

It's likely that more than half of your grocery budget goes to foods that come in a bag, box, or can. But scan a typical ingredients panel and you'll see that what you're really paying for is a lot of added fat, sodium, and chemical preservatives. To help you get more nutritional bang for your buck, our team of pros did a supermarket sweep for the buys that are as beneficial for you as they are for your wallet.

125

BEST PACKAGED FOODS FOR WOMEN

**OUR EXPERT PANEL
OF NUTRITIONISTS**
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PHOTOGRAPHS BY
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KEY

- SLIM-DOWN PICK
- BUILDS MUSCLE
- WARDS OFF CANCER
- FIGHTS HEART DISEASE
- BUILDS BONE
- ORGANIC

FLAVORED BEVERAGE FROM CONCENTRATE
WITH OTHER NATURAL FLAVORS
70% FRUIT JUICE & SPARKLING WATER

DRINKS

→ Fluids that fuel you

1. Ocean Spray Sparkling Pomegranate Blueberry Beverage

■ Mildly carbonated soda water is sweetened with real fruit juices, not added sugar, and two of those juices come from antioxidant-loaded superfruits.



Per can: 90 cal, 0 g fat, 22 g carbs, 35 mg sodium, 0 g fiber, 0 g protein, 22 g sugar

2. Sweet Leaf All-Natural Lemon & Lime Unsweetened Tea

■ Kicking sugar doesn't mean boring your taste buds to death. This calorie-free black tea gets it just right—a hint of citrus plus antioxidants to help ward off heart attacks and kidney stones.



Per bottle: 0 cal, 0 g fat, 0 g carbs, 0 mg sodium, 0 g fiber, 0 g protein, 0 g sugar

3. Cheribundi Tru Cherry Tart Cherry Juice

■ Each bottle contains the juice of 50 cherries (the equivalent of two servings of fruit) and is brimming with anthocyanidins, nature's anti-inflammatories, which may help soothe sore muscles post-workout.



Per bottle: 130 cal, 0 g fat, 32 g carbs, 5 mg sodium, 0 g fiber, 1 g protein, 28 g sugar

4. Yogi Vanilla Spice Perfect Energy Tea

■ With energizing Ayurvedic herbs, this green-and-black-leaf blend has as much caffeine as eight ounces of coffee but with the mellow taste of chai instead.



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

5. R.W. Knudsen Sparkling Essence Cucumber Water

■ Gently sparkling water laced with organic cucumber extract and a touch of organic lemon juice is the ultimate in refreshment.



Per can: 0 cal, 0 g fat, 0 g carbs, 0 mg sodium, 0 g fiber, 0 g protein, 0 g sugar

6. Republic of Tea Red Velvet Cuppa Chocolate Tea Bags

■ Tame your sweet tooth with this no-cal dessert blend of caffeine-free rooibos tea, whose all-natural flavors could have come straight from a bakery window.



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

7. V8 Spicy Hot Low-Sodium Vegetable Juice

■ Fiery flavor that's just shy of mouth-tingling helps make up for the missing salt. One glass delivers two servings of vegetables, whether you drink it or use it for marinades, soups, or best of all—Bloody Marys.



Per 8 fl oz: 50 cal, 0 g fat, 11 g carbs, 140 mg sodium, 2 g fiber, 2 g protein, 8 g sugar

8. Hint Unsweetened Blackberry Essence Water

■ A lot of flavored waters are overly concentrated or super-sweetened, but the thirst-quenching power of this one comes from the just-right amount of pure blackberry juice.



Per bottle: 0 cal, 0 g fat, 0 g carbs, 0 mg sodium, 0 g fiber, 0 g protein, 0 g sugar

9. Sambazon Açai with Orange Juice

■ Swap your usual glass of OJ for this organic citrus-superfruit blend. With 150 percent of your daily vitamin C and loads of protective antioxidants, it's an easy-drinking, energizing start to your day.



Per bottle: 156 cal, 2 g fat (0 g sat), 31 g carbs, 45.5 mg sodium, 1 g fiber, <1 g protein, 20 g sugar

10. Q Ginger

■ Cardamom, orange peel, rose oil, and agave give this skinny soda its amazingly clean, crisp taste. Just as good: Its central ingredient, ginger, is a natural digestive aid that also has anti-inflammatory properties.



Per bottle: 60 cal, 0 g fat, 15 g carbs, 0 mg sodium, 0 g fiber, 0 g protein, 15 g sugar

11. Coco Exposed Peach Kiwi

■ Think energy drink crossed with bubble tea, only instead of tapioca pearls, there are chunks of digestion-aiding aloe vera afloat in coconut water, peach juice, and kiwi juice.



Per bottle: 60 cal, 0 g fat, 15 g carbs, 50 mg sodium, 0 g fiber, 0 g protein, 14 g sugar

SNACKS, CRACKERS & CHIPS

→ Remorse-free ways to feed any craving

12. Food Should Taste Good All-Natural Olive Chips

■ Crunchy multigrain circles get a hit of salty flavor from three kinds of olives—black, kalamata, and green—and a dose of mono-unsaturated fats too.



Per serving (about 10 chips): 140 cal, 6 g fat (0.5 g sat), 18 g carbs, 140 mg sodium, 3 g fiber, 2 g protein, 0 g sugar

13. Pure Organic Cranberry Orange Bar

■ Fruit is the only filler in this sweet snack bar, which is why each one counts as a full serving of produce. The blend of cranberries and nuts is chewier and more indulgent than trail mix but just as healthy and convenient.



Per bar: 190 cal, 8 g fat (0.5 g sat), 27 g carbs, 5 mg sodium, 3 g fiber, 6 g protein, 19 g sugar

14. Luna Bar Chocolate-Dipped Coconut

■ Legit candy-bar flavor almost makes you feel guilty about eating this post-workout—until you realize it packs an incredible nine grams of muscle-restoring protein and 35 percent of your daily bone-building calcium needs.



Per bar: 190 cal, 7 g fat (4 g sat), 25 g carbs, 210 mg sodium, 3 g fiber, 9 g protein, 11 g sugar

15. Rhythm Superfoods Bombay Curry Kale Chips

■ Not your typical bag of chips, sure, but these melt-on-your-tongue flakes of dried, spiced leafy greens will disappear just as quickly. You can feel good about that, since kale is a superfood.



