

2009

Women'sHealth

125

BEST PACKAGED FOODS FOR WOMEN

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ALL NATURAL
Snapple

GROCERY SHOPPING JUST GOT A WHOLE LOT EASIER! OUR TEAM OF NUTRITIONISTS TESTED AISLES' WORTH OF ITEMS FOR OUR ANNUAL ROUNDUP OF THE HEALTHIEST, TASTIEST, AND MOST CONVENIENT SUPERMARKET FINDS.

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PHOTOGRAPHS BY ADAM LEVEY



SWEETS & TREATS

Indulge in these flavor bombs without OD'ing on sugar and fat.

1. Haagen-Dazs Fat-Free Cranberry Blueberry Sorbet

A refreshing new fat-free treat made with antioxidant-loaded cranberry and blueberry purees.
Per 1/2 cup: 100 cal, 0 g fat, 25 g carbs, 0 mg sodium, < 1 g fiber, 0 g protein

2. Skinny Cow Truffle Bars

Decadent ice cream bars drizzled with creamy chocolate ribbons.
Per bar: 100 cal, 2.5 g fat (1.5 g sat), 19 g carbs, 50 mg sodium, 3 g fiber, 3 g protein

3. Smart Ones Mint Chocolate Chip Sundae

If you love Thin Mint Girl Scout cookies, you'll love this.
Per serving: 150 cal, 3 g fat (1.5 g sat), 28 g carbs, 130 mg sodium, 1 g fiber, 4 g protein

4. Ben & Jerry's FroYo Chocolate Fudge Brownie

The delicious chocolate blend not only is thigh-friendly but also delivers 150 milligrams of calcium.
Per 1/2 cup: 170 cal, 2.5 g fat (0.5 g sat), 34 g carbs, 95 mg sodium, 1 g fiber, 5 g protein

5. Country Choice Organic Soft Baked Oatmeal Chocolate Chip Cookies

You'll swear your grandma just took them out of the oven.
Per cookie: 100 cal, 4 g fat (1 g sat), 15 g carbs, 60 mg sodium, 1 g fiber, 1 g protein

6. Weight Watchers Chocolate Brownie

Fudgy, chewy, and soft. In short, it's the perfect brownie.
Per brownie: 120 cal, 3.5 g fat (1 g sat), 24 g carbs, 100 mg sodium, 4 g fiber, 2 g protein

7. JELL-O Sugar-Free Chocolate Pudding Singles

One-serving pouches so you don't have to make a whole tub.
Per pouch, with fat-free milk: 80 cal, 0 g fat, 15 g carbs, 375 mg sodium, <1 g fiber, 5 g protein

8. Kozy Shack Simply Well Green Tea Chai Pudding

The hint of green tea makes a delicious calorie-controlled treat.
Per cup: 100 cal, 1 g fat (0 g sat), 17 g carbs, 125 mg sodium, 3 g fiber, 3 g protein

9. Sunsweet PlumSweets

Dried plum bits coated in dark chocolate (think tons of antioxidants!).
Per 14 pieces: 120 cal, 6 g fat (3 g sat), 19 g carbs, 5 mg sodium, 2 g fiber, 1 g protein

10. Baskin-Robbins Smooth & Creamy Hard Candy (Sugar Free)

A dreamy treat that will remind you of your favorite ice cream flavors.
Per 4 pieces: 40 cal, 1 g fat (0.5 g sat), 15 g carbs, 10 mg sodium, 0 g fiber, 0 g protein

11. Dove Promises Silky Smooth Dark-Chocolate-Almond

Dark chocolate stacked with heart-healthy cocoa flavonols and monounsaturated fats.
Per 5 pieces: 200 cal, 16 g fat (10 g sat), 14 g carbs, 0 mg sodium, 3 g fiber, 2 g protein



CEREALS & BREADS

Satisfy your carb calling without bulking up big time.

12. Quaker Simple Harvest All Natural Multigrain Instant Hot Cereal

Made with whole oats, barley, wheat, flax seed, and rye, you'd never guess that this super-satisfying cereal was instant.
Per packet (maple-brown sugar with pecans): 160 cal, 3.5 g fat (0.5 g sat), 30 g carbs, 75 mg sodium, 4 g fiber, 4 g protein

13. Kashi U

It's stocked with seven whole grains plus black currants, walnuts, and acai powder—a delicious way to get 20 percent of the calcium and 25 percent of the vitamin D you need every day.
Per cup: 200 cal, 3.5 g fat (0 g sat), 42 g carbs, 125 mg sodium, 7 g fiber, 5 g protein

14. Bear Naked 100% Pure & Natural Cereal-Banana Nut

Sweet banana chips, dried apples, oat clusters, and walnuts create a cereal so yummy you won't eat it just for breakfast.
Per 3/4 cup: 110 cal, 2.5 g fat (1 g sat), 23 g carbs, 120 mg sodium, 4 g fiber, 3 g protein

