

FOOD AND PRODUCT GROCERY LIST

About the Foods in this Grocery List

The foods in this list contain no animal products. Some of the packaged foods in ***Breakfast Cereals, Breakfast Bars, Chips and Snacks, Crackers*** sections are processed use as little as possible, but they often contain salt and other additives. People sensitive to these ingredients may need to avoid some of these products. Please read the labels!

The food contained in the ***Burger Mixes Meat Substitutes and Dairy Substitutes*** sections contains animal product substitutes, such as soy cheeses, soy yogurts, burger mixes, and non-dairy milks. They are made from high-fat soy products and nuts, and a few may contain added oils. They are often highly processed. They are better for you than the alternative made from animal products, but they are rich, high-fat foods that should be eaten sparingly by healthy people and not at all by those trying to lose weight and regain lost health from a health issue(s).

NOTE: Products listed under Rich, Higher Sugar and Higher Fat Foods should be used sparingly, if at all.

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Food and Grocery List

The list is far from complete as products (plant-based) are produced all the time.

	Food Category
*	Low Fat Foods
**	Rich, Higher Simple Sugar Foods
***	Rich, Higher Fat Foods

<u>BREADS</u> *	<u>MILK SUBSTITUTES</u> ***
<u>HOT CEREALS</u> *	<u>BURGER MIXES & MEAT SUBSTITUTES</u> ***
<u>COLD CEREALS</u> *	<u>DAIRY SUBSTITUTES (CHEESE)</u> ***
<u>SOUPS (CANNED & CARTON) *</u>	<u>JELLIES, JAMS & SYRUPS</u> **
<u>DRY SOUP MIXES</u> *	<u>POPCORN</u> *
<u>FROZEN POTATOES</u> *	<u>HUMMUS</u> *
<u>SPAGHETTI SAUCES</u> *	<u>CANNED TOMATO PRODUCTS</u> *
<u>PRETZELS</u> *	<u>BAKING INGREDIENTS</u> *
<u>SALAD DRESSINGS</u> *	<u>DRY PACKAGED GRAINS & PASTAS</u> *
<u>CRACKERS</u> *	<u>HIGHER FAT DESSERTS</u> ***
<u>CHIPS AND SNACKS</u> *	<u>BREAKFAST BARS</u> **

Please check labels carefully and choose those that are low in sugar & salt and avoid any with added oil.

Breads

Alvarado Street Bakery

Oil-Free Breads & Bagels, Sprouted Wheat Tortillas

Amber Farms

Carrot Pasta Wraps, Whole Wheat Pasta Wraps, Spinach Pasta Wraps

Breads for Life

Sprouted 7-Grain Bread, Sprouted Wheat with Raisin, Sprouted Rye Bread

Brother Juniper' s Bakery

Oil Free Breads; 100% Whole Wheat, Multi Grain

Burns & Ricker

Crispini

Cedarlane Foods

Fat Free Whole Wheat Tortillas, Whole Wheat Lavish Bread

Dallas Gourmet Bakery

Kabuli Pizza Crust

Engine 2 Plant Strong

Ancient Grains Tortillas

Food for Life

Ezekiel, Sprouted Grain Tortillas

French Meadow Bakery

French Meadow Brown Rice Bread

Garden of Eatin', Inc.

Bible Bread-regular and salt free, Thin-Thin Bread, Swedish Rye, Pita Puffs

Grainaissance

Mochi; Plain, Raisin, Cinnamon, Mugwort

Breads

Great Harvest Bread Co.

Great Harvest Bakery; Honey Whole Wheat, 9-Grain, Rye Onion Dill, Country White
Ian's

Whole Wheat Panko Breadcrumbs

International Baking Co.

Mr. Pita

Lifestream Natural Foods

Essene Bread

Nature's Path Foods

Manna Bread

Nature's Highlights, Inc.

Brown Rice Pizza Crust

Nokomis Farms

Country Loaf-Sourdough

Norganic Foods Co.

Katenbrot (Rye Bread)

Oasis Breads

Creative Crust Dinner Shells

Pacific Bakery

Ancient Wheat; Whole Grain Spelt Bread, Spelt Multi-Grain Bread, Whole Grain Spelt Cinnamon-Raisin, Bread, Spelt White Cinnamon-Raisin Bread, Spelt White Multi-Grain with Flax Seeds, Whole Grain Rye, Bread, Whole Grain Kamut Bread, Whole Grain Kamut Cinnamon-Raisin Bread, Kamut White Bread, Ancient Grains Bread, Ancient Wheat Bagels, Sourdough Multi-Grain Bread, yeast-Free Whole Wheat, Bread, Whole Grain Millet, multi-Grain Bread with Flax Seeds

Pure Grain Bakery

Pumpernickel, Gourmet Rye, and more

Breads

Ryvita

Crisp Breads

Snack Cracks

Pizza Crust-Organic Brown Rice

SoyNut Butter Co.

