

- **Kashi® 7 Whole Grain Puffs**
1 cup: 1C 70 cal
 1■, 2+
- **Keebler® Waffle Bowls OR Waffle Cones**
1 bowl/cone: ¾C 50 cal
 1■, 1+
- **Ken's® or Wishbone® Salad Spritzers**
10 sprays: FREE 10 cal
 FREE
- ***Kix® Cereal**
1 cup: 1¼C 100 cal
 1■, 3+
- **Krusteaz® Muffin Mix (asst'd varieties)**
1 muffin: 1¾C 140 cal
 2■, 3+
- **Kudos® M&M® Granola Bars**
1 bar: 1C, ½X 100 cal
 2■, 3+
- **Little Debbie® Pecan Spinwheels**
¼ cup: 1C, 1L 100 cal
 2■, 3+
- **Mio® Water Enhancer (asst'd flavors)**
1 serving: FREE 0 cal
 FREE
- **Moo Magic® Milk Mix (asst'd flavors)**
1 pkt: FREE 5 cal
 FREE
- **Motts® Plus Fiber Apple Sauce (asst'd flavors)**
1 container: ¾F 50 cal
 □, 1+
- **Musselman's® Life Apple Sauce**
1 container: ¾F 50 cal
 1■, 1+
- **Nabisco® 100 Calorie Snack Packs (asst'd varieties)**
1 pkt: 1C, 1L 100 cal
 2■, 3+
- **Nabisco® Special K Pastry Crisps (asst'd varieties)**
1 pkt: 1½C 100 cal
 2■, 3+
- **Nonni's® Biscotti (asst'd varieties)**
1 biscotti: 1C, ¾X 110 cal
 2■, 3+
- **Presto® Cake Flour, Self-Rising**
¼ cup: 1C 90 cal
 2■, 2+
- **Ocean Spray® Diet Cranberry**
8 fl oz: FREE 5 cal
 FREE
- **Ocean Spray®, Diet Grape**
8 fl oz: FREE 5 cal
 FREE
- **Olde Cape Cod® Fat-Free Salad Dressings (asst'd varieties)**
2 tbsp: 1½L 40 cal
 1■, 1+
- **Old El Paso® Refried Beans, Fat-Free**
½ cup: ½C, ½P 100 cal
 1■, 2+
- **Old El Paso® Refried Beans, Spicy, Fat-Free**
½ cup: ½C, ½P 90 cal
 1■, 2+
- **Ortega® Whole Grain Corn Taco Shells**
1 shell: ½C, ¼X 55 cal
 1■, 1+
- ***Pickles, Dill or Sugar-Free Sweet**
1 oz: FREE 0 cal
 FREE
- **Progresso® Light Soups (asst'd varieties)**
½ can: varies - see 60 cal
 kimbensen.com/xchanges □ varies+
- **Barbara's Bakery® Puffin Original Cereal**
¾ cup: 1C 90 cal
 1■, 3+
- **Ragu® Light Fat-Free Sauce, Tomato Basil**
½ cup: 2V 50 cal
 1■, 1+
- **Ragu® Light No Sugar Added Sauce, Tomato Basil**
½ cup: 2V 50 cal
 □, 1+
- **Roasted Red Peppers (no oil)**
1 oz: FREE 5 cal
 FREE
- **Ronzoni® Healthy Harvest Pasta**
2 oz dry: 1¼C, 1P 180 cal
 3■, 5+
- ***Salsa, jarred (many brands)**
2 tbsp: ½V 15 cal
 FREE
- **Sipahh® Milk Flavoring Straws**
1 straw: ½L 15 cal
 FREE
- ***Smart Beat® Mayonnaise†**
1 tbsp: ½L 10 cal
 FREE
- **Special K® Bars (asst'd flavors)**
1 bar: 1C 90 cal
 2■, 2+
- ***Splenda® Flavor Blends for Coffee**
1 pkt: FREE 0 cal
 FREE
- **StarKist® Chunk Light Tuna in Water**
3 oz pkt: 1¼P 90 cal
 2■, 2+
- **St. Dalfour Gourmet® On The Go Pasta & Vegetables**
½ can: 3V, ½X 100 cal
 1■, 2+
- **Swanson® White Chicken Breast in Water**
3 oz, drained: 1P 70 cal
 1■, 2+
- **Sushi Chef® Panko Bread Crumbs**
½ cup: 1C 90 cal
 1■, 2+
- **Thin Ribbon Candy**
1 long piece: ¾C 60 cal
 1■, 2+
- **Torani® Sugar-Free Flavored Syrups**
1 oz: FREE 0 cal
 FREE
- **V-8® Diet Splash**
8 oz: FREE 10 cal
 FREE
- **V-8® V-Fusion Light (fruit)**