Per ½ bag: 101 cal, 4 g fat (2 g sat), 11 g carbs, 189 mg sodium, 2 g fiber, 4 g protein, 2 g sugar

16. Snyder's of Hanover Organic Whole-Wheat & Oat Pretzel Sticks

■ Never has a salty snack been so virtuous. Agave-sweetened and low-sodium, these whole-wheat sticks even come in a petroleum-free sustainable package.



Per serving (9 pretzels): 110 cal, 1.5 g fat (0 g sat), 21 g carbs, 270 mg sodium, 1 g fiber, 4 g protein, 3 g sugar

17. Stacy's Simply Naked Pita Chips

■ Unlike plenty of other offerings you'll find in the well-stocked chip aisle, these tasty rectangles of fresh pita get their crispiness from being twice-baked, not fried in fat.



Per serving (10 chips): 130 cal, 5 g fat (0.5 g sat), 19 g carbs, 270 mg sodium, 1 g fiber, 3 g protein, <1 g sugar

18. Kettle Brand Sweet Onion Potato Chips

■ When only real spuds will do, this chip's got it all: substantial crunch from being hand-cooked, an infusion of natural tangy-sweet flavor, and plenty of blood-pressure-lowering potassium.



Per serving (13 chips): 150 cal, 9 g fat (1 g sat), 16 g carbs, 125 mg sodium, 1 g fiber, 2 g protein, 1 g sugar

19. Kashi TLC Peanutty Dark Chocolate Layered Granola Bars

■ No matter what you're craving—nutty, chewy, salty, sweet—this seven-grain granola bar, iced with a mix of dark chocolate and fruit, is the answer.



Per bar: 130 cal, 4.5 g fat (1 g sat), 20 g carbs, 80 mg sodium, 4 g fiber, 4 g protein, 7 g sugar

20. Beanitos Black Bean Chips with Chipotle BBQ

■ No starchy fillers here—only protein- and fiber-filled bean chips that are first baked, then flash-fried for crispiness and seasoned with barbecue spice.



Per bag: 175 cal, 8 g fat (<1 g sat), 18 g carbs, 187 mg sodium, 6 g fiber, 6 g protein, <1 g sugar

21. Kind Minis Fruit & Nut Delight

■ These scaled-down snack bars—yummy and full of concentrated energy from a combo of fruits, nuts, and flax—manage to be the perfect tide-you-over size without breaking the calorie bank.



Per bar: 108 cal, 6 g fat (1 g sat), 12 g carbs, 10 mg sodium, 2 g fiber, 3 g protein, 7 g sugar

22. Pepperidge Farm Baked Naturals Simply Cheddar Cracker Chips

■ Ultra-thin and crispy, these cheese-loaded crackers are perfect for the chip lover who thrives on crunch but doesn't want to rack up a lot of fat per serving.



Per serving (27 chips): 130 cal, 3.5 g fat (<1 g sat), 24 g carbs, 250 mg sodium, 2 g fiber, 2 g protein, 4 g sugar

23. Popcorn, Indiana All-Natural Cinnamon Sugar Kettlecorn

■ All the hot-buttered satisfaction of carnival kettlecorn in five simple ingredients, with no preservatives and just a hint of tongue-tingling flavor.



Per serving (2½ cups): 130 calories, 4.5 g fat (0 g sat), 21 g carbs, 15 mg sodium, 2 g fiber, 1 g protein, 7 g sugar

MEATS & SEAFOOD

→ Muscle-building protein with belly-flattening powers

24. Al Fresco Spicy Chipotle Chicken Sausage with Fire-Roasted Green Peppers and Cilantro

■ These links are missing preservatives, fillers, and a lot of fat and sodium—but definitely not flavor.



Per serving (1 link): 140 cal, 7 g fat (2 g sat), 2 g carbs, 490 mg sodium, 1 g fiber, 15 g protein, 1 g sugar

25. Applegate The Great Organic Uncured Hot Dog

■ The best-in-bun award goes to this organic grass-fed-beef weiner, which is free of nitrates (and other chemical additives) and shockingly low in calories, fat, and sodium.



Per serving (1 hot dog): 110 cal, 8 g fat (3 g sat), 0 g carbs, 330 mg sodium, 0 g fiber, 7 g protein, 0 g sugar

26. Starkist Tuna Salad Sandwich-Ready Chunk Light



■ Squeeze this pouch of premixed albacore, celery, water chestnuts, and sauce onto the bread of your choice for a meal loaded with omega-3s.

Per serving (1 pouch): 90 cal, 2.5 g fat (<1 g sat), 6 g carbs, 460 mg sodium, 1 g fiber, 11 g protein, 2 g sugar

27. Jennie-O Oven-Ready Homestyle Boneless Skinless Turkey Breast



■ Thawing is so passé: This freezer-to-oven turkey breast has a foolproof cooking bag that ensures the meat stays moist and tender.

Per serving (4 oz): 100 cal, 1 g fat (0 g sat), 1 g carbs, 460 mg sodium, 0 g fiber, 23 g protein, 1 g sugar

28. Laura's Lean Beef Pot Roast Au Jus



■ A precooked, hormone-free roast so fork-tender, it tastes like it took hours to prepare—not 20 minutes on your stove top.

Per serving (3 oz): 110 cal, 4 g fat (1.5 g sat), 3 g carbs, 380 mg sodium, 0 g fiber, 17 g protein, 0 g sugar

29. Hormel Always Tender Teriyaki-Flavored Pork Loin Filet



■ Pre-marinated meat takes all the un-fun prep work out of this juicy pork dish—just unwrap it and pop it in the oven for a deliciously low-cal, high-protein meal.

Per serving (4 oz): 140 cal, 5 g fat (2 g sat), 3 g carbs, 360 mg sodium, 0 g fiber, 21 g protein, 2 g sugar

30. SeaPak Salmon Burgers



■ Made from sustainable wild-caught Pacific salmon, a rich source of brain-boosting omega-3s, these preservative-free protein patties are a better way to build a burger.

Per serving (1 burger): 110 cal, 3 g fat (<1 g sat), 1 g carbs, 380 mg sodium, 0 g fiber, 18 g protein, 0 g sugar

31. Sun Valley Fresh Smoked Steelhead Trout



■ You're officially out of excuses for not eating enough fish: These Columbia River steelhead fillets come deboned, brined, and applewood-smoked.

Per serving (2 oz): 100 cal, 4 g fat (2 g sat), 0 g carbs, 340 mg sodium, 0 g fiber, 14 g protein, 0 g sugar

32. Organic Prairie Grass-Fed Ground Beef 85/15



■ Pasture-raised cattle from a co-op of U.S. ranchers guarantees that these USDA-certified organic burgers will always be flavorful, even with less fat than other varieties.

