

Look Great, Feel Great!

# Women's Health

## Red-Hot Sex Moves!

Pump Up the Pleasure

## 17-DAY SLIM DOWN!

This Hunger Fix Sheds Pounds Fast (& Forever)

*Hayden*  
Panettiere

How She Gets Her Head-to-Toe Glow



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& Sexy at  
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for Every  
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# 125

## BEST PACKAGED FOODS FOR WOMEN

These supermarket finds are convenient and time-saving, but not at the expense of your abs or your taste buds. So munch your way through this list of the most nutritious offerings on your store's shelves.

**PHOTOGRAPHS BY  
SAM KAPLAN**

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## SWEETS & TREATS

DESSERT, NO WILLPOWER REQUIRED

### 1. Ciao Bella Adonia Greek Frozen Yogurt Bars in Wild Blueberry

■ ■ ■ ■ Your mind may know that these fruit-swirled bars have less than 100 calories, but your tongue will never get beyond the bliss-inducing taste.

Per bar: 75 cal, 0 g fat, 15 g carbs, 35 mg sodium, 0 g fiber, 5 g protein, 14 g sugar



### 2. Newman's Own Organics Oatmeal Chocolate Chip Cookies

■ ■ ■ You can eat a handful without exceeding the serving size, and the baked-in whole grains guarantee that these crunchy cookies are satisfying.

Per 5 cookies: 140 cal, 6 g fat (3 g sat), 23 g carbs, 160 mg sodium, 1 g fiber, 2 g protein, 12 g sugar



### 3. So Delicious Dairy-Free Almond Milk Cherry Amaretto Frozen Dessert

■ ■ ■ Go nuts! Like the Italian liqueur of the same name, this dessert is made from almonds (almond milk, to be exact), so it's überlow in fat, yet somehow still creamy.



Per ½ cup: 130 cal, 4 g fat (0 g sat), 27 g carbs, 65 mg sodium, 5 g fiber, 1 g protein, 6 g sugar

### 4. Stonyfield Oikos Chocolate Greek Frozen Yogurt

■ ■ ■ The organic soft-serve style fro-yo (fro-Gyo?) is nutritionally virtuous enough that you could add a topping, but it's so rich that you won't need to.



Per ½ cup: 100 cal, 0 g fat, 19 g carbs, 55 mg sodium, 1 g fiber, 6 g protein, 16 g sugar

### 5. Edy's Fruit Bars Coconut, Pineapple, Orange Variety Pack

■ ■ ■ Real fruit pieces flavor these sweet tropical pops and help keep your blood sugar from skyrocketing.



Per pop: (orange and pineapple) 50 cal, 0 g fat, 12 g carbs, 0 mg sodium, 0 g fiber, 0 g protein, 11 g sugar; (coconut) 70 cal, 1 g fat (1 g sat), 12 g carbs, 25 mg sodium, 0 g fiber, 2 g protein, 9 g sugar

### 6. Skinny Cow Mint Ice Cream Sandwiches

■ Incredibly soft chocolate wafers bookend low-fat mint ice cream that tastes like it's anything but good for you, yet the whole thing is one tidy, portion-controlled package.

Per sandwich: 150 cal, 2 g fat (1 g sat), 30 g carbs, 135 mg sodium, 3 g fiber, 4 g protein, 15 g sugar



### 7. Jolly Llama Sorbet SqueezeUps—Peach Flavor

■ ■ ■ This dairy-free push pop may look like a kiddie treat, but each one contains a grown-up amount of vitamins A and C—half what you need in a day.

Per tube: 80 cal, 0 g fat, 20 g carbs, 0 mg sodium, 3 g fiber, 0 g protein, 17 g sugar



### 8. Blue Bunny Champ! Snack-Size Ice Cream Cones

■ Miniaturized cones take willpower out of the equation, so you can enjoy a guilt-free dessert down to the last fudge-filled bite.

Per cone: 140 cal, 8 g fat (4 g sat), 15 g carbs, 65 mg sodium, <1 g fiber, 3 g protein, 8 g sugar



### 9. Immaculate Baking Co. Vanilla Sugar Organic Cookie Dough

■ ■ ■ Back-to-basics sugar cookies come in break-apart sheets, so you can bake only as many as you want at one time and avoid unnecessary temptation.

Per cookie: 80 cal, 3 g fat (2 g sat), 10 g carbs, 45 mg sodium, 0 g fiber, 1 g protein, 1 g sugar



### 10. Lucy's Gluten-Free Brownie Cakes

■ ■ ■ Just what goes into these fudgy baked treats to make them taste so good, it's hard to say, because they're free of most allergens, including nuts, dairy, eggs, and wheat.

Per brownie: 120 cal, 4 g fat (<1 g sat), 18 g carbs, 45 mg sodium, 2 g fiber, 2 g protein, 11 g sugar



### 11. Amy's Organic Pound Cake

■ ■ ■ A slice so dense and moist, you'd never guess that it's made with low-fat buttermilk and without gluten. Frost it, soak it in spirits, or serve it with fresh berries and cream.

Per slice: 180 cal, 7 g fat (3 g sat), 27 g carbs, 230 mg sodium, 1 g fiber, 1 g protein, 14 g sugar



### 12. Kozy Shack Chocolate Rice Pudding

■ ■ ■ When you can buy pudding that tastes this much like it was made from scratch, and even boasts an all-natural ingredients list, why would you ever waste time cooking it yourself again?



Per ½ cup: 150 cal, 5 g fat (3 g sat), 23 g carbs, 120 mg sodium, 0 g fiber, 4 g protein, 16 g sugar

## CONDIMENTS

FLAVOR BOOSTERS WITH HEALTH PERKS

### 13. Eat Well Enjoy Life Spicy Red Lentil Chipotle Hummus with Poblano Pepper & Corn Topping

■ ■ ■ Lentils are among the most protein-rich legumes, and research suggests that the flavonols they contain may help lower breast-cancer risk.



Per 2 Tbsp: 60 cal, 4 g fat (0 g sat), 5 g carbs, 105 mg sodium, 2 g fiber, 2 g protein, <1 g sugar

### 14. Wholly Salsa Classic, Medium

■ ■ ■ So fresh-tasting, you'll know the short, all-natural ingredients list isn't hiding a thing. Cilantro flavor, backed by subtle heat, eliminates the need for added fat.



Per 2 Tbsp: 10 cal, 0 g fat, 2 g carbs, 160 mg sodium, 0 g fiber, 0 g protein, 1 g sugar

### 15. Lucini Hearty Artichoke Tomato Sauce

■ ■ ■ With its fiber-filled chokes, this vegan sauce will satisfy even if you opt to skip the meatballs, and vine-ripened plum tomatoes add sweetness without extra sugar.