Tortilla Crumbs

Whole Foods

365 Organic Fat-Free Tortillas

Whole Kids Organic

Waffles

Hot Cereals

Arrowhead Mills

Instant Oatmeal: Maple Apple Spice, Original Plain, Oatmeal with Flax. Bear Mush, 7 Grain, Oat Bran, Oat Flakes, 4 Grain plus Flax, Steel Cut Oats, Bulgar Wheat, Yellow Corn Grits, White Corn Grits, Rice & Shine

Bob's Red Mill

Rolled Oats, Oatmeal, 5, 6, 7, 8, 10 Grain, Barley Grits, Creamy Buckwheat, Apple, Cinnamon & Grains, Creamy Brown Rice Farina, Kamut, Spice 'N Nice, Whole Wheat Farina

Dr. McDougall's Right Foods

Cranberry Muesli with Organic Grains, Organic Maple 4 Grain with Real Maple, Hot Organic Apple Cinnamon Oatmeal & Wheat, Peach Raspberry with Organic Grains, Organic Light Oatmeal; Original Instant, Apple Cinnamon, Maple Brown Sugar

Kashi Company

Heart to Heart Oatmeal; Golden Brown Maple, Apple Cinnamon

Lundberg Family Farms

Hot 'n Creamy Rice Cereals

McCanns

Steel Cut Irish Oatmeal

Mother's (Quaker Oats Co.)

Instant Oatmeal, Oat Bran, Rolled Oats, Whole Wheat, Barley

Nature's Path

Instant Oatmeal, Hemp Plus Oatmeal, Flax Plus Oatmeal, Apple Cinnamon Oatmeal, Optimum Cinnamon Blueberry Flaxseed Oatmeal, Optimum Cranberry Ginger Oatmeal

Old Wessex

Oatmeal, Scottish Style Porridge Oats, Irish Style Oatmeal, 5 Grain Cereal, Creamy Oat Bran

Quaker Oats Co.

Quaker Oats, Quick Quaker Oats

US Mills

Cold Cereals

Alvarado St Bakery

Organic Granola

Arrowhead Mills

Amaranth Flakes, Wheat Flakes, Bran Flakes, Corn Flakes, Kamut Flakes, Spelt Flakes, Multigrain Flakes Puffed Wheat, Puffed Rice, Puffed Millet, Puffed Corn, Puffed Kamut, Nature O's, Shredded Wheat

Back to Nature

Apple Blueberry Granola, Classic Granola

Barbara's Bakery

Corn Flakes, Breakfast O's, Brown Rice Crisps, Shredded Wheat, Shredded Spoonfuls, Breakfast Biscuits

Bob's Red Mill

Apple Blueberry Granola, Apple Strawberry Granola, Apple Cinnamon Granola, Natural Granola

Cascadian Farm

Purely O's, Honey Nut O's, Raisin Bran, Multi-Grain Squares, Wheat Crunch

Engine 2 Plant-Strong Cereals

Rip's Big Bowl, Banana Walnut Cereal, Triple Berry Walnut Cereal

General Mills

Cheerios

Health Valley

Real Oat Bran Almond Crunch, Organic Blue Corn Flakes, Organic Oat Bran Flakes, Organic Oat Bran Flakes with Raisins, Organic Fiber 7 Flakes, Organic Amaranth Flakes, Organic Golden Flax

Kashi

Kashi Puffs, Kashi Honey Puffs, Kashi Flakes, Kashi Nuggets, Strawberry Fields, Cinnamon Harvest, Autumn Wheat, Heart to Heart Honey Toasted Oat Cereal

Cold Cereals

Mothers (Quaker Oats Co.)