15. Nature's Path Organic Whole O's

It's made for people who want to go gluten-free, but everyone will love the light crunch.
Per cup: 110 cal, 1.5 g fat (0 g sat), 25 g carbs, 115 mg sodium, 3 g fiber, 2 g protein

16. Back to Nature Sunflower & Pumpkin Seed Granola

Sweet, nutty, and habit forming, this granola has plenty of energy-providing complex carbs, plus iron, zinc, and magnesium, all in a handy resealable bag. Perfect for powering through a midday slump.
Per 1/2 cup: 200 cal, 7 g fat (1 g sat), 31 g carbs, 140 mg sodium, 4 g fiber, 6 g protein

17. Thomas' Better Start English Muffins

Still plenty of nooks and crannies in this new low-cal, high-fiber version of the breakfast favorite.
Per muffin: 100 cal, 1 g fat (0 g sat), 24 g carbs, 220 mg sodium, 5 g fiber, 4 g protein

18. Weight Watchers Petite Bagels

Airy and doughy, with no grainy hint of the four grams of filling fiber.
Per bagel: 100 cal, 1 g fat (0 g sat), 22 g carbs, 230 mg sodium, 4 g fiber, 4 g protein

19. Arnold Grains & More Double Omega Multi-Grain & Flax Bread

One slice gives you 50 milligrams of ticker-protecting omega-3's.
Per slice: 110 cal, 1.5 g fat (0 g sat), 19 g carbs, 220 mg sodium, 3 g fiber, 5 g protein

20. Pepperidge Farm Swirl 100% Whole-Wheat Cinnamon with Raisins

Cinnamon toast is usually a mass of empty calories, but this whole-wheat kind is so body friendly you can savor two slices.
Per slice: 80 cal, 1 g fat (0 g sat), 13 g carbs, 105 mg sodium, 2 g fiber, 3 g protein

21. La Tortilla Factory Smart & Delicious Low-Carb High-Fiber Tortillas

Use these to make a quick quesadilla: One totes more fiber than two slices of whole-wheat bread, for only 80 calories.
Per tortilla: 80 cal, 3 g fat (0 g sat), 18 g carbs, 300 mg sodium, 12 g fiber, 8 g protein

22. Fabulous Flats Whole-Grain Tandoori Naan

Sure, it pairs perfectly with Indian food, but you'll love it so much you'll also want to use it for pizzas, wraps, sandwiches, and dips.
Per 1/2 naan: 150 cal, 3.5 g fat (1 g sat), 28 g carbs, 360 mg sodium, 3 g fiber, 5 g protein



CONDIMENTS, DRESSINGS & SPREADS

Coat, cover, and dip!

23. Sabra Sun Dried Tomato Hummus

Velvety hummus kicked up with sun-dried tomato.
Per 2 Tbsp: 60 cal, 5 g fat (0 g sat), 3 g carbs, 140 mg sodium, 1 g fiber, 1 g protein

24. Wholly Guacamole

Fresh ready-to-use guac for dips and sandwiches.
Per 2 Tbsp: 40 cal, 3 g fat (0 g sat), 2 g carbs, 85 mg sodium, 2 g fiber, 1 g protein

25. Bolthouse Farms Creamy Yogurt Honey Mustard Dressing

Tangy yogurt complements the sweet honey mustard, and at a fraction of the calories of other creamy dressings.

Per 2 Tbsp: 45 cal, 2 g fat (0.5 g sat), 7 g carbs, 80 mg sodium, 0 g fiber, 1 g protein

26. Kraft Reduced Fat Mayonnaise with Olive Oil

Half the fat and calories of regular mayo with no sacrificing of flavor. Made with a heart-healthy fat to boot.

Per Tbsp: 45 cal, 4 g fat (0 g sat), 2 g carbs, 95 mg sodium, 0 g fiber, 0 g protein

27. Annie's Naturals Organic Mango Cilantro Marinade

Add sweetness to grilled chicken and shrimp without tons of sugar. Low in sodium.

Per Tbsp: 20 cal, 0.5 g fat (0 g sat), 3 g carbs, 120 mg sodium, 0 g fiber, 0 g protein

28. McCormick Grill Mates 25% Less Sodium Montreal Chicken

Turn boring old chicken breast into a flavor-screaming meal.

Per 3/4 tsp: 5 cal, 0 g fat, 1 g carbs, 135 mg sodium, 0 g fiber, 0 g protein

29. Smucker's Boysenberry Spreadable Fruit

This unique berry spread is a fresh change from the usual strawberry or raspberry.

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

30. Hershey's Special Dark Syrup

Come over to the dark side: Use this deep (but fat-free!) chocolate syrup on fruit and in chocolate milk and smoothies.

Per 2 Tbsp: 90 cal, 0 g fat, 24 g carbs, 30 mg sodium, 1 g fiber, 0 g protein

31. Dickinson's Sugar-Free Apricot Preserves

Real apricot flavor with 80 percent less calories than regular preserves.