Per serving (4 oz): 240 cal, 17 g fat (7 g sat), 0 g carbs, 75 mg sodium, 0 g fiber, 21 g protein, 0 g sugar

33. Perdue Simply Smart Lightly Breaded Chicken Strips



■ These frozen all-white-meat tenders have 40 percent fewer calories and half the fat of most others, but you'd never guess it with the satisfyingly crunchy coating.

Per serving (3 oz): 140 cal, 5 g fat (1 g sat), 6 g carbs, 400 mg sodium, 0 g fiber, 17 g protein, 0 g sugar

34. Columbus Salame Reduced-Sodium Turkey Breast



■ This slow-roasted deli turkey is miles ahead of other packaged meats in the flavor department—a coup, since it also has 43 percent less sodium and is virtually fat-free.

Per serving (2 oz): 60 cal, <1 g fat (0 g sat), 0 g carbs, 220 mg sodium, 0 g fiber, 13 g protein, 0 g sugar

35. Coleman Natural Sun-Dried Tomato, Basil, and Provolone Chicken Meatballs



■ The antibiotic-free chicken used to make these Italian-spiced meatballs is leaner than red meat, so go ahead and gobble more.

Per serving (4 meatballs): 150 cal, 9 g fat (3 g sat), 2 g carbs, 500 mg sodium, 0 g fiber, 13 g protein, 0 g sugar

DAIRY
→ Wholesome options that skim the fat

36. Stonyfield Oikos Honey Vanilla Drinkable Organic Lowfat Greek Yogurt



■ Hormone- and antibiotic-free Greek yogurt makes this satisfyingly thicker than a smoothie, plus it has a third of your daily calcium covered—no spoon required.

Per bottle: 160 cal, 2 g fat (1 g sat), 27 g carbs, 135 mg sodium, 0 g fiber, 9 g protein, 26 g sugar

37
MILK FROM GRASS-FED COWS
PURE IRISH BUTTER
(227g)

Kerrygold Butter
■ This golden-yellow Irish spread gets its one-of-a-kind flavor from the milk of grass-fed cows. And that means it's a good source of conjugated linoleic acid (CLA), a fatty acid that may aid weight loss (if eaten in moderation).
Per serving (1 Tbsp): 100 cal, 11 g fat (8 g sat), 0 g carbs, 100 mg sodium, 0 g fiber, 0 g protein, 0 g sugar

38. Weight Watchers Natural Light Smoked Mozzarella String Cheese



■ ■ ■ ■ **Woody** smokehouse flavor plus a tummy-flattening six grams of protein make this the perfect pocket-sized snack.

Per stick: 50 cal, 2.5 g fat (1.5 g sat), 0 g carbs, 144 mg sodium, 0 g fiber, 6 g protein, 0 g sugar

39. So Delicious Hazelnut Coconut Milk Creamer



■ ■ ■ ■ Although it is made from coconut milk, this sweetly nutty nondairy creamer is fat-free, and, as the name implies, yummy enough that you'll want to use it for more than just coffee.

Per tablespoon: 20 cal, 0 g fat, 4 g carbs, 0 mg sodium, 0 g fiber, 0 g protein, 4 g sugar

40. Organic Valley Large Brown Eggs, 6-pack



■ ■ ■ ■ Upgrade your omelet with these brown beauties, which come from hens that are raised on family farms and fed an all-vegetarian organic diet.

Per egg: 60 cal, 4 g fat (1.5 g sat), <1 g carbs, 85 mg sodium, 0 g fiber, 6 g protein, 0 g sugar

41. Lifeway Organic Lowfat Raspberry Kefir



■ ■ ■ ■ This berry-flavored bottle drinks like a yogurt smoothie and has similar levels of calcium, protein, and vitamin D, but it's packed with even more digestion-aiding probiotics.

Per serving (1 cup): 140 cal, 2 g fat (1.5 g sat), 20 g carbs, 125 mg sodium, 0 g fiber, 11 g protein, 20 g sugar

42. Alouette Light Garlic & Herbs Soft Spreadable Cheese



■ ■ ■ ■ Creamy spreadable cheese blended with garlic and herbs is a more sophisticated alternative to cream cheese—and with close to half the calories of the typical bagel topper, a more sensible one too.

Per serving (2 Tbsp): 50 cal, 4 g fat (3 g sat), 2 g carbs, 60 mg sodium, 0 g fiber, 2 g protein, 2 g sugar

43. Wallaby Organic Banana Vanilla Lowfat Yogurt



■ ■ ■ ■ Haven't heard of Australian-style yogurt yet? Its thinner consistency and low sugar make it ideal for sauces and dips, and the smooth, mild flavor is the opposite of tart.

Per container: 140 cal, 2.5 g fat (1.5 g sat), 24 g carbs, 75 mg sodium, 0 g fiber, 6 g protein, 20 g sugar

44. Sorrento Low-Fat Ricotta Cheese



■ ■ ■ ■ Perfect for lightening up Italian recipes like lasagna and stuffed shells, it also makes a great dessert when sweetened with fruit and cinnamon. You'll never notice the missing fat.

Per serving (¼ cup): 50 cal, 2 g fat (1 g sat), 4 g carbs, 70 mg sodium, 1 g fiber, 6 g protein, 4 g sugar

45. Cabot Vermont Serious Snacking 50% Reduced-Fat Pepper Jack Cheese



■ ■ ■ ■ This taste bud-zinging cheese is missing half the fat but none of the creaminess, so single-serve sticks are a wise precaution.

Per stick: 50 cal, 3.5 g fat (2.5 g sat), <1 g carbs, 130 mg sodium, 0 g fiber, 6 g protein, 0 g sugar

46. Silk Pure Almond Unsweetened



■ ■ ■ ■ Milk shake-thick and nondairy, this nut drink has fewer than half the calories of skim but plenty of calcium (nearly half what you need in a day in every cup).

Per cup: 35 cal, 2.5 g fat (0 g sat), 1 g carbs, 150 mg sodium, 1 g fiber, 1 g protein, 0 g sugar

47. Horizon Organic Fat-Free Milk with DHA Omega-3



■ ■ ■ ■ Along with the usual bone-building benefits of organic milk, this carton is enhanced with heart- and brain-boosting omega-3 fatty acids.

