



NXPT FALL FITNESS RESULTS CHALLENGE

NUTRITIONAL INFORMATION

DROP AND SWAP GROCERY GUIDE

DROP	SWAP
Kashi Peanut Butter Chewy Granola Bar. Ingredients: Whole grain oats, brown rice syrup, peanuts, dried brown rice syrup, peanut butter (peanuts), brown rice flour, sunflower oil, oat fiber, glycerin, sea salt, peanut oil, rosemary extract	Rx Bar, Peanut Butter. Ingredients: Dates, Peanuts, Egg Whites, Natural Flavors, Sea Salt.
Dannon Fruit-on-the Bottom Strawberry Yogurt. Ingredients: Cultured grade A reduced fat milk, sugar, water, strawberries, modified food starch, contains less than 1% kosher gelatin, natural flavor, carrageenan, disodium phosphate, beta carotene and vegetable juice concentrate (for color), malic acid, vitamin D3	Fage Total 2% Yogurt. Grade A Pasteurized Skimmed Milk And Cream, Live Active Yogurt Cultures (L. Bulgaricus, S. Thermophilus, L. Acidophilus, Bifidus, L. Casei).
Skippy Creamy Peanut Butter. Ingredients: Roasted Peanuts, Sugar, Hydrogenated Vegetable Oil (Cottonseed, Soybean and Rapeseed Oil) To Prevent Separation, Salt.	365 Organic Creamy Peanut Butter. Ingredients: peanuts, salt
Diet Coke. Ingredients: carbonated water, caramel color, aspartame, phosphoric acid, potassium benzoate, natural flavors, citric acid, caffeine	Spindrift Sparkling Water, cranberry raspberry. Ingredients: carbonated water, raspberry juice, cranberry juice, raspberry puree, fresh lemon juice
Original Smart Balance Buttery Spread. Ingredients: Vegetable Oil Blend (Canola, Palm, and Olive Oils), Water, Contains Less than 2% of Salt, Pea Protein, Natural and Artificial Flavors, Sunflower Lecithin, Vitamin A Palmitate, Beta-Carotene (Color), Vitamin D, Monoglycerides of Vegetable Fatty Acids (Emulsifier); and Potassium Sorbate, Lactic Acid, Calcium Disodium EDTA	Kerrygold Pure Irish Butter, unsalted. Ingredients: Cultured pasteurized cream
Raisin Bran Cereal. Ingredients: Whole Grain Wheat, Raisins, Wheat Bran, Sugar, Brown Sugar Syrup, Contains 2% or Less of Salt, Malt Flavor. Vitamins & Minerals: Potassium Chloride, Niacinamide, Reduced Iron, Vitamin B6 (Pyridoxine Hydrochloride), Zinc Oxide, Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Hydrochloride), Vitamin A Palmitate, Folic Acid, Vitamin D3, Vitamin B12.	Quaker Oats. Ingredients: rolled oats
Jennie-O Oven Roasted Turkey Breast. Ingredients: Turkey Breast Meat, Turkey Broth, Contains 2% Or Less Salt, Sugar, Carrageenan, Sodium Phosphate, Sodium Acetate, Sodium Diacetate, Pepper	Foster Farms Boneless Skinless Breast Fillets. Ingredients: Boneless, skinless breast fillet with rib meat
Nature's Own Honey Wheat Bread. Ingredients Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Sugar, Wheat Gluten, Whole Wheat Flour, Rye Flour, Wheat Bran, Contains 2% or Less of Each of the Following: Yeast, Soy Flour, Salt, Soybean Oil, Dough Conditioners (Contains One or More of the Following: Sodium Stearoyl Lactylate, Calcium Stearoyl Lactylate, Monoglycerides, Mono- and Diglycerides, Distilled Monoglycerides, Calcium Peroxide, Calcium Iodate, DATEM, Ethoxylated Mono- and Diglycerides, Enzymes, Ascorbic Acid), Cultured Wheat Flour, Vinegar, Calcium Sulfate, Yeast Food (Ammonium Sulfate), Monocalcium Phosphate, Soy Lecithin, Calcium Carbonate.	Food for Life 7 Sprouted Grains Bread. Ingredients: Organic Sprouted Wheat, Filtered Water, Organic Malted Barley, Organic Sprouted Rye, Organic Sprouted Barley, Organic Sprouted Oats, Organic Sprouted Millet, Organic Sprouted Corn, Organic Sprouted Brown Rice, Fresh Yeast, Organic Wheat Gluten, Sea Salt.

