

the 4th annual fitness

Healthy Food Awards



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Like most Americans, you probably spend more than 50 hours a year grocery shopping but little of that time paying attention to labels. No worries. We did the work for you, consulting a panel of top nutritionists for what's best in terms of calories, fat, fiber, sodium and more. Then we tested and tasted our way through hundreds of foods and drinks (tough job, we know!). Here, dig in to the 55 most delicious and healthiest picks on store shelves.



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best in Freezer

- 1. AppleBerry VitaMuffins** With six grams of fiber, they make a yummy morning snack to tide you over until lunch. Calories per muffin: 100
- 2. Van's Lite Waffles** "Crunchy on the outside, soft and sweet on the inside. Love 'em!" one tester said. Calories per 2 waffles: 140
- 3. Cedarlane Garden Vegetable Enchiladas** When you can't go out for Mexican, heat these up. They're filled with cheese, beans, corn and chiles and topped with a spicy sauce. Calories per package: 280
- 4. Amy's Teriyaki Wrap** This vegetarian mixture of brown rice, tofu and vegetables has a sweet-and-sour flavor. Calories per wrap: 310
- 5. Organic Bistro Wild Salmon** "I'm usually leery of frozen fish dinners, but this tasted fresh—like what you'd get in a restaurant," a happy reviewer said. Calories per meal: 390
- 6. Alexia Sweet Potato Julienne Fries** Staffers devoured these sweet, crispy fries the second they were out of the oven. Calories per 3 ounces: 140
- 7. Palermo's Primo Thin Margherita Pizza** A firm, thin crust topped with garlicky tomatoes and a liberal sprinkling of cheese. *Bella!* Calories per 1/3 pizza: 260
- 8. Pacific Natural Foods Fire-Baked Thin Crust Uncured Pepperoni Pizza** Nitrate-free pepperoni mixed with three types of gooey cheese made this healthy pizza an instant hit. Calories per 1/3 pizza: 260

PHOTOGRAPHS BY PETER ARDITO



best in Frozen Desserts

1. Healthy Choice Premium Fudge Bars Creamy and supremely chocolaty. For a portion-controlled low-cal bar, what could be better? Calories per bar: 80

2. Häagen-Dazs Mango All Natural Fat Free Sorbet "Tastes like a juicy, fresh mango," one tester said. During the hot, muggy days of summer, this is the perfect refreshment. Calories per ½ cup: 120

3. Dreyer's/Edy's Slow Churned Chocolate Snack Size Cups It's the traditional light chocolate ice cream you love—in a preportioned take-it-on-the-go-size cup. Calories per container: 170

4. Häagen-Dazs Vanilla All Natural Low Fat Frozen Yogurt Indulge your craving for sinfully rich ice cream with this diet-friendly variety. If you didn't know, you'd never guess it's frozen yogurt. Calories per ½ cup: 200

5. Del Monte Fruit Chillers Freeze & Eat Tubes Strawberry Snow Storm Let your inner child come out to play with these fun icy treats, made with real fruit. Staffers loved the berry flavor. Calories per tube: 55