Per serving (6 oz): 100 cal, 0 g fat, 14 g carbs, 150 mg sodium, 0 g fiber, 9 g protein, 12 g sugar

FRUITS & VEGGIES

→ The next-best things to fresh-picked

48. Dole Endless Summer Salad Kit



■ ■ ■ ■ Bagged salads are always convenient but rarely as tasty as this mix of cheeses, baked croutons, and sunflower seeds on a bed of romaine and red cabbage.

Per serving (1½ cups): 150 cal, 16 g fat (2.5 g sat), 8 g carbs, 310 mg sodium, 2 g fiber, 4 g protein, 4 g sugar

49. Mann's Broccoliini



■ ■ ■ ■ A natural (non-GMO) hybrid between broccoli and Chinese kale, these tender greens are milder than their cruciferous cousins, and one serving has more than your RDA of vitamin C. Try them steamed, or roasted with garlic and olive oil.

Per serving (8 stalks): 35 cal, 0 g fat, 6 g carbs, 25 mg sodium, 1 g fiber, 3 g protein, 2 g sugar

50. Earthbound Farm Organic Mighty Energy Salad Kit



■ ■ ■ ■ This gourmet-on-the-go kit is full of Southwestern zest with a mix of baby lettuce, black beans, corn, tortilla strips, and green tomatillo vinaigrette.

Per container: 290 cal, 16 g fat (3.5 g sat), 440 mg sodium, 6 g fiber, 6 g protein, 3 g sugar

51. Del Monte No-Salt-Added Petite Diced Tomatoes with Basil, Garlic, and Oregano



■ ■ ■ ■ These tomatoes are loaded with Italian flavors and spices, but they're light on the sodium that you'll typically find in other canned varieties.

Per serving (½ cup): 50 cal, 0 g fat, 10 g carbs, 50 mg sodium, 1 g fiber, 2 g protein, 8 g sugar

52. Stahlbush Island Farms Health Berry Blend Special Harvest



■ ■ ■ ■ This frozen blend of juicy black raspberries, Marion blackberries, and blueberries is packed with disease-fighting anthocyanins.

Per serving (¾ cup): 53 cal, 0 g fat, 12 g carbs, 2 mg sodium, 4 g fiber, 1 g protein, 8 g sugar

53. Bush's Best Reduced-Sodium Black Beans



■ ■ ■ ■ Call them nature's protein pills: These beans are perfectly cooked but with half the sodium of regular canned ones. A satisfying add-in to rice, soups, or Mexican fare.

Per serving (½ cup): 105 cal, 0.5 g fat (0 g sat), 23 g carbs, 240 mg sodium, 6 g fiber, 7 g protein, 1 g sugar

54. Chiquita Juice & Fruit Duos—Peach Mango



■ ■ ■ ■ Fruit soaking in 100 percent juice, not high-fructose corn syrup, is so good, you could throw back the entire cup—but then you wouldn't have the fun of using the plastic utensil cleverly built into the lid.

Per container: 90 cal, 0 g fat, 24 g carbs, 15 mg sodium, 3 g fiber, 0 g protein, 20 g sugar

55. Santa Cruz Apple Peach Sauce Cups



■ ■ ■ ■ Try this twist on a classic (and convenient) snack: an all-organic fall favorite naturally sweetened with peach puree and apple-juice concentrate to create a smooth, satisfying sauce in one perfectly portioned cup.

Per cup: 70 cal, 0 g fat, 17 g carbs, 10 mg sodium, 2 g fiber, <1 g protein, 14 g sugar

56. Birds Eye Pepper Stirfry



■ ■ ■ ■ Spare yourself the prep work: This bag of frozen presliced green, red, and yellow bell peppers and white onions is perfect in stir-fries and fajitas, or sautéed and seasoned as a side.

Per serving (1 cup): 25 cal, 0 g fat, 5 g carbs, 10 mg sodium, 1 g fiber, 1 g protein, 3 g sugar

57. Grapple



■ ■ ■ ■ It's an infusion of concentrated flavor, not scary genetic modifications, that gives these all-natural apples (Washington Extra Fancy Gala or Fuji, depending on what's in season) the smell and taste of authentic Concord grapes.

Per apple: 95 cal, 0 g fat, 25 g carbs, 0 mg sodium, 4 g fiber, 0 g protein, 19 g sugar

CONDIMENTS

→ Tasty sauces and spreads that benefit more than your taste buds

58. Tribe Origins Classic Hummus



■ ■ ■ ■ This back-to-basics spread has a short list of all-natural ingredients, and that allows the stars among them—fiber-rich chickpeas and tahini filled with healthy fat—to really shine.

Per serving (2 Tbsp): 60 cal, 3.5 g fat (0 g sat), 4 g carbs, 130 mg sodium, 1 g fiber, 2 g protein, 0 g sugar

59. Lucini Italia Savory Fig-Infused Balsamic Fig-Infused Balsamico



■ ■ ■ ■ Reinvent salad, grilled veggies, and marinades with a drizzle of this subtly sweet fig-infused artisanal vinegar, which is made from Trebbiano grapes and barrel-aged like fine wine.

Per serving (1 Tbsp): 30 cal, 0 g fat, 7 g carbs, 3 mg sodium, 0 g protein, 7 g sugar

60. Tabasco Chipotle Pepper Sauce



■ ■ ■ ■ A smokier, slightly less tongue-searing version of the classic hot sauce, this little bottle can kick your meals up a notch, and each zero-calorie serving contains the metabolism-stoking heat of jalapeño and chipotle peppers.

Per serving (1 tsp): 0 cal, 0 g fat (0 g sat), 0 g carbs, 115 mg sodium, 0 g fiber, 0 g protein, 0 g sugar

61. Crofter's Just Fruit Spread Organic Superfruit



■ ■ ■ ■ This jar is jammed with antioxidants from red grapes, cherries, acai, and pomegranates, but sweetened only by fruit juice, so it has a third less sugar than other brands.

Per serving (1 Tbsp): 35 cal, 0 g fat, 8 g carbs, 10 mg sodium, 0 g fiber, 0 g protein, 8 g sugar

62. Koeze Cream-Nut Natural Peanut Butter



■ ■ ■ ■ It may be nothing but roasted Virginia peanuts and sea salt, but this nut butter is the smoothest and creamiest on the market. And it delivers heart-healthy monounsaturated fats without extra sugar.

Per serving (2 Tbsp): 190 cal, 16 g fat (2.5 g sat), 3 g carbs, 35 mg sodium, 2 g fiber, 8 g protein, 1 g sugar

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63. Frontera Roasted Tomato Salsa

■ Low-cal, nonfat, and nearly sugar-free, this mild but flavorful salsa works with more than just chips—use it as a zesty, veggie-packed alternative to ketchup on burgers, in omelets, and on potatoes.

