# eat right



We shopped, cooked and tasted-and then tasted some more. Here, the 100 healthiest, most satisfying foods in your grocery store. Load up your cart with these nutrition all-stars guilt-free! BY SARA WELLS

ADDITIONAL REPORTING BY ANAR ALLIDINA, SARAH D'ANGELO AND STELLA KATSIPOUTIS

MOST OF US SPEND CLOSE TO TWO HOURS A WEEK AT THE SUPERMARKET: That's 120 minutes trying to decide between this can of soup or that one, 17 kinds of frozen pizza (even buying dog food has gotten complicated—but we won't go into that here). Our focus: What to buy out of a box, bag or bottle that is delicious and healthy. To qualify for taste testing, brands had to be low in fat, added sugars and sodium, and high in protein and fiber. Use this guide to go aisle by aisle like a pro.

and lean protein, but packagedfood choices can be trickier.

These healthy picks all have fewer than 200 calories and no more than



1.5 grams of saturated fat per serving.



#### BEST CEREAL

Fiber One Honey Clusters Sweet and crunchy, this cereal has more than half your daily

intake of fiber in one cup.

Per cup: 160 calories, 5 g protein, 42 g carbohydrate, 1.5 g fat (0 g saturated), 13 g fiber.



#### BEST GRANOLA

Bear Naked All Natural Granola Apple Cinnamon This blend of whole-grain oats, nuts

and apples is the perfect topping for yogurt or oatmeal.

Per ¼ cup: 140 calories, 3 g protein, 17 g carbohydrate, 7 g fat (1.5 g saturated), 3 g fiber.



#### BEST INSTANT OATMEAL McCann's Instant Maple &

**Brown Sugar Oatmeal Delicious** 

maple flavor that's not overpowering. "Makes you feel warm and cozy," one tester raved.

Per packet: 160 calories, 4 g protein, 32 g carbohydrate, 2 g fat (0 g saturated), 3



#### BEST WAFFLE Van's All Natural Multi-Grain Gourmet

Waffles Tastes like the ones mom used to make, but with the added benefit of five grams of fiber.

Per 2 waffles: 190 calories, 5 g protein, 30 g carbohydrate, 6 g fat (0.5 g saturated), 5 g fiber.



#### BEST BAGEL Thomas' 100% Whole Wheat Mini Bagels The perfect portion size. Pair one with a

piece of fruit or a low-fat yogurt for a satisfying breakfast.

Per bagel: 120 calories, 6 g protein, 25 g carbohydrate, 1 g fat (0 g saturated), 3 g fiber.



#### BEST MUFFIN

VitaMuffin So rich and chocolaty

you won't believe that these muffins could be healthy. But they are!

Per muffin: 100 calories, 3 g protein, 21 g carbohydrate, 1.5 g fat (1 g saturated), 6 g fiber.



#### BEST EGG BEATERS

 Egg Beaters With Yolk Southwestern This mix of peppers, onions and spices adds zest to

your morning.

Per ¼ cup: 40 calories, 5 g protein, 1 g carbohydrate, 1.5 g fat (0.5 g saturated), 0 g fiber.



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Each of these products contains 100 percent whole grains, protein and at least 2 grams of fiber to help you feel satisfied.



#### BEST SLICED BREAD

Arnold 100% Natural Whole Wheat Bread Even white-bread lovers won't mind a slice or two of this soft and

chewy whole wheat.

Per slice: 90 calories, 3 g protein, 16 g carbohydrate, 1.5 g fat (0 g saturated), 3 g fiber.



## BEST WRAP

Garden City All Natural Roll-Ups Stone Ground Whole Wheat Flour A yummy

whole-grain taste.

Per wrap: 110 calories, 4 g protein, 23 g carbohydrate, 0 g fat (0 g saturated), 4 g fiber.



#### BEST PITA Thomas' Sahara Pita Pockets 100% Whole Wheat Mild flavor and supersoft texture make this a winner. Testers

loved it dipped in hummus.