Per ½ cup: 50 cal, 2 g fat (0 g sat), 7 g carbs, 230 mg sodium, 3 g fiber, 2 g protein, <1 g sugar



### 16. Bolthouse Farms Extra-Virgin Olive Oil Vinaigrette, Chunky Blue Cheese

■ ■ ■ Few bottles can pack tons of flavor into a small amount of calories, but this tastes as rich as far more decadent dressings. Try it as a marinade or dip for hot wings too.

Per 2 Tbsp: 45 cal, 3 g fat (<1 g sat), 4 g carbs, 150 mg sodium, 0 g fiber, 1 g protein, 3 g sugar



### 17. Lucini Roasted Hazelnut & Extra-Virgin Artisan Vinaigrette

■ ■ ■ One dressing with double the heart-healthy, belly-filling oils (roasted hazelnut and canola), which studies have shown can help your body absorb more of the fat-soluble vitamins in your bowl.

Per 2 Tbsp: 120 cal, 11 g fat (1 g sat), 3 g carbs, 190 mg sodium, 0 g fiber, 1 g protein, 2 g sugar



### 18. Bella's Strawberry Balsamic Dressing

■ ■ ■ This dressing has built-in insurance against a sugar crash: Vinegar, its third ingredient, has been found to have an antihyperglycemic effect that can help stabilize blood sugar levels and regulate hunger.

Per 2 Tbsp: 20 cal, 0 g fat, 6 g carbs, 10 mg sodium, 0 g fiber, 0 g protein, 5 g sugar



### 19. Organicville Stone Ground Mustard

■ ■ ■ Mustard seeds are not only responsible for an all-purpose, next-to-no-calorie condiment but also have the same cancer-fighting compounds as broccoli and other cruciferous veggies.

Per tsp: 5 cal, 0 g fat, 0 g carbs, 60 mg sodium, 0 g fiber, 0 g protein, 0 g sugar



### 20. Sabra Onion-Flavored Greek Yogurt Veggie Dip

■ ■ ■ It's your basic party dip, minus the fat-laden sour cream but not the full, luxurious flavor. Credit Greek yogurt for the slimmed-down nutritional profile.

Per 2 Tbsp: 45 cal, 4 g fat (2 g sat), 2 g carbs, 135 mg sodium, 0 g fiber, 2 g protein, 1 g sugar



### 21. Bertolli Italian Glaze with Balsamic Vinegar of Modena

■ ■ ■ A good balsamic reduction can make all the difference between a so-so dish and a drool-worthy one. This little bottle lets you skip the simmering and get right to the flavor with a syrup-thick, ready-made glaze.

Per Tbsp: 30 cal, 0 g fat, 7 g carbs, 0 mg sodium, 0 g fiber, 0 g protein, 1 g sugar



### 22. Santa Cruz Organic Concord Grape Fruit Spread

■ ■ ■ Because this all-natural spread is jammed with real fruit, it's also packed with polyphenols, which have been linked to cardiac health and other perks.

Per Tbsp: 40 cal, 0 g fat, 10 g carbs, 10 mg sodium, 0 g fiber, 0 g protein, 10 g sugar



### 23. SunButter Natural No-Stir Creamy

■ ■ ■ Supercharge your next PB&J with this creamy sunflower seed spread. It's loaded with healthy fats, protein, and fiber, not to mention a slightly sweeter-than-PB roasted flavor.

Per 2 Tbsp: 200 cal, 16 g fat (3 g sat), 7 g carbs, 120 mg sodium, 4 g fiber, 7 g protein, 3 g sugar



## SOUPS

BENEFITS BY THE BOWLFUL

### 25. Campbell's 100% Natural Healthy Request Whole-Grain Pasta Fagioli

■ ■ ■ Made with whole-grain noodles and iron-rich kidney beans. Best of all, the company is discontinuing use of bisphenol-A in its cans.

Per cup: 90 cal, <1 g fat (0 g sat), 18 g carbs, 410 mg sodium, 3 g fiber, 4 g protein, 6 g sugar



KEY

- SLIM-DOWN PICK
- WORKOUT FUEL
- MEAT-FREE
- ORGANIC
- GLUTEN-FREE



## 26. College Inn Organic Chicken Broth

■ Tastes like stock you'd make from scratch, but in a convenient resealable carton that makes it easy to add a splash to risotto or other cooked grains to enrich their flavor.

Per cup: 15 cal, 1 g fat (0 g sat), <1 g carbs, 510 mg sodium, 0 g fiber, 2 g protein, <1 g sugar



## 27. Nueva Cocina Cuban Black Bean Soup

■ Black beans are rich in belly-flattening fiber, protein, and health-boosting antioxidants.

Per 1 cup prepared: 130 cal, <1 g fat (0 g sat), 27 g carbs, 680 mg sodium, 10 g fiber, 9 g protein, 2 g sugar



## 28. Pacific Natural Foods Organic Butternut Squash Bisque

■ Creamy, yes, but not because of fat. Carrots, squash, and spices are pureed and sealed in a BPA-free, earth-friendly package.

Per cup: 110 cal, 4 g fat (2 g sat), 18 g carbs, 510 mg sodium, 4 g fiber, 2 g protein, 5 g sugar



## 29. Tabatnick Reduced-Sodium Tuscan Lentil Soup

■ Impressively low in sodium, but you wouldn't know it from the unprocessed flavor packed into every spoonful of this hearty Italian lentil and veggie stew. The microwavable pouch is the perfect size.



Per pouch: 160 cal, 0 g fat, 29 g carbs, 85 mg sodium, 8 g fiber, 11 g protein, 3 g sugar

## 30. Progresso Light Creamy Potato Soup with Bacon &amp; Cheese

■ It's true this creamy soup features real bacon pieces, cheese, and soft potato chunks, but it has only a fraction of the calorie count you'd expect to go along with those ingredients.



Per ½ cup (half of one serving): 50 cal, 2 g fat, <1 g sat, 9 g carbs, 340 mg sodium, 3 g fiber, 1 g protein, 1 g sugar

## 31. Healthy Choice Chicken Tortilla Soup

■ The spicy tomato-bean blend is a fiesta for your mouth, but you'll also want to celebrate the fact that it's low-fat.



Per cup: 140 cal, 2 g fat, (0 g sat), 23 g carbs, 390 mg sodium, 6 g fiber, 9 g protein, 3 g sugar

## 32. Eden Black Bean &amp; Quinoa Chili

■ Talk about your complete protein: This hearty chili is so packed with quinoa, black beans, and two kinds of mushrooms that you won't even miss the meat.

Per cup: 190 cal, 2 g fat (0 g sat), 35 g carbs, 460 mg sodium, 6 g fiber, 10 g protein, 3 g sugar



## MEATS &amp; SEAFOOD

LEAN PROTEIN FOR A LEAN BODY

## 34. Al Fresco All-Natural Tomato &amp; Basil Chicken Meatballs

■ Only nitrate-free chicken is used to make these leaner-than-beef balls, and they're also reasonably low in sodium, so you can serve them with jarred marinara for a quick midweek meal.