Per serving (2 Tbsp): 10 cal, 0 g fat, 2 g carbs, 170 mg sodium, 0 g fiber, 0 g protein, <1 g sugar

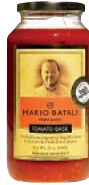


BREADS & CEREALS
→ Fiber-packed grains to fill you up, not out

64. Mario Batali Tomato Basil Pasta Sauce

■ Unlike a lot of jarred sauces, this one has no added sugar. It draws its flavor from San Marzano tomatoes, basil, sautéed carrots, and red onion, and is so fresh-tasting, it could pass for homemade.

Per serving (½ cup): 70 cal, 4 g fat (<1 g sat), 6 g carbs, 180 mg sodium, 1 g fiber, 2 g protein, 3 g sugar



70. Mission White Corn Tortillas

■ Adios, refined flour tortillas! These whole-grain corn-flour replacements are naturally higher in fiber, and their six-inch size serves up instant portion control for burritos, soft tacos, and wraps.



Per 2 tortillas: 120 cal, 2 g fat (0 g sat), 24 g carbs, 10 mg sodium, 2 g fiber, 3 g protein, 0 g sugar

65. True Lime

■ Each won't-spoil serving of crystallized fresh lime juice has as much natural, calorie-free flavor as one large lime wedge and is an easy way to squeeze in a quarter of the vitamin C you need in a day. Sprinkle it on rice or fish, or mix it into guacamole.

Per serving (1 oz): 0 cal, 0 g fat, 0 g carbs, 0 mg sodium, 0 g fiber, 0 g protein, 0 g sugar



71. Pepperidge Farm Cinnamon Bagel Flats

■ You can feel a lot better about smearing cream cheese, nut butter, or jam on this sweet, slimmed-down version since it has a third of the calories of other doughy rings. Plus, its flavor is all-natural.



Per bagel flat: 100 cal, 1 g fat (0 g sat), 23 g carbs, 120 mg sodium, 5 g fiber, 4 g protein, 5 g sugar

66. Spectrum Organics Light Canola Mayo

■ Made with heart-healthy canola oil, this vegan-friendly spread is creamy enough to sub for the real thing on sandwiches or in aioli but contains only one-third the calories and fat.

Per serving (1 Tbsp): 35 cal, 3.5 g fat (0 g sat), 0 g carbs, 65 mg sodium, 0 g fiber, 0 g protein, 0 g sugar



72. Purely Elizabeth Ancient Grain Granola Cereal—Original Flavor

■ Taste the hand-baked goodness of these crunchy, cinnamon-tinged clusters, made of gluten-free oats, quinoa, amaranth, omega-3-rich chia seeds, and raw virgin coconut oil.



Per serving (½ cup): 130 cal, 6 g fat (3.5 g sat), 17 g carbs, 115 mg sodium, 2 g fiber, 3 g protein, 6 g sugar

67. Annie's Naturals Goddess Dressing

■ There is definitely something heavenly about this creamy dressing's blend of lemony herbs and rich tahini. A great vegan alternative to ranch, it has the good-for-you kind of fat that helps with vitamin absorption.

Per serving (2 Tbsp): 120 cal, 12 g fat (1 g sat), 2 g carbs, 330 mg sodium, 0 g fiber, 1 g protein, 0 g sugar



73. Kashi Berry Blossoms

■ Like your favorite childhood cereal, these toasted whole-grain pillows will give you a sweet start to the day—only with natural fruit flavors rather than a mountain of sugar.



Per serving (¾ cup): 100 cal, 1 g fat (0 g sat), 25 g carbs, 125 mg sodium, 5 g fiber, 2 g protein, 1 g sugar

68. McCormick Gourmet Collection Smoked Paprika

■ With a just-right balance of heat and sweetness, this spice, made from Spanish sweet red peppers, adds a savory, almost meaty depth to vegetarian dishes and a delicious complexity to fish, potatoes, soups, and more.

Per serving (½ tsp): 0 cal, 0 g fat, 0 g carbs, 0 mg sodium, 0 g fiber, 0 g protein, 0 g sugar



74. Batter Blaster Organic Whole-Wheat Ready-to-Cook Pancake and Waffle Batter

■ "Genius" is all there is to say about this whole-wheat batter in a pressurized canister. Just point, squirt, and cook for perfect fluffy pancakes or waffles on demand.



Per ¼ cup (about 2 pancakes): 90 cal, 1 g fat (0 g sat), 17 g carbs, 280 mg sodium, 2 g fiber, 2 g protein, 5 g sugar

69. Grey Poupon Country Dijon

■ This über-low-cal mustard is more coarsely ground than a regular Dijon, for a bolder taste with just a hint of graininess. It's made with a splash of white wine, and works as well in sauces as it does on bread and wraps.



Per serving (1 Tbsp): 5 cal, 0 g fat, 0 g carbs, 120 mg sodium, 0 g fiber, 0 g protein, 0 g sugar

75. Weight Watchers Seedless Rye Bread

■ Make this ultra-thin slice your go-to for sandwiches and toast and you'll be surprised at what you don't miss: extra calories, rye seeds stuck between your teeth, and the feeling that you OD'd on carbs.



Per 2 slices: 90 cal, 1.5 g fat (0 g sat), 20 g carbs, 330 mg sodium, 7 g fiber, 5 g protein, 1 g sugar

76. Arnold Fill'em 100% Whole-Wheat Sandwich Thins

■ Super-soft and with less than two-thirds the calories and carbs of a standard pita pocket, these hot dog-length flatbreads beg to be stuffed—but they won't stuff you.



Per roll: 100 cal, 1 g fat (0 g sat), 21 g carbs, 170 mg sodium, 5 g fiber, 5 g protein, 2 g sugar

77. Bob's Red Mill Extra-Thick Rolled Oats

■ Thick-cut Pacific Northwest organic oats make for a chewy, mildly nutty-tasting cereal that is surprisingly packed with muscle-building protein (unlike instant varieties) and is sodium-free too.



Per ½ cup dry: 190 cal, 3.5 g fat (<1 g sat), 32 g carbs, 0 mg sodium, 5 g fiber, 7 g protein, 1 g sugar

78. Tumaro's New York Deli-Style Sourdough Wraps

■ Exploding with protein and fiber, these 10-inch tortillas leave plenty of caloric room for fillings. Use them for burritos and quesadillas, or as a low-cal sub for bread.



