

SELF

Healthy Food Awards

Snack before you hit the supermarket. And bring a list of the winners from Self.com.

Hungry?

SELF's got you covered. We taste-tested every healthy food we could find to compile this list of the most slimming, delectable breakfasts, lunches, snacks, dinners and—yippee!—even desserts. Prepare to say, “Yum!”

Your ideal body starts in your kitchen. Having nutritious, tasty food on hand is key to conquering cravings, feeling energized, defeating disease and dropping pounds permanently. But with roughly 47,000 products crammed on grocery store shelves, it's tough to know what to toss into your cart.

To make eating right easy, SELF recruited experts Willow Jarosh, R.D., and Stephanie Clarke, R.D., of New York City to design nutritional criteria for dozens of foods, accounting for calories, fat, sugar, fiber and more. (Get all of the nitty-gritty details at Self.com/fooddiet.) Then we

invited an army of hungry readers to sample every good-for-you option out there (so you don't have to) to vote on the ultimate yogurt, bagel, chips, pretzels, candy, chocolate, frozen meals, bacon, bread, oatmeal and more!

And the winners are... 54 scrumptious, waist-friendly foods that will change your body and thrill your taste buds. Go to Self.com/fooddiet for a printable grocery list, then fill your fridge with the fat-fighting bites on the following pages. The payoff? The next time hunger strikes, you can reach for something smart *and* delicious. Let the feasting begin! >>>

By Erin Hobday and Merritt Watts Photograph by Stephanie Rausser Still lifes by Jamie Chung

great grains

Carbs can be a body's best friend. Our fiber-filled finds keep you energized.

1 Best Cereal

Barbara's Bakery Shredded Spoonfuls Multigrain (120 calories, 1.5 grams fat per $\frac{3}{4}$ cup) "Reminds me of Life cereal from my childhood!" a tester raved. The perfectly sweetened bites boast only 5 g sugar per serving.

2 Best Bagel

Lender's 100% Whole Wheat (150 calories, 1 g fat per bagel) Take bagels off the "do not eat" list. They're not all bad! In fact, each of these has 4 g fiber. "They're doughy and sweet enough to eat right from the bag," a sampler said.

3 Best Granola

Bear Naked Native Mango, Agave, Almond (140 calories, 5 g fat per $\frac{1}{4}$ cup) "There's an ideal blend of cinnamon sweetness and candied almonds," said one happy taster, who named it her new go-everywhere snack. "This would lure me out of bed in the A.M.," another (sleepy) reader said.

5 Best Tortilla

Whole Foods's 365 Organic Whole Wheat (130 calories, 3 g fat per tortilla) These handmade wraps flattened the competition. Tasters said they were "hearty" yet "light," "flavorful" and "great for sandwiches."

6 Best Oatmeal

McCann's Instant Irish Oatmeal (100 calories, 1.5 g fat per packet) Yup, we made our guinea pigs eat plain oatmeal. Who knew they'd use such kind words (*creamy, smooth*) to describe this standout? The clincher: One diner claimed she'd eat it unadorned. (We suggest adding flavor with fruit and nuts.)

4 Best Bread

Pepperidge Farm Vitality (120 calories, 2 g fat per slice) "Hands down, the best-tasting! Are you sure it's healthy?" a tester asked. Confirmed! Most whole-grain slices serve up about 3 g of fiber; a piece of this soft loaf delivers 5 g.

EDITORS' PICK Best remix

Cranberry Raisinets Very few remakes rival the original; these (and Kristinia DeBarge's "Goodbye") are the exception. Nestlé traded raisins for dried cranberries to create this twist on the classic. And you can sample them—at only 100 calories per pack—over and over again.

EDITORS' PICK

Best for Hunger Emergencies
Cherry Pie Lärabar We asked readers on our blog Healthy Bites for their go-to bars, and Lärabar led the pack. True to its promise, it tastes like a dessert, and you can trust the simple list of ingredients: unsweetened cherries, dates and almonds.



All of these foods list whole-grain flour as the first ingredient.

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Can the sodium! All of these winners have less than 500 mg per serving.

1 Best Salsa
Emeril's Southwest Style Medium Salsa (15 calories, 0 g fat per 2 tbsp) Scoop this star with the chips on page 86, and BAM! It's a party snack. "There are yummy chunks of tomatoes, corn and beans," a tester raved.