GROCERY STORE GAME PLAN

- **Plan ahead:** Choose what you want to eat as meals for the week
- **Create a list:** Purchase only the items on the list
- **Don't shop hungry**
- **Shop mostly the Parameter:** for fresh foods likes fruits, vegetables, dairy, meat, seafood. Use the center aisles for sprouted breads/whole grains, oats, natural nut butters, canned beans, frozen fruits/vegetables

TIME SAVING NUTRITIOUS CONVENIENCE FOODS

- **Bagged greens:** Precut & prewashed, these can be added to soups, salads, omelets, stir fries, etc. Try a bagged coleslaw mix as toppings for your next taco night.
- **Frozen or precooked whole grains (rice, quinoa, farro):** Found at every grocery store in frozen or refrigerator section. Choose unseasoned and without sauces to eliminate added preservatives
- **Frozen fruit and vegetables:** Enjoy your favorite fruit/vegetables during the offseason or between grocery store runs. Beat water boredom by adding frozen fruit to your water for a natural flavor boost without the artificial sweeteners. Enhance your breakfast smoothie by adding frozen spinach or kale.
- **Canned beans:** Simply rinse them off first to remove the extra salt.
- **Sauces/seasoning mixes:** Avoid artificial flavorings/ingredients by using the herbs and spices in your cabinet and make your own seasoning mixes and dressings.

GLUTEN FREE SHOPPING GUIDE

Non-Gluten Grains	Proteins	Vegetables (fresh or frozen)	Fruits (fresh or frozen)	Misc.
• Amaranth • Brown rice • Brown rice cakes • Brown rice pasta • Brown rice cereals • Cassava • Corn** • Wild rice • Millet • Oats (gluten free) • Peas ** • Polenta • Popcorn • Potatoes, with skin • Quinoa • Quinoa pasta • Sorghum • Sweet potatoes, with skin • Teff • Tapioca • Tortillas, corn • Yucca	• Beans (black, garbanzo, kidney, pinto, white/cannellini) • Beef • Canned Tuna, chicken, salmon, crab (in water) • Cheese, natural • Chicken/turkey • Chicken sausage • Cottage cheese • Edamame • Eggs • Fish • Hummus • Kefir, plain 2% • Lentils • Milk, 2% • Nuts & Seeds (almonds, cashews, hazelnuts, peanuts, pinenuts, pistachio, pumpkin/pepitas, sesame, sunflower, walnuts) • Nut butters (almond, peanut, sesame, sunflower) • Pork • Sardines (in water) • Shellfish • String cheese • Tempeh • Tofu • Turkey, ground	• Artichoke hearts • Asparagus • Beets • Bok choy • Broccoli • Broccoli slaw • Brussels sprouts • Cabbage • Carrots • Cauliflower • Celery • Collard greens • Cucumber • Eggplant • Green beans • Green onions • Hearts of palm • Jicama • Kale • Kohlrabi • Leeks • Mushrooms • Mustard greens • Okra • Onions • Pea pods • Peppers (all varieties) • Radishes • Romaine • Giant romaine or cabbage leaves (for wraps) • Salsa • Salad greens • Spinach • Summer squash • Spaghetti squash • Swiss chard • Tomato • Grape tomatoes • Turnips • Water chestnuts • Watercress • Zucchini	• Apples • Applesauce (no sugar added) • Apricots • Bananas • Blueberries • Cantaloupe • Cherries • Clementine • Grapefruit • Grapes • Honeydew • Kiwi • Mango • Nectarine • Orange • Papaya • Peach • Pear • Persimmons • Pineapple • Plum • Pomegranate • Raspberries • Strawberries • Tangerines • Watermelon	• Arrowroot • Avocados • Beverages (coffee, sparkling water, juice spritzers, tea hot/iced, water) • Butter • Chia Seeds • Chocolate, dark • Cocoa powder, unsweetened • Cooking spray • Corn starch • Dried fruit, unsweetened • Flaxseed, ground • Garlic • Ginger • Guar and Zanthan gums • Herbs and spices, fresh or dried • Lemons/limes • Manioc (tapioca flour) • Mustard • Nutritional yeast • Oils (avocado, olive, sesame) • Plant milk (unsweetened w/ calcium + Vit D) • Potato starch flour • Salad dressing • Sweeteners (brown rice syrup, coconut sugar, honey, 100% Maple syrup) • Vegetable broth (low sodium) • Vanilla • Vinegars

