CONDIMENTS EXCHANGE

Fork Friendly Selections (Cal/g carb)	Serving Size	Product Picture

BBQ Sauce

Saturated-fat free & under 200 mg sodium



Cajun Blast
- BBQ (8/2) ---------- **1/2 T**
- Garlic Butter (60/1) ---------- **1/4 T**

Haks
- Brown Sugar Roasted Garlic (40/10) ---------- **2 T**
- Habanero Pineapple (45/11) ---------- **2 T**
- Smoked Maple Mustard (60/12) ---------- **2 T**

Meyer's
- Honey Mesquite BBQ Sauce (35/8) ---------- **2 T**
- Original BBQ Sauce (35/7) ---------- **2 T**

Salt Lick
- Honey Pecan BBQ Sauce (35/8) ---------- **2 T**

Stonewall Kitchen
- Smoky Maple (50/11) ---------- **2 T**
- Baby Back Rib Sauce (35/8) ---------- **2 T**

Chili Seasoning

Saturated-fat free & sodium free







Mrs Dash
- Chili Seasoning Mix (15/3) ---------- **1.25 tsp**

Pioneer
- Gluten Free Chili Seasoning (25/4) ---------- **1 tsp**

Williams
- Original Chili Seasoning (15/2) ---------- **2 tsp**

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Fork Friendly Selections (Cal/g carb)	Serving Size	Product Picture

Coffee Creamer

Saturated-fat free

Community

- Low Fat Coffee Creamer (10/1) ---------- **1 tsp**
- Low Fat Lactose Free (10/1) ---------- **1 tsp**

Kroger

- Fat-free Original (10/2) ---------- **1 tsp**

Nestle

- Fat-free Original (10/2) ---------- **3/4 tsp**



Coffee Cream Liquid

Saturated-fat free and sugar free

HEB

- Almond & Coconut Vanilla (15/3) ---------- **1 T**

Nestle Coffee Mate

- Zero Sugar French Vanilla (10/0) ---------- **1 T**
- Zero Sugar Italian Sweet Cream (15/1) -------- **1 T**

Nut Pods

- French Vanilla (10/0) ---------- **1 T**
- Hazelnut (10/0) ---------- **1 T**
- Original (10/0) ---------- **1 T**

Ripple

- Half & Half Original (40/0) ---------- **2 T**



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Fork Friendly Selections (Cal/g carb)	Serving Size	Product Picture

Dipping Sauce

Saturated-fat free & under 240 mg sodium

3 Dragons

- Asian Peanut Sauce (24/4) ---------- 1 T
- Zesty Orange Sauce (30/7) ---------- 1 T

Kam's Kettle Cooked

- Sweet & Spicy Chili Sauce (20/4) ---------- 2 T

Kroger

- Spring Roll Dipping Sauce (50/13) ---------- 2 T



Gravy Packaged

Saturated-fat free & under 225 mg sodium

Kroger

- Reduced Sodium Brown Gravy (20/4) ---------- 1 T

McCormick Gravy Mix

- Chicken 30% less sodium (20/4) ---------- 1 T



Hot Sauce

Saturated-fat free & under 100 mg sodium

Bravado

- Crimson Hot Sauce (0/0) ---------- 1 tsp
- Pineapple Habanero (0/0) ---------- 1 tsp

Lola's Fine Hot Sauce

- Ghost Pepper (0/0) ---------- 1 tsp
- Original (0/0) ---------- 1 tsp

Melinda's

- Mango Habanero (0/0) ---------- 1 tsp
- Garlic Pepper (0/0) ---------- 1 tsp

Tabasco

- Original (0/0) ---------- 1 tsp



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Fork Friendly Selections (Cal/g carb)	Serving Size	Product Picture

Jam & Jelly

No more than 5g sugar

Kroger
- Reduced Sugar Strawberry Preserve (25/6) ----- 1 T

Polaner Sugar Free w/Fiber
- Grape Jam (10/5) ---------- 1 T
- Orange Marmalade (10/5) ---------- 1 T
- Strawberry Preserve (10/5) ---------- 1 T

Smuckers Sugar Free
- Red Raspberry (10/5) ---------- 1 T
- Strawberry (10/5) ---------- 1T
- Seedless Blackberry (10/5) ---------- 1 T

Welch's
- Grape, Reduced Sugar (20/5) ---------- 1 T

World of Chia
- Raspberry (35/7) ---------- 1 T
- Strawberry (35/7) ---------- 1 T



Ketchup

No more than 150 mg sodium
No more than 4 g sugar

Heinze
- No Salt Ketchup (20/5) ---------- 1 T

Kroger
- 50% Less Sugar & Sodium (15/4) ---------- 1 T

Primal Kitchen
- Organic Unsweetened Ketchup (10/2) ---------- 1 T

Simple Truth
- Organic Reduced Sugar & Sodium (15/4) ------ 1 T



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Fork Friendly Selections (Cal/g carb)	Serving Size	Product Picture

Marinades (liquid)

Saturated-fat free & under 250 mg sodium

Haks One Pot Cooking
- Caribbean Jerk (35/7) ---------- **1/4 c**
- Chipotle Bourbon (60/12) ---------- **1/4 c**