Per 4 meatballs: 160 cal, 9 g fat (3 g sat), 4 g carbs, 380 mg sodium, 0 g fiber, 16 g protein, 2 g sugar

## 35. Hormel Natural Choice Apple Gouda Chicken Sausage

■ The mouthwatering flavor of smoky cheese and sweet apple slices will make you forget that these nitrate-free, low-fat links are made from poultry, not pork. Add sweet potatoes for a breakfast hash.



Per sausage: 170 cal, 9 g fat (4 g sat), 7 g carbs, 580 mg sodium, 0 g fiber, 14 g protein, 7 g sugar

## 36. Jennie-O Turkey Store Turkey Bacon

■ How's this for selling the sizzle: Each slice of this turkey bacon has 60 percent less fat than pork bacon, and a pleasantly crisp, salty taste.



Per slice: 30 cal, 3 g fat (<1 g sat), 0 g carbs, 130 mg sodium, 0 g fiber, 2 g protein, 0 g sugar

## 37. Wild Planet Albacore Tuna

■ You're only a tear and a squeeze away from a brainpower-boosting meal or snack that's rich in omega-3s but low in mercury. The fish is sustainably caught too.



Per 3 oz: 180 cal, 9 g fat (1 g sat), 0 g carbs, 375 mg sodium, 0 g fiber, 24 g protein, 0 g sugar

## 38. Applegate Naturals Family-Size Chicken Nuggets

■ Myth 1: Nuggets are just for kids. Myth 2: They're bad for you. These crispy-outside, moist-inside bites are made from only antibiotic-free meat and have a lightly breaded coating.



Per 7 nuggets: 180 cal, 9 g fat (2 g sat), 12 g carbs, 210 mg sodium, 0 g fiber, 12 g protein, 0 g sugar

## 39. Oscar Mayer Selects Applewood-Smoked Turkey Breast

■ Quit artificial preservatives cold turkey—these slices are completely free of them. And when it comes to flavor, they rival anything in the deli case.



Per 6 slices: 50 cal, 1 g fat (0 g sat), 2 g carbs, 480 mg sodium, 0 g fiber, 9 g protein, 0 g sugar

## 40. Gorton's Skillet Crisp Tilapia-Garlic &amp; Herb

■ Preseasoned fillets take the messy and time-consuming prep work out of serving fish for dinner, and baking instead of frying avoids the unnecessary fat. Simply heat and enjoy.



Per fillet: 190 cal, 9 g fat (2 g sat), 15 g carbs, 470 mg sodium, 0 g fiber, 13 g protein, 0 g sugar

## 41. Great Range Brand Ground Bison

■ It's time you got game. Bison has at least as much protein as beef, but is far leaner. Buffalo meat is also rich in conjugated linoleic acid (CLA), a compound experts believe can help build lean muscle.



Per 4 oz: 190 cal, 11 g fat (4 g sat), 0 g carbs, 60 mg sodium, 0 g fiber, 20 g protein, 0 g sugar

## 42. Laura's Lean Beef Strip Steak

■ High in iron (which many women are deficient in) and low in saturated fat, strip steaks are a great healthy splurge. These are also hormone- and antibiotic-free.



Per 4-oz serving: 150 cal, 5 g fat (2 g sat), 0 g carbs, 85 mg sodium, 0 g fiber, 24 g protein, 0 g sugar

## FRUITS &amp; VEGGIES

AN EASY ROUTE TO FIVE DAILY SERVINGS

## 43. Sunsweet 60-Calorie Packs Cherry-Essence Prunes

■ Single-serve fruits pumped up with cherry flavor are a good source of potassium, and a recent study linked eating dried plums to better bone health in women.



Per prune: 60 cal, 0 g fat, 16 g carbs, 0 mg sodium, 2 g fiber, 1 g protein, 8 g sugar

## 44. Peas of Mind Broccoli Veggie Wedgies

■ You're never too old to sneak more veggies into your diet, especially broccoli, which is packed with cancer-fighting glucosinolates. It's a main ingredient in these oven-crisped "fries."



Per 2 oz (about 12 fries): 70 cal, 0 g fat, 15 g carbs, 70 mg sodium, 2 g fiber, 2 g protein, 1 g sugar

## 45. Earthbound Farm Power Greens

■ An array of leafy goodness and bone-building vitamin K abounds in this mix of tender baby spinach, red and green chard, and kale. Add some to smoothies and soups.



Per 2 cups: 20 cal, 0 g fat, 3 g carbs, 130 mg sodium, 2 g fiber, 2 g protein, 0 g sugar

## 46. Mann's Rainbow Salad

■ All the fiber and none of the prep work. Mix the colorful blend of pre-cut cauliflower hearts, broccoli, red cabbage, and carrots with some dressing for a no-hassle slaw, or use it as a low-cal filling for spring rolls.



Per cup: 25 cal, 0 g fat, 5 g carbs, 30 mg sodium, 2 g fiber, 2 g protein, 2 g sugar

## 47. Dole Sliced Strawberries

■ Free of preservatives, sugary juices, and heavy syrups, these single-serving-sized frozen fruit cups are the next best thing to fresh. Thaw one for a sweet, vitamin C-packed treat.



Per container: 35 cal, 0 g fat, 8 g carbs, 0 mg sodium, 2 g fiber, 0 g protein, 4 g sugar

## 48. Dole Extra Veggie Salads, Classic Spring Mix with Garden Vegetables

■ Among the baby greens, endive, and radicchio is a small bag of shredded carrots, radishes, and red cabbage, sealed to keep the veggies inside extra crisp until the moment they're tossed.



Per 3 cups: 20 cal, 0 g fat, 5 g carbs, 65 mg sodium, 2 g fiber, 1 g protein, 2 g sugar

## 49. Birds Eye Steamfresh Edamame in the Pod

■ Pop the bag into the microwave and in minutes you'll have perfectly steamed soybeans to toss into salad, shell for hummus, or snack on with a sprinkle of sea salt.



Per 1 oz: 45 cal, 2 g fat (0 g sat), 4 g carbs, 10 mg sodium, 2 g fiber, 4 g protein, 1 g sugar

## 50. Alexia Sweet-Potato Puffs

■ Chockablock with carotenoids and potent anticancer and anti-aging compounds, these spuds outdo traditional tots and taste like miniature sweet-potato pies.



Per ½ cup: 130 cal, 4 g fat (0 g sat), 23 g carbs, 230 mg sodium, 2 g fiber, 1 g protein, 8 g sugar

## 51. Earthbound Farm Frozen Butternut Squash

■ Get all the fiber and vitamins A and C this golden-hued winter squash supplies without any of the time-consuming prep work. Simply thaw the desired amount for soup, salad, or a savory side.