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



BEST ENGLISH MUFFINS

Thomas' Hearty Grains 100% Whole Wheat English Muffins The addition of whole grains to this perennial favorite gives each serving added fiber.

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



#### BEST HAMBURGER BUNS

Pepperidge Farm Classic 100% Whole Wheat Hamburger Buns Whole-

wheat goodness without the whole-wheat taste. A family-friendly option for summer cookouts.

Per bun: 120 calories, 6 g protein, 18 g carbohydrate, 2 g fat (0 g saturated), 2 g fiber.

What makes a winner

>> Six of the best

nutritionists in the country, all FITNESS advisory board members, created healthy criteria for every category: the ideal number of calories and grams of fat for each food: low sodium content in deli meats; high fiber content in breads, cereals, pastas; and so on. In each category, the top three to five brands that met our stringent standards were tastetested by dozens of staffers from

our company. (Only nationally

available products qualified.)

FITNESS nutrition experts: Kathy McManus, R.D., director, department of nutrition, Brigham and Women's Hospital in Boston; Lisa Young, Ph.D., R.D., author of The Portion Teller Plan and adjunct professor of nutrition at New York University; Dawn Jackson Blatner, R.D., dietitian and spokesperson for the American Dietetic Association in Chicago; Leslie Bonci, M.P.H., R.D., director of sports nutrition at the Center for Sports Medicine at the University of Pittsburgh Medical Center; Ashley Koff, R.D., nutrition counselor and consultant; Elizabeth Burt, R.D., FITNESS healthy-test-kitchen guru.

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Most of the brands below have 3 grams or less of saturated fat per serving.



#### BEST PEPPER JACK

Cabot Monterey Jack

Premium Cheese An appealingly sharp taste and creamy texture.

Per ounce: 110 calories, 7 g protein, <1 g carbohydrate, 9 g fat (6 g saturated), 0 g fiber.



### BEST SWISS CHEESE

 Kraft Singles Deli Deluxe Aged Swiss Cheese

Thick slices means one goes a long way. Pair with turkey for a

delicious, healthy sandwich.

Per slice: 110 calories, 8 g protein, 0 g carbohydrate, 9 g fat (5 g saturated), 0 g fiber.



#### BEST CHEDDAR . CHEESE

Cracker Barrel Natural Extra Sharp Cheddar 2% Milk Reduced Fat

A sharp cheddar flavor. Satisfying when melted on whole-grain bread.

Per ounce: 90 calories, 7 g protein, 1 g carbohydrate, 9 g fat (4 g saturated), 0 g fiber.



#### BEST SHREDDED . CHEESE

Horizon Organic Low Moisture Part-Skim Mozzarella

Shredded Cheese Fresh mozzarella that's hormone- and antibiotic-free. Use for pizzas or add to salads.

Per 1/4 cup: 80 calories, 8 g protein, <1 g carbohydrate, 5 g fat (3 g saturated), 0 g fiber.



#### BEST STRING CHEESE

 Horizon Organic Mozzarella String Cheese

Not rubbery or waxy. Pair with a piece of fruit or a handful of nuts for a

Per stick: 80 calories, 8 g protein, <1 g carbohydrate, 5 g fat (3 g saturated), 0 g fiber.



# BEST COTTAGE

Breakstone's Small Curd

Lowfat 2% Milkfat Cottage Cheese Incredibly creamy, yet amazingly low in calories and fat.

Per 1/2 cup: 90 calories, 12 g protein, 6 g carbohydrate, 2.5 g fat (1.5 g saturated), 0 g fiber.



#### BEST CREAM . CHEESE

Philadelphia 1/3 Less Fat

Cream Cheese The full-fat version is a tad richer, but this tastes practically the same, and we'd rather save the calories (20 per serving, to be exact)!

Per 2 tablespoons: 70 calories, 2 g protein, 2 g carbohydrate, 5 g fat (3 g saturated), 0 g fiber.



#### BEST YOGURT SMOOTHIE

Dannon Light & Fit Smoothie Mixed Berry Yummy fruit flavor and silky texture. Pair with a low-

fat granola bar and you've got breakfast.

