



## Grocery Store Survival Guide: Healthy Buys

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Use this guide to make grocery shopping faster and easier! You will see specific brand recommendations for common foods listed on your meal plan. You will also see label reading tips to help you choose the best product.

Food Item	Healthy Product Recommendations	Label & Nutrient Alerts! Things to look for & Things to watch out for
<b>Bread Products</b>		
Bread	<p><b>Natural Oven's</b> Multi-Grain Stay Trim, 100% Whole Grain, Multigrain or Mild Rye</p> <p><b>Oroweat</b> 100% Whole Wheat, Whole Grain or any Light variety</p> <p><b>Healthy Choice</b> 100% Whole Grain</p> <p><b>Brownberry</b> 100% Whole Grain</p> <p><b>Alvarado Street Bakery</b> Sprouted Breads</p> <p><b>Trader Joe's</b> Sprouted Breads</p> <p><b>Arnold Bakery</b> Carb Counting Wheat</p> <p><b>Sara Lee</b> 100% Whole Wheat or Multi-Grain</p> <p><b>Baker's Inn</b> 100% Whole Wheat</p> <p><b>Earth Grain's</b> 100% Whole Wheat</p> <p><b>Bohemian Hearth</b> 100% Whole Wheat</p> <p><b>Healthy Life</b> All Varieties</p>	<p>Choose whole grains for fiber! Look for 100% whole wheat or grain on the package or whole wheat or grain flour as the first item on the ingredients list.</p> <p><b>High Fiber:</b> 5 or more grams per serving</p> <p><b>Good Source of Fiber:</b> 2.5-4.9 grams per serving</p> <p><b>More or added fiber:</b> at least 2.5 grams or more per serving than the original</p> <p>Aim for 25-35 grams of fiber per day!</p>
Bagels	<p><b>Natural Oven's</b> Brainy Bagel or Whole Grain</p> <p><b>Brownberry</b> Health Nut</p> <p><b>Oroweat</b> 100% Whole Wheat or Health Nut</p> <p><b>Thomas'</b> Carb Counting Wheat</p> <p><b>Thomas'</b> 100% Whole Wheat</p>	<p>Choose bagels with less than 300 calories and more than 5 g of fiber</p>
Buns/ Rolls	<p><b>Natural Oven</b></p> <p><b>The Baker</b> 9-Grain Whole Wheat</p> <p><b>Healthy Life</b></p> <p><b>Oroweat</b> Health Nut</p>	
Pita Bread	<p><b>Sahara</b> Whole Wheat Pita</p> <p><b>Trader Joe's</b> Whole Wheat Pita</p> <p><b>Sara Lee</b> 100% Whole Wheat</p>	

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<b>Bread Products</b>		
English Muffins	<b>Thomas'</b> Honey Wheat <b>Thomas'</b> Light <b>Oroweat</b> Whole Wheat or Multi-Grain	
Tortillas	<b>La Tortilla Factory</b> Original Low Carb & Whole Wheat <b>Trader Joe's</b> Low Carb Flour or Whole Wheat Tortillas <b>Alvarado Street Bakery</b> <b>Ezekiel</b> Sprouted Tortillas Any corn tortilla  **Look for 6-8 inch tortillas**	<p><b>*Check for Trans Fats!</b> Is "hydrogenated" or "partially hydrogenated" listed on the ingredients list? If so, move on!</p> <p><b>What are Net Carbs?</b></p> <p>Net Carbs, Low Carb, Effective Carbs, Low Carbs, etc. are not approved as definitions by the FDA. These products usually replace flour and sugar with wheat protein, fiber, soy protein or artificial sweeteners. They may also include sugar alcohols or more fat.</p> <p>Choose healthy items by looking at the <b>total</b> carbohydrate content listed on the food label. Choose foods high in fiber and low in added sugars.</p>
Waffles	<b>Kashi</b> <b>Van's</b> <b>Optimum</b>	Watch out for trans fats!