8 oz: 1F	50 cal	1■, 1+
○ Vermont® Sugar Free Maple Syrup		
¼ cup: ½L	15 cal	□, 1+
○ *VitaBrownie® Mix		
1 brownie: 1C	100 cal	1■, 2+
○ VitaMuffin® Mix		
1 muffin: 1¼C	100 cal	1■, 2+
○ Wasa® Crisp'n Light 7 Grain Cracker Blend		
3 crackers: ¾C	60 cal	1■, 1+
○ Welch's® Light Grape Juice		
8 oz: ¾F	45 cal	1■, 1+
○ Walden Farms® No Carbs Alfredo Sauce		
3 tbsp: FREE	0 cal	FREE

MEATS/SEAFOOD

○ Ball Park® Smoked White Turkey Franks		
1 frank: ½P	45 cal	1■, 1+
○ Butterball® Deli Thin Sliced Chicken Breast		
4 slices: ¾P	50 cal	1■, 1+
○ Chesapeake Bay® Low Fat Crab Cakes		
1 cake: ¾C, ¼P	80 cal	2■, 2+
○ *Eckrich® Ready Crisp Fully-Cooked Bacon		
¼ of pkg: ¾P	60 cal	1■, 2+
○ Gorton's® Grilled Fish Fillets (asst'd flavors)		
1 fillet: 1¼P	100 cal	2■, 2+

○ Healthy Ones® Turkey/Ham Slices Thin Sliced		
6 slices: ¾P	60 cal	1■, 2+
○ Healthy Choice® Polish Kielbasa		
2 oz: 1P	80 cal	2■, 2+
○ Hebrew National® 97% Fat-Free Beef Hot Dogs		
1 dog: ½P	40 cal	1■, 1+
○ Hormel® Turkey Pepperoni		
17 slices: 1P	70 cal	2■, 2+
○ Hormel® Turkey Pepperoni Minis		
1 oz: 1P	70 cal	2■, 2+
○ Jimmy Dean® Turkey Sausage Crumbles		
¾ cup: ¾P, ¾X	90 cal	2■, 2+
○ Ken's® Cocktail Sauce		
¼ cup: 3L	70 cal	1■, 2+
○ Nature's Place® Chicken Sausage		
1 link: 1¼P	90 cal	2■, 2+
○ *Oscar Mayer® Fully Cooked Bacon		
4 slices: 1P	70 cal	2■, 2+
○ Oscar Mayer® 98% Fat-Free Deli Meat (asst'd)		
6 slices: ¾P	45 cal	1■, 1+
○ *Oscar Mayer® 98% Fat-Free Weiners		
1 dog: ½P	40 cal	1■, 1+
○ Perdue® Short Cuts Chicken Breast		
½ cup: 1¼P	90 cal	2■, 2+
○ Sea Choice® Salmon Burger		
1 burger: 1½P	100 cal	2■, 3+

○ *Shrimp, Fresh or Frozen (71/90 count)		
3 oz: ¾P	60 cal	1■, 2+
○ Tyson® Fajita Chicken Breast Strips		
3 oz: 1½P	100 cal	2■, 2+
○ Yaki Nori Hanedashi Toasted Seaweed Sheets		
5 sheets: 2½V	60 cal	1■, 1+

DAIRY/REFRIGERATOR

(some may be located in deli sections)

○ *8th Continent® Light Vanilla Soy Milk		
8 oz: ¾D	60 cal	1■, 2+
○ Alpine Lace® Reduced Fat Provolone		
1 slice: ¾D	60 cal	2■, 2+
○ Boursin® Light Garlic & Herb Cheese		
1⅔ tbsp: ½D	40 cal	1■, 2+
○ *Brummel & Brown® Spread		
1 tbsp: 1X	45 cal	1■, 1+
○ butter spreads (many brands)		
1 tbsp: 1X	50 cal	1■, 1+
○ Cabot® 75% Light Cheddar Cheese		
1 oz: ¾D	60 cal	1■, 1+
○ *Calabro® Fat-Free Ricotta Cheese		
¾ cup: 1D	90 cal	2■, 2+
○ Coffee Mate® Coffee Creamer, Fat-Free		
1 tbsp: 1L	25 cal	□, 1+
○ Coffee Mate® Coffee Creamer, Sugar-Free		
1 tbsp: ½L	15 cal	FREE

