fiber</p> <p>Ⓢ Ⓣ ⓐ Ⓒ</p>

Breakfast

Approx. Nutrition: 200-300 calories; at least 7 g protein; less than 10 g fat; less than 30 g carb

				
Product Information	Jones Uncured Canadian Bacon	Oscar Mayer Selects Uncured Turkey Bacon	Quaker Instant Oatmeal Lower Sugar Variety	ThinkThin Instant Hot Oatmeal Protein & Fiber
Nutrition per Serving	Per 3 slices 60 cal, 10 g protein 1.5 g fat, 1 g carb 0 g fiber, 1 g sugar	Per 3 slices 90 cal, 6 g protein 7.5 g fat, 0 g carb 0 g fiber, 0 g sugar	120 cal, 4 g protein 2 g fat, 24 g carb 3 g fiber, 4 g sugar	190 cal, 10 g protein 3.5 g fat, 31 g carb 5 g fiber, 9 g sugar
Notes	Lower fat than strip bacon, made from the pork loin. (C)	Lower fat and less sodium than regular pork bacon. (T) (F)	Add a protein food to complete the meal. (S) (T) (A)	Add a protein food to complete the meal. (S) (T)
				
Product Information	evol. Lean & Fit Frozen Breakfast Sandwich Sausage, Egg & Cheddar	evol. Frozen Breakfast Sandwich Ham, Egg, Cheddar	Jimmy Dean Delights Frozen Breakfast Bowl Turkey Sausage	
Nutrition	200 cal, 16 g protein 6 g fat, 18 g carb 2 g fiber, 2 g sugar	210 cal, 14 g protein 10 g fat, 17 g carb 2 g fiber, 0 g sugar	230 cal, 18 g protein 10 g fat, 17 g carb 2 g fiber, 1 g sugar	
Notes	(T)	(T)	(S) (T)	

Frozen, Ready-Made Foods

Approx. Nutrition: 200-300 calories; 10-20 g protein; less than 10 g fat; less than 30 g carb

Product Information Nutrition Notes	 Healthy Choice Simply Steamers Meatball Marinara 280 cal, 18 g protein 6 g fat, 36 g carb 6 g fiber, 8 g sugar (S) (T)	 Healthy Choice Simply Steamers Chicken & Vegetable Stir Fry 190 cal, 23 g protein 4 g fat, 15 g carb 4 g fiber, 8 g sugar (S) (T)	 Smart Made Spicy Peanut Chicken & Broccoli 250 cal, 19 g protein 7 g fat, 29 g carb 5 g fiber, 7 g sugar (S) (T) (F)	 Smart Made Mexican-Style Chicken Bowl 260 cal, 21 g protein 5 g fat, 33 g carb 6 g fiber, 6 g sugar (S) (T) (F)
Product Information Nutrition Notes	 Love the Wild Striped Bass with Roasted Red Pepper Almond Sauce 330 cal, 39 g protein 18 g fat, 4 g carb 1 g fiber, 3 g sugar (S) (W)	 Gorton's Frozen Grilled Salmon Lemon Butter 90 cal, 15 g protein 2 g fat, 3 g carb 0 g fiber, 0 g sugar (S) (T) (F); also at (W) (C) under different brands.	 High Liner Frozen Lemon Pepper Cod 140 cal, 25 g protein 3.5 g fat, 2 g carb 0 g fiber, 0 g sugar (C); also at (S) (T) (F) under different brands.	 Eating Well French Inspired Chicken 260 cal, 19 g protein 10 g fat, 21 g carb 4 g fiber, 5 g sugar (F)
Product Information Nutrition Notes	 Pierre Signatures Grilled Chicken Sandwich 280 cal, 15 g protein 9 g fat, 35 g carb 2 g fiber, 6 g sugar (C)	 Sandwich Bros Chicken Melts Flatbread Pocket 160 cal, 11 g protein 8 g fat, 12 g carb 1 g fiber, 1 g sugar (C)	 Birds Eye Protein Blends California Style per 1 cup cooked 240 cal, 12 g protein 4.5 g fat, 38 g carb 12 g fiber, 3 g sugar (S) (T)	