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<b>Cereals</b>		
Cold	<b>Kashi</b> <b>Nature's Path</b> <b>Health Valley</b> <b>Fiber One</b> or <b>All-Bran</b> <b>Shredded Wheat</b> <b>Wheat Chex</b> <b>Grape Nuts</b> (limit to 1/2 cup portion) <b>Grape Nut Flakes</b> <b>Cheerios</b> <b>Bran Flakes</b> <b>Barbara's Bakery</b> <b>Uncle Sam Cereal</b> <b>Quaker Oat Bran or Crunchy</b> <b>Corn Bran</b>	Choose cereals with more than 3 grams of fiber and less than 10 grams of sugar per serving. As always, the more fiber the better!
Hot - Instant	<b>Quaker</b> Instant Oatmeal, regular <b>Erewhon</b> Instant Oatmeal with Oat Bran <b>Erewhon</b> Instant Oatmeal, flavored <b>Arrowhead</b> Mills Instant Multigrain <b>Roman</b> Meal Instant Cream of Rye <b>Nature's Path</b> Instant Oatmeal	
Hot - Non-Instant	Oats (quick, rolled or steel cut), any brand <b>Kashi</b> Breakfast Pilaf <b>Nature's Path</b> Multi-Grain or Oat Bran Cereal <b>Roman Meal</b> Cream of Rye or Multi-Grain <b>Arrowhead</b> Mills Oat Bran, Cracked Wheat, 4-Grain with Flax or 7-Grain <b>Wheatena</b> <b>Quaker</b> Oat Bran or Multi-Grain <b>Erewhon</b> Oat Bran with Wheat Germ <b>Mother's</b> Oat Bran or Whole Wheat Hot Natural	

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<b>Grains</b>		
Couscous	<b>Trader Joe's</b> Whole Wheat <b>Near East-</b> all varieties <b>Casbah-</b> all varieties	
Pasta	<b>Eddie's</b> Whole Wheat Spaghetti <b>Trader Joe's</b> Whole Wheat Pasta <b>Westbrae</b> Natural Whole Wheat or Spinach Spaghetti <b>Hodgson Mill</b> Whole Wheat Spaghetti <b>Prince Healthy</b> Harvest Whole Wheat Blend Pasta	
Quinoa	<b>Trader Joe's</b> Organic Quinoa <b>Ancient Harvest</b> Quinoa	
Rice	<b>Success</b> Boil-in-the-Bag Brown Rice <b>Trader Joe's</b> California Aromatic Brown Rice <b>Trader Joe's</b> California Rice Trilogy <b>Trader Joe's</b> Brown Rice Medley Lundberg Brown Rice <b>Trader Joe's</b> Brown Basmati	Look for grains with at least 2 grams of fiber per serving. More is even better!
Other	Be adventurous and give Bulgur, Kasha, Buckwheat or Barley a try!	
<b>Dairy</b>		
Cheese	<b>Heavenly Light</b> Swiss <b>Jarlsberg</b> Lite Sliced Reduced Fat Swiss <b>Alpine Lace</b> Reduced Fat <b>Cabot</b> Reduced Fat Cheddar <b>Sargento</b> Reduced Fat, shredded or Deli Style, sliced <b>Laughing Cow</b> Light Creamy Swiss, Garlic Herb or French Onion Cheese Wedge <b>Laughing Cow</b> Mini Babybel Light Original <b>Kraft</b> 2% sliced, shredded or block	Look for cheese with less than 5 grams of fat per ounce.