- **Dannon® Light & Fit® Yogurt**
6 oz: 1D 80 cal
 2■, 2+
- **Dannon® Light & Fit® Smoothie**
7 oz: ¾D 60 cal
 1■, 1+
- **Dannon® Light & Fit® Carb Control Yogurt**
4 oz: ½D 45 cal
 1■, 1+
- **Egg Beaters® or All Whites**
¼ cup: ½P 30 cal
 1■, 1+
- **Gatorade® G-2**
8 oz: 1L 25 cal
 □, 1+
- **Half & Half, Fat-Free (most brands)**
2 tbsp: 1L 20 cal
 FREE
- **Hood® Fat-Free Cottage Cheese with Pineapple**
½ cup: ¾D, ½F 100 cal
 2■, 3+
- ***1 Can't Believe It's Not Butter® Spray**
5 sprays: FREE 0 cal
 FREE
25 sprays (1 tsp): ½X 25 cal
 1■, 1+
- **Jarlsberg Lite Reduced Fat Swiss Cheese, pre-sliced**
¾ oz: ½D 50 cal
 1■, 1+
- **Jell-O® Sugar-Free Pudding Snacks**
1 snack cup: ¼C, ½D 60 cal
 1■, 2+
- **Jell-O® Sugar-Free Jell-O Snacks**
1 snack cup: FREE 10 cal
 FREE
- ***Kim's Light Chai Tea Mix †**
2 tbsp, dry mix: ½D 45 cal
 1■, 1+
- ***Kozy Shack® No Sugar Added Puddings**
1 snack cup: ¼C, ½D 70 cal
 1■, 1+
- **Kozy Shack® No Sugar Added Vanilla Puddings**
1 snack cup: ½C, ½D 90 cal
 1■, 2+
- **Kraft® Fat-Free Shredded Cheddar or Mozzarella**
¼ cup: ½D 45 cal
 1■, 1+
- ***Laughing Cow® Gourmet Cheese & Baguettes**
1 wedge: ¾D 60 cal
 1■, 2+
- ***Laughing Cow® Light Cheese Wedges (NEW asst'd flavors)**
1 wedge: ½D 35 cal
 1■, 1+
- **Mini Baby Bell® Light Semi Soft Cheese**
1 piece: ½D 50 cal
 1■, 1+
- ***Pillsbury® Cinnamon Rolls, Reduced Fat**
1 roll: 1½C 140 cal
 3■, 4+
- **Pillsbury® Dinner Rolls, Reduced-Fat**
1 roll: 1½C 110 cal
 2■, 3+
- **President's® Crumbled Fat-Free Feta (asst'd varieties)**
2 oz: ¾D 60 cal
 1■, 2+
- **Smart Balance® Spray Butter**
5 sprays: FREE 0 cal
 FREE
- ***Sonoma Jacks® Cheese Wedges (asst'd flavors)**
1 wedge: ½D 25-50 cal
 1■, 1+
- **Sour Cream, Fat-Free (many brands)**
2 tbsp: 1L 25 cal
 □, 1+
- **Stella® Reduced-Fat Blue Cheese Crumbles**
1 oz: 1D 80 cal
 2■, 2+
- **Trader Joe's® Fat-Free Crumbled Feta Cheese**
1 oz: ½D 35 cal
 1□, 1+
- **Trop 50® (asst'd flavors)**
8 oz: 1F 50 cal
 1□, 1+
- **Weight Watchers® String Cheese**
1 stick: ½D 50 cal
 1□, 1+
- **Weight Watchers® Yogurt (asst'd flavors)**
6 oz: 1D 100 cal
 1□, 2+
- **Veggie Slices® Swiss Flavor (Soy Based Cheese)**
1 piece: ½D 40 cal
 1□, 1+

BREADS

(some may be located in deli section)

- **Arnold's® Sandwich Thins**
1 thin: 1½C 100 cal
 1□, 3+
- **Beefsteak Light Rye No Seeds Bread**
2 slices: 1C 80 cal
 2□, 2+
- **Cedar's® Whole Wheat Roll-Ups**
1 roll-up: 1C 90 cal
 1□, 3+
- **Cedar's® Lavash Bread**
½ wrap: ½C 50 cal
 1□, 1+
- **Joseph's® Flax, Oat Bran & Whole Wheat Lavash Bread**
½ bread: ½C 50 cal
 1□, 1+
- **Joseph's® Oat Bran & Whole Wheat Tortillas**
1 tortilla: 1C 70 cal
 1□, 2+
- ***Kim's Light Bagels® † - 6 flavors**
½ bagel: ½C 55 cal
 1□, 1+