Per Tbsp: 10 cal, 0 g fat, 4 g carbs, 0 mg sodium, 0 g fiber, 0 g protein

32. Smucker's Sugar-Free Blueberry Syrup

A fab alternative to maple syrup, with so few calories you can have another pancake.

Per 1/4 cup: 25 cal, 0 g fat, 8 g carbs, 85 mg sodium, 0 g fiber, 0 g protein

33. All Natural Peanut Butter & Co. Dark Chocolate Dreams

OMG—chocolate and peanut butter in a zero-trans-fat mix.

Per 2 Tbsp: 170 cal, 13 g fat (2.5 g sat), 12 g carbs, 35 mg sodium, 2 g fiber, 6 g protein

34. Grey Poupon Harvest Coarse Ground Mustard

A low-cal way to zing up sandwiches.

Per tsp: 10 cal, 0 g fat, 0 g carbs, 120 mg sodium, 0 g fiber, 0 g protein

35. Bertolli Vineyard Premium Collections Fire

Roasted Tomato with Cabernet Sauvignon Pasta Sauce The splash of cabernet (yeah, wine!) adds a subtle flavor.

Per 1/2 cup: 80 cal, 2.5 g fat (0 g sat), 12 g carbs, 440 mg sodium, 1 g fiber, 2 g protein

36. Pace Pineapple Mango Chipotle Salsa

Tangy fruit flavor spiked with smoked hot peppers.

Per 2 Tbsp: 20 cal, 0 g fat, 4 g carbs, 130 mg sodium, 0 g fiber, 0 g protein

37. Fritos Bean Dip

Nearly fat-free, this jazzy, classic party dip sports spicy jalapenos.

Per 2 Tbsp: 35 cal, 1 g fat (0 g sat), 5 g carbs, 190 mg sodium, 2 g fiber, 2 g protein

38. Gourmé Mist 100% Natural First Cold Pressed Extra Virgin Olive Oil

An aerosol-free canister gives you automatic portion control.

Per one-second spray: 4 cal, <1 g fat (<1 g sat), 0 g carbs, 0 mg sodium, 0 g fiber, 0 g protein

39. Lea & Perrins Thick Classic Worcestershire Sauce

A thick, savory sauce that gives burgers and steaks a blast of zesty flavor.

Per 2 Tbsp: 30 cal, 0 g fat, 8 g carbs, 200 mg sodium, 0 g fiber, 0 g protein



RICE & PASTA

Feast guilt-free on fiber-filled grains.

40. Uncle Ben's Whole Grain Brown Ready Rice

Super filling, and it doesn't get sticky or take ages to cook.

Per cup: 240 cal, 3 g fat (0 g sat), 9 g carbs, 15 mg sodium, 2 g fiber, 5g protein

41. Kashi Original 7 Whole Grain Pilaf

A hearty, satisfying side without all the sodium.

Per cup: 220 cal, 4 g fat (0.5 g sat), 45 g carbs, 0 mg sodium, 7 g fiber, 8 g protein

42. Seeds of Change Tigris

A delicious mix of organic brown rice, barley, rye, bulgur, red winter wheat, quinoa, and wild rice, ready in 90 seconds.

Per cup: 260 cal, 4 g fat (0.5 g sat), 50 g carbs, 220 mg sodium, 5 g fiber, 7 g protein

43. Eden Organic Whole Grain Quinoa

Tired of rice? Try this hunger-killing supergrain.

Per 1/4 cup: 180 cal, 3.5 g fat (0 g sat), 29 g carbs, 10 mg sodium, 11 g fiber, 7 g protein

44. Hodgson Mill Whole Wheat Gourmet Penne with Milled Flax Seed

Essential omega-3 fatty acids are an extra bonus in this organic Italian mainstay.

Per 1/4 cup (uncooked): 215 cal, 2.5 g fat (0 g sat), 40 g carbs, 0 mg sodium, 6 g fiber, 8 g protein

45. Lundberg Creamy Parmesan Risotto

A luscious risotto with Parmesan and cheddar.

Per 1 1/2 cups: 140 cal, 1.5 g fat (0.5 g sat), 27 g carbs, 490 mg sodium, 1 g fiber, 5 g protein

46. FiberGourmet Light Fettuccine

This fiber-filled (18 grams!) pasta doesn't skimp on taste.

Per 1/4 cup: 130 cal, 1 g fat (0 g sat), 42 g carbs, 120 mg sodium, 18 g fiber, 7 g protein

47. Barilla Whole Grain Thin Spaghetti

A protein-rich healthy spaghetti that doesn't taste like cardboard.

Per 1/4 cup: 200 cal, 1.5 g fat (0 g sat), 41 g carbs, 0 mg sodium, 6 g fiber, 7 g protein

48. Annie's Homegrown Organic Whole Wheat Shells & White Cheddar

Mac & cheese gets an upgrade: These shells boast fiber, protein, and calcium.