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<b>Dairy</b> (continued)		
Milk	Any brand of fat-free! Any brand of 1%!	Milk and yogurt contain the natural sugar lactose. They also offer protein, calcium and vitamin D.
Sour Cream	<b>Knudsen</b> Fat-Free or Light <b>Naturally Yours</b> Fat-Free <b>Lucerne</b> Low-Fat <b>Deans</b> Low-Fat <b>Breakstone</b> Low-Fat	
Smoothies	<b>Nouriche</b> Light <b>Dannon</b> Light and Fit	
Yogurt	<b>Dannon</b> Light and Fit <b>Yoplait</b> Light, Nonfat <b>Horizon</b> Fat-Free <b>Stoneyfield</b> Low-Fat or Nonfat <b>Cascadian Farms</b> Nonfat or Low-Fat Any Fat-Free Plain	Watch for added sugars. Look for clues on the ingredients list like sugar, sucrose or high fructose corn syrup. Limit added sugars to less than 10% of your total calories (On a 1500 calorie diet that = 150 calories from sugar. 150 calories of sugar is = to 37.5 grams of sugar).  Choose "Light" yogurts sweetened with artificial sweetener or buy plain yogurt and sweeten naturally with fruit!
<b>Produce</b>		
Canned Fruits *Make sure to drain*	<b>Libby's</b> Guava, Papaya, Mango or Mixed Fruit <b>Del Monte</b> or <b>Geisha</b> Mandarin Orange Sections <b>Dole</b> Tropical Fruit Salad Unsweetened Applesauce	Fruit contains the natural sugar fructose along with fiber, vitamins, minerals and phytonutrients.  Choose fresh or frozen more often and canned (in own juice, drained) or dried less often.

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<b>Produce</b> (continued)		
Dried Fruit	<b>Sun-Maid</b> Raisins Mini Snack Packs Portion controlled packets of <b>Craisins</b> Portion controlled packets of <b>Sunsweet</b> Prunes (3 prunes in one pack)	
Vegetables	<b>Trader Joe's</b> Herb Salad Mix <b>Trader Joe's</b> Stir-Fry Veggies <b>Cool Cuts</b> Ranch/Carrot or Celery/Peanut Butter Combo <b>Trader Joe's</b> Organic Arugula <b>Mann's</b> Sugar Snap Peas	**Most fresh & frozen veggies are unlimited!
<b>Soy Products</b>		
Soy Cheese	<b>Yves</b> Good Slices and Good Shreds <b>TofuRella</b> <b>Soy Kaas</b>	
Soy Meat Alternatives	<b>Boca</b> - all varieties <b>Morningstar</b> - all varieties <b>Yves</b> - all varieties <b>Gimmie Lean</b> <b>Dr. Praeger's</b> Veggie Burgers <b>Trader Joe's</b> Meatless Meatballs <b>Amy's</b> Veggie Burgers <b>Lightlife</b> - all varieties <b>Gardenburger</b> - all varieties <b>Tofurky</b> - all varieties	<b>Foods containing soy can be marked with a health claim saying it can reduce the risk of heart disease if the food contains (per serving):</b>  6.25 grams of soy protein  Less than 3 grams of fat  Less than 1 gram of saturated fat  Less than 20 mg of cholesterol  Less than 480 mg of sodium per serving

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<b>Soy Products</b> (continued)		
Soy Milk	<b>Silk</b> Soy Milk <b>8th Continent</b> Plain & Vanilla <b>8th Continent</b> Light Chocolate, Light Vanilla <b>Trader Joe's</b> <b>Westsoy</b> Low-Fat or Fat Free	
Soy Yogurt	<b>Whole Soy</b> <b>Silk</b> Soy Yogurt <b>Stoneyfield</b>	
Tofu - Plain	<b>Azumaya</b> <b>Nasoya</b> <b>Whitewave</b> Reduced Fat <b>Mori-Nu Silken</b> <b>Soy Deli Nigari Firm</b>	Firm tofu works well in stir-frys while soft or silken works great in sauces!
Tofu - Flavored	<b>Soy Deli</b> Baked or Smoked <b>Nasoya</b> Marinated <b>Wildwood</b> Baked or Smoked <b>Trader Joe's</b> Organic Baked Tofu <b>Whitewave</b> Baked	Watch out for sodium!
<b>Vegetarian - Other</b>		
Seitan	<b>Whitewave</b> Traditional, Seasoned or Chicken Style	
Tempeh	<b>Whitewave</b> Soy Rice <b>Wildwood</b> Soy Rice, Sea Veggie or Onion Herb <b>Soy Deli</b> Soy Tempeh	



