NOTABLE NOSHES
Get the scoop on these top snacks on the next page.

And the winners are...

66 fast-fix foods you'll love to eat. They met our rigorous slimming standards and won our reader taste test. Check out what made the list!

Who can live without pizza, beer and ice cream, let alone cereal, soup and everything else delicious—and convenient? Not us! Instead, we set out to uncover the healthiest versions of the packaged items women swear by for breakfast, lunch, dinner, snacks and dessert, so you can feast on your favorites virtually guilt-free.

To find the leanest selections, SELF first asked dietitians Willow Jarosh and Stephanie Clarke, of New York City, to design criteria for each category (you can see the full standards at Self.com) and gather every food that measured up, a grand total of 383 products. Then we invited 140 readers to spoon up samples of the contenders to tell us which ones they found most mouthwatering. Because what's the point of good-for-you food if it doesn't thrill your taste buds, too?

Your ultimate weight loss shopping list awaits you on the next few pages. Shop with it to stock your kitchen today—and achieve diet success forever.

Ready to dig in? Flip the page for a bevy of lean, scrumptious options to enjoy every time you eat.

- **Satisfying snacks**
- **Filling breakfasts**
- **Easy, tasty lunches**
- **Quick dinners**
- **Trimming treats**

By Erin Hobday and Merritt Watts Photographs by Levi Brown

SELF HEALTHY FOOD AWARDS

Star snacks

Cast these hunger-busting bites in a supporting role in your day.

1 Best Pretzel Herr's Whole Grain Pretzel Sticks *(110 calories, 1 gram fat per 7 sticks)* Crave something salty? These classic nibbles feature whole grains to keep you full. Testers deemed them "hearty," "crispy" and "completely satisfying." F

2 Best Trail Mix Trader Joe's Omega Trek Mix With Omega Fortified Cranberries *(150 calories, 11 g fat per ¼ cup)* Crunchy pistachios and particularly plump cranberries scored this mix major points. "You won't have to pick out your favorite pieces," one excited tester said. It's all good!

3 Best Plain Yogurt Dannon All Natural Nonfat Yogurt, Plain *(110 calories, 0 g fat per 8 ounces)* Culture vultures were pleased with the smooth feel and tart taste in this container. Even more impressive: It boasts immunity-improving probiotics. C P

4 Best Flavored Yogurt Stonyfield Organic Fat Free Lemon *(130 calories, 0 g fat per 6 oz)* Panelists praised this velvety variety's subtle citrus zing. Enjoy a cup as is or layer spoonfuls with berries for a dessert parfait, as one taster suggested. C

5 Best Salsa Herr's Chunky Salsa, Mild *(10 calories, 0 g fat per 2 tablespoons)* This bold blend enticed eaters with big pieces of juicy, fresh-tasting tomatoes and "the right combination of savory, sweet and heat." You'll want to double-dip!

6 Best Flavored Greek-Style Yogurt Brown Cow 0% Fat Strawberry *(130 calories, 0 g fat per 5.3 oz)* If you like the consistency of Greek yogurt but want some sweetness, too, grab a spoon. You'll find both inside this "fruity," "creamy" cup. P

7 Best Granola Bar Cascadian Farm Fruit and Nut Chewy Granola Bars *(140 calories, 4 g fat per bar)* "I could eat five of these!" one fan claimed. We recommend having one at a time: The whole almonds inside are especially satiating.

8 Best Tortilla Chip Garden of Eatin' Multigrain With Sea Salt *(140 calories, 7 g fat per oz)* Their shape and texture make these flax-fortified chips perfect for dunking in guacamole or a chunky salsa. "Corn chips are my absolute weakness, and these are amazing," a convert said.

9 Best String Cheese Horizon Organic Low Moisture Part Skim Mozzarella *(80 calories, 5 g fat per stick)* We're not stringing you along! The peelable pick wowed our panel with its natural flavor and toothsome texture: "It would be a terrific postworkout snack." C

10 Best Plain Greek-Style Yogurt Fage Total 0% *(120 calories, 0 g fat per 8 oz)* Tasters found Fage to be thick and creamy without the sourness that some strained styles can have. "I usually add a bit of honey, but this is fabulous without it," a taster said. C P

11 Best Nut Blue Diamond Almonds, Honey Roasted *(160 calories, 13 g fat per oz)* Slightly sweet, slightly salty, slightly—no, make that totally—addictive! Luckily, each serving includes 12 grams of healthy, slimming unsaturated fats, so noshing on these nuts is good for you, too. V

A smart A.M. meal results in a trimmer reflection.

