



# THE breakfast AISLE

These healthy choices all have fewer than 200 calories and 6 g of fat or less per serving.



## 1. BEST WAFFLE

**Kellogg's Eggo Nutri-Grain Whole Wheat waffles**

This whole-wheat variety packs a healthy dose of fiber to keep you full—and tastes delicious.

**Per 2 waffles:** 180 calories, 5 g protein, 28 g carbohydrate, 6 g fat (1.5 g saturated), 3 g fiber.



## 2. BEST CEREAL

**Kashi GoLean Crunch!**

This satisfying cereal has more than one-third of the fiber you need each day.

**Per cup:** 190 calories, 9 g protein, 36 g carbohydrate, 3 g fat (0 g saturated), 8 g fiber.



## 3. BEST INSTANT OATMEAL

**McCann's Instant Irish Oatmeal Apple & Cinnamon**

One bowl, with its delicious fruity taste, will keep you feeling full on busy mornings.

**Per packet:** 130 calories, 3 g protein, 27 g carbohydrate, 1.5 g fat (0 g saturated), 3 g fiber.



## 4. BEST BREAKFAST BAR

**Honey Nut Cheerios Milk 'n Cereal Bar**

A filling, low-cal choice to grab when you're running late.

**Per bar:** 160 calories, 3 g protein, 28 g carbohydrate, 4 g fat (2 g saturated), 1 g fiber.



## 5. BEST GRANOLA

**Bear Naked Fit All-Natural Whole Grain Granola (Vanilla Almond Crunch)**

So good, you can eat it plain—no milk or yogurt needed.

**Per 1/4 cup:** 120 calories, 3 g protein, 19 g carbohydrate, 2.5 g fat (0 g saturated), 3 g fiber.

# THE dairy CASE

Taste and fat calories were crucial in this category. Cheeses have at least 6 g of protein and 250 mg of calcium per ounce.



## 6. BEST FLAVORED YOGURT

**Yoplait Original 99% Fat-Free Peach Yogurt**  
Hard to believe something this creamy could be virtually fat-free.

**Per 6-ounce cup:** 170 calories, 5 g protein, 33 g carbohydrate, 1.5 g fat (1 g saturated), 0 g fiber.



## 7. BEST PLAIN YOGURT

**Fage Total 0%**

The richness of this Greek yogurt made it a crowd pleaser. Plus, it's low in carbs and sugar (just 6 g per container).

**Per 5.3-ounce cup:** 80 calories, 13 g protein, 6 g carbohydrate, 0 g fat (0 g saturated), 0 g fiber.



## 8. BEST CHEDDAR CHEESE

**Cracker Barrel Natural**

**Sharp Cheddar 2% Milk Reduced Fat**  
Not too dry, not too sharp, our testers said.

**Per ounce:** 90 calories, 7 g protein, 1 g carbohydrate, 6 g fat (4 g saturated), 0 g fiber.



## 9. BEST SWISS CHEESE

**Boar's Head Gold Label Swiss Cheese**

Great taste. Plus, if you're trying to reduce your sodium intake, Swiss is the best cheese choice.

**Per ounce:** 110 calories, 8 g protein, 1 g carbohydrate, 8 g fat (5 g saturated), 0 g fiber.



## 10. BEST PEPPER JACK

**Boar's Head Monterey Jack Cheese with Jalapeno**

Add flavor to your next omelet or burger with this spicy favorite.

**Per ounce:** 100 calories, 6 g protein, 0 g carbohydrate, 9 g fat (6 g saturated), 0 g fiber.



## BEST SMOOTHIE

**Dannon Fruition Strawberry Kiwi Blend**

Tastes just like homemade, our testers raved.

**Per container:** 260 calories, 7 g protein, 50 g carbohydrate, 3.5 g fat (2 g saturated), 1 g fiber.



## 12. BEST STRING CHEESE

**Sorrento Stringsters Reduced-Fat Natural String Cheese**

Full of flavor with just the right texture. (Hint: It's not rubbery!)

**Per stick:** 70 calories, 8 g protein, 1 g carbohydrate, 4 g fat (3 g saturated), 0 g fiber.

# THE bread AISLE

Each of these products contains whole grains, fiber and protein—three must-haves for keeping hunger at bay.



## 13. BEST PITA

**Thomas' Sahara Pita Pockets 100% Whole Wheat**

The mild whole-wheat flavor makes this pita a winner. Use it for mini sandwiches or dip into hummus.

**Per pita:** 140 calories, 6 g protein, 27 g carbohydrate, 1.5 g fat (0 g saturated), 4 g fiber.



## 14. BEST TORTILLA

**Mission Multi-Grain Flour Tortillas**

This good-for-you carb works as a wrap or homemade burrito.