Per bottle: 70 calories, 5 a protein, 13 a carbohydrate, 0 g fat (0 g saturated), 0 g fiber.



# BEST YOGURT

 Dannon Light & Fit Nonfat Vanilla Yogurt Testers

loved this yogurt's flavor.

Per cup: 80 calories, 7 g protein, 14 g carbohydrate, 0 g fat (0 g saturated), 0 g fiber.



#### BEST GREEK YOGURT · Oikos Organic Greek

Yogurt Super high in protein, this

Greek yogurt won raves for creaminess.

Per 5.3-ounce container: 90 calories, 15 g protein, 6 g carbohydrate, 0 g fat (0 g saturated), 0 g fiber.



#### BEST PLAIN YOGURT Dannon All Natural Nonfat Plain Yogurt An

excellent choice when making

low-fat dips or for a snack with a bit of honey or fresh fruit.

Per cup: 110 calories, 11 g protein, 16 g carbohydrate, 0 g fat (0 g saturated), 0 g fiber.



Our favorites are low in sodium (less than 500 milligrams per serving) and have at least 5 grams of protein. Most are nitrate-free.



### CHICKEN Oscar Mayer Deli Fresh

Meats Shaved Rotisserie Style Chicken

Breast Just right for sandwiches, this chicken looks and tastes like you bought it at the deli counter.

Per 6 slices: 50 calories, 9 g protein, 2 g carbohydrate, 1 g fat (0 g saturated), 0 g fiber.



Not too salty, and no preservatives.

Per 2 ounces: 50 calories, 10 g protein, 0 g carbohydrate, 1.5 g fat (0.5 g saturated), 0 g fiber.



#### BEST HOT DOG Applegate Farms Organic Uncured Beef Hot

Dogs Low in calories and fat, these ballpark-worthy franks have no additives.

Per frank: 100 calories, 8 g protein, 1 g carbohydrate, 7 g fat (3 g saturated), 0 g fiber.



BEST TURKEY Applegate Farms Organic Turkey Bacon Perfect for Sundaymorning brunch. Tasters noted the smok flavor and crispy texture.

Per slice: 30 calories, 5 g protein, 0 g carbohydrate, 1 g fat (0 g saturated), 0 g fiber.



#### BEST SLICED TURKE . Applegate Farms Organic Oven Roasted

Turkey Breast For those who like plain turkey with no added flavors or

spices. Plus, it's low in sodium. Per 2 ounces: 50 calories, 12 g protein, 0 g

carbohydrate, 0 g fat (0 g saturated), 0 g fiber

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# ackt You can indulge in sweets—and keep it healthy. We watched portion size and picked



treats that had no trans fats and fewer than 250 calories per serving.



BEST MEAL · REPLACEMENT BAR

Odwalla Super Protein Nourishing Food Bar Fruity taste that's not

chalky or artificial. Fills you up without weighing you down.

Per bar: 230 calories, 16 g protein, 31 g carbohydrate, 4.5 g fat (1.5 g saturated), 4 g fiber.



BEST ENERGY BAR Clif Bar Oatmeal Raisin

Walnut An ideal snack pre- or post-workout, or any time you

need an energy boost.

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



BEST GRANOLA BAR Fiber One Oats &

Chocolate Chewy Bar Got a

chocolate craving? Stash a few in your tote and get your fix without the guilt.

Per bar: 140 calories, 2 g protein, 29 g carbohydrate, 4 g fat (1.5 g saturated), 9 g fiber.



BEST CEREAL FOR . SNACKING Quaker Oatmeal Squares

Sweet with a hint of brown sugar

and a satisfying crunch.

Per cup: 210 calories, 6 g protein, 44 g carbohydrate, 2.5 g fat (0.5 g saturated), 5 g fiber.



BEST RICE CAKE

J. Lundberg Organic Brown Rice Cakes, Lightly Salted Slightly nutty with a touch of salt.

Per cake: 70 calories, 1 g protein, 15 g carbohydrate, 0 g fat (0 g saturated), 1 g fiber.



