



Forest Hills Wellness

Recommended Brands List

Breads

Pepperidge Farm Stone
Ground 100% Whole Wheat
Bread
Food For Life Ezekiel Bread
4:9
The Baker 9-Grain Whole
Wheat
Dave's Killer Bread Thin
Sliced 21 Whole
Grains+Seeds

Non-Starchy Vegetables

Spinach
Kale
Arugula
Collard greens
Broccoli, etc...

Fruit

Berries (blueberries,
blackberries, strawberries,
Banana, etc..

Snacks

Unsalted nuts (walnuts,
almonds)
Unsalted seeds (hemp,
sunflower, pumpkin, etc)
BoomChickaPop Popcorn
(Chile Lime, Cheddar Cheese,
Light Kettle Corn, Real
Butter*, Sea Salt)
SkinnyPop (Sea Salt &
Pepper, Original, Naturally
Sweet)
Air Popped Popcorn
Earth Balance (Vegan
Buttery, Vegan Aged White
Cheddar)
365 Microwave Light Butter
Rx Bars
Kind Bars
Kind Breakfast Protein Bar
LaraBars

Yogurt (Dairy and non-dairy)

Siggi's 2% plain
Chobani Greek "A hint of
flavor"
Chobani Greek nonfat plain
Daiya plain yogurt
(non-dairy)
Yoplait Greek 100
Silk Soy Vanilla
(non-dairy)
Activia Fiber probiotic
Activia Light probiotic

Milk (Dairy & non-dairy)

Silk Protein Nut Milk* (watch
sodium 220 mg/1 cup)
Silk Omega 3 DHA Soy Milk
Silk Almond Original (60 cal)
Blue Diamond Almond Milk
Original Unsweetened,
Original or Reduced Sugar
Vanilla

Grains

Uncle Ben's Whole Grain
Brown Rice
Plain brown rice
Quinoa
Buckwheat
Corn
Teff
Millet
Kasha
Whole Wheat Pasta
Whole Wheat Tortilla
Corn Tortilla
Quaker Old Fashioned Oats
Quaker Instant Plain Oatmeal

Starchy Vegetables

Spaghetti squash
Butternut squash
Sweet potatoes/yam

Corn
Peas
Winter Squash

Proteins

Beans (dry lentils, black
beans, kidney beans,
chickpeas, etc)
Grass fed, hormone- free,
antibiotic-free Chicken
Hormone and antibiotic-free
Turkey
Wild caught fish
Shellfish
95% lean beef*
Sirloin steak*
Tofu
Tempeh
Seitan

Beverages

WATER!
Unsweetened tea
Seltzer
LaCroix Sparkling Water
Zico Coconut Water*
Vita Coco Original Coconut
Water*
Harmless Harvest Coconut
Water*
Simply Balanced Coconut
Water*
Whole Foods 364 Coconut
Water*
Perrier Sparkling Water
Canada Dry Sparkling Seltzer
Water (Lemon Lime,
Mandarin Orange,
Raspberry)
Polar Seltzer



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*= consume in moderation