Breakout breakfasts

Get ready for your close-up (and your morning) with these hearty, speedy selections.

12 Best Cottage Cheese Friendship Lowfat 1% Milkfat *(90 calories, 1 g fat per ½ cup)* The crowd-pleasing curds are just salty enough to go with any topper. "I eat cottage cheese every day, and this was my clear winner," a reader said. P

13 Best Granola Special K Low Fat Granola *(190 calories, 3 g fat per ¾ cup)* One tester praised this new offering: "Crunchy with a touch of honey. It would be heavenly mixed with fruit or yogurt." F

14 Best Buttery Spread I Can't Believe It's Not Butter! Light *(50 calories, 5 g fat per tbsp)* Our champ won by tasting the most, well, like butter. "You could use it to cook or on its own with toast," a sampler said.

15 Best Turkey Bacon Applegate Farms Organic Turkey Bacon *(35 calories, 1.5 g fat per slice)* The smoky strips had the crispness of regular bacon, even when cooked in the microwave. "Tastes like brunch!" a fan said.

16 Best English Muffin Thomas' Hearty Grains 100% Whole Wheat *(120 calories, 1 g fat per muffin)* These cranny-filled muffins carried the day, so start yours with one. Testers detected a hint of honey and claimed they were "fantastic enough to eat plain." F

17 Best Unsweetened Instant Oatmeal McCann's Instant Irish Oatmeal, Regular *(100 calories, 2 g fat per packet)* Even Goldilocks would struggle to criticize this porridge. Despite the lack of added sugar, this oatmeal is "oaty," and "an ideal base to add spices to," testers found. F V

18 Best Soymilk Silk Light *(70 calories, 2 g fat per cup)* Tasters called this the closest to cow's milk. "It is slightly sweet and goes down smoothly," one said. C V

19 Best Orange Juice Florida's Natural Calcium & Vitamin D *(110 calories, 0 g fat per cup)* The fresh taste of this two-time winner a-peeled to our panel. And it supplies all the C you need daily. C V

20 Best Frozen Waffle Kellogg's Eggo Nutri-Grain Whole Wheat *(170 calories, 6 g fat per 2 waffles)* For a fast meal on a busy morning, pop these "light and fluffy" pastries in the toaster (testers reported they cooked quickly), then top with a dollop of peanut butter, apple and a sprinkle of cinnamon. V

21 Best Light Cream Cheese Philadelphia ⅓ Less Fat Neufchâtel *(70 calories, 6 g fat per oz)* Our voters labeled the spread "creamy" and "fresh." Best of all: "It doesn't taste lowfat!"

22 Best Bagel Thomas' Hearty Grains 100% Whole Wheat *(240 calories, 2 g fat per bagel)* Bring bagels back to your breakfast plate. "Tastes like it was made today," raved one tester of this "toastably delicious" treat. F P

23 Best Cereal Quaker Oatmeal Squares *(210 calories, 2.5 g fat per cup)* These brown-sugar-coated morsels offer a bounty of enjoyable options. "They hold up well with milk; complement fruit, nuts and yogurt; and would be delicious dry as a snack," a creative tester said.

24 Best Shredded Cheese Sargento Reduced Fat 4 Cheese Mexican *(80 calories, 6 g fat per ¼ cup)* Sprinkle onto omelets for a rich melted mouthful. Our testers liked its sharpness and found it more substantial than the other contenders. C

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F = **Fiber-filled** (at least 1 g per 40 calories)
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Leading lunches

These portable midday choices keep you energized on the go or at your desk.

