

125 BEST FOODS FOR WOMEN

Women's Health

FLAT SEXY ABS!

No More Muffin Top! Moves That Will Get You Lean Fast

Instant Money

7 Cash-Saving Strategies to Start Using Today

SEX CONFESSIONS

1,000+ Hot Guys Reveal Their Deepest Secrets ...and Desires

ANTI-AGING MAKEUP

Genius Beauty Breakthroughs

LOSE 5 LBS IN 10 DAYS

Lauren
Conrad
shares her
style tricks



Tone Every Inch!

(No Gym
Required)



125

BEST PACKAGED FOODS

for
women



THE AVERAGE SUPERMARKET CARRIES 46,852 ITEMS. TO SAVE YOU TIME (AND KEEP YOU FROM LAPSING INTO A NUTRITION-LABEL-READING COMA) OUR TEAM OF EXPERTS PLOWED THROUGH THE AISLES AND FOUND THE ULTIMATE GOOD-FOR-YOU ITEMS FOR STAYING SLIM, FIGHTING DISEASE, AND ENJOYING EVERY MORSEL YOU PUT INTO YOUR MOUTH!

BY OUR EXPERT PANEL OF NUTRITIONISTS
KAREN ANSEL, R.D., MAUREEN CALLAHAN, R.D.,
LISA DRAYER, R.D., AND KERRY NEVILLE, R.D.

PHOTOGRAPHS BY ADAM LEVEY



SNACKS, CRACKERS & CHIPS

Healthy ways to quiet the munchies

48 Everybody's Nuts! European Roast Pistachios

We're not sure how they got the vinegar flavor inside the shell, but we do know it is so totally addictive.

Per ½ cup: 170 cal, 14 g fat (1.5 sat), 8 g carbs, 330 mg sodium, 2 g fiber, 6 g protein



49 Planters NUT-rition Heart Healthy Mix

An awesome blend of heart-protecting peanuts, almonds, pecans, pistachios, hazelnuts, and walnuts, with 50 percent less sodium than other mixed nuts.

Per oz: 170 cal, 15 g fat, (1.5 g sat), 5 g carbs, 50 mg sodium, 3 g fiber, 6 g protein



50 Emerald Trail Mix—Tropical Blend

This tasty gathering of glazed walnuts, cashews, coconut, granola, dried mango and pineapple, and banana chips gives new meaning to trail mix.

Per ¼ cup: 130 cal, 7 g fat (2.5 g sat), 17 g carbs, 40 mg sodium, 1 g fiber, 2 g protein



51 Blue Diamond Cinnamon Brown Sugar Oven Roasted Almonds 100 Calorie Pack

Sweet and savory goodness coats these ultimate good-for-your-heart gems.

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



52 Cherry Raisinets

Pair sweet dried cherries with rich dark chocolate and you get a heaping handful of antioxidants bursting with flavor. Now, if we could just stop eating them...

Per ¼ cup: 200 cal, 8 g fat (5 g sat), 32 g carbs, 5 mg sodium, 2 g fiber, 1 g protein



53 Special K Fruit Crisps

Like Pop-Tarts for grown-ups—without all the calories! Get them in either blueberry or strawberry.

Per 2 crisps (strawberry flavor): 100 cal, 2 g fat (1 g sat), 20 g carbs, 80 mg sodium, <1 g fiber, 1 g protein



54 Terra Exotic Harvest Vegetable Chips

This fun mix of carrots, blue potatoes, and kabocha squash boasts 40 percent less fat than potato chips, plus three grams of filling fiber. (They look so pretty on the chip 'n' dip platter too.)

Per oz (about 16 chips): 130 cal, 6 g fat (0.5 g sat), 16 g carbs, 160 mg sodium, 3 g fiber, 2 g protein



55 Triscuit Thin Crisps

Whole-grain triangles that are perfect for eating alone or dunking into hummus, dip, or salsa. We dig the Original and the Quattro Formaggio flavors.

Per 15 crackers (Original flavor): 130 cal, 4.5 g fat (0.5 g sat), 21 g carbs, 180 mg sodium, 3 g fiber, 3 g protein



56 Kettle Brand Krinkle Cut Potato Chips—Salt & Fresh Ground Pepper

Pepper heats up the typical chip experience, so it's satisfying to eat just a few.

Per oz (9 chips): 150 cal, 9 g fat (1 g sat), 16 g carbs, 190 mg sodium, 2 g fiber, 2 g protein



57 Tostitos Blue Corn Tortilla Chips

They're serious—only three ingredients in this delightful salsa delivery vehicle.