 Snyder's of Hanover Organic Oat Bran Sticks A pretzel

kids and adults will like: a bit sweet and very crunchy.

Per ounce: 120 calories, 3 g protein, 25 g carbohydrate, 0 g fat (0 g saturated), 2 g fiber.



BEST CRACKER Triscuit Reduced Fat

Whole Grain Wheat Crackers

Same classic taste, now with extra

fiber. A cracker you can feel good about. Per 7 crackers: 120 calories, 3 g protein, 21 g carbohydrate, 3 g fat (0 g saturated), 3 g fiber.



BEST VEGGIE CHIP . Flat Earth Baked Veggie Crisps Farmland

Cheddar So cheesy, they're

dangerously addictive!

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



BEST PITA CHIP

New York Style Brand Garlic Pita Chips If you like garlic and salt, these are for you. No dip

required!

Per 7 chips: 110 calories, 3 g protein, 16 g carbohydrate, 3.5 g fat (1.5 g saturated),



BEST POPCORN O. Pop Secret Light Butter Popcorn Super

buttery, with just the right amount of salt. Per 6 cups popped: 120 calories, 3 g protein, 25 g carbohydrate, 6 g fat (2.5 g saturated), 4 g fiber.



BEST SALSA

Stonewall Kitchen Spicy Tomato Salsa Thick and chunky with authentic Mexican spices.

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



BEST TORTILLA CHIP

Garden of Eatin' Blue Chips Natural, wholesome taste, said our testers.

Per ounce: 140 calories, 2 g protein, 18 g carbohydrate, 7 g fat (0.5 g saturated), 2 g fiber.



BEST POTATO CHIP Lay's Kettle Cooked

Original Extra Crunchy Potato Chips The ultimate

potato chip: thick, crunchy, crispy, salty and not too oily.

Per ounce: 150 calories, 2 g protein, 18 g carbohydrate, 8 g fat (1 g saturated), 1 g fiber.



BEST BAKED POTATO

Kettle Brand Bakes Aged White Cheddar Potato Chips Tastes

like a regular chip. A great way to satisfy a craving while avoiding fat and calories.

Per ounce: 120 calories, 3 g protein, 20 g carbohydrate, 3 g fat (0.5 g saturated), 2 g fiber.



BEST DRIED FRUIT MIX

 Sun-Maid Mixed Fruit A delicious blend of dried apples,

out added sugar.

Per ¼ cup: 100 calories, 1 g protein, 25 g carbohydrate, 0 g fat (0 g saturated), 3 g fiber.



 Kraft Handi-Snacks Chocolate Pudding The richest chocolate flavor of all

the puddings we tried.

Per pot: 100 calories, 1 g protein, 23 g carbohydrate, 1 g fat (1 g saturated), 1 g fiber.



BEST COOKIE Newman's Own Organics Newman-O's

Mint Crème Filled Chocolate Cookies Mint plus chocolate. What's not to love? Per 2 cookies: 130 calories, 2 g protein, 20 g carbohydrate, 4.5 g fat (1.5 g saturated), 1 g fiber.



BEST 100-CALORIE

Keebler Right Bites Fudge

Shoppe Grasshopper Fudge Dipped Mint Cookies Keep them in your bag, desk or car for those times when a cookie-monster moment hits.

Per pouch: 100 calories, 2 g protein, 14 g carbohydrate, 3.5 g fat (2.5 g saturated), 1 g fiber.



BEST DARK CHOCOLATE Perugina Classic

Bittersweet Chocolate Bar Not too sweet, not too bitter. A perfect dark chocolate for those who

aren't huge "dark" fans.

Per 1/3 bar: 170 calories, 3 g protein, 18 g carbohydrate, 11 g fat (7 g saturated), 3 g fiber.



 BEST MILK CHOCOLATE Dove Milk Chocolate

Miniatures Supremely creamy, melt-in-your-mouth goodness.

Per 5 pieces: 220 calories, 2 g protein, 24 g carbohydrate, 13 g fat (8 g saturated), 1 g fiber.