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<b>Nuts/Spreads</b>		
Jams/Jellies	<p><b>Smucker's</b> Simply Fruit or Sugar-Free</p> <p><b>Sorrell Ridge</b> 100% Fruit</p> <p><b>Knott's</b> Light</p> <p><b>Trader Joe's</b> Organic Fruit Spreads</p>	<p><b>Look for no added sugar or reduced sugar.</b></p> <p>No added sugar: no sugar or ingredients containing sugar added during processing</p> <p>Reduced sugar: at least 25% less sugar than comparable food</p> <p>Sugar-free: less than 0.5 grams sugar per serving</p>
Peanut Butter/ Nut Butters	<p><b>Laura Scudder's</b> Natural</p> <p><b>Peter Pan</b> Natural</p> <p><b>Adam's</b> Natural</p> <p><b>Trader Joe's</b> Natural</p> <p><b>Maranatha</b> Natural Almond Butter</p>	<p><b>Watch out for trans fats!</b></p>
<b>Meats</b>		
Beef - Other	<p>Extra lean ground beef</p> <p>Buffalo or Ostrich burger</p> <p>Veal</p> <p>Venison</p> <p>Lean Roast Beef</p> <p>Steak: filet mignon, flank, skirt, sirloin</p>	<p><b>Watch for saturated fats and choose lean!</b></p> <p>Limit intake to 10% of total calories. Look at saturated fat content on the food label.</p> <p>Low in saturated fat = less than 1 gram per serving</p>
Chicken/Turkey	<p>Extra lean ground turkey</p> <p>Skinless turkey or chicken breast</p> <p>Deli sliced turkey or chicken breast</p> <p>Chicken, canned in water</p>	<p>Extra lean: less than 5 grams fat, less than 2 grams saturated fat and less than 95 mg cholesterol per serving</p> <p>Lean: less than 10 grams fat, less than 4 grams saturated fat and less than 95 mg cholesterol per serving</p>

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<b>Meats</b> (continued)		
Pork	Pork loin Center cut pork chops Lean Ham Lean deli sliced ham	
Fish	Any fish or shellfish!  Tuna or Salmon, canned in water	<b>Look for Omega-3 Fatty Acids!</b> Aim for 2 servings of omega-3 rich fish per week (only 2 3-oz portions). Choose salmon, lake trout, albacore tuna, herring, mackerel or sardines.
<b>Soups</b>		
Broth	<b>Health Valley</b> - choose no salt added <b>Imagine Pacific</b> <b>Swanson</b> Organic Vegetable <b>Swanson</b> Chicken Broth	
Chili	<b>Health Valley</b> - choose no salt added <b>Amy's</b> - all varieties <b>Trader Joe's</b> Black Bean Chili	
Soup	<b>Health Valley</b> - great variety of lower sodium soups, 40-90% less than comparable brands. <b>Trader Joe's</b> Chilled Gazpacho Imagine Creamy Tomato, Creamy Tomato & Roasted Red Pepper or Butternut Squash <b>Nile</b> Soup Cups - all varieties <b>Amy's</b> - choose Light in Sodium varieties <b>Healthy Choice</b> - all varieties <b>Campbell's</b> Healthy Request - all varieties <b>McDougall's</b> Soup Cups <b>Progresso</b> Black Bean or Lentil (*go easy, high in sodium)	<b>Watch out for sodium!</b>  Limit sodium to 2,400 mg or less per day. Look for sodium content on the food label.  Choose soups and canned items lower in sodium.