Per oz (7 chips): 110 cal, 7 g fat (1 g sat), 19 g carbs, 115 mg sodium, 2 g fiber, 2 g protein



58 Luna Protein—Cookie Dough

It's better than a candy bar (and better for you), plus the perfect marriage of protein and fiber will keep you full for hours.

Per bar: 180 cal, 6 g fat (4 g sat), 21 g carbs, 230 mg sodium, 3 g fiber, 12 g protein



59 Orville Redenbacher's Smart Pop! Gourmet Popping Corn (94% Fat-Free) Mini Bags

Movie-theater-esque popcorn that comes in a convenient 100-calorie single-serving bag.

Per bag (popped): 100 cal, 1.5 g fat (0 g sat), 21 g carbs, 140 mg sodium, 3 g fiber, 3 g protein



FROZEN MEALS

Easy prep, even easier on your waist

61 Cedarlane Scrambled Egg Whites, Vegetable & Cheese Breakfast Burrito

A so-good, protein-packed, ready-to-go breakfast burrito with scrambled egg whites, potatoes, veggies, and cheese.

Per burrito: 290 cal, 9 g fat (3 g sat), 39 g carbs, 650 mg sodium, <1 g fiber, 15 g protein



62 Annie Chun's Organic Potstickers—Chicken & Vegetable

The perfect protein-rich appetizer or minimeal. Made with organic chicken and served in a wrapper that's both crispy and tender.

Per 7 pieces: 220 cal, 3.5 g fat (0.5 g sat), 32 g carbs, 620 mg sodium, 2 g fiber, 14 g protein



63 Healthy Choice All Natural Entrées Tortellini Primavera Parmesan

Whole-grain tortellini filled with four cheeses—ricotta, Parmesan, Romano, and provolone—in a marinara sauce. Made with chardonnay wine and extra-virgin olive oil.

Per serving: 220 cal, 4.5 g fat (2 g sat), 35 g carbs, 500 mg sodium, 6 g fiber, 9 g protein



64 Kashi Red Curry Chicken

If you like sweet and spicy, this new chicken dish with hearty whole grains, sweet potatoes, bok choy, and red peppers will put a smiley face on your palate.

Per serving: 300 cal, 9 g fat (3.5 g sat), 40 g carbs, 470 mg sodium, 5 g fiber, 18 g protein



65 Organic Bistro Wild Salmon

We're not kidding: This omega-3-rich wild Alaskan salmon tastes great right out of the microwave! Comes in a rosemary-orange glaze with sides of cranberry-walnut rice pilaf and broccoli.

Per serving: 390 cal, 13 g fat (4.3 g sat), 43 g carbs, 65 mg sodium, 6 g fiber, 28 g protein



66 Kashi Caribbean Carnival Pizza

The real carnival is in your mouth: This pizza is made with plantains, antioxidant-rich mango and kale, and guava-infused jerk sauce.

Per ¼ pizza: 280 cal, 8 g fat (2.5 g sat), 39 g carbs, 590 mg sodium, 5 g fiber, 14 g protein



67 MorningStar Farms Lasagna with Sausage-Style Crumbles

If you're a vegetarian who is looking for a protein-rich lasagna—or you're just trying to cut down on meat—this is the perfect meal for you.

Per serving: 270 cal, 6 g fat (2.5 g sat), 41 g carbs, 590 mg sodium, 6 g fiber, 20 g protein



68 Smart Ones Southwestern Style Chicken Fiesta Grilled Flatbread

An indulgent grilled flatbread sandwich made with white-meat chicken, fire-roasted veggies (including peppers, corn, and onions), and a tasty red-pepper sauce.

Per serving: 310 cal, 7 g fat (1.5 g sat), 43 g carbs, 630 mg sodium, 4 g fiber, 17 g protein



69 Lean Cuisine Chicken in Peanut Sauce

Tender chicken served over veggies and whole-wheat pasta, tossed with a taste-bud-pleasing Thai peanut sauce.

Per container: 280 cal, 8 g fat (1.5 g sat), 30 g carbs, 560 mg sodium, 5 g fiber, 22 g protein



70 DiGiorno 200-Calorie Portions Cheese & Tomato Pizza

It has the usual cheese, tomato, and garlic, but its pizza-parlor taste and generous size make it a standout.