**Per tortilla:** 110 calories, 3 g protein, 17 g carbohydrate, 3 g fat (1 g saturated), 4 g fiber.



## 15. BEST BAGEL

**Thomas' Mini Bagels Cinnamon Raisin**

Great taste, with a fraction of the calories and a smart portion size.

**Per bagel:** 130 calories, 5 g protein, 27 g carbohydrate, 1 g fat (0 g saturated), 2 g fiber.

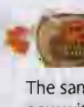


## 16. BEST SLICED BREAD

**Arnold Whole Grains 100% Whole Wheat**

The supersoft texture makes this a kid- (and adult-) friendly whole-grain bread.

**Per slice:** 110 calories, 5 g protein, 20 g carbohydrate, 1 g fat (0 g saturated), 3 g fiber.



## 17. BEST ENGLISH MUFFIN

**Thomas' 100% Whole-Wheat English Muffins**

The same nooks and crannies as the original, now with the added benefit of whole grains.

**Per muffin:** 120 calories, 6 g protein, 23 g carbohydrate, 1 g fat (0 g saturated), 3 g fiber.

# THE deli AISLE

Our picks are all low in sodium and have less than 1 g saturated fat.



**18. BEST SLICED TURKEY**  
Boar's Head Ovengold Roast Breast of Turkey—skinless

Tasty, and low in sodium—without *tasting* low in sodium.

Per 2 ounces: 60 calories, 13 g protein, 0 g carbohydrate, 1 g fat (0 g saturated), 0 g fiber.



**19. BEST SLICED HAM**  
Hormel Natural Choice Smoked Deli Ham

Perfect on a sandwich or rolled up plain for a snack.

Per 4 slices: 60 calories, 9 g protein, 1 g carbohydrate, 2 g fat (1 g saturated), 0 g fiber.



**20. BEST SLICED CHICKEN**  
Applegate Farms Organic Smoked Chicken Breast

Great smoky flavor with no preservatives.

Per 2 ounces: 70 calories, 12 g protein, 1 g carbohydrate, 2 g fat (1 g saturated), 0 g fiber.



**21. BEST HOT DOG**  
Applegate Farms Uncured Chicken Hot Dogs

Tastes like the real deal, but with more protein and less sodium than other brands.

Per hot dog: 60 calories, 7 g protein, 0 g carbohydrate, 3 g fat (1 g saturated), 0 g fiber.

## BEST HUMMUS



**Sabra Classic Hummus**

So deliciously creamy, a little goes a long way.

Per ounce: 80 calories, 2 g protein, 4 g carbohydrate, 6 g fat (0.5 g saturated), 1 g fiber.



# THE snack FOOD AISLE

You *can* indulge in sweets—and keep it healthy. We watched portion size and picked treats that had fewer than 200 calories per ounce.



**23. BEST PRETZEL**  
Rold Gold Honey Wheat Braided Twists

Salty, yet slightly sweet, with a hearty crunch.

Per 8 pretzels: 110 calories, 2 g protein, 23 g carbohydrate, 1 g fat (0.5 g saturated), 1 g fiber.



**24. BEST POTATO CHIP**  
Terra Golds Original Potato Chips

Thick and crispy—but not too greasy—with a touch of salt.

Per 1 ounce: 130 calories, 2 g protein, 19 g carbohydrate, 5 g fat (0.5 g saturated), 0 g fiber.



**25. BEST TRAIL MIX**  
Chex Mix Sweet & Salty Trail Mix

The perfect combo of pretzels, cereals, raisins and peanuts.

Per 1/2 cup: 140 calories, 2 g protein, 22 g carbohydrate, 4.5 g fat (1.5 g saturated), 1 g fiber.



**26. BEST POPCORN**  
Smart Balance Light Butter Flavor

Just like in the movie theater, only better for you.

Per 4 cups popped: 120 calories, 3 g protein, 18 g carbohydrate, 4.5 g fat (1.5 g saturated), 4 g fiber.



**27. BEST 100-CALORIE PACK**  
Hostess 100 Calorie Packs—Chocolate Cake with Chocolate Icing and Creamy Filling

Three gooey chocolate cakes

for just 100 calories. Guilt-free powerhouses!

Per pack: 100 calories, 2 g protein, 22 g carbohydrate, 3 g fat (1 g saturated), 5 g fiber.



**29. BEST CANDY**  
Reese's Peanut Butter Cups

Chocolate and peanut butter—an irresistible pairing.

Per cup: 140 calories, 3 g protein, 14.5 g carbohydrate, 7.5 g fat (3 g saturated), 1 g fiber.