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<b>Sauces</b>		
Canned Tomatoes	<i>Muir Glen</i> Fire Roasted	
Tomato Sauce	<i>Amy's</i> Organic Low Sodium Marinara <i>Buitoni</i> Garden Vegetable <i>DiGiorno</i> Marinara <i>Classico</i> Fire Roasted Tomato & Garlic <i>Eden</i> Organic <i>Trader Joe's</i> Marinara di Napoli <i>Muir Glen</i> Organic <i>Prego</i> Chunky Garden	<b>Watch out for sodium!</b>
<b>Condiments</b>		
Margarine	<i>Smart Balance Light</i> <i>Brummel and Brown</i> <i>Spectrum Naturals</i> <i>Take Control</i> Light <i>Benecol</i> Light	<b>Watch out for trans fats!</b>
Mustard	<i>Koops Arizona</i> Heat Mustard <i>Grey Poupon</i> Country Dijon <i>Annie's</i> Naturals Dijon <i>Trader Joe's</i> Sweet and Hot	
Salad Dressing	<i>Kraft</i> Light Done Right <i>Good Seasonings</i> 2 Good For You <i>Newman's Own</i> Lighten Up varieties <i>Lighthouse</i> Light Salsa Ranch <i>Annie's Naturals</i> Low-Fat Raspberry Vinaigrette, Low-Fat Honey Mustard, Roasted Red Pepper or Low-Fat Gingerly Vinaigrette <i>Trader Joe's</i> Reduced Fat: Blue Cheese, Caesar, Cilantro, Creamy Basil, Mediterranean or Low-Fat Parmesan Ranch <i>Seven Seas</i> Reduced Fat Red Wine Vinaigrette <i>Bernstein's</i> Light varieties <i>T Marzetti's</i> Two Lightful varieties <i>Follow Your Heart</i> Low-Fat Caesar or Ranch	<b>Light, Low-fat, Reduced fat?</b>  Light: 33% fewer calories or 50% less fat per serving than a comparable product  Low-fat: 3 grams of fat or less per 100 calories  Reduced Fat or Reduced Calories: at least 25% less per serving compared to a reference food

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<b>Frozen Meals</b>		
Regular	<b>Healthy Choice</b> <b>Weight Watchers</b> Smart Ones <b>Lean Cuisine</b> <b>Michelina's</b> Lean Gourmet	<b>Guidelines for choosing frozen entrees:</b>  220-350 calories, < 4 grams saturated fat, >10 grams protein and < 800 mg sodium per entrée
Vegetarian	<b>Amy's</b> <b>Cedarlane</b> <b>Cascadian Farm</b> <b>Ethnic Gourmet</b> <b>Celentano</b> <b>Whole Foods</b> <b>Trader Joe's</b> Roasted Vegetable Enchiladas, Eggplant Parmesan or Black Bean and Corn Enchiladas	
<b>Meal Replacements</b>		
Meal Bars	<b>Kashi</b> Go Lean <b>Power Bar</b> Protein Plus <b>Clif Bar</b> <b>Slim Fast</b> Meal-On-The-Go <b>Genisoy</b> <b>Balance Bar</b> <b>Zone Bar</b> <b>EAS</b> Advantage Edge or Results for Women	Watch out for trans fats!  <b>Guidelines for choosing meal bars:</b>  200-300 calories, < 4 g saturated fat and the more fiber the better!
Shakes	<b>Kashi</b> Go Lean <b>Slim Fast</b> Meal On-The-Go <b>Balance</b> <b>Myoplex</b> <b>Glucerna</b> Weight Management or Regular <b>Boost</b> <b>Zone Perfect</b>	<b>Guidelines for choosing meal shakes:</b>  200-300 calories, < 2 g saturated fat and the more fiber the better!