**Starchy Vegetables

VEGETARIAN SHOPPING GUIDE

Whole Grains/ Starches	Proteins	Vegetables (fresh or frozen)	Fruits (fresh or frozen)	Misc.
• Amaranth • Barley • Bread* • Bulgar Wheat • Cold Cereal * (shredded wheat) • Corn on the cob** • Couscous, brown rice • Crackers, whole grain & seed • English muffin* • Farro • Kamut • Millet • Oatmeal • Pasta, quinoa, or brown rice • Pita * • Popcorn • Potatoes, with skin • Sandwich thin, flatbread* • Sweet potatoes with skin • Teff • Tortillas, corn* • Waffles*	• Almond butter • Black Beans • Black-eyed peas • Cheddar cheese • Chickpeas • Cottage cheese • Edamame • Eggs • Fava beans • Kidney beans • Lentils • Lima beans • Milk / Soy milk • Mozzarella • Mung beans • Navy beans • Nuts (almonds, brazil nuts, cashews, chestnuts, macadamia, peanuts, pecans, pistachios, walnuts) • Parmesan • Pine nuts • Pinto beans • Provolone • Pumpkin seeds • Red beans • Ricotta • Split peas • Sunflower seeds • Swiss cheese • Tempeh • Tofu • Veggie burgers • White beans • Yogurt / Soy yogurt	• Artichoke hearts • Asparagus • Beets • Bok choy • Broccoli • Broccoli slaw • Brussels sprouts • Cabbage • Carrots • Cauliflower • Celery • Collard greens • Cucumber • Eggplant • Green beans • Green onions • Hearts of palm • Jicama • Kale • Kohlrabi • Leeks • Mushrooms • Mustard greens • Okra • Onions • Pea pods • Peppers (all varieties) • Radishes • Romaine • Giant romaine or cabbage leaves (for wraps) • Salsa • Salad greens • Spinach • Summer squash • Spaghetti squash • Swiss chard • Tomato • Grape tomatoes • Turnips • Water chestnuts • Watercress • Zucchini	• Apples • Applesauce (no sugar added) • Apricots • Bananas • Blueberries • Cantaloupe • Cherries • Clementine • Grapefruit • Grapes • Honeydew • Kiwi • Mango • Nectarine • Orange • Papaya • Peach • Pear • Persimmons • Pineapple • Plum • Pomegranate • Raspberries • Strawberries • Tangerines • Watermelon	• Avocados • Beverages (coffee, sparkling water, juice spritzers, tea hot/iced, water) • Butter • Chia Seeds • Chocolate, dark • Cocoa powder, unsweetened • Dried fruit, unsweetened • Flaxseed, ground • Garlic • Ginger • Herbs and spices, fresh or dried • Lemons/limes • Mustard • Nutritional yeast • Oils (avocado, olive, sesame) • Plant milk (unsweetened w/ calcium + Vit D) • Salad dressing • Sweeteners (brown rice syrup, coconut sugar, honey, 100% Maple syrup) • Vegetable broth (low sodium) • Vinegars

*Choose "whole grains" & "sprouted" when possible

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