Per ½ cup: 35 cal, 0 g fat, 9 g carbs, 0 mg sodium, 2 g fiber, 1 g protein, 3 g sugar

## 52. Del Monte Superfruit Peach Chunks in Pomegranate &amp; Orange Juice Blend

■ This is a whole different kind of fruit cocktail: peach chunks soaking in antioxidant-rich 100 percent fruit juice, not sugary syrup. Feel free to down the whole thing.



Per container: 100 cal, 0 g fat, 26 g carbs, 15 mg sodium, 3 g fiber, 2 g protein, 12 g sugar

## 53. Chiquita Fruit Chips Tropical Mix

■ Freeze-dried fruit can be powdery, but the slices in this tropical medley have been "air crisped" (speed dehydrated) to a potato chip-like crunch without losing their sweet flavor.



Per package: 115 cal, 0 g fat, 27 g carbs, 10 mg sodium, 2 g fiber, 1 g protein, 20 g sugar

## DAIRY

THE ULTIMATE BONE BUILDERS

## 54. Wallaby Organic Greek Low-Fat Yogurt with Blueberries

■ Slow-cooked yogurt is strained to thicken it into a base so rich and delicious, you won't believe it's low-fat. Stir in the accompanying blueberries for a dose of antioxidants with each creamy spoonful.



Per container: 140 cal, 3 g fat (2 g sat), 18 g carbs, 85 mg sodium, 0 g fiber, 12 g protein, 15 g sugar

## 55. Lifeway Low-Fat Mango Kefir

■ Loads of probiotics, which can help with digestive health, plus the same smoothie-like consistency and sweet-tartness of yogurt. Drink it, pour it over granola, or freeze it like ice cream.



Per cup: 140 cal, 2 g fat (2 g sat), 20 g carbs, 125 mg sodium, 0 g fiber, 11 g protein, 20 g sugar

## 56. Chobani 0% Greek Yogurt, Blood Orange

■ Expecting the double whammy of citrus and yogurt in this fat-free, protein-packed cup to be overwhelmingly tart? You're in for a pleasant surprise: It tastes like a Creamsicle.



Per container: 140 cal, 0 g fat, 21 g carbs, 85 mg sodium, 0 g fiber, 14 g protein, 19 g sugar

## 57. Yasso Mixed Berry Frozen Greek Yogurt Smoothies

■ Dump this genius pouch into a blender, add fat-free milk, and pour out a protein-rich refresher that's just right for breakfast on the go or as a pre- or post-workout drink.



Per ½ pouch (8 fl oz prepared): 110 cal, 0 g fat, 15 g carbs, 15 mg sodium, 4 g fiber, 4 g protein, 9 g sugar

## 58. Coffee-mate Natural Bliss Low-Fat Vanilla Creamer

■ Get the taste of a fancy coffee drink for a fraction of the calories with this all-natural flavored creamer.



Per tablespoon: 20 cal, 1 g fat (<1 g sat), 3 g carbs, 5 mg sodium, 0 g fiber, 0 g protein, 3 g sugar

## 59. The Laughing Cow Smooth Sensations Cinnamon Cream Cheese Spread

■ For less than 50 calories, one wedge of this spice-spiked spread turns ordinary bread into a cinnamon bun-flavored treat and supplies 10 percent of your RDA of calcium.



Per wedge: 45 cal, 4 g fat (3 g sat), 2 g carbs, 110 mg sodium, 0 g fiber, 2 g protein, 1 g sugar

## 60. Sargento Ultra Thin Sliced Colby Jack Cheese

■ Not a fan of low-fat cheese? These thinner slices deliver all the flavor for a fraction of the calories per slice and melt perfectly for omelets and paninis.



Per slice: 40 cal, 3 g fat (2 g sat), <1 g carbs, 77 mg sodium, 0 g fiber, 2 g protein, 0 g sugar

## 61. Horizon Organic Reduced-Fat Brick Cream Cheese

■ Neufchâtel isn't the only option for a low-fat cheese spread that's as smooth and creamy as the real thing.



Per 2 Tbsp: 70 cal, 7 g fat (4 g sat), 2 g carbs, 100 mg sodium, 0 g fiber, 2 g protein, <1 g sugar

## 62. Weight Watchers White Cheddar Cheese Wedges

■ Each pie-shaped piece has the flavor and soft, spreadable texture of a bubbling dish of mac 'n' cheese, but none of the guilt. Try it on crackers or sandwiches or melted over popcorn.



Per wedge: 30 cal, 2 g fat (1 g sat), 2 g carbs, 240 mg sodium, 1 g fiber, 2 g protein, <1 g sugar

## 63. Kerrygold Reduced-Fat Dubliner Cheese

■ Grass-fed cow's milk gives this Irish cheddar its well-rounded flavor, so full you won't miss the fat. It even melts like whole-milk cheese, making it as good to cook with as it is to snack on.



Per 1 oz: 80 cal, 6 g fat (4 g sat), 0 g carbs, 190 mg sodium, 0 g fiber, 8 g protein, 0 g sugar

**KEY**

- SLIM-DOWN PICK
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- GLUTEN-FREE



33

SeaPak Shrimp Spring Rolls with Sweet Thai Chili Dipping Sauce

■ Toss the takeout menu—these shrimp-and-veggie-filled rolls are oven-baked to crispy, golden perfection in minutes. No grease, no saturated fat, and no tip required.

Per 2 rolls: 110 cal, 2 g fat (0 g sat), 19 g carbs, 450 mg sodium, 2 g fiber, 4 g protein, 1 g sugar



SHRIMP SPRING ROLL with Sweet Thai Chili



### 64. Organic Valley 2% Reduced-Fat Omega-3 Milk

■ ■ ■ You get all the benefits of pasture-raised cow's milk—protein, calcium, and vitamin D—plus omega-3 fatty acids to help boost mood, heart health, and brainpower.

Per cup: 130 cal, 5 g fat (3 g sat), 12 g carbs, 120 mg sodium, 0 g fiber, 8 g protein, 11 g sugar



### 65. BelGioioso Fresh Mozzarella Pearls

■ ■ ■ Packed in water for freshness, these orbs of soft cow's-milk cheese are the ideal size to toss into salads. Marinate them in heart-healthy olive oil and spices first for extra flavor.

Per ounce: 70 cal, 5 g fat (3 g sat), 0 g carbs, 45 mg sodium, 0 g fiber, 5 g protein, 0 g sugar



### 66. Egg Beaters Florentine

■ ■ ■ You can retire your whisk, thanks to the brilliant omelet-in-a-box idea. Real egg whites are mixed with spinach, tomato, mozzarella, and herbs, so all you need to do is shake and pour.