❶ Best Deli Meat **Applegate Farms Organic Roasted Turkey Breast** *(50 calories, 0 g fat per 2 oz)* Sandwich the juicy, well-seasoned slices inside whole-grain bread (see number 10), or slice onto a green salad for a complete meal in minutes. Our testers gobbled up the "fresh-tasting" roasted white meat, saying, "It looked appealing." P

❷ Best Mustard **Annie's Naturals Organic Yellow Mustard** *(0 calories, 0 g fat per teaspoon)* Go for the gold. Annie's mustard more than passed muster with our panel, who liked its smooth spreadability and tang. Slather some on a hearty 'wich, squirt a spoonful on a burger, or use a dab as dip for pretzels. (Our tasters did!)

❸ Best Cracker **Kashi TLC Stoneground 7 Grain Crackers** *(130 calories, 5 g fat per 4 crackers)* Kashi cracked the code for the ideal cracker. "They have the perfect salty kick," a sampler said. And the crunchers can multitask: "They would go well with cheese or peanut butter," a fan said. Pack some to munch with soup or salad.

EDITORS' PICK Best flavored water Hint, Blackberry Essence *(0 calories, 0 g fat)* We get it: Plain old water can be boring. But most souped-up drinks deliver calories and sugar you don't need. We tried a variety of wildly flavored no-calorie essence waters—kiwifruit, chocolate, clove and vanilla were all in the mix—and although it looked like the others, this fruity find won first for taste. It's totally refreshing (sip it seaside!) and slightly sweet.

EDITORS' PICK Best almond butter MaraNatha Organic Creamy Roasted Almond Butter *(190 calories, 16 g fat per 2 tbsp)* Tired of PB? Give its nutty neighbor a try. We love it as a fruit dip or stirred into plain oatmeal or smoothies. And its dose of vitamin E boosts immunity.

❹ Best Peanut Butter **Santa Cruz Organic Creamy** *(210 calories, 16 g fat per 2 tbsp)* Use the all-natural basic for sammies and snacks. "I'd pair it with green apple slices," one taster said. "It would hold up well warmed, which is a great way to have PB&J," noted another.

❺ Best Mayonnaise **Hellmann's Light** *(35 calories, 3.5 g fat per tbsp)* "I want to smear it on everything!" a tester said. Go right ahead! Despite its eggy richness, this classic condiment has only 0.5 g saturated fat per tbsp. "It will make great tuna salad," a taster declared.

❻ Best Light Cheddar **Cracker Barrel 2% Milk Extra Sharp** *(90 calories, 6 g fat per oz)* Don't fear reduced-fat cheese; this block beat the rest by tasting just like the full-fat version. "I'd use it in grilled cheese or slice it cold to have on crackers," one cheesehead said. C

❼ Best Lentil Soup **Progresso Vegetable Classics, Lentil** *(160 calories, 2 g fat per cup)* This "creamy and fulfilling" soup persuaded one intrepid tester to amend her grocery list. "I typically don't eat lentil soup, but this changed my mind," she said. F

❽ Best Light Swiss **Finlandia Light Swiss Deli Slices** *(57 calories, 3 g fat per slice)* These sharp slices have the *hole* package: strong flavor, supple texture and superb creaminess. "It's hard to believe it's healthy!" a sampler said. C

❾ Best Faux Deli Meat **Tofurky Hickory Smoked Deli Slices** *(100 calories, 3 g fat per 5 slices)* The vegetarian victor is smoked in a real smokehouse to create a down-home flavor that will satisfy even a dedicated carnivore. One sampler claimed the slices "taste like chicken." F P

❿ Best Bread **Arnold Whole Grains 100% Whole Wheat** *(110 calories, 1 g fat per slice)* Carbs, anyone? Samplers loved this loaf's fresh-baked feel and honey-tinged taste. Cover it with cream cheese or cold cuts, one tester said. And there's no need to skimp: It's so low-cal, you can help yourself to two pieces guiltlessly. F

⓫ Best Tortilla **Trader José's Handmade Whole Wheat Flour Tortillas** *(160 calories, 5 g fat per tortilla)* Sampling these soft wraps inspired our panel to get cooking. "I could see myself filling this up with warm rice and beans, veggies and guacamole to make a mean burrito," said one aspiring chef. F

⓬ Best Jam **Smucker's Simply Fruit Black Cherry** *(40 calories, 0 g fat per tbsp)* Readers suggested using this spread to jazz up plain yogurt, sweeten breakfast breads or accompany its pal peanut butter. They praised the jelly's natural feel and flavor: "You can really taste the fruit."