Cinnamon Oat Crunch, Graham Bumpers, Toasted Oat Bran

Nabisco

Shredded Wheat

Trader Joe's

Raisin Bran, Organic High Fiber O's, Shredded Bite Size Wheats, Toasted Oatmeal Flakes, Natural Toasted Oat Bran, Golden Roasted Whole Flax Seed

Whole Foods Market/365

Honey Puffed Wheat, Frosted Flakes, Corn Flakes, Bite-Size Shredded Wheat, Bite-Size Frosted Shredded Wheat, Raisin Bran, Golden Flax Flakes, Hearty Whole Grain Toasted O's, Organic Brown Rice Crisps, Organic Peanut Butter Pows, Organic Morning O's, Organ

Soups Canned & Carton

Amy's

Organic Fat Free Soups

Blue Chip Group

Instant Vegetarian Chicken Flavor Broth Base

Dr. McDougall's Right Foods

Lentil Soup, Garden Vegetable, Minestrone, Chunky Tomato, Split Pea, Black Bean

Engine 2 Plant Strong

Organic Firehouse Chili, Organic Moroccan Style Stew

Health Valley Foods

Vegetable Broth, Organic Split Pea Soup, Fat Free Soups; 14 Garden Vegetable Soup, Vegetable Barley, Corn & Vegetable, 5 Bean Vegetable, Tomato Vegetable, Split Pea & Carrots, Lentil & Carrots, Black Bean & Vegetable. Fat-Free Carotene Soups; Italian Plus

Imagine Foods

Vegetable Broth, No-Chicken Broth

Muir Glen

Organic Tomato Soup, Organic Homestyle Split Pea

Pacific Foods of Oregon

Vegetable Broth, Mushroom Broth

Simply Organic

Organic Lentil & Parsley, Organic Yellow Split Pea

Trader Joe's

Mostly Unsplit Pea Soup, Bean and Vegetable Duet Soup, Tomato Vegetable Soup, Swabian Rice and Vegetable Soup

Walnut Acres

Cuban Black Bean, Mediterranean Lentil, Four Bean Chili, Ginger Carrot

Westbrae Natural Foods

Great Plains Savory Bean, Sante Fe Vegetable, Louisiana Bean Stew, Alabama Black Bean Gumbo, Old World Split Pea, Spicy Southwest Vegetable, Mediterranean Lentil

Dry Soup Mixes

Dr. McDougall's Right Foods

Baked Ramen Noodles-Chicken Flavor, Baked Ramen Noodles-Beef Flavor, Hearty Chili with Baked Tortilla Chips, Mediterranean Pasta & Beans, Rice & Pasta Chicken Flavored Pilaf Cup & Big Cup, Minestrone Pasta Soup & Big Cup, Split Pea Soup with Barley Cup &

Eden Foods

Ramen; Buckwheat, Whole Wheat

Edward & Son's Trading Co.

Miso

Fantastic Foods

Cha-Cha Chili Soup Cup, Potato & Corn Chowder Soup Cup, Country Lentil Soup Cup, Couscous with Lentils Bean Soup Cup, Five Bean Soup Bean Cup, Jumpin' Black Bean Soup Cup, Minestrone Big Cup, Split Pea Soup Cup, Vegetable Barley Soup Cup, Vegetarian Chick

Health Valley Foods

Pasta Italiano, Fat-Free Cup of Soup- Marinara, Garden Split Pea With Carrots, Black Bean with Couscous, Zesty Black Bean with Rice, Chicken Flavored Noodles with Vegetables, Lentil with Couscous

Mishima

Instant Miso soups

Nile Spice Foods

Lentil Soup, Black Bean Soup, Split Pea Soup, Chili 'n' Beans

Sahara Natural Foods

Casbah; Hearty Harvest, Original Couscous, Jambalaya, Moroccan Stew, La Fiesta

Simply Organic

Chunky Tomato & Lentil

Sokensha Co.

Soken Ramen

Dry Soup Mixes

The Spice Hunter

Moroccan Couscous, Mediterranean Minestrone, Cantonese Noodle Soup, French Country Lentil, Kasba Curry, Kasba Curry with Rice Bran, Mandarin Noodle Soup

Trader Joe's

Ramen Soup, Brown Rice Ramen, Soba Noodles

Westbrae Natural Foods

Ramen; Whole Wheat, Onion, Curry, Carrot, Miso, Seaweed, 5-Spice, Spinach, Mushroom, Buckwheat, Savory Szechwan, Oriental Vegetable, Golden Chinese. Miso Soup; Mellow White, Hearty Red. Noodles Anytime-Country Style

Wil-Pak Foods

Taste Adventure Foods; Black Bean, Curry Lentil, Split Pea, Red Bean, Navy Bean, Minestrone, Sweet Corn Chowder, Red Bean Chili, Black Bean Chili, Lentil Chili, 5 Bean Chili

Frozen Potatoes

Bel-air

Hash Browns

Cascadian Farm

Organic Country Style Potatoes, Organic Hash Browns

J.R. Simplot Co.