Per wrap: 80 cal, 2 g fat (0 g sat), 17 g carbs, 430 mg sodium, 9 g fiber, 7 g protein, 1 g sugar

79. Nature's Path Organic Optimum Slim

■ With loads of protein and belly-filling fiber, this multigrain cereal lives up to its name—and its crispy texture and light vanilla flavor may have you snacking on it straight from the box.



Per serving (1 cup): 210 cal, 2 g fat (0 g sat), 40 g carbs, 290 mg sodium, 9 g fiber, 9 g protein, 7 g sugar

80. Three Sisters Cinnamon & Apples Multigrain Hot Cereal

■ Oatmeal has competition in this chewy whole-grain, brown rice, flaxseed, and dried-fruit mix. Just add hot water for a bowl that dishes up heart-healthy alpha linolenic acid (ALA).



Per pouch: 150 cal, 2.5 g fat (0 g sat), 30 g carbs, 90 mg sodium, 4 g fiber, 5 g protein, 9 g sugar

FROZEN MEALS
→ Nutrient-packed dishes that are ready when you are

81. Morningstar Farms Bacon, Egg & Cheese Biscuits

■ A flaky buttermilk biscuit stuffed with egg, cheese, and vegetarian bacon (you won't miss the meat, honest) is the perfect on-the-go breakfast, full of flavor in every mouthful.



Per biscuit: 270 cal, 8 g fat (4 g sat), 40 g carbs, 630 mg sodium, 1 g fiber, 9 g protein, 5 g sugar

82. Birds Eye Voila! Garlic Chicken

■ This one-pot, no-chopping-required meal of corkscrew pasta, white-meat chicken, and veggies in a garlic cream sauce tastes slow-simmered, even though it's ready on your stovetop in mere minutes.



Per serving (1½ cups): 240 cal, 8 g fat (2 g sat), 29 g carbs, 540 mg sodium, 3 g fiber, 11 g protein, 6 g sugar

83. Kim & Scott's Gourmet Pretzels Pizza Pretzel

■ Oozing cheese and tangy sauce, this soft bread twist tastes like two guilty pleasures in one. But surprise—it's lower in fat and calories than the average cheese-pizza slice.



Per pretzel: 250 cal, 3.5 g fat (1.5 g sat), 41 g carbs, 240 mg sodium, 3 g fiber, 10 g protein, 3 g sugar

84. Smart Ones Morning Express French Toast with Turkey Sausage

■ Skeptical about nuking toast? One bite proves that the cinnamon-swirl bread stays decently crispy while the peppery sausage links plump up nicely.



Per package: 280 cal, 8 g fat (2.5 g sat), 39 g carbs, 570 mg sodium, 2 g fiber, 14 g protein, 18 g sugar

85. Dewafelbakkers+ Cinnamon All-Natural Sweet Potato Pancakes

■ How's this for a batter upgrade: Whole-grain spelt flour (a cousin of wheat) fills you with fiber, while sweet potatoes are loaded with the antioxidant beta-carotene.



Per 2 pancakes: 180 cal, 4 g fat (0 g sat), 32 g carbs, 200 mg sodium, 4 g fiber, 4 g protein, 11 g sugar

86. Amy's Light & Lean Black Bean & Cheese Enchilada

■ You'll never believe this organic veggie wrap came from your freezer. Served with brown rice, sweet corn, and carrots, it's super-filling too.



Per package: 240 cal, 4.5 g fat (2 g sat), 44 g carbs, 480 mg sodium, 4 g fiber, 8 g protein, 5 g sugar

87. Healthy Choice Asian Potstickers

■ Skip the take-out: You can check off one daily serving of veggies and two and a half of whole grains with this Mandarin-inspired meal of vegetarian-stuffed dumplings (they taste positively meaty).



Per package: 340 cal, 4.5 g fat (1 g sat), 66 g carbs, 530 mg sodium, 4 g fiber, 8 g protein, 14 g sugar

88. Caesar's Spinach Gnocchi

■ Embrace the carb-y goodness of spinach-infused potato-dough balls, which are lower in fat, calories, and sodium than most frozen pastas, and gluten-free to boot.



Per serving (15 pieces): 170 cal, 3 g fat (0 g sat), 34 g carbs, 50 mg sodium, 2 g fiber, 3 g protein, 0 g sugar



93

Pretzel M&M's
 ■ When you're torn between a salty craving and a sweet one, these candies are the answer. A serving (about a quarter cup) contains only 180 calories, so you can go ahead and indulge. Really.
Per ¼ cup (17 pieces): 180 cal, 6 g fat (4 g sat), 28 g carbs, 190 mg sodium, 1 g fiber, 2 g protein, 20 g sugar

95. Lucy's Oatmeal Cookies
 ■ It's hard to believe that these crunchy baked treats can be so perfectly spicy-sweet, since they're free of most allergens, including nuts, dairy, eggs, wheat, and gluten.



Per 3 cookies: 120 cal, 4.5 g fat (1 g sat), 18 g carbs, 170 mg sodium, 1 g fiber, 2 g protein, 9 g sugar

96. Skinny Cow Milk Chocolate Dreamy Clusters Candy



■ With their chewy caramel and crispy rice pieces, these milk chocolates (with fiber!) will give vending-machine treats a run for their money.

Per pouch: 120 cal, 6 g fat (3.5 g sat), 20 g carbs, 115 mg sodium, 3 g fiber, 1 g protein, 9 g sugar

97. Bear Naked 100% Pure and Natural Soft-Baked Double Chocolate Granola Cookies



■ So ridiculously soft and chocolaty, you'd never guess that the main ingredient in these oh-so-indulgent cookies is whole-grain oats.

Per cookie: 130 cal, 5 g fat (1 g sat), 20 g carbs, 60 mg sodium, 2 g fiber, 2 g protein, 11 g sugar

98. Häagen-Dazs Blackberry Cabernet All-Natural Sorbet



■ Make it a happier hour with this frosty fruit sorbet, which loses the alcohol but keeps the palate-buzzing bliss of naturally tangy cabernet grapes and lush blackberries. It's like sangria on ice.

Per serving (½ cup): 100 cal, 0 g fat, 26 g carbs, 0 mg sodium, <1 g fiber, 0 g protein, 22 g sugar

99. Pure Dark Blueberries



■ The most indulgent way to get a double shot of antioxidants: wild Maine blueberries picked at the height of ripeness, then dried and smothered in semisweet dark chocolate. Yum.