Higher Fiber Carbohydrates





Approx. Nutrition: 100-250 calories; at least 3 g fiber; less than 10 g sugar

<p>Product Information</p> <p>Nutrition</p> <p>Notes</p>	 <p>Kashi GO LEAN Dry Cereal Original</p> <p>per 1¼ cups 180 cal, 12 g protein 2 g fat, 40 g carb 13 g fiber, 8 g sugar</p> <p>Ⓢ Ⓣ ⓕ</p>	 <p>Minsley Cooked Brown Rice Microwavable Bowl</p> <p>per ¾ cup (half bowl) 155 cal, 4 g protein 1.5 g fat, 36 g carb 2 g fiber, 0 g sugar</p> <p>©; also at all other retailers under different brands.</p>	 <p>Kodiak Cakes Power Waffles Buttermilk & Vanilla</p> <p>per 2 waffles 260 cal, 12 g protein 11 g fat, 29 g carb 4 g fiber, 6 g sugar</p> <p>Ⓢ Ⓣ</p>	 <p>Kashi Waffles Blueberry</p> <p>per 2 waffles 140 cal, 3 g protein 5 g fat, 25 g carb 7 g fiber, 3 g sugar</p> <p>Ⓢ Ⓣ</p>
<p>Product Information</p> <p>Nutrition</p> <p>Notes</p>	 <p>Gold Emblem Abound Mixed Fruit Crisps</p> <p>per ½ cup 40 calories, 1 g carb 0 g fat, 10 g carb 2 g fiber, 6 g sugar</p> <p>Ⓛ</p>	 <p>Ak-Mak Sesame Crackers</p> <p>per 5 crackers 110 cal, 5 g protein 2 g fat, 20 g carb 4 g fiber, 0 g sugar</p> <p>Ⓦ ⓐ</p>	 <p>Woven Wheats Baked Crackers</p> <p>per 8 crackers 120 cal, 4 g protein 0.5 g fat, 25 g carb 3 g fiber, 0 g sugar</p> <p>Ⓣ; also at ⓈⓌ under store brands</p>	 <p>Ezekiel 4:9 Sprouted 100% Whole Grain Bread</p> <p>per slice 80 cal, 4 g protein 0.5 g fat, 15 g carb 3 g fiber, 0 g sugar</p> <p>ⓕ Ⓦ</p>
<p>Product Information</p> <p>Nutrition</p> <p>Notes</p>	 <p>Banza Chickpea Pasta</p> <p>Per ½ cup cooked 190 cal, 14 g protein 3.5 g fat, 32 g carb 8 g fiber, 5 g sugar</p> <p>Ⓦ ⓐ</p>	 <p>Barilla Whole Grain Pasta</p> <p>Per ½ cup cooked 180 cal, 8 g protein 1.5 g fat, 39 g carb 7 g fiber, 1 g sugar</p> <p>Ⓢ Ⓣ Ⓦ ⓐ</p>		

Sweets & Desserts

Approx. Nutrition: 100-200 calories; less than 10 g fat; less than 15 g sugar

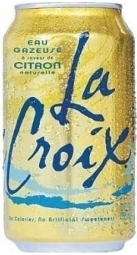





Lower Calorie Ice Creams				
Product Information	Halo Top Chocolate Ice Cream	Enlightened Fudge Brownie Ice Cream	ProYo Low Fat Ice Cream Salted Caramel Crunch	Arctic Zero Lactose-Free Dessert Cookie Shake
Nutrition	per ½ cup 80 cal, 5 g protein 2.5 g fat, 13 g carb 2 g fiber, 6 g sugar	per ½ cup 100 cal, 7 g protein 3.5 g fat, 19 g carb 5 g fiber, 6 g sugar	per ½ cup 120 cal, 10 g protein 0.5 g fat, 18 g carb 3 g fiber, 9 g sugar	Per ½ cup 35 cal, 3 g protein 0 g fat, 7 g carb 2 g fiber, 5 g sugar
Notes	Ⓢ ⓕ	Ⓢ	Ⓢ	Ⓢ ⓕ, Walmart
				