**30. BEST COOKIE**  
Nabisco Nutter Butter

Crunchy peanut-buttery goodness.

Per 2 cookies: 130 calories, 2 g protein, 19 g carbohydrate, 6 g fat (1 g saturated), 1 g fiber.



**31. BEST MILK CHOCOLATE**  
Hershey's Milk Chocolate Bar

When you need a basic chocolate fix, nothing beats this classic.

Per 1 bar: 300 calories, 5 g protein, 36 g carbohydrate, 18 g fat (11 g saturated), 1 g fiber.



**32. BEST DRIED FRUIT**  
Mariani Premium Berries 'n Cherries

Sweet berries (strawberries, blueberries and cherries) in a stay-fresh bag.

Per 1/4 cup: 130 calories, 1 g protein, 32 g carbohydrate, 0 g fat (0 g saturated), 3 g fiber.



**33. BEST SALSA**  
Tostitos Medium Chunky Salsa

Chunky and flavorful, but not too spicy.

Per 2 tablespoons: 10 calories, 0 g protein, 2 g carbohydrate, 0 g fat (0 g saturated), 1 g fiber.



**34. BEST TORTILLA CHIP**  
Tostitos Restaurant Style White Corn chips

For those times when only a corn chip will do.

Per ounce: 140 calories, 2 g protein, 19 g carbohydrate, 7 g fat (1 g saturated), 1 g fiber.



**35. BEST CRACKER**  
Carr's Whole Wheat Crackers

A perfect complement to cheese—a tad sweet and not too dry.

Per 2 crackers: 80 calories, 1 g protein, 11 g carbohydrate, 3.5 g fat (1.5 g saturated), 1 g fiber.



**36. BEST PITA CHIP**  
Stacy's Simply Naked Baked Pita Chips

A yummy alternative to potato chips when you're craving something crunchy and salty.

Per 14 chips: 130 calories, 3 g protein, 19 g carbohydrate, 5 g fat (0.5 g saturated), 2 g fiber.



**37. BEST ENERGY BAR**  
Clif Bar Oatmeal Raisin Walnut

Munch on this crowd favorite pre- or post-workout, or anytime you're on the go.

Per bar: 240 calories, 10 g protein, 43 g carbohydrate, 5 g fat (1 g saturated), 5 g fiber.

# THE freezer AISLE

Desserts made the cut only if they had fewer than 150 calories and 2 g saturated fat or less per serving.



### 38. BEST CHOCOLATE ICE CREAM

**Edy's Slow Churned Rich & Creamy Chocolate (Light)**  
Delish in a dish. Period.  
Per ½ cup: 110 calories, 3 g protein, 16 g carbohydrate, 3.5 g fat (2 g saturated), 1 g fiber.



### 39. BEST ICE CREAM SANDWICH

**Skinny Cow Low-Fat Ice Cream Sandwich (Vanilla)**  
Chocolate cookie on the outside and luscious vanilla ice cream on the inside—mmm!

Per sandwich: 140 calories, 3 g protein, 30 g carbohydrate, 1.5 g fat (0.5 g saturated), 3 g fiber.



### 40. BEST FUDGE POP

**Starbucks Coffee Frappuccino Low-Fat Mocha Ice Cream Bars**  
Better than a latte for an afternoon pick-me-up.

Per bar: 120 calories, 4 g protein, 22 g carbohydrate, 2 g fat (1 g saturated), 3 g fiber.



### 42. BEST FROZEN PIZZA

**Kashi All-Natural Frozen Pizza Five Cheese Tomato**  
Cheesy, with a crust that's crunchy, not soggy.

Per ½ pizza: 290 calories, 14 g protein, 37 g carbohydrate, 9 g fat (3.5 g saturated), 4 g fiber.



### 43. BEST FROZEN DINNER

**Kashi Chicken Pasta Pomodoro**  
Great for lunch or a light dinner. Bonus points: It has less sodium than other frozen entrées.

Per entrée: 280 calories, 19 g protein, 38 g carbohydrate, 6 g fat (1.5 g saturated), 6 g fiber.



### 44. BEST FROZEN VEGETARIAN DINNER

**Lean Cuisine Santa-Fe Style Rice & Beans**  
Nice and cheesy. Eat it as a meal or a snack with baked chips.

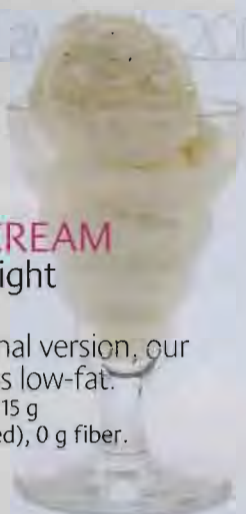
Per package: 290 calories, 10 g protein, 49 g carbohydrate, 6 g fat (2.5 g saturated), 5 g fiber.