best in Pantry

- 1. Kashi GoLean Crisp! Toasted Berry Crumble** The fruit-flavored whole-grain clusters in this high-fiber cereal draw raves. Calories per ¼ cup: 190
- 2. Bear Naked 100% Pure & Natural Maple Pecan Granola** Crunchy granola mixed with candied pecans. Delish as a topping for oatmeal or yogurt. Calories per ¼ cup: 130
- 3. Special K Low Fat Granola** When nothing but a bowlful will do, make this lower-cal variety your go-to choice. Calories per ½ cup: 190
- 4. Better Oats Mom's Best Naturals Apples & Cinnamon Instant Oatmeal** This morning meal scored for its big chunks of juicy apple sprinkled generously with cinnamon. Calories per packet: 130
- 5. Pepperidge Farm Whole Grain Double Fiber Soft 100% Whole Wheat Bread** Perfect for sandwiches or toast, this soft, chewy bread has six grams of fiber per slice. Calories per slice: 100
- 6. Oroweat/Arnold 100% Whole Wheat Sandwich Thins** Surprisingly filling. "A dieter's version of a deli roll," one reviewer said. Calories per thin: 100
- 7. Utz Extra Dark Specials Pretzels** Just the right amount of salt made these hard pretzels a winner. Calories per 5 pretzels: 110
- 8. Holly's Oatmeal Goji Berry** Warm and hearty, it's worth the extra effort to cook it up. Calories per ½ cup: 210
- 9. Kashi Heart to Heart Original Whole Grain Crackers** "Yum! Paired with a few slices of cheese, these would make a great snack," a staffer said. Calories per 7 crackers: 120
- 10. Pop Secret 94% Fat Free Butter Popcorn** Movie theater popcorn doesn't taste any better. And this one's healthy, to boot. Calories per 6 cups popped: 120



best in Fridge

- 1. Chobani Greek Yogurt 2% Pineapple** Satisfy postdinner dessert cravings with this sweet, creamy treat. Calories per 6-ounce container: 160
- 2. Fage Total 2% Strawberry Greek Yogurt** "I love that I can add the fruit myself to get just the right ratio of strawberries and yogurt in each bite," a tester told us. Calories per 5.3-ounce container: 130
- 3. Organic Valley Lowfat Cottage Cheese** Say so long to its reputation as a dieter's staple. This thick cottage cheese is flavorful and filling. Calories per ½ cup: 100
- 4. Voskos Plain Non Fat Greek Yogurt** A newcomer to the dairy aisle, this rich yogurt is supertasty with a dollop of honey and a sprinkling of granola. Calories per 8-ounce container: 140
- 5. All Natural Brown Cow Low Fat Vanilla Bean Yogurt** You can actually see the flecks of vanilla bean in this organic yogurt. Calories per container: 150
- 6. Organic Valley Chocolate Lowfat Milk** It has the lowest sugar content of any chocolate milk around, a great flavor and convenient take-it-anywhere packaging. What's not to love? Calories per container: 150
- 7. Cedar's Naturally Delicious Roasted Garlic & Artichoke Salsa** "So fresh! Tastes as if I made it myself," a reviewer said. Calories per 2 tablespoons: 15
- 8. Tribe Hummus Forty Spices** The unique blend of spices, including cumin and paprika, won us over. Calories per 2 tablespoons: 50
- 9. Wholly Guacamole Pico de Gallo Style Guac + salsa = dipping perfection.** Grab a chip! Calories per 2 tablespoons: 40





best in Snacks

1. **365 Everyday Value Chocolate Cherry Trail Mix** Peanuts, cherries and chocolate made this trail mix a favorite. Calories per ¼ cup: 150
2. **Michael Season's Baked Cheddar Cheese Curls** Low in fat but full of cheesy goodness. We're sold! Calories per cup: 130
3. **Food Should Taste Good Yellow Corn Tortilla Chips** High in whole grains, these chips are dangerously addictive. Calories per ounce: 140
4. **Dove Silky Smooth Milk Chocolate Peanut Butter Singles Bar** Peanut butter cocooned in a chocolate shell. Bliss! Calories per 5 pieces: 220
5. **Nestlé Cherry Raisinets** Plump, tart cherries nestled in dark chocolate. Calories per ¼ cup: 200
6. **York Pieces Candies** York Peppermint Pattie meets M&M's. Calories per 50 pieces: 170
7. **Pepperidge Farm Gingerman Homestyle Cookies** The right amount of ginger without being overpowering. Calories per 4 cookies: 130
8. **Sun-Maid Mixed Fruit** A delicious blend of dried apples, pears, apricots and plums. Calories per ¼ cup: 100
9. **Luna White Chocolate Macadamia bar** With nine grams of protein, this energy bar will give you the pick-me-up you need. Calories per bar: 190
10. **Chocolove 70% Strong Dark** A truly dark dark chocolate. Calories per ⅓ bar: 170
11. **Late July Organic Dark Chocolate Sandwich Cookies** "My new favorite way to get a chocolate fix," one tester said. Calories per 3 cookies: 150
12. **Nature's Path Organic Mmmapple Pecan Granola Bars** A drizzle of maple syrup makes this bar a sweet treat anytime. Calories per bar: 150
13. **Emerald Cocoa Roast Almonds 100 Calorie Pack** Sprinkled with cocoa powder, these nuts can pass for dessert. Calories per pack: 100
14. **Cape Cod 40% Reduced Fat Potato Chips** These are so good, you won't believe they're not full fat. Calories per ounce: 130
15. **Athenos Whole Wheat Pita Chips** Delish with hummus, great on their own. Calories per 11 chips: 120