Per cup (cooked): 260 cal, 4.5 g fat (2.5 g sat), 44 g carbs, 580 mg sodium, 5 g fiber, 10 g protein

49. Thai Pavilion Thai Peanut Instant Rice Noodles & Sauce

As close to restaurant Pad Thai as you can get, but ready in about three minutes.

Per single-serving package: 290 cal, 6 g fat (1 g sat), 53 g carbs, 590 mg sodium, 0 g fiber, 5 g protein

50. Annie Chun's Sprouted Brown Rice Sushi Wraps

Seaweed wraps, brown rice, and soy sauce are all there; just add your favorite filling.

Per 1/2 tray: 150 cal, 0.5 g fat (0 g sat), 30 g carbs, 460 mg sodium, 2 g fiber, 4 g protein



SNACK BARS, CRACKERS & CHIPS

Quieting the munchies never felt so good.

51. SmartFood Honey Multigrain Popcorn Clusters

So sweet, crunchy, and addictive, it's a good thing they come in single servings. Each bag gives you 20 percent of your day's calcium.

Per package: 110 cal, 1 g fat (0 g sat), 25 g carbs, 150 mg sodium, 5 g fiber, 1 g protein

52. Emerald Cocoa Roast Almonds-100 Calorie Pack

Overflowing with antioxidants, thanks to an ingenious combo of almonds and cocoa powder. One bag delivers 20 percent of your daily vitamin E.

Per package: 100 cal, 8 g fat (0.5 g sat), 4 g carbs, 15 mg sodium, 2 g fiber, 3 g protein

53. Blue Diamond Bold Almonds

Almonds that erupt with intense flavor—a delish way to get a healthy dose of fiber and good fats. Our favorite is Maui Onion & Garlic.

Per ounce: 170 cal, 15 g fat (1 g sat), 5 g carbs, 170 mg sodium, 3 g fiber, 6 g protein

54. Kellogg's Fiber Plus Antioxidants Chewy Bars

All the yum of any chewy, sweet cookie, but loaded with nutrients and way more filling.

Per bar (dark chocolate-almond): 130 cal, 5 g fat (2.5 g sat), 24 g carbs, 50 mg sodium, 9 g fiber, 2 g protein

55. Quaker Cracker Jack Butter Toffee Rice Cakes

Serious Cracker Jack taste for a fraction of the fat.

Per cake: 60 cal, 0.5 g fat (0 g sat), 13 g carbs, 70 mg sodium, 0 g fiber, 1 g protein

56. Wheat Thins Fiber Selects 5-Grain Crackers

With five different whole grains, these crackers were made for guiltless nosing.

Per 13 crackers: 120 cal, 4.5 g fat (0.5 g sat), 22 g carbs, 260 mg sodium, 5 g fiber, 2 g protein

57. Ak-Mak 100% Whole of the Wheat Stone-Ground Sesame Crackers

Organic crackers that keep you satisfied, with a whopping four grams of fiber per serving.

Per 5 crackers: 115 cal, 2 g fat (<0.5 g sat), 20 g carbs, 220 mg sodium, 4 g fiber, 5 g protein

58. Frontera Gourmet Tortilla Chips-Mexican Lime with Sea Salt

Finally, a low-sodium snack (organic too) that scores big in the taste department. Thick, crunchy, and exploding with flavor.

Per ounce: 140 cal, 6 g fat (1 g sat), 18 g carbs, 85 mg sodium, 2 g fiber, 2 g protein

59. Food Should Taste Good Sweet Potato Tortilla Chips

Part chip, part cracker, all good. These nibbles provide 20 percent of your daily dose of vitamin A, and they're gluten-free.

Per 12 chips: 140 cal, 6 g fat (0.5 g sat), 18 g carbs, 80 mg sodium, 3 g fiber, 2 g protein

60. Kettle Baked Potato Chips-Sea Salt & Vinegar

These spuds are doused with vinegar, which can help regulate blood sugar, and they've got 65 percent less fat than traditional greasy chips.

Per ounce (about 23 chips): 120 cal, 3 g fat (0.5 g sat), 21 g carbs, 170 mg sodium, 2 g fiber, 2 g protein

61. Newman's Own Organics Spelt Pretzels

Newman's pretzels fill you up fast: Organic spelt is a grain related to wheat but with more fiber and protein.

Per 20 pretzels: 120 cal, 1 g fat (0 g sat), 23 g carbs, 240 mg sodium, 4 g fiber, 4 g protein

62. Nabisco Mister Salty Milk Chocolate Covered Pretzels-100 Calorie Pack

The perfect marriage of sweet and salty—with less than four grams of fat. Convenient bags not only provide instant portion control, but are easy to toss into purses or packed lunches.
Per package: 100 cal, 3.5 g fat (2 g sat), 16 g carbs, 160 mg sodium, 0 g fiber, 2 g protein

63. Eden Organic Wild Berry Mix-Nuts, Seeds & Berries

This antioxidant powerhouse of raisins, cranberries, wild blueberries, almonds, and seeds is chewy, crunchy, and sweet.
Per 3 Tbsp: 150 cal, 8 g fat (1 g sat), 13 g carbs, 10 mg sodium, 4 g fiber, 5 g protein



FRUIT & VEGGIES

Get your five a day the easy way.