- ***Kim's Light Flat Bread †**
½ flat bread: ½C 50 cal
1□, 1+
- **LaTortilla Factory® Smart & Delicious Tortillas**
1 tortilla: 1C, ¼X 100 cal
1□, 3+
- **Light Breads (most brands)**
2 slices: 1C 80 cal
1□, 2+
- **Light English Muffins (most brands)**
1 muffin: 1C 90 cal
1□, 2+
- **Marzetti® Fat-Free Garlic & Onion Croutons**
2 tbsp: ¼C, ½L 30 cal
1□, 2+
- **Melissa's Crepes**
1 crepe: ½C 51 cal
1□, 1+
- **Pepperidge Farms® Deli Flats**
1 roll: 1¼C 100 cal
1□, 3+
- **Thomas® Light Multi-Grain English Muffins**
1 muffin: 1¼C 100 cal
1□, 3+
- **Tumaros® Low Carb Wraps (asst'd varieties)**
1 wrap: ½C 50 cal
1□, 1+
- **Weight Watchers® Whole Wheat Pita**
1 pita: 1¼C 100 cal
1□, 3+
- ***Cool Whip®, Fat-Free**
2 tbsp: ½L 15 cal
FREE
- **Earth's Best® Organic Mini Waffles**
4 mini waffles: ¾C, ½X 80 cal
1□, 2+
- **Edy's® Slow Churned – No Sugar Added (vanilla, coffee, Neapolitan)**
½ cup: 1D 90 cal
2□, 2+
- **Eggo® Nutri-Grain Low Fat Waffles**
1 waffle: 1C 70 cal
1□, 2+
- ***Gardenburgers® Veggie Medley**
1 burger: ½C, 1½V, ½X 100 cal
1□, 2+
- **Healthy Choice® Premium Ice Cream Bars**
1 bar: 1D 80 cal
1□, 2+
- **Hood® Sugar Free Light Whipped Cream**
2 tbsp: ½L 10 cal
FREE
- **Luigi's® No Sugar Added Real Italian Ice (asst'd flavors)**
1 ice: ¾C 60 cal
2□, 2+
- **Market Pantry® Shredded Hashbrowns**
1 cup: 1C 70 cal
1□, 2+
- **Skinny Cow Ice Cream Sandwiches (asst'd flavors)**
1 sandwich: ¾C, 1D 140 cal
2□, 4+
- **Tropicana® Light Fruit & Cream Bars**
1 bar: ¾F 45 cal
□, 1+
- **Turkey Hill® No Sugar Added, Fat-Free (vanilla/chocolate)**
½ cup: ¾D 70 cal
1□, 2+
- **Tyson® Grilled Chicken Strips**
3 oz: 1¼P 100 cal
2□, 3+
- **Van's® 97% Fat-Free Waffles**
1 waffle: 1C 75 cal
1□, 2+
- **Vita Muffins® & Tops (asst'd varieties)**
1 muffin: 1¼C 100 cal
1□, 3+
- **Weight Watchers® Giant Fudge Bars**
1 bar: 1D 110 cal
1□, 3+

FROZEN FOODS

- **Alexia® Oven Reds Potatoes**
3 oz: 1C, 1X 120 cal
2□, 3+
- ***Athens® Fillo Dough**
1 sheet: ½C 36 cal
1□, 1+
- **Athens® Mini Fillo Shells**
2 shells: 1L 25 cal
1□, 2+
- **Breyers® No Sugar Added Double Churned Vanilla**
½ cup: 1D 80 cal
1□, 2+
- v **McCain® Roasters - Potatoes**
3 oz: 1½C 120 cal
2□, 3+
- **McCain® Roasters – Sweet Potato Fries**
3 oz: 1½C 120 cal
2□, 3+
- **Ore-Ida® Steam 'n Mash Potatoes**
¾ cup: 1C 80 cal
1□, 2+
- **Skinny Cow® Giant Fudge Bars**
1 bar: 1¼D 100 cal
1□, 3+



Kim Bensen Weight Loss
Center & Light Café
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