best in Drinks

- 1. Northland Superfruits Raspberry Pomegranate Goji** “A little bit tart, a little bit sweet. Would be great with seltzer,” one tester said.
Calories per 8 ounces: 130
- 2. R.W. Knudsen Family Orange Recharge** An all-natural sports drink made with white grape, lemon and orange juices and a little sea salt.
Calories per 8 ounces: 70
- 3. Ito En Teas’ Tea Green Jasmine** No sugar, just pure green tea with a hint of jasmine. Extremely refreshing.
Calories per bottle: 0
- 4. Izze Esque Sparkling Black Raspberry** A fizzy juice drink with a splash of sweet black raspberries.
Calories per bottle: 50
- 5. Naked Juice Tropical Smoothie With Coconut Water** To cut calories, Naked added electrolyte-rich coconut water to this perfect pairing of mango and pineapple.
Calories per 8 ounces: 100
- 6. Zero Calories Tazo Passion** Stevia, not sugar, gives this blend of hibiscus and rose its sweetness.
Calories per bottle: 0
- 7. R.W. Knudsen Family Organic Lemon Sparkling Essence** “I’ll be drinking cans of this all summer!” a staffer raved. “The lemon tastes freshly squeezed.”
Calories per bottle: 0
- 8. Activate Workout Pink Grapefruit** A smart sip for fitness buffs who want something more flavorful than water.
Calories per bottle: 5



top 10 Reader Favorites

Hundreds of you voted in our online poll. When the munchies hit, here's what you reach for.

1. SunChips Harvest Cheddar Flavor Multigrain Snacks
Calories per 15 chips: 140
2. Nabisco 100 Calorie Pack Milk Chocolate Pretzels
Calories per pack: 100
3. Planters Mixed Nuts
Calories per ounce: 170
4. Wheat Thins Reduced Fat
Calories per 16 crackers: 130
5. Kashi TLC Oatmeal Dark Chocolate Cookies
Calories per cookie: 130
6. Hershey's Special Dark
Calories per bar: 180
7. Nature Valley Oats 'N Honey Granola Bars
Calories per 2 bars: 190
8. Fiber One Frozen Blueberry Muffins
Calories per muffin: 190
9. Jell-O Fat Free Chocolate Pudding Snacks
Calories per cup: 100
10. Tostitos All Natural Chunky Salsa—Mild
Calories per 2 tablespoons: 10



Meet Our Experts

From left: Anar Allidina, R.D., a nutritionist in private practice in New York City; Keri Gans, R.D., New York spokesperson for the American Dietetic Association; Marissa Lippert, R.D., author of *The Cheater's Diet*.

How We Picked the Winners

We asked more than 100 companies to submit their healthiest products—foods and beverages that are high in protein and fiber and low in fat, saturated fat, sodium and added sugars. Once the packaged goods arrived at our offices, Allidina, Gans and Lippert spent hours analyzing the nutrition facts and ingredients label on each to help us determine which deserved a place in our taste tests. Those finalists were then sampled and voted on by dozens of staffers throughout our company.