Per serving: 30 cal, <1 g fat (0 g sat), 2 g carbs, 150 mg sodium, <1 g fiber, 4 g protein, 0 g sugar



## BREADS & CEREALS

FIND MORE FIBER IN YOUR DAY

### 67. Nature's Path Organic Love Crunch Dark Chocolate & Red Berries

■ ■ ■ Chocolate cereals are a dime a dozen, but this mix of dried berries, granola, and dark chocolate is preservative-free.

Per ½ cup: 140 cal, 6 g fat (1 g sat), 20 g carbs, 55 mg sodium, 2 g fiber, 2 g protein, 6 g sugar



### 68. Better Oats Organic Raw Pure & Simple Multigrain Hot Cereal with Flax Pomegranate

■ ■ ■ Fiber is a given in the mix of five whole grains, but alpha linolenic acid, a plant-based omega-3 that has been linked to heart health, is a great bonus.

Per pouch: 160 cal, 3 g fat (0 g sat), 31 g carbs, 220 mg sodium, 4 g fiber, 6 g protein, 9 g sugar



### 69. Barbara's Toasted Oatmeal Flakes

■ ■ ■ Oats for breakfast doesn't have to mean hot and gooey. These thin, crispy, whole-grain flakes deliver heart-healthy benefits with a lot of crunch and just a touch of honey and molasses.

Per ¼ cup with ½ cup milk: 150 cal, 1 g fat (0 g sat), 24 g carbs, 190 mg sodium, 3 g fiber, 3 g protein, 7 g sugar



### 70. La Tortilla Factory Smart & Delicious Soft Wrap Minis Honey Oat

■ ■ ■ Even at one-third the size of a traditional wrap, these snack-size circles still have plenty of room for fiber and flavor. Just try to find a filling that won't taste good.

Per wrap: 50 cal, 2 g fat (0 g sat), 10 g carbs, 160 mg sodium, 4 g fiber, 3 g protein, 1 g sugar



### 71. Tumaro's Gourmet Tortillas New York Deli-Style Everything Wraps

■ ■ ■ Exploding with protein, fiber, and a bagel-like blend of seasonings, the 10-inch tortillas ring in at an amazing 80 calories.

Per wrap: 80 cal, 3 g fat (0 g sat), 17 g carbs, 270 mg sodium, 10 g fiber, 8 g protein, 1 g sugar



### 72. Bob's Red Mill Organic Quick-Cooking Steel-Cut Oats

■ ■ ■ Sorry, slow-food enthusiasts: These oats are specially cut to cook up in half the time without losing any of their chewiness.

Per ½ cup dry: 140 cal, 3 g fat (<1 g sat), 25 g carbs, 0 mg sodium, 4 g fiber, 4 g protein, 0 g sugar



### 73. Arnold/Oroweat Pocket Thins Flatbread in Italian Herb

■ ■ ■ Hands down the softest, freshest-tasting pitas you'll find outside of a bakery (or maybe even in one). Factor in the low calorie count and high fiber content, and these pockets are easy to pick.



Per pocket: 100 cal, 2 g fat (0 g sat), 21 g carbs, 200 mg sodium, 5 g fiber, 4 g protein, 1 g sugar

### 74. Purely Elizabeth Ancient-Grain Granola Cereal in Blueberry Hemp

■ ■ ■ Whole grains, healthy fats from coconut oil and chia seeds, and antioxidant-rich blueberries in a spicy, crunchy bite.

Per ½ cup: 130 cal, 5 g fat (3 g sat), 18 g carbs, 105 mg sodium, 2 g fiber, 5 g protein, 7 g sugar



### 75. Pepperidge Farm Whole-Grain Small-Slice 15-Grain Bread

■ ■ ■ The hearty texture helps disguise the oh-so-slightly slimmer slices, but you'll notice when you see the number on the scale plummeting.

Per slice: 70 cal, 2 g fat (0 g sat), 13 g carbs, 75 mg sodium, 3 g fiber, 3 g protein, 2 g sugar



### 76. Quaker Whole Hearts

■ ■ ■ Eating your heart out has never felt better. The lightly sweetened cereal bits are a visual reminder that the fiber in these whole-grain oats (three grams per bowl) can help lower harmful LDL cholesterol.



Per serving: 110 cal, 2 g fat (0 g sat), 23 g carbs, 160 mg sodium, 3 g fiber, 2 g protein, 6 g sugar

### 77. Lender's Healthy Grain Multi-Grain Bagels

■ ■ ■ With protein and fiber from flax, oats, barley, and four other whole grains, this incredibly filling bagel will see you through to lunch.



Per bagel: 210 cal, 2 g fat (0 g sat), 40 g carbs, 320 mg sodium, 6 g fiber, 11 g protein, 4 g sugar

### 78. Stonefire Naan, Garlic

■ ■ ■ This traditional Indian flatbread is a treat for your taste buds—and with a surprising amount of appetite-appealing protein and zero preservatives, not so bad for the rest of you, either.

Per ½ naan: 190 cal, 5 g fat (1 g sat), 29 g carbs, 430 mg sodium, 1 g fiber, 6 g protein, 2 g sugar



### 79. Bear Naked Fit Almond Crisp Cereal

■ ■ ■ Power your day the right way with these energy-lifting clusters of whole-grain flakes, pepita and chia seeds, almond slivers, and coconut flakes. Every spoonful is all-natural.

Per cup: 230 cal, 7 g fat (1 g sat), 42 g carbs, 100 mg sodium, 7 g fiber, 7 g protein, 9 g sugar



## FROZEN MEALS

ZERO PREP WORK,  
100 PERCENT HEALTHY

### 82. Amy's Gluten-Free Tofu Scramble Breakfast Wrap

■ ■ ■ This wrap is vegan and dairy-free, but it doesn't skimp on protein. Tofu, veggies, and hash browns make a satisfying morning combo in a superconvenient package.

Per wrap: 300 cal, 13 g fat (2 g sat), 35 g carbs, 460 mg sodium, 3 g fiber, 11 g protein, 4 g sugar



### 83. CedarLean's All-Natural Spinach & Roasted Tomato Egg-White Frittata by Cedarlane

■ ■ ■ Studies show that a protein-loaded breakfast can reduce cravings all day, and it's tough to find a lighter option than a veggie-accented egg-white dish.



Per bowl: 160 cal, 6 g fat (4 g sat), 16 g carbs, 300 mg sodium, 5 g fiber, 10 g protein, 5 g sugar

### 84. Garden of Eatin' Pizza Soufflé

■ ■ ■ It's a mystery how a delicate egg-white soufflé can go from freezer to microwave and emerge fluffy, and a bigger riddle is how it can taste so much like pizza when its first ingredient is cauliflower.