Per square: 200 cal, 2 g fat (4 g sat), 22 g carbs, 440 mg sodium, 1 g fiber, 9 g protein



60

Kind Fruit & Nut Bars

Yum, yum, and more yum! Made with big chunks of fruit and nuts, these taste like a granola bar should taste—but way better!

Per bar: 170 cal, 11 g fat (5 g sat), 16 g carbs, 25 mg sodium, 5 g fiber, 4 g protein



125 BEST PACKAGED FOODS FOR WOMEN

SNACKS, CRACKERS & CHIPS

Healthy ways to quiet the munchies

48 Everybody's Nuts! European Roast Pistachios ■■

We're not sure how they got the vinegar flavor inside the shell, but we do know it is so totally addictive.

Per ½ cup: 170 cal, 14 g fat (1.5 sat), 8 g carbs, 330 mg sodium, 2 g fiber, 6 g protein



49 Planters NUT-rition Heart Healthy Mix ■■

An awesome blend of heart-protecting peanuts, almonds, pecans, pistachios, hazelnuts, and walnuts, with 50 percent less sodium than other mixed nuts.

Per oz: 170 cal, 15 g fat, (1.5 g sat), 5 g carbs, 50 mg sodium, 3 g fiber, 6 g protein



50 Emerald Trail Mix—Tropical Blend ■■

This tasty gathering of glazed walnuts, cashews, coconut, granola, dried mango and pineapple, and banana chips gives new meaning to trail mix.

Per ¼ cup: 130 cal, 7 g fat (2.5 g sat), 17 g carbs, 40 mg sodium, 1 g fiber, 2 g protein



51 Blue Diamond Cinnamon Brown Sugar Oven Roasted Almonds 100 Calorie Pack ■■

Sweet and savory goodness coats these ultimate good-for-your-heart gems.

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



52 Cherry Raisinets ■■

Pair sweet dried cherries with rich dark chocolate and you get a heaping handful of antioxidants bursting with flavor. Now, if we could just stop eating them....

Per ¼ cup: 200 cal, 8 g fat (5 g sat), 32 g carbs, 5 mg sodium, 2 g fiber, 1 g protein



53 Special K Fruit Crisps ■

Like Pop-Tarts for grown-ups—without all the calories! Get them in either blueberry or strawberry.

Per 2 crisps (strawberry flavor): 100 cal, 2 g fat (1 g sat), 20 g carbs, 80 mg sodium, <1 g fiber, 1 g protein



54 Terra Exotic Harvest Vegetable Chips ■■

This fun mix of carrots, blue potatoes, and kabocha squash boasts 40 percent less fat than potato chips, plus three grams of filling fiber. (They look so pretty on the chip 'n' dip platter too.)

Per oz (about 16 chips): 130 cal, 6 g fat (0.5 g sat), 16 g carbs, 160 mg sodium, 3 g fiber, 2 g protein



55 Triscuit Thin Crisps ■■

Whole-grain triangles that are perfect for eating alone or dunking into hummus, dip, or salsa. We dig the Original and the Quattro Formaggio flavors.

Per 15 crackers (Original flavor): 130 cal, 4.5 g fat (0.5 g sat), 21 g carbs, 180 mg sodium, 3 g fiber, 3 g protein



56 Kettle Brand Krinkle Cut Potato Chips—Salt & Fresh Ground Pepper ■

Pepper heats up the typical chip experience, so it's satisfying to eat just a few.

Per oz (9 chips): 150 cal, 9 g fat (1 g sat), 16 g carbs, 190 mg sodium, 2 g fiber, 2 g protein



57 Tostitos Blue Corn Tortilla Chips ■

They're serious—only three ingredients in this delightful salsa delivery vehicle.

Per oz (7 chips): 140 cal, 7 g fat (1 g sat), 19 g carbs, 115 mg sodium, 2 g fiber, 2 g protein



58 Luna Protein—Cookie Dough ■■

It's better than a candy bar (and better for you), plus the perfect marriage of protein and fiber will keep you full for hours.

Per bar: 180 cal, 6 g fat (4 g sat), 21 g carbs, 230 mg sodium, 3 g fiber, 12 g protein



59 Orville Redenbacher's Smart Pop! Gourmet Popping Corn (94% Fat-Free) Mini Bags ■

Movie-theater-esque popcorn that comes in a convenient 100-calorie single-serving bag.

Per bag (popped): 100 cal, 1.5 g fat (0 g sat), 21 g carbs, 140 mg sodium, 3 g fiber, 3 g protein