Food Item	Healthy Product Recommendations	Label & Nutrient Alerts! Things to look for & Things to watch out for
<b>Meal Replacements</b> (continued)		
Snack Bars	<b>Luna Bar</b> <b>Pria Bar</b> <b>Slim Fast</b> Snack Bars <b>Dr. Soy</b> <b>Kashi</b> Go Lean Crunch	<b>Guidelines for choosing snack bars:</b>  100-200 calories, <3 g saturated fat and the more fiber the better!
<b>Snacks</b>		
Chips	<b>Baked Lays</b> <b>Baked Tostitos</b> <b>Guiltless Gourmet</b> <b>Genisoy Soy Crisps</b> <b>Garden of Eatin Baked</b>	<b>Portion Control!</b>  Look at the serving size and the calories and fat. Will you eat more than one serving?  Aim for approximately 200 calories or less for snacks.
Pretzels	<b>Rold Gold</b> Heartzels <b>Pennysticks</b> Brand <b>Newman's Own</b> Spelt	
Crackers	<b>Health Valley</b> Low-Fat Whole Wheat <b>Ry-Krisp</b> <b>Ryvita</b> <b>Wasa Fibre Rye</b> <b>Ak-Mak</b> <b>Reduced Fat Triscuit</b> <b>Kashi</b> TLC 7-Grain <b>Hain</b> Wheatettes <b>Whole Foods 365</b> Baked Woven Wheats <b>Trader Joe's</b> Woven Wheat Wafers <b>Barbara's Bakery</b> Wheatines	<b>Watch out for trans fats!</b>
Graham Crackers	<b>Health Valley</b> Oat Bran or Rice Bran <b>Hain</b> Honey or Cinnamon Grahams <b>New Morning</b> Cinnamon Grahams <b>Barbara's</b> Go Go Grahams (8 = 2 sheets)	<b>Watch out for trans fats!</b>

Food Item	Healthy Product Recommendations	Label & Nutrient Alerts! Things to look for & Things to watch out for
<b>Snacks</b> (continued)		
Granola/Cereal/ Fruit Bars	<b>Health Valley</b> Bakes, Fruit Bars or Granola Bars <b>Nature's Choice</b> - all varieties <b>Nature Valley</b> Fruit and Nut Trail Mix Bars or Crunchy Granola Bars	<b>Watch out for trans fats!</b>
Microwave Popcorn	<b>Smart Balance</b> Low-Fat <b>Bearitos</b> No Oil Added *Or, pop your own with an air popper!	<b>Watch out for trans fats!</b>
<b>Dips</b>		
Bean Dip	<b>Trader Joe's</b> Black or Pinto Bean <b>Guiltless</b> Gourmet Spicy Black Bean <b>Bearitos</b> Vegetarian	
Hummus	<b>Athenos</b> - all varieties <b>Wildwood</b> - all varieties <b>Nile</b> - all varieties <b>Trader Joe's</b> - all varieties <b>Emerald Valley</b> - all varieties	
Salsa	<b>Trader Joe's</b> Fresh Mild or Hot <b>Trader Joe's</b> Pico de Gallo <b>Casa Sanchez</b>	
Misc	<b>Trader Joe's</b> Tzatziki	
<b>Sweets</b>		
Ice Cream/Frozen Yogurt	<b>Silhouette</b> Ice Cream Sundae, Sandwich or Bar <b>Good Humor</b> Fudgesicle <b>Healthy Choice</b> Low-Fat Ice Cream <b>Edy's</b> Fat-Free Frozen Yogurt <b>Tofutti</b> Cuties <b>Haagen Daz</b> Frozen Yogurt or Sorbet	<b>Remember portion control!</b>
Juice Bars	<b>Welch's</b> Fruit Juice Bars <b>Dole</b> Fruit N' Juice Bars <b>Trader Joe's</b> Juice Bars <b>Dryer's</b> Whole Fruit	

Food Item	Healthy Product Recommendations	Label & Nutrient Alerts! Things to look for & Things to watch out for
<b>Sweets</b> (continued)		
Pudding	<i>Jell-O</i> Fat-Free Pudding Snacks <i>Hunt's</i> Fat-Free Pudding Snacks	
Cookies	<i>Health Valley</i> Fat-Free Cookies (limit to 3), Regular (limit to 1), Biscotti Style (limit to 2) or Café Creations (limit to 1) <i>Hains</i> Kidz Animal Cookies (limit to 10) <i>Pamela's Brand</i> - all varieties (limit to 1) <i>Natural Oven's</i> Chip-Mate or Chocolate Raspberry Cookies (limit to 1)	<b>Again, remember portion control and watch out for trans fats!</b>
Dessert Bars	<i>Health Valley</i> Café Creations, Tarts or Cereal Bars	
<b>Beverages</b>		
Hot Cocoa	<i>Swiss Miss</i> No Sugar Added <i>Nestle</i> Carnation Sugar-Free	

**\*products recommended in this guide are trans fat-free!**

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