Per soufflé: 200 cal, 4 g fat (2 g sat), 31 g carbs, 650 mg sodium, 3 g fiber, 12 g protein, 6 g sugar

### 85. Lean Cuisine Chicken Makhani

■ ■ ■ Butter chicken sounds like something wrestlers eat when they want to move up a weight class, but in this lightened-up version of the traditional Indian dish, white-meat chunks in a spiced tomato sauce slash only fat, not flavor.



Per serving: 300 cal, 7 g fat (1 g sat), 40 g carbs, 650 mg sodium, 3 g fiber, 19 g protein, 6 g sugar

### 86. Kashi Chicken Fettuccine Steam Meal

■ ■ ■ Whole-grain fettuccine, broccoli, mushrooms, and zucchini in a white-wine Parmesan cream sauce sounds too good for a microwave meal.



Per package: 270 cal, 7 g fat (3 g sat), 38 g carbs, 450 mg sodium, 5 g fiber, 17 g protein, 3 g sugar

### 87. CJ Bibigo Whole-Grain Chicken & Vegetable Potstickers

■ ■ ■ Fast, filling, and healthy Asian food? This is the app(etizer) for that: The whole-grain potstickers are filled with chicken, shredded cabbage, and onion.



Per 7 pieces: 210 cal, 5 g fat (1 g sat), 29 g carbs, 540 mg sodium, 4 g fiber, 14 g protein, 1 g sugar

### 88. Nate's Savory Mushroom Meatless Meatballs

■ ■ ■ The name might sound like a practical joke, but the earthy taste of these hors d'oeuvres—size soy "meatballs"—is seriously delicious, with or without sauce.



Per 3 meatballs: 100 cal, 5 g fat (0 g sat), 6 g carbs, 230 mg sodium, 2 g fiber, 8 g protein, <1 g sugar

KEY

- SLIM-DOWN PICK
- WORKOUT FUEL
- MEAT-FREE
- ORGANIC
- GLUTEN-FREE



### 89. Stouffer's Farmers' Harvest Steam Meals for One Creamy Shrimp Scampi

■ Research shows that steaming may actually boost the beta-carotene level of broccoli, which is tossed with shrimp, pasta, and other veggies in a lemon-garlic sauce.



Per meal: 350 cal, 12 g fat (6 g sat), 42 g carbs, 790 mg sodium, 5 g fiber, 17 g protein, 6 g sugar

### 90. Blake's All-Natural Foods Shepherd's Pie

■ Talk about comfort food: This savory single-serve pie is made with all-natural beef and organic corn and potatoes, but it one-ups homemade by being gluten-free.



Per pie: 240 cal, 9 g fat (3 g sat), 26 g carbs, 520 mg sodium, 2 g fiber, 14 g protein, 2 g sugar

## DRINKS

HYDRATE THE RIGHT WAY

### 92. Coco Cafe Coconut Water Cafe Latte

■ This naturally sweet blend of coconut water, espresso, and low-fat milk gives you a double hit of caffeine and electrolytes in a superconvenient, drink-it-anywhere pack.



Per 11.2-oz container: 140 cal, 3 g fat (2 g sat), 20 g carbs, 180 mg sodium, <1 g fiber, 6 g protein, 19 g sugar

### 93. Sambazon Protein Chocolate + Almond + Coconut Milk Smoothie

■ Dessert for breakfast doesn't even begin to cover it. This thick smoothie tastes like a candy bar but is full of heart-smart, brain-boosting omega-3s, -6s, and -9s.



Per 10.5-oz bottle: 270 cal, 10 g fat (2 g sat), 25 g carbs, 35 mg sodium, 2 g fiber, 10 g protein, 29 g sugar

### 94. Cheribundi Cacao Cherry

■ This magic elixir is loaded with antioxidants but not fat, and it squeezes the muscle-soothing powers of 50 cherries and smooth cocoa flavor into one sweet-tart package.



Per 8-oz bottle: 160 cal, <1 g fat (0 g sat), 36 g carbs, 15 mg sodium, 2 g fiber, 2 g protein, 32 g sugar

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### 95. Odwalla Smoothie Refreshers Mixed-Berry Shuffle

■ Get all the vitamin C you need in a day from a blend of six fruit juices, which achieves the ideal smoothie ratio of sweet to satisfying while being completely dairy-free.



Per 12-oz bottle: 150 cal, 0 g fat, 35 g carbs, 30 mg sodium, 0 g fiber, 2 g protein, 27 g sugar

### 96. Q Kola by Q Drinks

■ If you had time to make your own soda, you'd want it to taste like this agave-sweetened, spice-steeped sparkler, which has half the calories and none of the tooth-coating corn syrup you'll find in most cans.



Per 8-oz bottle: 70 cal, 0 g fat, 18 g carbs, 2 mg sodium, 0 g fiber, 0 g protein, 18 g sugar

### 97. Zhena's Gypsy Tea Coconut Chai Green Tea

■ Brew up the best of both worlds: Each sachet combines warm spices, tropical coconut, and a green-tea base for a cup that delivers antioxidants and tastes like you're drinking it in a bazaar.



Per bag: 0 cal, 0 g fat, 0 g carbs, 0 mg sodium, 0 g fiber, 0 g protein, 0 g sugar

### 98. Silk Fruit & Protein Mixed Berry

■ Soy-milk haters, meet your match: This fruity, smoothie-textured drink has as much body as anything that comes from a cow, plus 20 percent of a woman's daily calcium needs and a quarter of her vitamin D.



Per cup: 130 cal, 2 g fat (0 g sat), 24 g carbs, 30 mg sodium, 2 g fiber, 5 g protein, 19 g sugar

### 99. Tazo Iced Green Tea

■ Credited as everything from metabolism reverberator to cancer preventer, green tea is a superfood among superfoods, and this brew's hints of lemon and spearmint will make you want to down it by the gallon.



