

Low-cholesterol shrimp

Make an even healthier shrimp cocktail with Ecofish's Certified Organic White Shrimp. Named for their white shells, these shrimp are low



in calories and fat (100 cal and 2 g fat per 10-piece serving) like other varieties but have 30% less cholesterol, thanks to specialized feed. And they contain no antibiotics, hormones, or preservatives. An 8-ounce pack thaws and cooks in less than 10 minutes, so store some in the freezer for surprise guests. \$8 at natural food stores. —Amy Gorin

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