64. Bird's Eye Asparagus Stir-Fry

With tender asparagus, carrots, pasta, green beans, and cauliflower in one bag, all you need is the wok, a splash of soy sauce, and a pair of chopsticks.
Per 1 3/4 cup: 90 cal, 0 g fat, 16 g carbs, 30 mg sodium, 2 g fiber, 4 g protein

65. Seapoint Farms Organic Veggie Blends with Edamame-Eat Your Greens

Edamame, green beans, broccoli, spinach, and asparagus rolled into an A-and-C-loaded package.
Per 1/4 bag: 60 cal, 1.5 g fat (0 g sat), 7 g carbs, 30 mg sodium, 3 g fiber, 5 g protein

66. Green Giant Simply Steam Green Beans & Almonds

A no-clean-up way to get more produce—just steam in the bag and serve. Toasted almonds add extra crunch and flavor as well as monounsaturated fats.
Per 1/2 cup (cooked): 45 cal, 2 g fat (0 g sat), 5 g carbs, 95 mg sodium, 2 g fiber, 2 g protein

67. Dole Frozen Blueberries

Sweet antioxidant jewels ready to slip into muffins, pancakes, yogurt, or smoothies. No sugar added.
Per cup: 70 cal, 1 g fat (0 g sat), 17 g carbs, 0 mg sodium, 4 g fiber, <1 g protein

68. Earthbound Farms Organic Bibb Lettuce Leaves

Bored with the usual bagged salad choices? Butter, Bibb, and heirloom greens await you—ready to toss.
Per 3 oz: 10 cal, 0 g fat, 2 g carbs, 0 mg sodium, 1 g fiber, 1 g protein

69. Epic Roots Mâche Rosettes

This tender salad green is a longtime French favorite—once you taste it, you'll be hooked. Bonus: It's loaded with plant-based heart-healthy omega-3's.
Per package: 25 cal, 0 g fat, 3 g carbs, 20 mg sodium, 2 g fiber, 3 g protein

70. Melissa's Pomegranate Arils

Arils are the seeds of the pomegranate. A juicy, crunchy blast of antioxidant bliss without a red stained mess.
Per 1/2 cup: 60 cal, 0 g fat, 14 g carbs, 0 mg sodium, <1 g fiber, 1 g protein

71. Green Giant Garden Vegetable Medley

However you cook them, this is one amazing flavor trio: Sugar snap peas, roasted potatoes, and red peppers seasoned with herbs.
Per 3/4 cup: 35 cal, 0 g fat, 8 g carbs, 45 mg sodium, 2 g fiber, 0 g protein

72. Melissa's Peeled Baby Beets

No added salt or sugar, just fresh beets you can slice right into salads or eat whole as a snack.
Per 2 1/2 beets: 40 cal, 0 g fat, 10 g carbs, 30 mg sodium, 2 g fiber, 1 g protein

73. Crunchies Strawberries

Freeze-dried snacks ready for munching, so you can satisfy a strawberry fix when they're not even close to being in season.
Per 1/4 cup: 20 cal, 0 g fat, 5 g carbs, 0 mg sodium, 1 g fiber, 0 g protein

74. Crispy Green Bananas

These bananas won't go brown before you get to them! And unlike most dried fruit, they have no added sugar or preservatives.
Per serving: 55 cal, 0 g fat, 13 g carbs, 1 mg sodium, 2 g fiber, 1 g protein

75. Mott's Ready-to-Eat Sliced Apples

Nibble on pre-cut apple slices to quell hunger and net a whole day's worth of vitamin C.
Per 1/4 cup: 30 cal, 0 g fat, 8 g carbs, 0 mg sodium, 1 g fiber, 0 g protein



SOUPS

Sip for comfort—and to ward off extra pounds.

76. Kettle Cuisine Organic Carrot & Coriander Soup

Thick and rich with an impressive home-cooked flavor plus a day's worth of vitamin A. You'll find it in the freezer aisle.
Per container: 100 cal, 3.5 g fat (0 g sat), 15 g carbs, 300 mg sodium, 5 g fiber, 1 g protein

77. Tabatchnick Organic Tuscany Lentil Soup

You'll get 11 grams of protein and eight grams of fiber in one small bowl. Plus, the soup is organic and gluten-free. Comes frozen.
Per pouch: 160 cal, 0 fat, 30 g carbs, 430 mg sodium, 8 g fiber, 11 g protein