Product Information	Enlightened Frozen Hot Cocoa Ice Cream Bar	Yasso Mint Sandwich Frozen Greek Yogurt	Snack Pack Sugar Free Chocolate Pudding	Kozy Shack: Simply Well Tapioca Pudding
Nutrition	90 cal, 7 g protein 2.5 g fat, 18 g carb 5 g fiber, 6 g sugar	120 cal, 5 g protein 3.5 g fat, 21 g carb 1 g fiber, 7 g sugar	70 cal, 1 g protein 3 g fat, 14 g carb 2 g fiber, 0 g sugar	90 cal, 3 g protein 1.5 g fat, 14 g carb 3 g fiber, 5 g sugar
Notes	Ⓢ	Ⓢ Ⓒ	Ⓢ	Ⓢ
Cookies & Cakes				
Product Information	VitaTops Classic Deep Chocolate	FlapJacked Double Chocolate Mighty Muffin	The Complete Cookie Chocolate Chip	Somersaults Sunflower Seed Bites Cinnamon Crunch
Nutrition	100 cal, 4 g protein 1.5 g fat, 26 g carb 9 g fiber, 11 g sugar	220 cal, 20 g protein 8 g fat, 21 g carb 6 g fiber, 7 g sugar	190 cal, 8 g protein 6 g fat, 27 g carb 3 g fiber, 15 g sugar	Per 10 pieces 150 cal, 5 g protein 9 g fat, 12 g carb 3 g fiber, 3 g sugar
Notes	Frozen. Chocolate cake or brownie without all the calories or sugar. Ⓣ	High-protein cake from the microwave. Vitamin Shoppe, Ⓐ	Ⓛ, Vitamin Shoppe	Crunchy, lightly sweetened cinnamon treat. Ⓣ

Nutty Sweet Treats				
Product Information	Atkins Endulge Caramel Nut Chew Bar	Skinny Dipped Almonds Dark Chocolate Cocoa	Emerald Cocoa Roast Almonds 100 Calorie Packs	True North Almond Pecan Crunch
Nutrition	130 cal, 5 g protein 8 g fat, 17 g carb 6 g fiber 1 g sugar	per 24 almonds 180 cal, 7 g protein 15 g fat, 10 g carb 5 g fiber, 6 g sugar Almonds with a thin layer of dark chocolate.	100 cal, 3 g protein 8 g fat, 4 g carb 2 g fiber, 1 g sugar	per 5 clusters 150 cal, 4 g protein 11 g fat, 10 g carb 2 g fiber, 5 g sugar Crunchy squares of caramel and nuts.
Notes	Better than a Snickers! (T)	(T)	Great for portion control. (A) (T)	(L) (A)

Condiments and Low-Carb Alternatives

Product Information				
Product Information	Bolthouse Farms (variety of flavors)	Good Foods Greek Yogurt Ranch Dip	PBfit Peanut Butter Powder	Mrs. Dash Salt-Free Seasonings (variety of flavors)
Nutrition	Per 2 Tbsp 35 cal, 1 g protein 2 g fat, 3 g carb 0 g fiber, 2 g sugar	Per 2 Tbsp 60 cal, 1 g protein 5 g fat, 1 g carb 0 g fiber, 0 g sugar	Per 2 Tbsp 50 cal, 6 g protein 1.5 g fat, 4 g carb 1 g fiber, 3 g sugar	0 calories, 0 mg sodium
Notes	(S) (T) (F)	(T)	(S) (C)	(S) (T) (F)
Product Information				
Product Information	Ready Pac Bistro Santa Fe Salad	JFC Shirataki (Yam Noodles)	Papa Cantella's Cauliflower Mash	Kirkland Organic Roasted Seaweed Snack
Nutrition	280 cal, 11 g protein 19 g fat, 16 g carb 2 g fiber, 4 g sugar	Per 3 oz 0 cal, 0 g protein 0 g fat, <1 g carb 0 g fiber, 0 g sugar Refrigerated Asian section.	Per ½ cup 130 cal, 3 g protein 11 g fat, 6 g carb 2 g fiber, 2 g sugar	100 cal, 5 g protein 7.5 g fat, 5 g carb 5 g protein, 0 g sugar
Notes	(T) (C)	(S) (F)	(C)	(C); also at (S) (L) (T) under different brands.

Beverages

Product Information Nutrition Notes	 La Croix Sparkling Water 0 calories No artificial sweeteners Most major retailers	 Sparkling Ice Sparkling Fruity Water 0 calories Sweetened with sucralose Most major retailers	 True Lemon Lemonade Drink Mix 10 calories, 1 g sugar Sweetened with stevia and sugar (S) (T)	 Bai Antioxidant Infusion 10 cal, 2 g sugar 35 mg caffeine Sweetened with stevia and erythritol Most major retailers
Product Information Nutrition Notes	 Fairlife Fat-Free Ultra-Filtered Milk Per 1 cup 80 cal, 13 g protein 0 g fat, 6 g carb 0 g fiber, 6 g sugar (S) (T) (F)	 Powerade Zero Zero Calorie Sports Drink Sweetened with sucralose Most major retailers		