

## November - American Diabetes Month Product Listing Suggestions

Start by shopping the perimeter. Fill your basket with a wide variety of nutrient rich foods such as fruits, vegetables, whole grains, low fat dairy, beans, lean meats, poultry and fish.

### Breakfast Items Cereal

#### Quaker

3000001321	Old Fashion Oat	18oz
3000001004	Quick Oat	18oz
3000001552	Organic Regular	11.5oz
	<b>Instant low sugar flavored varieties</b>	

#### Fiber One

16000 27505	Twin Pouch	16.2oz
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#### Arrowhead Mills

7433337492	Amaranth Flake Cereal	12oz
7433337497	Kamut Flake Cereal	12oz
7433337490	Oat Bran Flake Cereal	12oz
7433337499	Spelt Flake Cereal	12oz

#### Breadshop

5059630513	Breadshop Crunchy Oat Bran	13 OZ
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#### Health Valley

3574215185	Fiber 7 Cereal	13oz
3574215184	Amaranth Flakes	13oz
3574215188	Blue Corn Flakes	11oz
3574215183	Oat Bran Flakes	13oz

#### Kashi

18627510024	Heart to Heart Original	12.4oz
1862745356	Heart to Heart Warm Cinnamon	12.4oz
1862751003	Heart to Heart Blueberry	12.4oz
1862774000	Go Lean Original	12.4oz

#### General Mills

1600027564	Cheerios	14oz
16000275263	Cheerios	8.9oz

### Bread

49574200133 The Baker Seeded Whole Wheat Bread  
49574200164 The Baker Whole Grain Rye

### Baking Mixes

#### Arrowhead Mills

7433347162	Multigrain Pancake Mix	32oz
7433347174	Buckwheat Pancake Mix	32oz
7433347184	Oat Bran Pancake Mix	32oz

### Egg Substitute

#### Egg Beaters

2900000215	3 Pack Gold	12 OZ
7027200216	Regular Gold	16 OZ
7027200217	Regular Gold	32 OZ
7027200218	Egg Whites	32OZ
7027200270	South Western Silver	15 OZ
7027200271	Garden Vegetable Silver	15 OZ
7027200273	Cheese Chive	15 OZ

**Snacks****Granola Bars****Nature Valley**

1600026480	Variety Pack	8.9oz
16000 26281	Chewy Trail Mix - Variety Pack	7.4 OZ

**Kashi**

18627-03000	TLC Trail Mix	7.4oz
18627-03001	TLC Honey Almond	7.4oz
18627-03002	TLC Peanut Butter	7.4oz
18627-03003	TLC Dark Cherry Chocolate	8.5oz
18627-03010	TLC Honey Toasted 7 Grain	8.5oz
18627-03011	TLC Roasted Almond Crunch	8.5oz

**Canned Fruit****Libby Fruit with Splenda**

7458470200	Sliced Pineapple	20oz
7458470201	Chunk Pineapple	20oz
7458470202	Crushed Pineapple	20oz
7458470204	Tidbit Pineapple	20oz
7458470203	Tropical Fruit Salad	15oz
7458407530	Mandarin Oranges	15oz

**Crackers****Health Valley**

3574214201	Amaranth Graham Cracker	7oz
3574214202	Oat Bran Graham Cracker	7oz

**Kashi**

1862744676	Heart to Heart Cracker Original	8oz
1862744679	Heart to Heart Cracker Roasted Garlic	8oz

**Frozen Novelties****Klondike**

75856 01129	Slim-a-Bear 100 Calorie Premium Fudge Bar	
75856 01242	Slim-a-Bear 100 Calorie Vanilla IC Bar	
75856 01120	Slim-a-Bear RF/NSA Vanilla Bar	
75856 01221	Slim-a-Bear RF/NSA Krunch Bar	
75856 01136	Slim-a-Bear 100 Cal Stick Bar Eng Toffee & French Van	
75856 03141	Slim-a-Bear 100 Calorie IC Sandwich Vanilla	
75856 03142	Slim-a-Bear 100 Calorie IC Sandwich Van/Choc Variety	

**Yogurt****Dannon**

36632-00620	Light N Fit Peach	6 oz
36632-00621	Light N Fit Strawberry Banana	6 oz
36632-00622	Light N Fit Blueberry	6 oz
36632-00624	Light N Fit Raspberry	6 oz
36632-00625	Light N Fit Strawberry	6 oz
36632-00626	Light N Fit Strawberry Kiwi	6 oz
36632-00627	Light N Fit Cherry Vanilla	6 oz
36632-00660	Light N Fit Vanilla	6 oz
36632-00662	Light N Fit Lemon	6 oz
36632-00667	Light N Fit White Choc Raspberry	6 oz
36632-00668	Light N Fit Blackberry	6 oz
36632-00669	Light N Fit Orange Mango	6 oz
36632-03524	Light N Fit Cherry	6 oz
36632-03525	Light N Fit Mixed Berry	6 oz
36632-03639	Light N Fit Key Lime	6 oz
36632-03527	Light N Fit Pomegranate Berry	6 oz
36632-03528	Light N Fit Pineapple Coconut	6 oz

**Also any ShopRite light yogurt**

**Peanut Butter****Peter Pan**

0004530000544	Peter Pan Peanut Butter - creamy red. Fat	16.3oz
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**Skippy**

4800100678	Skippy Reduced Fat Peanut Butter Chunky	16.3oz
4800100681	Skippy Reduced Fat Peanut Butter Creamy	16.3oz

**Condiments****Hellmans**

4800102582	Mayo Squeeze Light	9oz
4800121343	Light Mayonnaise	15oz
4800121339	Reduced Fat Mayo	5oz
4800102589	Hellmann's Light Squeeze	16.5oz
4800121357	Mayonnaise Mayo Light	30oz
4800121353	Reduced Fat Mayo	30oz

**Spreads****Country Crock**

2740023317	Country Crock w/ Omega (Light)	30oz
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**Can't Believe It's Not Butter**

4060038718	ICBINB Lite Bowl	15oz
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**Promise**

1111561124	Promise Soft Lite Sleeve	7.5oz
1111504823	Promise Fat Free Bowl	15oz
1111517800	Take Control Lite	8oz

**Beverages****Organic Valley**

9396651500	Low Fat Milk 1%	64oz
9396651400	Fat Free Milk	64oz

**West Soy**

7487397010	Plain Non-Fat - <b>GF</b>	32oz
7487396200	Plus Plain 25% Less Sugar - <b>GF</b>	32oz
7487397050	Plus Plain 25% Less Sugar - <b>GF</b>	64oz
7487396225	Plus Vanilla 25% Less Sugar - <b>GF</b>	32oz
7487397060	Plus Vanilla 25% Less Sugar - <b>GF</b>	64oz

**Soy Dream**

8425326010	ORIGINAL- <b>GF</b>	32oz
8425326022	CHOCOLATE ENRICHED - <b>GF</b>	32oz
8425326021	VANILLA ENRICHED - <b>GF</b>	32oz