**List of Heart Healthy Products for your next shopping trip:**

* Oroweat Sandwich Thins 100% whole wheat
* LaTortilla Factory Smart & Delicious Low Carb High Fiber
* Western Bagel Alternative Bagel
* Kashi Go Lean Cereal
* Whey To Go Whey Protein Powder
* Luna Bars
* Larabar Think Thin Bars
* Nature’s Way Weight Loss Shake Mix
* Jay Robb’s Whey Protein
* Chobani Yogurt
* Morningstar Farms Sausage Patties
* Kashi Go Lean Waffles
* Kashi Go Lean Instant Hot Cereal
* Nature’s Path Organic Optimum Cereal
* Quaker Weight Control Oatmeal
* Egg Beaters
* Good For Life 7 Sprouted Grains Bread
* Health Valley F. Factor Skinnys n Fruit Cereal
* Lucerne No Salt added Cottage Cheese - Safeway
* Kettle Brand Almond Butter
* Better ‘n Peanut Butter
* Mara Notha All Natural Stir Almond Butter
* Dagoba Organic Chocolate Cacao Powder
* Beanitos Black Bean Chips
* Benecol
* Benecol Light
* Smart Balance Heart  Right Light – Walmart Highlands Ranch
* Carazones Oatmeal Squares Bar
* Carazones Tortilla Chips
* Kardea Nutrition Bar – South Denver Heart Center, Vitacost.com, Amazon.com
* Chicken of the Sea Pink Salmon
* Crown Prince Flat Anchovies in Olive Oil
* Crown Prince Sardines in Water
* Amy’s Burrito Organic Beans and Rice
* 365 Oven Baked Soy Crispettes - WF
* Doctor Kracker Classic 3 Seed Crisp breads WF
* AK-MAK 100 % Whole Wheat Sesame Crackers
* Mary’s Gone Crackers Organic Black Pepper Crackers
* Blue Diamond Almonds 100 calorie pak – Target, Walmart
* Emerald Natural Walnuts and Almonds 100 calorie pak – Target, Walmart
* Seapoint Farms Dry Roasted Edamame
* Gen Soy Soy Nuts
* Laughing Cow Light Creamy Spreadable cheese
* Spectrum Organic Sesame Oil
* The Republic of Tea Stir Fry Tea Oil - WF
* Spectrum Organic Sunflower Oil Spray - WF
* Spectrum Organic Olive Oil Spray - WF
* Pam Cooking Spray
* Dynasty Sesame Seed Oil
* Kikkoman Less Sodium Soy Sauce
* Pacific Organic Free Range Chicken Broth Low Sodium
* Imagine Organic Creamy Tomato Low Sodium Soup
* Pomi Strained Tomatoes
* Muir Glen Organic Garden Vegetable Pasta Sauce
* McCormick Recipe Inspirations Pre Measured Spices
* Amy’s Organic Lentil Soup
* Health Valley Tomato Vegetable Fat Free Soup
* Pacific Ready to Eat Roasted Red Pepper & Tomato Soup
* Low Sodium V8 100% Vegetable Juice
* Minute Ready to Serve Microwaveable Brown Rice
* Organic Red Quinoa
* Racconto Essentials Heart Health 8 Whole Grain Pasta - Safeway
* Dreamfields Rotini
* Barilla Plus Spaghetti
* Fiber Gourmet Light Pasta – www.fibergourmet.com
* Westbrea Natural Organic Black Beans
* Daiya dairy free cheddar cheese – WF
* Lisanatti Almond cheese – WF
* Cabot 50% Reduced Fat Cheese – WF
* Brat Hans Chicken Sausage – WF
* Vitatops Muffins – King Soopers and vitatops.com
* Amy’s Bowls and Amy’s Light and Lean Bowls
* Quorn Mycoprotein Patties
* Alexia Frozen Sweet Potato Fries
* Heidi’s Hens Organic Turkey Burgers
* Annie’s Totally Natural Spirals with Butter and Parmesan
* Green Giant Immunity Boost Frozen Vegetables
* Bob’s Red Mill Gluten Free hearty Whole Grain Flour
* Bob’s Red Mill Stone-ground Garbanzo Bean Flour
* King Arthur Flour Premium 100 % Whole Wheat Flour
* Truvia
* Newman’s Own Lighten Up Balsamic Vinegar
* Kashi All Natural Lime Cilantro Shrimp frozen dinner
* Simply Organic Italian Dressing Mix - WF
* 365 Organic Microwave Popcorn Light Butter Flavor - WF
* Ghirardelli Natural Unsweetened Cacao
* Dagoba Organic Chocolate Eclipse 87%  Cacao
* Organic Just Strawberries 100% Natural Dried Fruit - WF
* Brothers All Natural Crisps - WF
* Funky Monkey Fruit Crisps – WF

Most all these products can be found at your local King Soopers or Safeway.

“*WF*” indicates availability at Whole Foods