Okray' s Hash Brown Potato Patties

Mr. Dell Foods

Hash Browns

Ore-Ida Foods

Hash Browns, Potatoes O'Brien

Pacific Valley Foods

Natural Shredded Hashbrowns, Southern Style Chopped Hashbrowns, Roasted Potato Wedges,

Crinkle Cut Potatoes

Reser's Fine Foods

Hash Browns

Simply Potatoes

Diced Potatoes with Onion, Shredded Hash Browns, Homestyle Slices, Red Potato Wedges

Sno Pac Foods Inc.

Potatoes O'Brien C & W (California & Washington) Foods; Whole Red Potatoes

Spaghetti Sauces

Beatrice/ Hunt-Wesson

Healthy Choice Garlic & Herb Pasta Sauce, Traditional Pasta Sauce, Super Chunky Vegetable Primavera

Engine 2 Plant Strong Sauces

Red Bell Pepper Marinara, Classic Tomato Basil

Muir Glen

Organic Pasta Sauces; Mushroom Marinara, Portabella Mushroom

Pomi

Marinara Sauce

Trader Joe's

Fat-Free Organic Classic Tomato Pasta Sauce, Fat-Free Organic Sweet Pepper Sauce

Tree of Life

Fat-Free Pasta Sauce

Ventre Packing Co.

Enrico's Fat Free Pasta Sauce

Walnut Acres

Low Sodium Tomato & Basil

Pretzels

J & J Snack Foods

Super Pretzels (frozen)

Newman' s Own Organics

Bavarian Fat Free Pretzels

Snack Factory, Inc.

Deli Style Pretzel Crisps, original

Snyder's of Handover

Sourdough Hard Pretzels, Sourdough Nibblers, Oat Bran Sticks

Wege Pretzel Co.

Hard Pretzels

Salad Dressings

Consorzio

Fat Free Mango, Strawberry & Raspberry Dressings

H.J. Heinz Co.

Weight Watchers Dressing; Tomato Vinaigrette, French

Hain Pure Foods

Fat Free Salad Dressing Mix; Italian, Herb

Kozlowski Farms

Fat Free Dressings; Zesty Herb, Honey Mustard, South of the Border, Raspberry Poppy Seed, Roasted Garlic

Marukan

Rice Vinegar

Maple Grove Farms

Fat Free Wasabi Dijon Dressing, Fat Free Cranberry Balsamic, Fat Free Raspberry Vinaigrette, Fat Free Balsamic Vinaigrette, Fat Free Lime Basil Vinaigrette

Nakano USA

Seasoned rice Vinegar

Nasoya

Fat Free Nayoanaise

Rising Sun Farms

Raspberry Balsamic

Simple Girls

Simple Girl Organic Sweet Mustard Salad Dressing

Spectrum Naturals

Organic Brown Rice Vinegar

Sweet Adelaide Enterprises

Paula' s No-Oil Dressing; Toasted Onion, Roasted Garlic, Caesar, Garden Tomato, Lime & Cilantro, Lemon & Dill, Honey & Mustard, Raspberry & Balsamic, Tangerine & Mint, Orange & Basil

Trader Joe's

No Oil Dill & Garlic Dressing, Italian

Salad Dressings

Tres Classique

Grand Garlic, Lemon Dijon, Honey Dijon, Red Raspberry

Whole Foods 365

Balsamic Vinaigrette, Tomato Basil, Oriental - all oil free

Crackers

Bremner Food Group

Natural Ry-Krisp-Fat Free

Devonsheer

Organic Plain Melba Toast

Edward & Sons

Baked Brown Rice Snaps, Tamari Rice Snaps

Finn Crisp

Thin Crisps

Hol Grain Crackers

Brown Rice

Kavli

Kavli Norwegian Crispbread

Mary's Gone Crackers

Original Seed Cracker, Caraway, Black Pepper, Herb, Onion (higher fat content)

Old London

Flats Flatbread

Ryvita

Brown Rice Crackers

Venus Wafers, Inc.