Per serving (¼ cup): 180 cal, 8 g fat (4.5 g sat), 27 g carbs, 0 mg sodium, 3 g fiber, 2 g protein, 22 g sugar

100. Weight Watchers Chocolate Brownies



■ Dense, chewy chocolate spells maximum deliciousness. Individually wrapped little brownies spell maximum damage control. Your taste buds and waist can both win with this one.

Per brownie: 130 cal, 3.5 g fat (1 g sat), 25 g carbs, 105 mg sodium, 4 g fiber, 1 g protein, 14 g sugar

89. Alexia Chipotle Roasted Sweet Potatoes & Vegetables



■ Make this all-natural Southwestern hash of sweet potatoes, black beans, sweet corn, and red bell peppers as a side, and you may end up eating nothing else.

Per serving (1 cup): 160 cal, 6 g fat (<1 g sat), 21 g carbs, 190 mg sodium, 5 g fiber, 4 g protein, 6 g sugar

91. Lean Cuisine Garden Vegetable Dip with Pita Bread



■ Dunk toasty pita pieces into a warm mixture of Asiago cheese and sliced broccoli, carrots, and spinach; repeat. If only all veggies came in such a luscious dip form.

Per serving (1 pita pocket and 1 container dip): 190 cal, 5 g fat (2.5 g sat), 29 g carbs, 440 mg sodium, 2 g fiber, 6 g protein, 4 g sugar

90. Veggie Patch Veggie Lover's Burger



■ This is no patty masquerading as meat; it's a thick, tender mixture of antioxidant-rich carrots, bell peppers, onions, and spinach that's delicious in its own right.

Per burger: 110 cal, 4 g fat (0 g sat), 16 g carbs, 390 mg sodium, 2 g fiber, 3 g protein, 3 g sugar

92. Dominex Eggplant Vegetarian Meatballs



■ In a bowl or on a bun, topped with your favorite tomato sauce, these low-cal "meat" balls recall eggplant parm and are packed with anthocyanin, a potent disease-fighting antioxidant.

Per 5 veggie balls: 90 cal, 2.5 g fat (<1 g sat), 9 g carbs, 450 mg sodium, 5 g fiber, 9 g protein, 3 g sugar

SWEETS & TREATS
 → Indulgences so saintly, you don't have to skip dessert

94. Organicville Caramel Swirl Organic Low-Fat Ice Cream
 ■ This dairy delight's vanilla base—made with a hormone-free combo of skim milk and cream, so it's as rich and satisfying as if it were full-fat—is threaded with deliciously gooey caramel strands.



Per serving (½ cup): 120 cal, 3 g fat (2 g sat), 21 g carbs, 70 mg sodium, 0 g fiber, 3 g protein, 19 g sugar

KEY

- SLIM-DOWN PICK
- BUILDS MUSCLE
- WARDS OFF CANCER
- FIGHTS HEART DISEASE
- BUILDS BONE
- ORGANIC

101. Blue Bunny Champ! Mini Swirls Vanilla Ice Cream Cones

■ Your favorite summer soft-serve, scaled down to guilt-free proportions. Best part: The milk chocolate-lined sugar cone delivers decadence down to the last bite.

Per cone: 140 cal, 8 g fat (6 g sat), 16 g carbs, 50 mg sodium, <1 g fiber, 2 g protein, 11 g sugar



107. Annie Chun's Pad Thai Brown-Rice Noodles

■ Wrap your fork around this: rice noodles with the same texture as the processed white-rice kind in your favorite takeout, but with bonus fiber.

Per 2 oz uncooked: 200 cal, 1 g fat (<1 g sat), 44 g carbs, 10 mg sodium, 4 g fiber, 4 g protein, 1 g sugar



114. Tasty Bite Meal Inspirations Barley Medley

■ When you're in the mood for Indian food, this convenient heat-and-eat vegetarian dish delivers with ginger, coriander, mint, and raisins mixed with cholesterol-lowering barley and lentils.



Per ½ pack: 210 cal, 2 g fat (0 g sat), 41 g carbs, 350 mg sodium, 9 g fiber, 9 g protein, 6 g sugar

120. Campbell's Select Harvest Healthy Request Chicken with Whole-Grain Pasta Soup

■ This is classic chicken soup with soul: herb-roasted white-meat chunks, egg noodles upgraded to whole grain, and a sea salt-laced broth.



Per serving (1 cup): 100 cal, 2 g fat (<1 g sat), 14 g carbs, 410 mg sodium, 1 g fiber, 7 g protein, 3 g sugar

102. Dreyer's Peach Fruit Bars

■ Made with ripe peaches and real juice, not water and high-fructose corn syrup, each one of these bars packs 20 percent of your daily dose of immune-boosting vitamin C—all for 100 calories a pop.



Per bar: 100 cal, 0 g fat, 24 g carbs, 0 mg sodium, 0 g fiber, 0 g protein, 23 g sugar

108. Mrs. Leeper's Chicken Alfredo

■ A great way to use up leftover chicken: Just add it to this cheesy, parsley-laced pasta that you can make in minutes with nonfat milk. Result: a wheat-free bowl of comfort for a fraction of the calories.



Per ¼ cup uncooked: 150 cal, 3.5 g fat (0 g sat), 27 g carbs, 590 mg sodium, 1 g fiber, 3 g protein, 2 g sugar

SOUPS
→ These are can-dos for any diet

103. Temptations by Jell-O French Silk Pie

■ A creamy, dense chocolate pudding base crowned with a light-as-air whipped topping is a no-cook way to get the best part of the classic pie in a calorie-controlled cup.



Per cup: 140 cal, 5 g fat (3.5 g sat), 23 g carbs, 180 mg sodium, 1 g fiber, 3 g protein, 17 g sugar

109. Uncle Ben's Ready Whole-Grain Medley—Roasted Garlic

■ Fast food has nothing on this: Zap the microwave-safe pouch for garlic- and herb-spiked brown rice and red and black quinoa.



Per serving (1 cup): 200 cal, 3 g fat (0 g sat), 38 g carbs, 560 mg sodium, 3 g fiber, 5 g protein, 0 g sugar

115. Muir Glen Organic Reduced-Sodium Garden Vegetable Soup

■ As many veggies as a salad, plus chunks of potato and penne pasta, all swimming in a tomato broth so rich, you'll never miss the salt.



Per serving (1 cup): 100 cal, <1 g fat (0 g sat), 20 g carbs, 480 mg sodium, 3 g fiber, 3 g protein, 6 g sugar

121. V8 Golden Butternut Squash

■ Hard to believe that a soup so creamy and delicious can be so low in fat too, but this sweet, satisfying puree of squash, potatoes, carrots, and cream delivers on both counts.