2 Best Hearty Soup
Wolfgang Puck Organic Lentil & Vegetable (160 calories, 1 g fat per cup) Where's the beef? Who cares! You're getting protein, fiber and more flavor with this nonmeat blend. Superb seasonings earned it the top spot.

3 Best Jam
Polaner All Fruit Strawberry (40 calories, 0 g fat per tbsp) Our panel agreed: This one tastes the most like fresh berries. "Reminds me of summer," a reader said. Pair it with the Smucker's, below, for a classic winning combo.

4 Best Pasta Sauce
Whole Foods's 365 Classic Marinara With Parmesan Cheese (45 calories, 1 g fat per ½ cup) "I've never tasted sauce like this! It's good enough to eat on crackers," a fan said. Many sauces are sugar bombs, but this one has only 5 g per serving. Gravy!

5 Best Peanut Butter
Smucker's Natural Creamy (210 calories, 16 g fat per 2 tbsp) Whatever your PB needs might be—chunky, creamy, salty, sweet—you'll go nuts for this version. And the list of ingredients is simply peanuts and salt.

6 Best Dressing
Newman's Own Light Honey Mustard (70 calories, 4 g fat per 2 tbsp) Pour on this tangy topper, which beat a variety of vinaigrettes. "I can't believe a dressing this lush is healthy!" a tester said. Bonus: It's decadent enough to use as a dip.

7 Best Vegetable Soup
Progresso Garden of Eatin' 50% Less Sodium (100 calories, 0 g fat per cup) Even non-soup fans slurped up this one. You'll taste all veggies and flavor, not a salt mine.

8 Best Canned Vegetable
Whole Foods's 365 Cut Green Beans, No Salt Added (20 calories, 0 g fat per ½ cup) For produce in a pinch, open a can of these legumes, which contain simply beans and water. They tasted fresher than the other greens we sampled.

9 Best Chili
Health Valley Chunky Chili Mild Vegetarian Three Bean (150 calories, 1 g fat per cup) The ideal balance of smoky, sweet and hot gives homemade recipes a run for their money. We like one reader's idea to top it with shredded cheddar and avocado.

10 Best Beans
Goya Chick Peas (100 calories, 0.5 g fat per ½ cup) Beans, beans, you're good for your...taste buds! Our panel called them plump, flavorful and velvety. "Would make a great hummus," one said. Plus, they're loaded with fiber (7 g) and protein (6 g).

11 Best Pasta
Ronzoni Healthy Harvest Rotini (180 calories, 2 g fat per 2 oz dry pasta) Make peace with whole-grain macaroni. "This could pass for white pasta," one diner noted. But with 6 g fiber and 7 g protein, it has normal noodles beat.

ice queens

Frozen faves that satisfy and slim

1 Best Fries
Trader Joe's Sweet Potato Frites (190 calories, 9 g fat per 3 oz) Indulge your fry fantasies with these crispy and vitamin-rich strips.

2 Best Sorbet
Sharon's Sorbet Mixed Berry (110 calories, 0 g fat per ½ cup) "I felt like I was ditching my diet!" said a fan of the fresh, fruity flavor.

3 Best Ice Cream
Edy's Light Slow Churned Neapolitan (100 calories, 3 g fat per ½ cup) Scream-worthy, thanks to a creamy texture and three fab flavors. Just add berries!

4 Best Pop
Yoláto Frozen Yogurt Gelato Bars Swirled With Pomegranate Sorbet (80 calories, 0 g fat per pop) "I cheated on chocolate!"

said a convert, who picked this tart-sweet pop over the cocoa contestants.

5 Best Veggie Burger
Morning Star Farms Grillers Original (130 calories, 6 g fat per burger) A chorus of "tastes like meat, not cardboard" told us that this soy-based patty rivals the real deal.

6 Best Veggie Meal
Kashi Black Bean Mango (340 calories, 8 g fat per meal) No meat? No problem. We were wowed by the spicy kick and sweet fruit in this vegan dish.

7 Best Meat Meal
Organic Bistro Savory Turkey (370 calories, 10 g fat per meal) "Like a dish Mom would whip up," a diner said of the gluten-free turkey and quinoa pilaf.

8 Best Seafood Meal
Lean Cuisine Szechuan Style Stir Fry Shrimp (230 calories, 2.5 g fat per meal) These swimmers rose above the rest. They tasted freshest by far.

9 Best Sausage
Banquet Brown 'N Serve Turkey Patties (90 calories, 6 g fat per

2 patties) Cook these spicy, smoky patties quickly in the microwave. They're ideal for A.M. sandwiches.