SNAP IT

SHOP 'TIL YOU DROP...POUNDS!
Snap this icon with your smartphone for a grocery list of winners.
Get the free app for your phone at http://gettag.mobi.

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Superlative suppers

Home late? Eat healthy anyway with yummy quick-fix dinners.

❶ Best Frozen Meat Meal **Healthy Choice Complete Meals Golden Roasted Turkey Breast** *(290 calories, 4.5 g fat per meal)* Turkey, stuffing and green beans earned this meal the moniker "frozen Thanksgiving." Just like at Grandma's, dessert is included! F P

❷ Best Frozen Fries **Alexia Oven Reds With Olive Oil, Parmesan & Roasted Garlic** *(120 calories, 3.5 g fat per 3 oz)* Enthusiastic testers cheered these "crispy" thick-sliced spuds for their homemade appeal. One noted, "Best of all, the red potato skins were left on, so the herbs and sea salt were delectable."

❸ Best Pasta Sauce **Muir Glen Organic, Chunky Tomato & Herb** *(60 calories, 1 g fat per ½ cup)* Seasonings you "can see and taste" make this antioxidant-stocked sauce a standout. F

❹ Best Veggie Chili **Kettle Cuisine Three Bean** *(220 calories, 3.5 g fat per 10 oz)* We really warmed to this flavorful frozen chili, as did testers, who practically licked their bowl clean. "Succulently spicy—I adore the variety of veggies," one said. F V P

❺ Best Frozen Seafood Meal **Lean Cuisine Szechuan Style Stir Fry With Shrimp** *(230 calories, 2.5 g fat per meal)* A two-time food-awards winner swept the category again. Credit "tender shrimp" and firm, bright vegetables. V P

❻ Best Pasta **Ronzoni Healthy Harvest Whole Wheat Blend Rotini** *(180 calories, 2 g fat per 2 oz)* Stuck on semolina? These noodles could make you a healthy-carb convert. "I could hardly tell it was whole wheat," one diner said. F

❼ Best International Frozen Meal **Amy's Indian Vegetable Korma** *(310 calories, 12 g fat per meal)* The vegetarian selection beat out meals with meat because of its authentic Indian flavor. Plus, it packs 20 percent of your daily iron needs. V

❽ Best Ketchup **Simply Heinz** *(20 calories, 0 g fat per tbsp)* We thought classic ketchup couldn't get any better, but Heinz's new tangy trimmed-down take on the crimson condiment won us over.

❾ Best Veggie Burger **Boca Savory Mushroom Mozzarella** *(110 calories, 2.5 g fat per patty)* This frozen patty tastes "fresh" and testers adored its 'shroom influence. No need to add cheese: There are chunks of the real thing built into every bite. F P

❿ Best Frozen Veggie Meal **Lean Cuisine Santa Fe–Style Rice & Beans** *(300 calories, 5 g fat per meal)* Mexican light: This meal contained enough creamy *queso* to keep samplers happy and was low enough in fat to satisfy our strict nutritional requirements. C P

⓫ Best Frozen Pizza **Kashi Thin Crust Mediterranean Pizza** *(290 calories, 9 g fat per ⅓ pie)* An American pie with a Greek twist: It's topped with feta, red peppers and spinach. And one 'za is big enough for three to share. Pizza party, anyone? P V C

⓬ Best Vinaigrette **Trader Joe's Fat Free Balsamic** *(25 calories, 0 g fat per 2 tbsp)* It was hardly a toss-up: This smooth, pungent blend got the green light from nearly all of our testers. It's super flavorful, and you need only a smidgen, but it's so low-cal, you can feel free to pour it on.

EDITORS' PICK **Best Frozen Veggies** **Birds Eye Steamfresh Broccoli, Carrots, Sugar Snap Peas & Water Chestnuts** *(35 calories, 0 g fat per ¾ cup)* Add this vitamin-rich mix to any dinner. We love that it cooks right in the package but stays crunchy, fresh and sweet. V F

EDITORS' PICK **Best Creamy Dressing** **Bolthouse Farms Yogurt Dressing, Classic Ranch** *(70 calories, 6 g fat per 2 tbsp)* It's only slightly more caloric than vinaigrette, and it wins over ranch fans for its zest. Use it as a decadent dip or on greens.