Per serving (1 cup): 90 cal, 1.5 g fat (1 g sat), 18 g carbs, 480 mg sodium, 3 g fiber, 2 g protein, 7 g sugar

122. Spice Hunter Reduced-Sodium Curry Lentil Soup

■ This just-add-water instant-soup cup is a vegetarian blend of Indian-spiced lentils, rice, and veggies and is packed with protein as well as fiber.



Per package: 190 cal, 0 g fat, 36 g carbs, 400 mg sodium, 8 g fiber, 10 g protein, 3 g sugar

104. Kinnikinnick Cinnamon Sugar Donuts

■ Fifteen seconds in the microwave turns these frozen rice-flour rings into deliciously cakey treats with a sugar-spice coating you'll lick off your fingers.



Per donut: 170 cal, 4.5 g fat (2.5 g sat), 30 g carbs, 230 mg sodium, 1 g fiber, 2 g protein, 11 g sugar

110. Annie Chun's Rice Express Sprouted Brown Sticky Rice

■ Allowing rice to sprout, or germinate, adds extra nutrients, including fiber, vitamin E, and the stress-reducing amino acid GABA. This convenient bowl delivers all that in a microwavable package for two.



Per bowl: 270 cal, 1 g fat (0 g sat), 0 mg sodium, 60 g carbs, 3 g fiber, 6 g protein, 0 g sugar

116. Superior Foods Better Than Bouillon Reduced-Sodium Chicken Base

■ Why is this thick, glaccé-like paste better? It has no artificial ingredients, and a one-teaspoon serving (you dissolve it in water) has less sodium than the average cube.



Per serving (1 tsp): 15 cal, <1 g fat (0 g sat), 2 g carbs, 500 mg sodium, 0 g fiber, 1 g protein, 1 g sugar

123. Progresso Reduced-Sodium Tomato Parmesan Soup

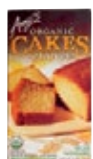
■ A less-creamy take on tomato, this chunky, rich soup has as much flavor as an Italian meal, minus the bloat-causing sodium overload of most soups.



Per serving (1 cup): 100 cal, 1.5 g fat (1 g sat), 17 g carbs, 480 mg sodium, 3 g fiber, 5 g protein, 9 g sugar

105. Amy's Organic Orange Cakes

■ It's a mystery how a vegan cake—especially a frozen one—can be so moist without butter, but this one absolutely is. Just thaw it in the fridge and enjoy a slice bursting with sweet citrus flavor.



Per slice (¼ of cake): 180 cal, 6 g fat (0 g sat), 28 g carbs, 210 mg sodium, 0 g fiber, 2 g protein, 16 g sugar

111. Annie's Organic Whole-Wheat Shells & White Cheddar

■ Healthier comfort food? Yes, please! Mac 'n' cheese gets a fiber and protein punch from whole-grain noodles and a velvety white cheddar sauce.



Per serving (about 1 cup prepared with low-fat milk): 270 cal, 4 g fat (2 g sat), 47 g carbs, 580 mg sodium, 2 g fiber, 11 g protein, 6 g sugar

117. Kettle Cuisine Angus Beef Steak Chili with Beans

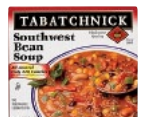
■ This hearty mix of red beans, tomatoes, peppers, and tender steak chunks is free from preservatives and MSG and comes in a freezer-to-microwave package that's portioned to satisfy.



Per package: 250 cal, 9 g fat (4 g sat), 21 g carbs, 540 mg sodium, 8 g fiber, 22 g protein, 10 g sugar

124. Tabatchnick Southwest Bean Soup

■ All the components of a vegetarian chili—beans, corn, bell peppers, and a whopping amount of fiber—with the warm, filling sustenance of broth, packed in a microwavable pouch.



Per package: 220 cal, 5 g fat (0 g sat), 35 g carbs, 440 mg sodium, 9 g fiber, 11 g protein, 4 g sugar

PASTA & RICE
→ Join the whole-grain revolution

112. Lundberg Organic Countrywild Brown-Rice Bowl

■ Just 90 seconds in the microwave nets you a nutty-tasting whole-grain combo of brown, black, and aromatic wild rice in an easy-to-share bowl. (There's enough for two!)



Per bowl: 280 cal, 3 g fat (0 g sat), 65 g carbs, 0 mg sodium, 3 g fiber, 3 g protein, 0 g sugar

118. Pacific Natural Foods Organic Light-Sodium Creamy Tomato Soup

■ Bring on the grilled cheese! A steaming cup of this cheddar-accented summer-tomato puree is the perfect companion, and rings in at a very reasonable 100 calories.



Per serving (1 cup): 100 cal, 2 g fat (1.5 g sat), 16 g carbs, 380 mg sodium, 1 g fiber, 5 g protein, 12 g sugar

125. Kitchen Basics Unsalted Chicken Cooking Stock

■ One of the few unsalted broths available, this all-natural version has 80 percent less sodium than most others, but you wouldn't know it from the great chicken taste.



Per serving (1 cup): 20 cal, 0 g fat, 1 g carbs, 150 mg sodium, 0 g fiber, 5 g protein, 0 g sugar

106. RiceSelect 100% Whole-Wheat Orzo Pasta

■ Up the fiber of practically any meal with these quick-cooking, rice-shaped noodles. Their firm texture stands up to sauces and soups, or toss them with herbs to whip up a pilaf-style side.



Per ½ cup dry: 195 cal, 1 g fat (0 g sat), 39 g carbs, 0 mg sodium, 9 g fiber, 7 g protein, 0 g sugar

113. House Foods Tofu Shirataki Noodles—Fettuccine Shape

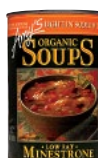
■ It's hard not to get excited about 20 calories per serving, and these soft tofu and yam-flour noodles go from the refrigerator to your plate in less than five minutes.



Per ½ package: 20 cal, <1 g fat (0 g sat), 3 g carbs, 15 mg sodium, 1 g fiber, 1 g protein, 0 g sugar

119. Amy's Organic Light in Sodium Low-Fat Minestrone

■ Every spoonful of this tomato-based vegan soup is chock-full of organic veggies bursting with natural flavor, so even with half the salt, it doesn't scrimp on taste.



Per serving (1 cup): 90 cal, 1.5 g fat (0 g sat), 17 g carbs, 290 mg sodium, 3 g fiber, 3 g protein, 5 g sugar

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