



CONDIMENTS EXCHANGE

Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

BBQ Sauce

Saturated-fat free & under 200 mg sodium

Cajun Blast

- BBQ (60/1) ----- 1/2 T
- Garlic Butter (60/1) ----- 1/4 T

Haks

- Brown Sugar Roasted Garlic (40/9) ----- 2 T
- Habanero Pineapple (50/12) ----- 2 T
- Smoked Maple Mustard (60/12) ----- 2 T

Meyer's

- Honey Mesquite BBQ Sauce (15/3) ----- 2 T
- Original BBQ Sauce (5/3) ----- 2 T

Salt Lick

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

Stonewall Kitchen

- Smoky Maple (50/11) ----- 2 T
- Baby Back Rib Sauce (35/9) ----- 2 T



Chili Seasoning

Saturated-fat free & sodium free

Mrs Dash

- Chili Seasoning Mix (15/3) ----- 2 tsp

Pioneer

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

Williams

- Original Chili Seasoning (10/3) ----- 2 tsp





Fork Friendly Selections (Cal/g carb)

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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) ----- 1 tsp



Coffee Cream Liquid

Saturated-fat free and sugar free

HEB

- Almond & Coconut Vanilla (5/0) ----- 1 T

Kroger

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

Nestle Coffee Mate

- Fat-free Original (10/2) ----- 1 T
- Zero Sugar French Vanilla (15/1) ----- 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





Fork Friendly Selections (Cal/g carb)

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Dipping Sauce

Saturated-fat free & under 240 mg sodium

3 Dragons

- Asian Peanut Sauce (25/4) ----- 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 (2/0) ----- 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





Fork Friendly Selections (Cal/g carb)

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Jam & Jelly

No more than 5g sugar

Kroger

- Reduced Sugar Strawberry Preserve (25/5) ----- 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) ----- 1 T
- Seedless Blackberry (10/5) ----- 1 T

Welch's

- Grape, Reduced Sugar (20/5) ----- 1 T

World of Chia

- Raspberry (35/5) ----- 1 T
- Strawberry (35/5) ----- 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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Marinades (liquid)

Saturated-fat free & under 250 mg sodium

Haks One Pot Cooking

- Caribbean Jerk (35/7) ----- 1/4 c
- Chipotle Bourbon (50/11) ----- 1/4 c

Mrs. Dash

- Garlic Herb (10/2) ----- 1 tsp
- Sweet Teriyaki (35/9) ----- 1 T

Private Selection

- Indian Inspired Tandori (20/1) ----- 1 T
- Korean Inspired Bulgogi (25/4) ----- 1 T
- Middle Eastern Inspired Shawarma (10/1) ----- 1 T

Robert Rothchild Farms

- Pineapple Habanero Sauce (70/18) ----- 2 T
- Roasted Red Pepper & Onion Sauce (30/8) ----- 2 T



Marinades (powder)

Saturated-fat free & under 100 mg sodium

Adam's

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

HEB

- Raspberry Chipotle Marinade (35/9) ----- 1 T

John Wayne

- Chicken Rub (6/0) ----- 1/4 tsp

Mrs. Dash

- Pot Roast Seasoning (10/4) ----- 1 tsp





Fork Friendly Selections (Cal/g carb)

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Mustard

Saturated-fat free & under 50 mg sodium

Boars Head

- Delicatessen Style (0/0) ----- 1 tsp
- Honey Mustard (10/2) ----- 1 tsp
- Lower Sodium (5/0) ----- 1 T

French's

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

Kroger

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



Pickles & Peppers

Saturated-fat free & under 100 mg sodium

Kroger

- No Sodium Bread & Butter Pickles (35/8) ----- 1 oz

Private Selection

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



Salsa

Saturated-fat free & under 125 mg sodium

Central Market

- Mild Peach (15/4) ----- 2 T

Green Mountain

- Mild (10/2) ----- 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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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 (15/3) ----- 2 T

Texas Brew

- Honey Roasted Mango (15/3) ----- 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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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 (15/6) ----- 1/4 c

- Sugar Free, Low Calorie Syrup (5/3) ----- 2 T

Mrs. Butterworth

- Sugar Free Syrup (20/8) ----- 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 (35/8) ----- 1 T

Kikkoman

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

Mrs. Dash

- Sweet Teriyaki Sauce (35/9) ----- 1 T





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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) ----- 1/4 c

Old El Paso

- 25% Less Sodium (15/3) ----- 2 tsp

Ortego

- 40% Less Sodium (20/4) ----- 2 T

HEB

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