78. Imagine Organic Creamy Corn & Lemongrass Soup

Hints of Kaffir lime leaf, coconut milk, and cilantro bring the Far East to your soup bowl. So creamy, it's hard to believe it's not homemade.
Per cup: 110 cal, 3 g fat (0.5 g sat), 21 g carbs, 390 mg sodium, 2 g fiber, 3 g protein

79. Pacific Natural Foods Organic Vegetable Broth

Convenient one-cup packs mean less broth wasted. They're ideal for making lower-cal pan sauces or vegetable sautes. You'll get four containers in one package.
Per cup: 15 cal, 0 g fat, 3 g carbs, 530 mg sodium, 0 g fiber, 0 g protein

80. Campbell's Select Harvest Healthy Request Mexican Style Chicken Tortilla Soup

A sprinkle of sea salt gives this soup a flavor makeover—but it still has 45 percent less sodium than other brands.
Per cup: 130 cal, 2 g fat (1 g sat), 20 g carbs, 480 mg sodium, 2 g fiber, 8 g protein

81. Health Valley Chunky Mild Vegetarian Three Bean Chili

Forget simmering a pot of chili all day long: This organic, tailgate-worthy stew packs 10 grams each of fiber and protein.
Per cup: 150 cal, 1 g fat (0 g sat), 32 g carbs, 480 mg sodium, 10 g fiber, 10 g protein



FROZEN MEALS

Just unwrap, heat up, and chow down.

82. Contessa Honey Roasted Shrimp

A superfast, super-yummy seafood meal with baby carrots and a Moroccan honey sauce.
Per serving: 120 cal, 3 g fat (0.5 g sat), 9 g carbs, 690 mg sodium, 0.5 g fiber, 12 g protein

83. Lean Cuisine Sun-Dried Tomato Pesto Chicken

Cavatappi pasta, chicken, zucchini, black olives, and Parmesan cheese tossed in a sun-dried tomato pesto sauce—all for less than 300 calories!
Per package: 290 cal, 9 g fat (2 g sat), 34 g carbs, 570 mg sodium, 4 g fiber, 18 g protein

84. Helen's Kitchen Simple Health Thai Red Curry

A spicy and delicious tofu meal that will please even a meat eater. With lots of fiber, it's filling too.
Per package: 363 cal, 15 g fat (1.5 g sat), 44 g carbs, 380 mg sodium, 6 g fiber, 13 g protein

85. Healthy Choice Pumpkin-Squash Ravioli

Scrumptious pumpkin ravioli plus asparagus and chunks of butternut squash.
Per package: 300 cal, 6 g fat (2.5 g sat), 52 g carbs, 600 mg sodium, 6 g fiber, 9 g protein

86. Kashi All-Natural Mayan Harvest Bake

A sweet-and-spicy vegetarian extravaganza with plantains, sweet potatoes, kale, black beans, and polenta. Yum!
Per package: 340 cal, 9 g fat (1 g sat), 58 g carbs, 380 mg sodium, 8 g fiber, 9 g protein

87. Amy's Mushroom & Olive Pizza

This generously topped pizza is made with organic ingredients and gives you 15 percent of your daily calcium needs.
Per pizza: 250 cal, 9 g fat (3 g sat), 33 g carbs, 560 mg sodium, 2 g fiber, 10 g protein

88. Morningstar Farms Meal Starters Chik'n Strips

Healthy imposters that taste like real chicken—with much less saturated fat.
Per 12 strips: 140 cal, 3.5 g fat (0.5 g sat), 6 g carbs, 510 mg sodium, 1 g fiber, 23 g protein

89. Boca Savory Mushroom Mozzarella Veggie Patties

A heart-healthy veggie patty with a savory blend of mushrooms and mozzarella.
Per patty: 100 cal, 2 g fat (0 g sat), 10 g carbs, 330 mg sodium, 4 g fiber, 13 g protein

90. Van's All-Natural Homestyle French Toast Sticks

An indulgent yet quick breakfast—and filling, especially when topped with berries.
Per 2 sticks: 170 cal, 3.5 g fat (0 g sat), 32 g carbs, 390 mg sodium, 1 g fiber, 3 g protein

91. Smart Ones Morning Express Stuffed Breakfast Sandwich

The perfect power meal—eggs, tomatoes, cheese, and turkey sausage wrapped in a flaky crust. An ideal blend of protein and carbs.
Per sandwich: 240 cal, 7 g fat (2.5 g sat), 28 g carbs, 580 mg sodium, 3 g fiber, 16 g protein



DRINKS

Stock up on these liquid assets.

92. IZZE Esque

Finally, a soda you can feel good about: This sparkling water is infused with fruit juice. We dig the black raspberry flavor.

Per 12 oz bottle (black raspberry): 60 cal, 0 g fat, 15 g carbs, 5mg sodium, 0 g fiber, 0 g protein

93. Fuze Slenderize

Guzzle without guilt! It's super-low in calories (10 per bottle) and contains metabolism boosters like L-carnitine and chromium.