Fat Free Crackers; Black Pepper, Garden Vegetable, Garlic & Herb, Multi Grain

Wasa

Fat Free Crackers; Black Pepper, Garden Vegetable, Garlic & Herb, Multi Grain

Whole Foods Market/365

Woven Wheats

Breakfast Bars

Clif Bars

Nectar

Health Valley

Fat-Free Raisin Bakes, Fat-Free Date Bakes, Fat-Free Apple Bakes. Fat-Free Apricot Fruit Bars, Fat-Free

Granola Bars; Blueberry Date Almond, Raisin, Fat-Free Raisin Oatmeal Cookies, Fat-Free Apricot Delight Cookies, Fat-Free Apple Spice Cookies

Larabars

Natural Fruit & Nut Bars

Rebar

Organic Fruit & Veggie Energy Bar

Undercover Vegetable Co.

Yotta Bars, Orange and Cherry

Chips and Snacks

Eden Foods

5 Flavor Arare Rice Puffs, Brown Rice Crackers, Nori Maki Rice Crackers

Frito-Lay, Inc

Baked Tostitos

Guiltless Gourmet

Baked Unsalted Yellow Corn Tortilla Chips

Sensible Foods

Crunch Dried Organic Snacks, Sweet Corn, Tropical Blend Dried Fruit Snack, 100% Organic Apple Harvest, Orchard Blend, Cherry Blend

Yummy Delights

Crispy Apple Crisps, Fuji Apple and Caramel Chips

Milk Substitutes

Eden

Eden Rice & Soy Beverage, Edensoy Light Vanilla Soy Milk

Engine 2 Plant-Strong Products

Unsweetened Almond Milk—Vanilla or Original

Grainaissance

Amazake Rice Drink

Hain

Westsoy Low Fat, Westsoy Lite

Pacific Foods of Oregon

Low Fat Select Soy, Almond, Multigrain, Rice Oat

Silk

Silk Soymilk Unsweetened, Almond Unsweetened, Cashew Unsweetened

Vitasoy U.S.A.

Vitasoy Light-Original 1

White Wave

Silk Light Soymilk

Burger Mixes & Meat Substitutes

Azumaya

Tofu & Seasoned Tofu

Bill's Best

Minut-Meat

Engine 2 Plant-Strong Plant Burgers (no oil)

Poblano Black Bean, Italian Fennel, Pinto Habanero, Tuscan Kale White Bean Burger

Garden Burger

Garden Vegan

House Foods

Tofu

Lightlife Foods, Inc.

Tempeh; Fakin' Bacon Strips, Flax, Soy, Garden Veggie, Three Grain, Wild Rice, Tempeh Grills;

Tamari, Lemon, Seitan

Mori-Nu

Silken Tofu

NaSoya

Organic Tofu

Soy Boy

Ravioli, Ternpeh, Baked Tofu

SoyDeli

Nigari Tofu, Baked Tofu

Sweet Earth Natural Foods

Seitan; Original, Smoked, Peppered, Gourmet Indian, Teriyaki, Vegeburgers; Tofu Rice, Gourmet

Grain, Savory Soy

Burger Mixes & Meat Substitutes

Turtle Island Foods

Superburgers; Original, Tex-Mex, Ternpeh

White Wave, Inc.

Seitan; Traditional, Seasoned Seitan, Vegetarian Stir Fry Strips, Chicken Style, Wheat Meat, TofuTown Tofu Tenders, Havana Black Bean, Light Tamari, Mediterranean Tahini, Sesame Ginger Teriyaki, Baked Tofu; Garlic Herb Italian, Roma Tomato Basil, Teriyaki

Wildwood Natural Foods

Baked Tofu, Braised Tofu, Smoked Tofu, Organic Tofu

Dairy Cheese Substitutes

Cemac Foods Corp.

Fat-Free Nu Tofu

Eat in the Raw

Parma!

Follow Your Heart

Vegan Gourmet Cheese Alternative

Galaxy Foods

Vegan Parmesan, Vegan Chunk cheese, Vegan Singles, Vegan Sour Cream, Vegan Cream Cheese

Rella Good Cheese Company

Vegan Rella

Tofutti

American, Mozzarella, Roasted Garlic, Better Than Cream Cheese, Better Than Sour Cream

White Wave

Silk Cultured Soy

Whole Soy Foods

Cultured Soy

Wildwood Natural Foods

Soyogurt

Jellies, Jams & Syrups

365

Fruit Spreads

Anderson's

Pure Maple Syrup

Canadian Farm

Fruit Spreads

Kozlowski Farms

Chutneys, Fruit Jams & Jellies

Lundberg Family Farms

Sweet Dreams Brown Rice Syrup

Many Manufactures

Pure Honey

Polaner

All Fruit (jams)

Roland

Fruit Spreads

Shady Maple Farms

Maple Syrup

Sorrell Ridge Farm

Sorrell Ridge 100% Fruit Spreads

Spring Tree Corp.