10 Best Pizza
South Beach Living Deluxe Pizza With Harvest Wheat Crust (340 calories, 11 g fat per pizza) Plenty of cheese and pepperoni helped this pie slice through the

competition. (Go easy if you're pregnant; pepperoni contains nitrates.)

11 Best Waffle
Van's 97% Fat Free (140 calories, 2 g fat per 2 waffles) Van's toasty treats are buttery and soft on the inside, and one of the few to list whole-wheat flour second (after water) in the ingredients list.

Every entrée we spooned up offered at least two of the following: vitamins A and C, iron and calcium.





Indulge! Every craveable nosh here weighs in at less than 200 calories per serving.

treats & sweets

Munch between meals and stay trim with these eats.

1 Best Potato Chip
Kettle Brand Baked Potato Chips, 65% Less Fat, Lightly Salted

(120 calories, 3 g fat per oz) Less is more! Despite having the least fat of all of the crunchers we chomped, these won top marks for flavor. "They taste like the real thing," one tester said.

2 Best Pretzel
Snyder's of Hanover MultiGrain Sticks (120 calories, 2 g fat per 7 sticks) Even with their low-sodium status

(160 mg per handful), these dip sticks are savory and supply a satisfying crunch. "Would make a great party appetizer," a taster said.

3 Best Granola Bar
Kashi TLC Dark Chocolate Coconut bars (120 calories, 3.5 g fat per bar) So dessertlike, you'll forget it's a healthy whole-grain snack. "It's two bars in one," said one fan of the candy-style chocolate layer on top of a chewy granola bar.

4 Best Candy
Sour Patch Watermelon (150 calories, 0 g fat per 21 pieces) Sometimes, you just need sugar! These sweet-sour suckers were voted the tastiest way to sweeten your day. "Gummy goodness!" a taster said. "The right amount of pucker."

5 Best Veggie Chip
SunChips Garden Salsa (140 calories, 6 g fat per oz) Drop the dip—you won't miss it munching these zesty tomato-flavored multigrain chips. "Great for three-o'clock cravings," a snacker said.

6 Best Nut (Savory)
Blue Diamond Almonds Bold Lime 'n Chili (170 calories, 16 g fat per oz)

Each bite delivers protein and vitamin E along with irresistible citrus zing and spicy heat. Olé!

7 Best Popcorn
Trader Joe's 94% Fat Free (130 calories, 2 g fat per bag) Theater-caliber kernels from a microwave? That's the ticket! Natural butter flavor belies the 4 g fiber in a single-serve bag.

8 Best Cracker
Triscuit Rye With Caraway Seeds (120 calories, 4.5 g fat per 6 crackers) Found! The ideal match for any topping. "It's mild enough to go with peanut butter or hummus, or to stand on its own," a tester raved.

9 Best Tortilla Chip
Food Should Taste Good, The Works! (140 calories, 6 g fat per oz) Each crispy dipper packs the garlic, onion and poppy punch of an everything bagel. "It tastes almost like a Dorito," one tester said. We went for seconds!

10 Best Chocolate
Dove Cranberry Almond (170 calories, 10 g fat per bar) "I want this in my office vending machine!" a chocoholic declared. A tempting proposition, considering the pick is "decadent" and "smooth." Happily,

EDITORS' PICK Most Eco-Friendly Food Company • Silk This soymilk is lean and green. The company that makes Silk (100 calories, 4 g fat per cup) gets its beans from mostly organic U.S. farms. It also purchases wind-energy credits to offset electricity use at its headquarters.

it contains flavonols, so think of it as a heart-helping indulgence.

11 Best Cookie
Pepperidge Farm Soft Baked Oatmeal (140 calories, 5 g fat per cookie) These cinnamon treats are chewy, sweet and huge enough to satisfy a monster-sized cookie desire. Nuke a cookie for 30 seconds for a warm, gooey mouthful.

12 Best Nut (Sweet)
True North Almond Clusters (170 calories, 12 g fat per oz) One taster likened these addictive clusters to peanut brittle; another praised, "Perfect for a sweet tooth attack." But they sneak in 8 g of healthy and slimming monounsaturated fat.

13 Best Trail Mix
Trader Joe's Omega Trek Mix (150 calories, 10 g fat per ¼ cup) Hike up the healthfulness of your snack. This "delightful and flavorful" champ boasts pecans, walnuts, pistachios, almonds, cranberries and pumpkin seeds. "A trail mix needs nothing else," a tester said.