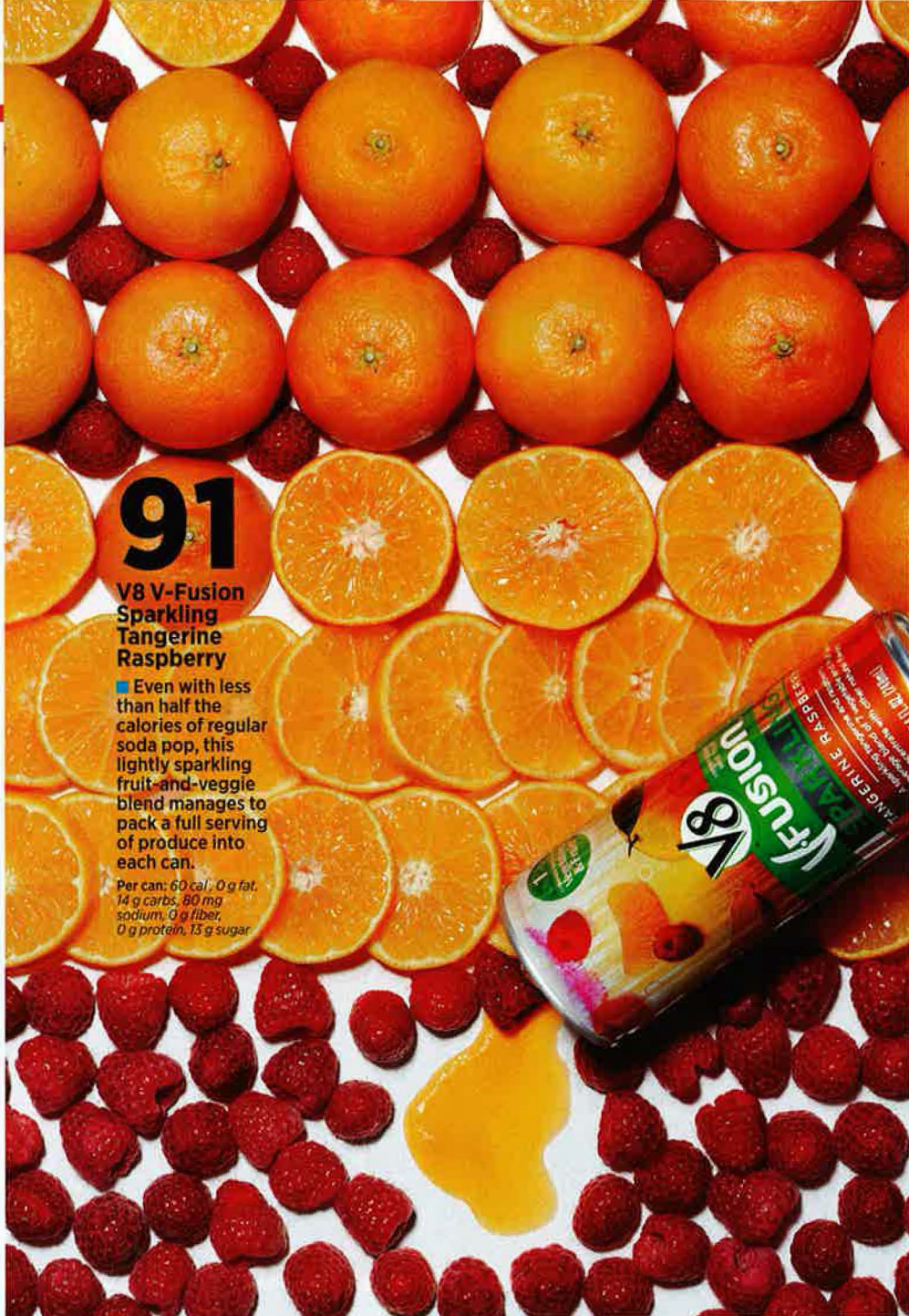
Per bag: 0 cal, 0 g fat, 0 g carbs, 0 mg sodium, 0 g fiber, 0 g protein, 0 g sugar

### 100. Honest Tea Raspberry Fields

■ What's on the outside of this bottle is as refreshing as what's inside: a label with a short ingredients list. Maybe that's why each sip tastes like it came from a pitcher of just-picked berries rather than a factory.



Per 16-oz bottle: 70 cal, 0 g fat, 18 g carbs, 10 mg sodium, 0 g fiber, 0 g protein, 18 g sugar



## 91. V8 V-Fusion Sparkling Tangerine Raspberry

■ Even with less than half the calories of regular soda pop, this lightly sparkling fruit-and-veggie blend manages to pack a full serving of produce into each can.

Per can: 60 cal, 0 g fat, 14 g carbs, 80 mg sodium, 0 g fiber, 0 g protein, 13 g sugar



**101. Bolthouse Farms Orange + Carrot Juice**  
 ■■■ Make this your new morning pour: Carrot juice cuts OJ's acidity and triples the amount of vision-protecting, skin-saving vitamin A in every glass.



Per bottle: 220 cal, 0 g fat, 51 g carbs, 180 mg sodium, 3 g fiber, 4 g protein, 0 g sugar

**102. Blue Diamond Almond Breeze Unsweetened Almond Coconut Vanilla Almondmilk**  
 ■■■ The unique dairy-alternative blend has a slim nutritional profile and 50 percent more calcium than cow's milk.



Per cup: 45 cal, 4 g fat (1 g sat), 2 g carbs, 130 mg sodium, 1 g fiber, 1 g protein, 0 g sugar

## PASTA & RICE

SIDES THAT PACK A NUTRITIONAL PUNCH

**103. RiceSelect Royal Blend with Quinoa**  
 ■■■ When you want a substantial side, this nutrient-rich blend of aromatic brown rice, nutty red quinoa, and potassium-rich freekah reigns supreme.



Per ¼ cup dry: 180 cal, 1 g fat (0 g sat), 37 g carbs, 0 mg sodium, 1 g fiber, 4 g protein, <1 g sugar

**104. TruRoots Accents Sprouted-Quinoa Trio**  
 ■■■ There's evidence that sprouted grains (they've begun to germinate) may be easier to digest and may increase levels of key nutrients, including fiber, folate, and vitamin C.



Per ¼ cup dry: 150 cal, 3 g fat (0 g sat), 27 g carbs, 10 mg sodium, 3 g fiber, 5 g protein, 6 g sugar

**105. Barilla Whole-Grain Fusilli with Vegetable Marinara Sauce**  
 ■■■ A shelf-stable pasta tray that cooks to al dente perfection in a minute and is loaded with fiber and protein from carrots, zucchini, peppers, and eggplant.



Per tray: 320 cal, 6 g fat (2 g sat), 57 g carbs, 710 mg sodium, 11 g fiber, 10 g protein, 7 g sugar

**106. Delverde Spinach Tagliatelle, No. 134**  
 ■ Each "nest" of these restaurant-quality Italian-made spinach noodles is high in B vitamins, iron, and protein and ready to eat in just five minutes.



Per 2 oz: 200 cal, <1 g fat (0 g sat), 40 g carbs, 5 mg sodium, 2 g fiber, 8 g protein, 2 g sugar

**107. Annie's Gluten-Free Rice Shells & Creamy White Cheddar**  
 ■ Your taste buds won't be able to detect that a comfort-food classic got a gluten-free makeover—they'll be too busy savoring the velvety-smooth sauce.



Per 1 cup prepared: 330 cal, 5 g fat (3 g sat), 62 g carbs, 490 mg sodium, 2 g fiber, 7 g protein, 4 g sugar

**108. Nueva Cocina Mexican Rice Mix**  
 ■ Mexican seasonings, onion, sweet corn, carrots, and tomatoes spice up a plain grain in this all-natural vegetarian side.