### 45. BEST VEGGIE BURGER

**Morningstar Farms Grillers Original**  
Nearly as hearty as beef.

Per burger: 130 calories, 15 g protein, 5 g carbohydrate, 6 g fat (1 g saturated), 2 g fiber.



## BEST VANILLA ICE CREAM

**Breyers Double Churn Light Vanilla Bean**

Tastes so much like the original version, our testers couldn't believe it was low-fat.

Per ½ cup: 100 calories, 3 g protein, 15 g carbohydrate, 3.5 g fat (2 g saturated), 0 g fiber.

# THE packaged goods AISLE

This aisle is tricky—the bottom line? Winners were low in saturated fat and calories.



### 46. BEST PEANUT BUTTER

**Smucker's Natural Peanut Butter (Creamy)**  
Super smooth and creamy, with nothing artificial.

Per 2 tablespoons: 210 calories, 8 g protein, 6 g carbohydrate, 16 g fat (2.5 g saturated), 2 g fiber.



### 47. BEST JELLY

**Cascadian Farm Organic Strawberry Fruit Spread**

Great fruity flavor, but not too sweet.

Per tablespoon: 40 calories, 0 g protein, 10 g carbohydrate, 0 g fat (0 g saturated), 0 g fiber.



### 48. BEST GRANOLA BAR

**Kellogg's All-Bran Honey Oat Bars**  
With lots of filling fiber, this bar will keep you energized during a long afternoon.

Per bar: 130 calories, 2 g protein, 27 g carbohydrate, 3 g fat (0.5 g saturated), 5 g fiber.



### 49. BEST CHICKEN SOUP

**Healthy Choice Chicken with Rice**  
Lean white-meat chicken and vegetables in a tasty broth.

Per cup: 110 calories, 7 g protein, 17 g carbohydrate, 1.5 g fat (0 g saturated), 3 g fiber.



### 50. BEST VEGETABLE SOUP

**Progresso Light Vegetable & Noodle Soup**  
A good ratio of veggies to noodles. Plus, at just 60 calories per cup, you can eat it whenever hunger pangs strike.

Per cup: 60 calories, 2 g protein, 13 g carbohydrate, 0.5 g fat (0 g saturated), 4 g fiber.



### 51. BEST SALAD DRESSING

**Wish-Bone Light Ranch Dressing**

Creamy, with the same flavor as the original—but just one-third the calories.

Per 2 tablespoons: 40 calories, 0 g protein, 5 g carbohydrate, 2 g fat (0 g saturated), 0 g fiber.



### 52. BEST CANNED TOMATOES

**Del Monte no salt added**

Tastes like you canned them yourself.

Per ½ cup: 25 calories, 1 g protein, 6 g carbohydrate, 0 g fat (0 g saturated), 2 g fiber.



### 53. BEST FROZEN MIXED VEGGIES

**Birds Eye Steamfresh Mixed Vegetables**  
Just like fresh—only a whole lot faster and easier. Add them to soups and stir-fries, or enjoy them as a side.

Per ½ cup: 60 calories, 2 g protein, 12 g carbohydrate, 0 g fat (0 g saturated), 2 g fiber.



### 54. BEST PACKAGED TUNA

**StarKist Chunk Light**  
Packaged is better than canned: less mess and not as smelly.

Per 2 ounces: 60 calories, 13 g protein, 0 g carbohydrate, 0.5 g fat (0 g saturated), 0 g fiber.



### 55. BEST BROWN RICE

**Uncle Ben's Fast & Natural Whole Grain Instant Brown Rice**

Tender brown rice in 90 seconds flat.

Per cup, cooked: 170 calories, 4 g protein, 36 g carbohydrate, 1 g fat (0 g saturated), 2 g fiber.



### 56. BEST PASTA SAUCE

**Classico Tomato & Basil**  
A good marinara—slightly sweet with a hint of basil.

Per ½ cup: 60 calories, 2 g protein, 11 g carbohydrate, 1 g fat (0 g saturated), 2 g fiber.



### 57. BEST WHOLE-WHEAT PASTA

**Hodgson Mill Whole-Wheat Penne**  
Made with all-natural ingredients. Even regular-pasta lovers will like this whole-wheat version.

Per 2 ounces dry: 210 calories, 9 g protein, 41 g carbohydrate, 1 g fat (0 g saturated), 6 g fiber.

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