Per 8 oz (tropical punch): 5 cal, 0 g fat, 1 g carbs, 5mg sodium, 0 g fiber, 0 g protein

94. V8 V-Fusion

It's like the produce aisle in a glass: a full serving of fruit and veggies in just one serving.

Per 8 oz (goji-raspberry): 110 cal, 0 g fat, 27 g carbs, 70 mg sodium, 0 g fiber, 0 g protein

95. Trop50 Calcium and Vitamin D

It has half the sugar and calories of traditional OJ and delivers as much calcium and vitamin D as a glass of milk.

Per 8 oz: 50 cal, 0 g fat, 13gcarbs, 10 mg sodium, 0 g fiber, <1 g protein

96. EAS Myoplex Shake

This post-workout recovery shake now comes in a 14-ounce resealable plastic bottle. New flavors such as dessert-like strawberry cream taste great chilled.

Per 14 oz bottle: 210 cal, 2.5 g fat (0.5gfat), 23 g carbs, 280 mg sodium, 3 g fiber, 25 g protein

97. Gatorade G2 Low-Calorie Electrolyte Beverage Mix

Lose the bulky bottle and tuck one of these petite powder packs in your gym bag. When you're ready, just add the contents to a bottle of water. You'll get fewer calories than with standard sports sips.

Per pouch (makes 16.9 oz): 50 cal, 0 g fat, 14gcarbs, 200 mg sodium, 0 g fiber, 0 g protein

98. Honest T Tropical Mate

This fruity mango and orange beverage is light and refreshing, not syrupy sweet.

Per 8 oz: 35 cal, 0 g fat, 9 g carbs, 5mg sodium, 0 g fiber, 0 g protein

99. Celestial Seasonings Honey Vanilla Chai

A delicious honey-laced mix of black and white teas. Stash a box in your desk for a spicy mid-afternoon pick-me-up.

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

100. Mighty Leaf Chocolate Mint Truffle Tea

The addition of chocolate and mint makes this a perfect dessert tea (with no calories!), and it also packs a monumental antioxidant punch.

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

101. Swiss Miss Indulgent Collection Mocha Cappuccino

So decadent, this calcium-filled mix will tame any chocolate craving.

Per 6 oz: 120 cal, 2 g fat (1.5 g sat), 24 g carbs, 170 mg sodium, 1 g fiber, 1 g protein



DAIRY

Build strong bones by the bite (or sip).

102. Organic Valley Single Serve 1% Chocolate Lowfat Milk

Another study has found that chocolate moo juice helps muscles recover better after a workout. And this shelf-stable, portable single pack will fit nicely into your workout bag.

Per cup: 150 cal, 2.5 g fat (1.5 g sat), 25 g carbs, 290 mg sodium, 1 g fiber, 9 g protein

103. Silk Heart Health Soy Milk

As much calcium as regular milk, plus phytoosterols, which help reduce cholesterol levels.

Per cup (vanilla): 80 cal, 1.5 g fat (0 g sat), 10 g carbs, 95 mg sodium, 1 g fiber, 6 g protein

104. Blue Diamond Almond Breeze Unsweetened Vanilla Almond Milk

Half the calories of skim milk with a hint of almond flavor, and it's a great source of calcium and vitamins D and E. Great in oatmeal and smoothies.

Per cup: 40 cal, 3 g fat (0 g sat), 2 g carbs, 180 mg sodium, 1 g fiber, 1 g protein

105. Yo Crunch Cheesecake Flavor Nonfat Yogurt

Topped with graham cracker pieces, it's a 100-calorie dessert treat.

Per container: 100 cal, 1.5 g fat (0 g sat), 22 g carbs, 75 mg sodium, <1 g fiber, 3 g protein

106. Chobani Pomegranate 0% Greek Yogurt

Thick and oh-so creamy but still fat free, Greek yogurt has more muscle-building protein than regular varieties.

Per container: 140 cal, 0 g fat, 21 g carbs, 75 mg sodium, 0 g fiber, 14 g protein

107. Dannon Activia Peach Drink

Probiotics keep your tummy working smoothly, and these fruit-flavored drinks are easy to swallow during your morning commute.

Per bottle: 160 cal, 3 g fat (2 g sat), 27 g carbs, 65 mg sodium, 1 g fiber, 6 g protein

108. Shedd's Spread Country Crock-Calcium Plus Vitamin D

All the same buttery goodness plus hard-to-get vitamin D (the latest health-protecting super-nutrient) and very little saturated fat.

Per Tbsp: 50 cal, 5 g fat (1 g sat), 0 g carbs, 95 mg sodium, 0 g fiber, 0 g protein

109. Rachel's Roasted Red Pepper Cottage Cheese

Packed with protein and fiber and savory, strong flavor—something you don't usually get in standard plain cottage cheese.

Per container: 120 cal, 2 g fat (1.5 g sat), 6 g carbs, 440 mg sodium, 6 g fiber, 14 g protein

110. Daisy Light Sour Cream

It has half the fat and a third of the calories of regular sour cream, plus an extra gram of protein. Don't feel bad adding a dollop to your quesadilla.