Per ¼ cup dry: 144 cal, 0 g fat, 31 g carbs, 492 mg sodium, 2 g fiber, 3 g protein, 2 g sugar

**109. Lundberg Black Japonica Rice**  
 ■ Come over to the dark side. Early research indicates that black rice may have more healthy anthocyanin antioxidants per spoonful than blueberries do.



Per ¼ cup: 150 cal, 2 g fat (0 g sat), 33 g carbs, 0 mg sodium, 4 g protein, 3 g fiber, 0 g sugar

**110. Minute Steamers Whole-Grain Brown Rice**  
 ■ Even easier than boiling water. This bag goes from freezer to microwave to plate, leaving you with perfectly steamed, fluffy whole-grain brown rice in four minutes flat.



Per ¼ cup: 155 cal, 1 g fat (0 g sat), 28 g carbs, 10 mg sodium, 2 g fiber, 3 g protein, 0 g sugar

**111. Ronzoni Pasta Portions Penne Pasta**  
 ■ Each boil-in-the-bag self-straining pouch cooks up the ideal amount (1¼ cup) of noodles for a solo meal or a side you can share.



Per pouch: 320 cal, 2 g fat (0 g sat), 64 g carbs, 0 mg sodium, 3 g fiber, 11 g protein, 3 g sugar

**112. Thai Kitchen Specialty Red Rice Noodles**  
 ■ Individually wrapped servings of all-natural noodles have the light texture you're used to for stir-fries and cold noodle salads, but without the gluten.



Per 2 oz: 200 cal, 1 g fat (0 g sat), 45 g carbs, 0 mg sodium, 1 g fiber, 3 g protein, 1 g sugar

## SNACKS, CRACKERS & CHIPS

DESTROY HUNGER, NOT YOUR DIET

**113. Food Should Taste Good Barbecue Kettle-Cooked Sweet Potato Chips**  
 ■ Smoky-flavored sweet-potato chips would be dangerous if they weren't so satisfying that it's possible to stop at the suggested serving size.



Per oz (14 chips): 150 cal, 8 g fat (<1 g sat), 17 g carbs, 140 mg sodium, 3 g fiber, 1 g protein, 4 g sugar

**114. Planters Dry-Roasted and Salted Almonds**  
 ■ Almonds are full of healthy fats, and a recent USDA study found that whole ones provide about 20 percent fewer calories than previously thought.



Per oz: 170 cal, 14 g fat (1 g sat), 6 g carbs, 90 mg sodium, 3 g fiber, 6 g protein, 1 g sugar

**115. Popchips Nacho Cheese Tortilla Chips**  
 ■ If you've been waiting for someone to invent a nacho chip with the same delicious flavor but half the fat, this is your air-popped bag, baby.



Per 16 chips: 120 cal, 4 g fat (<1 g sat), 20 g carbs, 190 mg sodium, 2 g fiber, 2 g protein, 1 g sugar

**116. Pepperidge Farm Baked Naturals Potato Cracker Chips Simply Potato**  
 ■ They are not fried in fat but still pack a hefty crunch, so you can feel good about using these hybrid cracker-chips as a vehicle for dip.



Per 26 pieces: 140 cal, 5 g fat (1 g sat), 22 g carbs, 240 mg sodium, 2 g fiber, 1 g protein, 3 g sugar

**117. Pretzel Crisps Everything Flavor**  
 ■ Imagine an everything bagel, toasted and shrunk down to dipping size, and you'll get an idea of how addictive these seasoned crisps can be.



Per 11 crackers: 110 cal, <1 g fat (0 g sat), 23 g carbs, 170 mg sodium, 1 g fiber, 3 g protein, 2 g sugar

**118. Boomchickapop Lightly Sweet Popcorn**  
 ■ Arguably the best thing to happen to movie night since Channing Tatum, this whole-grain wonder proves that realistic, satisfying portion sizes aren't just a fantasy.



Per 2½-cup serving: 120 cal, 4 g fat (<1 g sat), 21 g carbs, 140 mg sodium, 3 g fiber, 3 g protein, 4 g sugar

**119. Everybody's Nuts! Sweet Chili Pistachios**  
 ■ It's a substantial portion of protein, fiber, and heart-healthy fats, plus the tongue-tingling heat of capsaicin, a compound that can temporarily rev your calorie-burning furnace.



Per 1.5-oz bag: 120 cal, 11 g fat (2 g sat), 6 g carbs, 220 mg sodium, 1 g fiber, 4 g protein, 2 g sugar

**120. Kind Nuts & Spices Madagascar Vanilla Almond**  
 ■ Like trail mix in bar form, this combo of four different nuts is an excellent source of vitamin E, an antioxidant that wipes out age-causing free radicals.



Per bar: 210 cal, 16 g fat (2 g sat), 14 g carbs, 15 mg sodium, 5 g fiber, 7 g protein, 4 g sugar

**121. Luna Bar in Peanut Honey Pretzel**  
 ■ Sweet, salty, crunchy—you'll have to look twice to make sure what you're eating only tastes like a candy bar. It's actually filled with fiber, bone-building calcium, and more protein than an egg.



Per bar: 190 cal, 8 g fat (3 g sat), 22 g carbs, 90 mg sodium, 3 g fiber, 9 g protein, 11 g sugar

**122. Clif Kit's Organic Fruit & Nut Bar in Berry Almond**  
 ■ No wonder this dense, chewy bar tastes homemade—every gram of its considerable fiber and protein content comes from all-natural ingredients, including dates, almonds, and berries.



Per bar: 180 cal, 9 g fat (<1 g sat), 27 g carbs, 65 mg sodium, 5 g fiber, 4 g protein, 16 g sugar

**123. Snyder's of Hanover 100-Calorie Gluten-Free Pretzel Sticks**  
 ■ So buttery, it's hard to believe they're gluten- and dairy-free, but in taste tests they've passed mustard—er, mustard. The portion-controlled bag keeps calories in check.



Per bag: 100 cal, 2 g fat (<1 g sat), 22 g carbs, 220 mg sodium, <1 g fiber, 0 g protein, 0 g sugar

**124. Oh Boy! Oberto All-Natural Spicy-Sweet Beef Jerky**  
 ■ Hail the perfect snack for your gym bag: It's nonperishable and nitrate-free, and it provides a fierce amount of lean-muscle-building protein and iron in every smoky-sweet mouthful.



Per 1 oz: 80 cal, 1 g fat (0 g sat), 6 g carbs, 400 mg sodium, 0 g fiber, 12 g protein, 5 g sugar

**125. Sunchips 6-Grain Medley Parmesan & Herb**  
 ■ Buckwheat and quinoa are not your typical snack foods, but these Italian-flavored chips, made with these and four other whole grains, may change that.



Per 15 chips: 140 cal, 6 g fat (<1 g sat), 19 g carbs, 140 mg sodium, 3 g fiber, 2 g protein, 2 g sugar

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