EDITORS' PICK Lifetime Achievement Award • Amy's Kitchen

Amy's has been organic since 1987, before it was a buzzword. We count on its burritos, soups, pizzas and range of entrées for healthy meals in a flash. It's body-friendly fast food!

hot sips

Fill your mug with our choice brews.

1 Best Coffee
Allegro French Roast Coffee lovers rated this java robust and rich. Bonus: Organic coffee contains no pesticides and more antioxidants than nonorganic. Put on a pot!

2 Best Tea
Tazo Awake This "smooth and velvety" tea won by a steep margin. Green tea steals more headlines, but black tea brims with cell-protecting antioxidant polyphenols.



The caffeine in these will kick up your metabolism.

the cool crowd

No food is off-limits—even bacon! Dig into our dairy and deli picks guiltlessly.

1 Best Juice
Florida's Natural Calcium & Vitamin D
 (110 calories, 0 g fat per cup) Treat yourself to a cup of rich (not watery) citrus to brighten your morning and guard your bones. This OJ offers a third of the calcium plus all of the vitamin C you need daily.

2 Best Soymilk
ZenSoy Plain Organic
 (90 calories, 3.5 g fat per cup) "It's sweet, nutty and smooth," a sipper said. And the dairy-free drink is delicious enough to pour into coffee or enjoy alone.

3 Best Plain Yogurt
Stonyfield Farm Organic Lowfat Plain (120 calories, 2 g fat per 8 oz) Spoon up this back-to-basics best for its tangy, natural sweetness. "Plain yogurt can be tough to eat solo, but this is delicious," a diner said.

4 Best Fruit Yogurt
Trader Joe's French Village Mixed Berry
 (130 calories, 0 g fat per 6 oz) Yummy yogurt alert! Testers called this "fruity" and "filling." And one delish container has only about 12 g of added sugar.

5 Best Margarine
Promise Activ Light
 (45 calories, 5 g fat per tbsp) "It's thick and, yes, it tastes like real butter," one fan confessed. Slather 1 tbsp on toast instead of butter to save nearly 3 g saturated fat and 57 calories.

6 Best Light Cheese
Cabot's 50% Reduced Fat Sharp Cheddar

(70 calories, 4.5 g fat per oz) Cabot's offering defies every stereotype you know about reduced-fat cheese. Tasters relished its sharp flavor and creamy (not rubbery) consistency.

7 Best Apple Sauce
Mott's Healthy Harvest Peach Medley
 (50 calories, 0 g fat per 3.9-oz cup) Mango and

peach give this sauce sweetness sans added sugar. Nuke it for 30 seconds for a warm treat, or stash some in your desk for no-hassle fruit at the ready.

8 Best Hummus
Sabra Classic
 (70 calories, 6 g fat per 2 tbsp) "I licked my bowl clean," a tester confessed. Others noted the dip's

EDITORS' PICK Best Salad Topper
Kraft Natural Cheese Crumbles, Blue As far as we're concerned, cheese makes everything better. And a small amount provides an indulgent boost of taste for 88 calories per pungent ounce.

smoothness and tahini taste. No need to fret over the fat content; it's mostly unsaturated.

9 Best Bacon
Oscar Mayer Turkey Bacon
 (35 calories, 3 g fat per slice) You'll want to pig out on this smoky breakfast side. "It has some crunch and some chewiness, just like regular bacon," one sampler said. Tastes like a splurge!

10 Best Lunch Meat
Applegate Farms Smoked Turkey Breast
 (50 calories, 0 g fat per 2 oz) Fill a wrap or sandwich with a few savory,

not salty, slices. One tester raved, "The texture is like fresh turkey, not slimy as so many packaged deli meats can be."

11 Best Faux Lunch Meat
Tofurky Oven Roasted
 (100 calories, 3 g fat per 5 slices) Attention, hungry vegetarians! Our critics fancied the soy sauce and garlic flavors in these slices, which offer 13 g of energizing protein. Stuff some into a pita with a variety of veggies for an eco-savvy sammy.

Additional reporting by Julia Langer and Karina Martinez-Carter

EDITORS' PICK Most Improved • Healthy Choice All Natural Entrées Good-bye, green box; hello, great taste. Healthy Choice gave its packaging—and its meals—a makeover. The new dishes feature more produce and no preservatives. We love the Mediterranean Pasta (360 calories, 5 g fat), starring white beans, orzo, cranberries and apples.



Drinks that do more! We tested only fortified juices. Otherwise, choose a whole fruit.