Per 2 Tbsp: 40 cal, 2.5 g fat (2 g sat), 2 g carbs, 25 mg sodium, 0 g fiber, 2 g protein

111. Cabot 50% Reduced Fat Omega-3 DHA Cheddar

With less fat and sodium and added omega-3s to help your brain. Unlike most low-fat cheeses, this one melts smooth.

Per ounce: 70 cal, 4.5 g fat (3 g sat), 0 g carbs, 170 mg sodium, 0 g fiber, 8 g protein

112. The Laughing Cow Original Swiss Light Spreadable Cheese Wedges

Delicious creamy flavor: You'd never guess it has only 35 calories!

Per wedge: 35 cal, 4 g fat (2.5 g sat), 1 g carbs, 250 mg sodium, 0 g fiber, 2 g protein

113. The Laughing Cow Original Mini Babybel

A great on-the-go nibble that's packed with calcium—try it in place of string cheese.

Per piece: 70 cal, 6 g fat (4 g sat), 0 g carbs, 170 mg sodium, 0 g fiber, 5 g protein

114. Eggology Cage Free Hardboiled Eggs

Cooked, peeled, and ready to eat, these protein-packed snacks come with packets of salt and pepper.

Per egg: 70 cal, 4 g fat (2 g sat), 5 g carbs, 110 mg sodium, 0 g fiber, 6 g protein



MEAT & FISH

Make your muscles happy and lean.

115. Hormel Natural Choice Parmesan Crust Pork Loin Filet

A lean supper without the hassle of marinating—just stick it in the oven. Slice it for great sandwiches too.

Per 4 oz: 120 cal, 4 g fat (1.5 g sat), 1 g carbs, 390 mg sodium, 0 g fiber, 20 g protein

116. Coleman Organic Boneless Skinless Chicken Breasts

Organic and individually wrapped, so nothing goes to waste. Defrost these right in the package in your microwave.

Per 4 oz: 120 cal, 1.5 g fat (0 g sat), 0 g carbs, 75 mg sodium, 0 g fiber, 26 g protein

117. Jennie-O Applewood Smoked Turkey Breast Tenderloin

Smoked meats taste great, but many of them are practically pickled in tummy-bloating salt. Not this one. Toss on the grates for a succulent grilled dinner.

Per 4 oz: 110 cal, 1 g fat (0 g sat), 3 g carbs, 290 mg sodium, 0 g fiber, 23 g protein

118. Great Range Ground Bison

Give your standard burger a Wild West makeover with super-lean bison, which tastes just like beef, but a little sweeter.

Per 4 oz: 190 cal, 11 g fat (4 g sat), 0 g carbs, 60 mg sodium, 0 g fiber, 23 g protein

119. Coleman Natural Uncured Hickory Smoked Bacon

Mmm, real bacon...without all the BP-spiking excess salt.

Per 2 strips: 70 cal, 6 g fat (2 g sat), 0 g carbs, 140 mg sodium, 0 g fiber, 3 g protein

120. Al Fresco All Natural Roasted Pepper & Asiago Sausage

Grilled or sauteed, this plump link sports a lean profile.

Per link: 140 cal, 8 g fat (2.5 g sat), 1 g carbs, 550 mg sodium, 0 g fiber, 15 g protein

121. Healthy Ones Beef Franks

A hot dog with only 70 calories and less than three grams of fat? Spark up the grill, stat!

Per dog: 70 cal, 2.5 g fat (1 g sat), 7 g carbs, 430 mg sodium, 0 g fiber, 6 g protein

122. Henry & Lisa's Natural Seafood Wild South American Mahi-Mahi

Perfectly flaky fish, sustainably sourced, then dressed with an award-winning chef's awesome Caribbean marinade.

Per 3.5 oz fillet: 88 cal, 1 g fat (0 g sat), 1 g carbs, 96 mg sodium, 0 g fiber, 18 g protein

123. Sea Pak Asian Sesame Wild Salmon

Go upscale restaurant-style at home with sesame-topped wild salmon.

Per 4 oz: 270 cal, 15 g fat (2 g sat), 21 g carbs, 600 mg sodium, 2 g fiber, 17 g protein

124. Northern Chef Seafood Medley

Clams, squid, shrimp, mussels, and baby octopus, all wild-caught to be kinder on the fish and the environment.

Per 1/2 cup: 90 cal, 1.5 g fat (0 g sat), 2.5 g carbs, 230 mg sodium, 0 g fiber, 17 g protein

125. Valley Fresh 100% Natural White Chicken

Forget additive-infused brands. This tasty version comes with just three ingredients: organic chicken, sea salt, and water.

Per 1/4 cup: 70 cal, 2 g fat (1 g sat), 0 g carbs, 180 mg sodium, 0 g fiber, 12 g protein