Pure Maple Syrup

ST. Da lfour

100% Fruit Jam

The J.M. Smucker Co.

Smucker' s Simply Fruit; Red Raspberry, Strawberry, Peach, etc.,

Popcorn

Boston's

Boston's

Fat Free Carmel Corn

Engine 2 Plant-Strong Products

Oil Free Popcorn

Little Bear Organic Foods

Organic Microwave Popcorn, Light Organic Popcorn, no salt, no oil

Trader Joes

Fat Free Carmel Corn,

Hummus

Engine 2 Plant-Strong Products

Roasted Garlic, Roasted Red Pepper and Jalapeno Cilantro flavors

These Plant-Strong spreads don't contain added oil and are lower in calories, total fat and sodium

Canned Tomato Products

Beatrice/Hunt-Wesson

No Salt Added Tomato Paste, No Salt Added Tomato Sauce, No Salt Added Stewed Tomatoes, No Salt Added Whole Tomatoes

Contadina Foods

Tomato Puree, Tomato Paste

Del Monte:

Tomato Sauce, Tomato Paste, Diced Tomatoes, Chunky Tomatoes, Stewed Tomatoes; Cajun Recipe, Mexican recipe, Italian Recipe, and Original Style Stewed Tomatoes with Onions, Celery and Green Peppers

Eden Foods

Crushed Tomatoes, Diced Tomatoes with Green Chilis, Diced Tomatoes, Whole Roma Tomatoes, Whole Tomatoes with Basil

Muir Glen Organics

Canned Tomato Products

Pomi

Strained Tomatoes, Chopped Tomatoes

Progresso Quality Foods

Tomato Paste, Tomato Puree, Crushed Tomatoes, Whole Peeled Tomatoes, Diced tomatoes, Diced Tomatoes with Italian Herbs, Fire Roasted Crushed Tomatoes, Fire Roasted Diced Tomatoes

S & W Foods

Ready-cut Peeled Tomatoes, Tomato Sauce, Thick & Chunky, Stewed Tomatoes, Fire Roasted Diced Tomatoes

Trader Joe's

Tomato Sauce

Baking Ingredients

Arrowhead Mills

Assorted flour & grain products

Aunt Patty's

Barley Malt, Maple Sugar, Date Sugar, Organic Agave Syrup, Molasses

Billingtons

Sugars

Bob's Red Mill

Assorted flour & grain products, Whole Wheat White flour, Guar gum, Xanthan gum

Eden Foods

Kuzu Root Starch, Agar Agar, Barley Malt

Ener-G Foods

Egg Replacer

Florida Crystals

Natural Cane Sugar

Hain

Featherweight Baking Powder, Organic Sugars

Madhava

Agave Nectar

Rapunzel

Rapadura Whole Cane Sugar

The Rumford Co.

Rumford Baking Powder

Sokol & Co.

Solo Lekvar Prune Plum Filling

Baking Ingredients

Stevia

Many Manufacturers **Suzanne's Specialties** Just Like Honey, Rice Nectars

Wholesome Sweeteners Sucanat, Organic Sugar

Dry Package Grains & Pastas

Continental Mills

Ala-cracked wheat bulgur

Eden

Quinoa

Engine 2 Plant-Strong® Grain Medleys

Morning Blend, Fiesta Blend, Wild Rice Blend, Ancient Grains Blend

Fantastic Foods

Rice; Brown Basmati Rice, Plain, Brown Jasmine, Couscous, Whole-Wheat Couscous

Kashi

Kashi Pilaf

Lundberg Family Farms

Gourmet Rices & Blends, Brown Rice, Wild Rice Blends

Melting Pot Foods

Po River Valley Risotto, Marakesh Express; Couscous, Wild Mushroom, Lentil Curry

Near East Food Products

Wheat Pilaf, Plain Couscous

Quinoa Corp

Quinoa, Quinoa Pasta, Food Merchants Polenta

Road's End Organics

Dairy Free Mac & Cheese, Shells & Chreese Penne & Chreese

San Gennaro Foods, Inc.

Polenta

Trader Joe' s:

Sante Fe Rice, Creole Rice, Spanish Rice

Higher Fat Desserts

Imagine Foods

Soy Dream, Tea Dream, Rice Dream

Now and Zen

Hip-Whip

Turtle Mountain

Soy Delicious, Sweet Nothings, Li'l Buddies

Whole Soy

Frozen Desserts