

- Salad Dressing: Most Wegmans Organic, Drews Fat Free Dressings
- Snacks: Organic Salsas, Guiltless Gourmet Bean Dips, Hummus Mixes, Kashi TLC Crackers, Organic Corn and Bean Tortillas
- Soups: Canned & Dried Bean Soups

PRODUCE

Low/Better Carb

Choose a variety of fruits & vegetables. Visit wegmans.com (Healthy Ideas) for produce nutrition facts.

PREPARED FOODS

Low-Carb

- Carb Counters Sushi
- Chicken Wings: Unbreaded (Buffalo-Style)
- Entrees: BBQ Pork Ribs, Salmon Primavera, Salmon with Scallops, Shrimp & Spinach, Shrimp Remoulade, Wild Mushroom & Spinach Frittata
- Home Made Brand Crustless Quiche
- Rotisserie Chickens all varieties; Turkey
- Sauces: Citrus Soy, Meat Ragu, Roasted Sweet Red Pepper, Roasted Chicken Gravy, Demi-Glace
- Service Salads: Chicken, Grilled Chicken, Italian Antipasto, Tuna
- Vegetables: Broccoli, Cauliflower & Pine Nuts; Marsala Portobello Mushrooms; Orange Hazelnut Asparagus

Better Carb/Better Fat

- Salads: 5 Bean, BBQ Tofu, Claremont, Chick Pea, Cilantro Tabouleh, Multigrain, Red Kidney Bean, Seven Grain Legume, Southwest Bean, Spicy Mexican Bean, Tabouleh, Tuscany Bean with Barley
- Soups: Chili with Meat, Spicy Red Lentil Chili, Turkey Chili, Vegetarian Chili
- Salad Dressing: Caesar, Lime Ranch
- Vegetables: Classic Ratatouille, Eggplant Stew, Linguini Style Vegetables, Mushrooms with Leeks, Pesto Vegetables, Sauteed Greens & Beans
- Wheat Pizza Dough
- Wheat Rolls - Sub Shop
- Whole Wheat Wraps: Roast Beef & Provolone, Turkey & Pepperjack Cheese, and Maple Ham & Gruyere

SEAFOOD

Low/Better Carb

- All Fish & Shellfish (No imitation crab meat or breaded items)

Stop guessing at the carb & nutrient content of your favorite Wegmans unlabeled foods. We put the most popular items online in a printable PDF format.

Look to wegmans.com for Nutrition Facts

<http://www.wegmans.com/health/nutritionfacts.asp>



Have questions or comments?

Call Wegmans Consumer Affairs
Monday-Friday 8 a.m.-5 p.m. (585) 464-4760
or toll free at 1-800-WEGMANS ext. 4760.

Visit us at wegmans.com

Low-Carb and Better-Carb Foods

Looking for foods suggested by typical low-carb diet plans? We used two popular books, *Atkins New Diet Revolution* and *South Beach* as guides. These diets have phased restrictions and often suggest portions or limits on the foods listed here. Use the specific book to plan your meals & snacks. And as always, speak with your physician before making major changes in your diet. Here's how we defined the subheadings:

Low-Carb foods have no more than 5 grams net carbohydrates (fiber and sugar alcohols are not counted) per listed serving size and are used in early weeks of an Atkins-type plan.

Better Carb/Better Fat foods have more but better carbs (from whole grains, beans or vegetables) and are low in saturated and trans fats as suggested in the *South Beach Diet*. We've also listed reduced-carb products that are allowed during later *Atkins* phases.

BAKERY

Low-Carb

- *Atkins* Bread - Rye & Multigrain varieties
- *Flatout* Breads - Carbdown varieties (Original & Italian Herb)
- *The Baker* Low Carb Breads - Bran & Flax varieties - AVAILABLE IN SELECT STORES

Better or Reduced-Carb

- *Arnold* Carb Counting Breads
- *Atkins* Bagels - Plain and Cinnamon Raisin
- *Wegmans Food You Feel Good About* 100% Whole Wheat, & Lite Wheat Breads
- *Pepperidge Farm* Natural Whole Grain Breads
- *Thomas* Carb Counting Bagels
- *Wegmans Artisan* 100% Whole Wheat (baked in store)
- *Wegmans* Lite Italian Bread

BAKING & SPICES

Low-Carb

- All Oils, Shortenings & Cooking Sprays
- All Spices with no added sugar
- All Extracts & Flavored Citrus Oils
- Cocoa Powder, Unsweetened Chocolate
- Sugar-Free Gelatins
- Sugar Substitutes

Better Fat

- Canola Oil, Olive Oil

Reduced-Carb

- *Krusteaz* CarbSimple Baking Mixes

BEVERAGES

Low-Carb

- Beer: *Accel, Michelob Ultra, Amstel Light, Corona Light, Miller Lite, Rolling Rock Green Light*
- Diet/No Sugar or Caffeine Added Drinks
- Water, such as *Food You Feel Good About Sparkling Water*

DAIRY

Low-Carb

- All Cheese, Cream/Whipped Topping, Butter, Eggs
- All Cold Cuts, Hot Dogs, Sausages
- *Dannon Light & Fit Carb Control Yogurt, Hood Carb Countdown Reduced Fat Milk, International Delight Low Carb Creamers*
- Refrigerated Pickles, Horseradish, Salsa

