



Best Food Buys



HOT CEREAL: Better Oats Raw Pure & Simple Chai Spiced (\$1.99; grocery stores)

Judge Kate Geagan, RD, rated this oatmeal off the charts: "I loved how it filled me up all morning, and I liked the eco-friendly packaging." Most of the ingredients—including rolled oats and flaxseed—are organic and provide 4 grams each of fiber and protein.



CEREAL: Yogi Cherry Almond Crunch cereal (\$4.49; natural-foods stores)

Tasty and heart-healthy oats, barley, spelt, amaranth, and quinoa top the refreshingly short ingredient list and provide 5 grams of fiber (and 65 percent of your whole-grain quota) for 230 calories and 6 grams of fat.

CHEESE: Weight Watchers Original Swiss-Flavored Gourmet Cheese Wedges (\$3.99; grocery stores)

Spreadably creamy, these individually packaged wedges go great on crackers or apple slices for an afternoon snack and provide almost 8 percent of your daily calcium for just 30 calories a pop.



HEALTHY SPREAD: Maison Le Grand Tapenades—Mild Olive and Sun-Dried Tomato (\$6.99; The Fresh Market)

"This turns an ordinary sandwich into something extraordinary," judge Jackie Newgent, RD, says. For just 120 calories in a 2-tablespoon serving, it makes a great fast appetizer, too—serve with goat cheese and crackers.



SOUP: Kettle Cuisine 3 Bean Chili (\$3.49; KettleCuisine.com for retailers)

This gluten-free, on-the-go soup is ready in minutes. It's zesty (not overly spicy) and full of homemade appeal, judge Newgent says. Plus, you get a hefty 13 grams of fiber and 11 grams of protein for 220 calories, 3.5 grams fat, and 450 milligrams sodium (less than most chilies).



GRANOLA: Bear Naked Peak Flax Oats and Honey with Blueberries (\$4.49; grocery stores)

In a world of overly sweet granola, here's one that won't put you in a sugar coma. It's got plump dried blueberries, crunchy oat pieces, and ground flaxseed for a boost of omega-3 fatty acids. One serving has 130 calories, 4 grams fat, 3 grams fiber, and 4 grams protein.



BREAD: La Tortilla Factory Hand Made Style Corn Tortillas—Chipotle (\$2.49 for 8; grocery stores)

These 90-calorie tortillas have a truly authentic flavor and just the right amount of heat. Wrap them around grilled chicken and veggies for a supereasy—and protein-rich (each tortilla has 5 grams)—lunch.



GRAB-AND-GO: Amy's Teriyaki Wrap (\$2.79; grocery and natural-foods stores)

This full-flavored wrap is loaded with brown rice, tofu, and a rainbow of organic veggies, from broccoli to bell peppers. It's vegan, provides 10 percent of your daily vitamin C needs, and has just 310 calories.



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QUICK-AND-EASY SIDE DISH: Uncle Ben's Ready Whole Grain Medley Roasted Garlic

Ready in 90 seconds, this blend of garlic, brown rice, and red and black quinoa is so tasty you might even be able to get your kids to eat it. One cup has 200 calories and 3 grams of fiber.

BOTTLED TEA: Zero Calorie Steaz Blueberry Pomegranate Sparkling Green Tea (\$4.99 for 4; Whole Foods Market) Here's a healthy alternative to soda: a refreshing organic brew that's full of antioxidants from green tea. It's calorie-free (thanks to stevia) and has 100 percent of vitamins B₆ and B₁₂, plus folic acid.



FROZEN PIZZA: Palermo's Primo Thin Garden Pizza

A delicious, healthy frozen pie does exist—with an ultracrispy multigrain crust, part-skim mozzarella cheese, and fire-roasted green and red bell pepper, sliced olives, and broccoli. Serve up one-third of the pizza for only 270 calories and 14 grams of protein.



ENHANCED WATER: R.W. Knudsen Family Sparkling Essence, Cucumber

We love the spa vibe we get when we drink this very special water. And for no calories, we can't get enough of the refreshingly light cucumber taste.



FROZEN APPETIZER: Annie Chun's Mini Wontons, Chicken & Cilantro

Forget the greasy, fried wontons at the local Chinese joint. These are all-natural, and four pieces have only 50 calories, half a gram of fat, 160 milligrams of sodium and no preservatives. And they're ready in just seven minutes—faster than takeout.



DAIRY: Odwalla Chocolate Protein Monster

This protein-rich (18 grams) shake tastes like a chocolate milkshake—without the fat and calories. One 220-calorie serving has 100 percent of two B vitamins, half the calcium you need in a day, and a good dose of zinc and copper.



FROZEN VEGETARIAN ENTRÉE: Healthy Choice Café Steamers Grilled Vegetables Mediterranean

This light dish is loaded with vegetables and whole grains. The special tray heats the sauce and steams the vegetables and grains. Dig in for 220 calories, 2.5 grams of fat, and 7 grams of fiber.

JUICE: V8 Fusion Cranberry-Blackberry

Judge Robin Miller loved the "flavor blast" of this juice and couldn't believe there were sweet potatoes and purple carrots along with the berries. It's loaded with vitamins: an 8-ounce serving (110 calories) has 100 percent of your daily C, plus A and E, too.



FROZEN ENTRÉE: Lean Cuisine Thai-Style Noodles with Chicken

Love pad thai, but not all the calories? Dig your chopsticks into roasted chicken, creamy chili-peanut sauce, veggies, and whole-wheat noodles for 310 calories and 7 grams of fat.

The Judges:

Kate Geagan, RD, is the author of *Go Green Get Lean: Trim Your Waistline with the Ultimate Low-Carbon Footprint Diet*.

Robin Miller, MS, is a nutritionist and author of *Robin Rescues Dinner* she also hosts *Quick Fix Meals* on the Food Network.

Jackie Newgent, RD, is a culinary nutritionist and the

author of *Big Green Cookbook*.

Nancy Rodriguez is the owner-president of Food Marketing Support Service Inc., a food-and-beverage design firm outside Chicago.

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