



Best new foods for you

25 nutrition superstars that just hit your grocery store

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EVERY YEAR MORE THAN 10,000 new products squeeze their way onto already crowded supermarket shelves. Some promise to help you lose weight, others tout disease-fighting ingredients, most claim convenience, and all compete for your attention. To help you choose the best of the newest health foods, we combed the aisles, read the labels, tasted, and tested to find these—our top 25 favorites. Ladies, start your carts...

HIGH-FIBER BREAD, PASTA & CEREAL

Whole grains can help protect your heart and trim your waist, yet many women fall short of getting the recommended 22 to 25 g of fiber a day. These foods—loaded with at least 3 g per serving—get you well on your way.

1 Oroweat Whole Grain & Oat Bread

The best thing about this sliced bread? It's made with CoroWise plant sterols, a concentrated natural plant extract that clinical studies suggest may help lower the bad cholesterol in your blood by 8 to 15%. Adding three slices a day to a low-fat, low-cholesterol diet is one easy way to help reduce heart disease risk. **Per slice** 90 cal, 1 g fat, 180 mg sodium



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2 Buitoni Whole Wheat Four Cheese Ravioli

The wheat is 100% whole durum, which is particularly high in protein; the cheeses are Parmesan, Romano, ricotta, and mozzarella; and after only a few minutes in boiling water, this mouthwatering combo offers a particularly filling 5 g of fiber and 15 g of protein. **Per serving** 320 cal, 11 g fat, 700 mg sodium

3 Kellogg's All-Bran Crackers

You get 18 bite-size baked crackers, no trans fats, and 5 g of

fiber in one serving. These crackers are available in tasty Multi-Grain and Garlic-Herb flavors.

Per serving up to 130 cal, 6 g fat, up to 330 mg sodium

4 Lundberg's RiceXpress

Organic brown rice available in the following gluten-free flavors: Classic Beef, Santa Fe Grill, and Chicken Herb. All you need for this side dish is 1 minute and your microwave. **Per serving** up to 260 cal, up to 4.5 g fat, up to 670 mg sodium

5 Quaker Instant Oatmeal Take Heart

One bowl contains antioxidant vitamins E and C (to protect your cells and arteries), potassium (to help keep your blood pressure in check), and an omega-3 fatty acid (for a heart and brain boost).

Per serving 160 cal, 2.5 g fat, up to 110 mg sodium

6 Kashi Vive Probiotic Digestive Wellness Cereal

Add 12 g of fiber and a hint of belly-soothing ginger to the 1 billion good-for-you bacteria in each serving and you have a breakfast cereal formulated to protect your heart and strengthen your digestive system. (It's also an excellent source of calcium and vitamin D.)

Per serving 170 cal, 2.5 g fat, 100 mg sodium

FAT-FIGHTING SNACKS

Enjoy a healthy snack between small meals to keep your stomach feeling full and metabolism revved all day long. With 200 calories or less per serving, these are perfect noshing options.

7 Gnu Bars

Banana Walnut, Cinnamon Raisin, Orange Cranberry, or Chocolate Brownie: Each is made with whole wheat flour, oats, wheat bran, and flax—a combination that offers 12 g of fiber, about half your daily recommended total.

Per serving up to 140 cal, 3 g fat, up to 55 mg sodium

8 Corazonas Tortilla Chips

Made with oats and fortified with cholesterol-lowering plant sterols, these trans-free chips are good for your heart and great for your tastebuds. Try the Original flavor with your favorite dip, or for a little kick, sample the Salsa Picante or Jalapeño Jack. **Per serving** 140 cal, 7 g fat, up to 115 mg sodium

9 ZenSoy Pudding

You won't find common allergens such as gluten, eggs, casein, peanuts, and MSG in these 100% organic and vegan snack cups. What you will find is more flavor: Banana, Chocolate, Vanilla, and Chocolate/Vanilla Swirl. **Per serving** up to 130 cal, 1 g fat, 75 mg sodium



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10 Kashi TLC All-Natural Chewy Cookies

Sink your sweet tooth into an Oatmeal Dark Chocolate, Happy Trail Mix, or Oatmeal Raisin Flax-flavored cookie—each is made with seven whole grains and offers a delicious blend of nuts, sunflower seeds, and berries. **Per cookie** 130 cal, 5 g fat, up to 80 mg sodium

11 Figamajigs

These orange and yellow chocolate-covered fig pieces with an oh-so-fun name are high in antioxidants and a good source of fiber—the perfect little pop-in-your-mouth treat. **Per single-serving bag** 150 cal, 2.5 g fat, 10 mg sodium

12 Smart Balance Omega Peanut Butter

What makes this stand out from other peanut butters: It has no trans fat, and each serving supplies 1,000 mg of omega-3s. **Per serving** 200 cal, 17 g fat, 110 mg sodium

13 SunSweet Ones California Prunes

Now individually wrapped for easy, nonsticky snacking, each pitted prune (which is actually a dried plum) offers almost a gram of fiber and, ounce for ounce, more disease-fighting antioxidants than even the most potent blueberries. **Per serving** 100 cal, 0 g fat, 5 mg sodium

OPENING IMAGE: FOOD STYLING BY VICTORIA GRANOFF FOR ART DEPARTMENT; ALL OTHER IMAGES PHOTOGRAPHED BY MITCH MANDEL AND TOM MACDONALD/RODALE IMAGES

NEW CALCIUM BOOSTERS

Three servings of milk a day help build strong bones; these dairy-case products go further, keeping your gut healthy and waist trim, too.