Better Carb/Fats

- *Carb Smart Ravioli, Tortellini*
- Cheese (Fat Free or Low Fat) such as *Wegmans Part Skim Ricotta & 1% Low Fat or Fat Free Cottage Cheese*
- *Food You Feel Good About Omega-3 Eggs, Egg Busters, Egg Beaters*
- Hummus
- Milk (1% Low Fat, Fat Free) or Light Soy Milk
- No Added Sugar Pudding & Light Yogurts
- Trans Fat Free Spreads, such as *Smart Balance Spread*

Reduced-Carb

- *Cali-Wraps Reduced Carb Tortillas*

DELICATESSEN/CHEESE SHOP

Low-Carb

- All Deli Meats
- All Cheeses
- Olive Bar: *Artichokes, Bruschetta, Guacamole, Mushrooms, Olives, Roasted Red Peppers, Tapenade*

Better Carb/Fat

- Deli Meats (Fat-Free or Low-Fat Only)
- Cheeses (Fat-Free or Low-Fat Only)
- *Baba Ghanoush, Hummus*

DRUGSTORE/NUTRITION & VITAMINS

Low-Carb

- *EAS Carb Control Bars*
- *EAS Carb Control Drinks*
- *Slim Fast Creamy Chocolate Shake*
- *Slim Fast Vanilla Cream Shake*
- *Slim Fast Bars*
- *Slim Fast Succeed Bars*

Reduced Carb

- *Snapple Low Carb Drinks*

FROZEN FOODS

Low-Carb

- *Atkins Super Premium Ice Cream & Indulge Ice Cream Cups/Bars*
- *Breyers Carb Smart Ice Cream*
- *Gortons Grilled Salmon*
- *Perry's Carb Delight Ice Cream*
- *Skinny Carb Bar*
- Sugar-Free Popsicles
- Vegetables as allowed

Better/Reduced Carb

- *Atkins Quick Cuisine Pizza*
- Sugar-Free Fudgsicles
- *Food You Feel Good About Frozen Fruits*
- Selected *Weight Watchers Smart Ones* and *Lean Cuisine Entrees*

GROCERY - GENERAL

Low-Carb

- Broths, Reduced-Sodium
- Canned Chiles, Chipotles
- Canned Tomatoes, and selected other vegetables
- Canned Anchovies, Mackerel, Salmon, Sardines, Tuna, White Meat Chicken
- Capers, Horseradish
- Marinated Artichoke Hearts, Roasted Red Peppers
- Mayonnaise (Full-Fat)
- Mustards
- Nut Butters
- Nuts: *Almonds, Hazelnuts Macadamia, Pecans*
- Sauces: *Low Sodium Soy, Tabasco, Taco, Pesto, Italian Classics Lemon Caper Sauce, Worcestershire, Food You Feel Good About Salsas, Wegmans Buffalo-Style Wing Sauce*
- Seeds: *Sunflower, Pumpkin, Flax*
- Vinegars, Vinaigrette, Ranch Salad Dressings

Better Carb/Fats

- Beans (*Navy, Lima, Lentil, etc*)
- *Barley, Brown Rice, Cornmeal, Wild Rice*
- Cereals: *No-Sugar-Added Whole Grain & High Fiber, such as Fiber One, Extra-Fiber All Bran, Shredded Wheat with Bran, Special K Low Carb, Total Protein*
- Nuts/Nut Butters including *Pistachios*
- *Oatmeal (Steel Cut)*
- *Pasta Dreamfields*
- *Popcorn (Light)*

GROCERY - DIET SECTION

A destination for popular low carb brands such as: *Atkins, Keto, Sorbee, 50-50* including bars, shakes, cereals, pasta, snacks, muffin/pancake/bread mixes, cooking sauces, condiments, syrups, chocolates, and jams.

MEAT & POULTRY

Low-Carb

- All Cuts/Ground Beef, Lamb, Poultry, Pork, including many marinated & seasoned items; most Sausages

Better Carb/Fat

- Lean (10% fat or less) cuts/Ground Beef, Lamb, Poultry, Pork, Poultry Sausages

NATURE'S MARKETPLACE

Low-Carb

- Bars: *Biochem, Dr. Carb Rite, Luna Glow*
- Chocolate: *Dr. Carb Rite, YMate Chocolatier*
- Most Nuts & Nut Butters
- *Food For Life Low Carb Bread (Freezer)*
- *Season's Soy Protein Chips*
- *Silk & WestSoy Unsweetened Soy Milk*

Better Carb/Fat

- Dairy Case: *Light Soy Milk, Organic Low Fat Milk, Tofu, Veat Chick'n Free Nuggets, Bites and Breasts; Yves Tofu Dogs, Veggie Pepperoni, Canadian Bacon*
- Cereals: *Whole Grain (Kashi, Optimum, Mother's), Familia No-Added-Sugar Muesli, Roman Meal Cream of Rye, Old Wessex Oatmeals*
- Chocolate: *Endangered Species Dark Chocolate Bar*
- Flours, Grains: *Arrowhead Mills Whole Grain Flours*
- Frozen: *Cascadian Farms Organic Fruits & Vegetables, Quorn Grounds & Meat-Free Dogs, Whole Grain Breads (Healthy Hemp Bread, Ezekiel 4:9)*
- Mustard: *West Brea*
- Nuts, Nut Butters including *Pistachios*
- Pasta, Rice: *Darielle Reduced Carb Pastas, Lundberg Whole Grain Rice Blends, Whole Grain Pastas (Hodgson Mills, VitaSpelt, Bionaturae)*