HEB
- Raspberry Chipotle Marinade (40/10)---------- **1 T**

Mrs. Dash
- Garlic Herb (15/3) ---------- **1 T**
- Sweet Teriyaki (35/9) ---------- **1 T**

Private Selection
- Korean Inspired Bulgogi (25/4) ---------- **1 T**
- Middle Eastern Inspired Shawarma (15/1) ------- **1 T**

Robert Rothchild Farms
- Pineapple Habanero Sauce (70/18) ---------- **2 T**
- Roasted Red Pepper & Onion Sauce (40/11) ----- **2 T**



Marinades (powder)

Saturated-fat free & under 100 mg sodium

Adam's
- Jamacian Jerk Spice (0/1) ---------- **1/4 tsp**
- Sweet & Smokey Seafood (5/1) ---------- **1/4 tsp**
- TX BBQ Seasoning (0/0) ---------- **1/4 tsp**

John Wayne
- Chicken Rub (6/0) ---------- **1/4 tsp**

Mrs. Dash
- Pot Roast Seasoning (15/3) ---------- **1.75 tsp**



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Fork Friendly Selections (Cal/g carb)	Serving Size	Product Picture

Mustard

Saturated-fat free & under 50 mg sodium

Boars Head
- Delicatessean Style (0/0) ---------- 1 tsp
- Honey Mustard (10/2) ---------- 1 tsp
- Lower Sodium (5/0) ---------- 1 tsp

French's
- Honey Mustard (10/2) ---------- 1 tsp

Kroger
- Honey Mustard (10/1) ---------- 1 tsp



Pickles & Peppers

Saturated-fat free & under 100 mg sodium

Kroger
- Sugar Free Bread & Butter Pickles (0/1) ------- 1/2 spear

Private Selection
- Grilled Piquillo Peppers (10/2) ---------- 1 piece



Salsa

Saturated-fat free & under 125 mg sodium

Central Market
- Mild Peach (20/5) ---------- 2 T

Green Mountain
- Mild (12/2) ---------- 2 T
- Hot (10/2) ---------- 2T

HEB Speciality Series
- Green Chili Tomatillo (10/2) ---------- 2 T
- Tomato Garlic (10/2) ---------- 2 T



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Fork Friendly Selections (Cal/g carb)	Serving Size	Product Picture

Salsa (cont.)

Saturated-fat free & under 125 mg sodium

Mateos
- Salsa Verde (10/2) ---------- 2 T

Private Selections
- Peppery Sweet Corn Salsa (30/6) ---------- 2 T

Stonewall Kitchen
- Mango Lime Salsa (5/3) ---------- 2 T

Texas Brew
- Honey Roasted Mango (15/4) ---------- 2 T

Valentina
- Picante (0/0) ---------- 1 tsp



Soy Sauce

Saturated-fat free & under 650 mg sodium

Kroger
- Light Soy Sauce (15/3) ---------- 1 T

Kikkoman
- Less Sodium Soy Sauce (10/1) ---------- 1 T



Steak Sauce

Saturated-fat free & under 175 mg sodium

Country Bob's
- Steak Sauce (25/7) ---------- 1 T

Heinze 57
- Steak Sauce(20/4) ---------- 1 T

Lea & Perrins
- Worcestershire Sauce (5/1) ---------- 1 tsp



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Fork Friendly Selections (Cal/g carb)	Serving Size	Product Picture

Syrup
Sugar-free

Cary's
- Sugar Free Low Calorie Syrup (15/6) ---------- **1/4 c**

Kroger
- Sugar Free Original (15/5) ---------- **2 T**

Maple Grove Farms
- Butter Flavor Sugar Free Syrup (10/3) ---------- **2 T**
- Sugar Free, Low Calorie Syrup (5/3) ---------- **2 T**

Mrs. Butterworth
- Sugar Free Syrup (20/6) ---------- **1/4 c**

Walden Farms
- Pancake Syrup (0/0) ---------- **1/4 c**



Tartar Sauce
Under 1 g Saturated-fat

Kraft
- Original (60/4) ---------- **2 T**



Teriyaki Sauce
Saturated-fat free & under 325 mg sodium

3 Dragons
- Sweet Ginger Teriyaki (30/8) ---------- **1 T**

Kikkoman
- Less Sodium Teriyaki (15/4) ---------- **1 T**

Mrs. Dash
- Sweet Teriyaki Sauce (35/9) ---------- **1 T**



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Fork Friendly Selections (Cal/g carb)	Serving Size	Product Picture

Taco Seasoning

Saturated-fat free and under 275 mg sodium

Kroger
- Reduced Sodium (20/4) ---------- **2 tsp**

McCormick
- 30% Less Salt (15/3) ---------- **2 tsp**

Mrs. Dash
- Taco Seasoning (20/4) ---------- **1 T**

Old El Paso
- 25% Less Sodium (15/3) ---------- **2 tsp**

Ortego
- 40% Less Sodium (15/3) ---------- **2 tsp**

HEB
- 25% Less Sodium (20/3) ---------- **2 tsp**



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