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SELF HEALTHY FOOD AWARDS

Top treats

Nothing is off-limits! Quell any craving with this luxe list.

Our glitzy grand finale: no-guilt goodies!

1 Best Popcorn **Newman's Own 94% Fat Free Butter Flavor** *(110 calories, 1.5 g fat per 3.5 cups)* Pop...and pop... and pop these "buttery," "salty" kernels. One single-portion bag will last you an entire movie night. F

2 Best Fudge Pop **Weight Watchers Giant Chocolate Fudge Ice Cream Bars** *(110 calories, 1 g fat per bar)* The sheer magnitude of this big bar impressed our panel, but the "silky" texture and milk chocolate flavor are what won their votes. F

3 Best Ice Cream Sandwich **Skinny Cow Low Fat Ice Cream Sandwich, Vanilla** *(140 calories, 1.5 g fat per sandwich)* No need for the ice cream truck—this tastes as delicious as the novelties you savored as a kid. For ultimate enjoyment, eat on a hot day: "It got better as it melted!" one fan raved.

4 Best Chocolate Bar **Dagoba Superfruit** *(250 calories, 19 g fat per bar)* Although this bar is made with 74 percent antioxidant-packed cacao, it converted milk chocolate lovers with its "rich and sweet" flavor. F

5 Best Sorbet **Häagen-Dazs, Strawberry** *(120 calories, 0 g fat per ½ cup)* This frozen treat is fat-free but still "creamy" and boasts real berry chunks.

6 Best Ice Cream **Edy's/Dreyer's Slow Churned, Double Fudge Brownie** *(120 calories, 4 g fat per ½ cup)* A scoop of this fudgy ice cream scattered with brownie bits made one lucky licker suspicious: "This can't possibly be diet-friendly!" You'll shave 50 calories and 5 g fat off every serving compared with the full-fat variety.

EDITORS' PICK Best Candy **Sour Patch Kids** *(140 calories, 0 g fat per 16 pieces)*. OK, so they're not exactly antioxidant powerhouses, but the sugary and pleasantly tart gummies will satisfy your yen for candy. And even a heaping handful won't break the calorie bank.

7 Best Light Beer **Budweiser Select 55** *(55 calories, 0 g fat per bottle)* Sip and still stay trim! This "refreshing and light" brew with "a full-bodied taste" won praise for its golden color and lack of aftertaste.

8 Best Hot Chocolate Powder **Nestlé Nesquik, Chocolate Flavor** *(60 calories, 0.5 g fat per 2 tbsp powder)* Curl up with a comforting cup of this "creamy and sweet" cocoa.

9 Best Cookie **Back to Nature Chocolate Chunk** *(130 calories, 6 g fat per 2 cookies)* Huge hunks of chocolate, straight ahead! Combine those with "buttery" dough for a "decadent" winning cookie.

10 Best Frozen Yogurt **Edy's Slow Churned Rich & Creamy Yogurt Blend, Berry Granola Crunch** *(120 calories, 3.5 g fat per ½ cup)* Like your summer desserts à la mode? One fan compared a scoop of this dreamy combo to fresh berry cobbler topped with ice cream.

11 Best Potato Chip **Kettle Baked Hickory Honey Barbeque** *(120 calories, 3 g fat per oz)* Serve the "smoky-sweet" and "secretly healthy" party nibbles for happy friends and a slim figure.

12 Best Creamy Pop **Skinny Cow Caramel Truffle** *(100 calories, 2.5 g fat per pop)* Whatever dessert you desire, this lush "dulce de leche" pop with "just enough chocolate drizzle" has you completely covered. F

EDITORS' PICK Best Veggie Chip **Utz Kettle Classic Sweet Potato Chips** *(140 calories, 8.5 g fat per oz)* Crunch, with benefits. These nutrient-rich crisps contain 110 percent of your vitamin A needs for the day. And they taste sublimely salty for only 60 milligrams of sodium. V

BUT WAIT, THERE'S MORE Still hungry? Go to Self.com for 20 additional Healthy Food Award winners and see the criteria we used to pick the contenders. Then eat up!

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