14 Dannon DanActive Immunity

Probiotics that promise to ease digestion and boost immunity are one of the hottest food trends this year. This tasty dairy drink—which is available in five flavors—is an easy way to down more than 10 billion live bacterial cultures.

Per serving 90 cal, 1.5 g fat, up to 45 mg sodium



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15 Breakstone's and Knudsen LiveActive Cottage Cheese

Get the same benefits of probiotic yogurt—without the yogurt. This is the first cottage cheese product to contain inulin—a prebiotic soluble fiber that serves as a food source for the good bacteria in your digestive system and helps relieve bloating, gas, and irritability. Some studies have shown that inulin may also help your body absorb calcium better. **Per serving** 90 cal, 2 g fat, 380 mg sodium



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16 LightFull Satiety Smoothie

The 5 to 6 g of fiber and 6 g of protein in this thick and tasty drink will keep you feeling fuller longer—and for so few calories. (Available in four flavors.) **Per serving** up to 100 cal, up to 1 g fat, up to 240 mg sodium



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FRUITS & VEGGIES MADE EASY

All the nutrients you want from fresh produce—minus the scrubbing, peeling, chopping, slicing, dicing, and cooking.

17 E4B 100% Fruit Puree

Made with no additives or preservatives, you can eat it right out of the package or use it to make smoothies and sorbets. Available in five flavors: Mango, Kiwi, Blueberry Raspberry, Strawberry Banana, and surprising Pear Caramel. **Per serving** 70 cal, 0 g fat, up to 15 mg sodium

18 Melissa's Peeled Baby Red Beets

A big thanks to Melissa's for taking the time and mess out of making these low-cal, fat-free veggies. An excellent source of cell-boosting vitamin B, the ruby reds are prepped, steamed, and vacuum-sealed—ready to slice and toss in a salad or nuke and serve as a nutrient-rich side dish. **Per serving** 40 cal, 0 g fat, 30 mg sodium

19 Pacifica Culinaría Avocado Oil

Plain or infused with flavor, this all-natural avocado oil is rich in monounsaturated fat and vitamin E, low in saturated fat, and provides the perfect blend for both dressings and high-temperature grilling and sautéing. **Per serving** 120 cal, 14 g fat, 0 mg sodium

HEALTHY DINNERS IN MINUTES

Some ready-made meals are loaded with fat and calories; others, like the ones below, are just as quick, just as tasty, but so much better for you.

20 Laura's Lean Beef Pot Roast Au Jus

This low-fat refrigerated entrée puts a tender, ultralean roast on the table in as little as 5 minutes. (Bonus: It's made with beef that was raised without the use of antibiotics or growth hormones.)

Per serving 110 cal, 4 g fat, 380 mg sodium

21 Seeds of Change Spicy Yucatan Frijoles & Vegetables

A flavorful and supercolorful blend of smoked tofu, poblano chiles, roasted corn, brown rice, and black beans—this frozen meal is light on saturated fat (only 0.5 g) but loaded with 10 g of fiber and 14 g of protein. **Per serving** 340 cal, 5 g fat, 680 mg sodium

22 Kashi Southwest Style Chicken

Grilled chicken marinated in lime juice, olive oil, and cumin over seven-grain rice, fire-roasted onions and corn, and green and red bell peppers get you one delicious frozen dinner with 6 g of fiber.

Per serving 240 cal, 5 g fat, 680 mg sodium



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GOOD-FOR-YOU BEVERAGES

Soda is the number one source of added sugars in the United States. Can it for these healthier thirst quenchers.

23 Luna Elixir All-natural, portable, and available in four exotic fruit flavors, just add water to these powdered drink mixes to sip on 15 essential vitamins and minerals, including calcium, iron, and energizing B vitamins. **Per serving** 50 cal, 0 g fat, 30 mg sodium

24 Hint Pure water with a hint (get it?) of natural flavors, including Cucumber, Peppermint, Raspberry-Lime, and Pear. No sugar, no calories, no boredom! **Per serving** 0 cal, 0 g fat, 0 mg sodium

25 Redbridge Beer This rich, full-bodied brew is the first lager made with sorghum, a safe grain for people allergic to wheat or barley. Good news for those who follow a wheat- or gluten-free diet and the more than 2 million Americans with celiac disease who now have suds they can sip, too. **Per serving** 174 cal, 0 g fat, 0 mg sodium

[E] What's a great heart-healthy candy? Interested in a tasty chip with less fat? To see more ready-to-eat, good-for-you foods, visit prevention.com/newfoods.