

Lunch

To make the cut, these winners had to be low in saturated fat but offer plenty of whole grains, protein and fiber—the key building blocks for a healthy afternoon meal.

BEST CHEDDAR CHEESE

Cracker Barrel Reduced-Fat Extra Sharp



A crowd pleaser, this low-fat cheese tastes like the regular kind. Slice it for crackers, cube it for salads, or grate it for omelets.

Per ounce: 90 calories, 7 g protein, 1 g carbohydrate, 6 g fat (3.5 g saturated), 0 g fiber

BEST SWISS CHEESE

Sargento Reduced Fat

A full-flavored pick that won't wreck your diet even if you have two slices.

Per slice: 60 calories, 7 g protein, 1 g carbohydrate, 4 g fat (2 g saturated), 0 g fiber



BEST SLICED HAM

Boar's Head Branded Deluxe Lower Sodium

Full of flavor, this packaged ham tastes deli-fresh.

Per 2 ounces: 60 calories, 10 g protein, 2 g carbohydrate, 1 g fat (0 g saturated), 0 g fiber



BEST SLICED TURKEY

Applegate Farms Organic Roasted Turkey Breast

No nitrates or added fillers—just plain turkey breast. “Great on a sandwich. Not as salty as most deli turkey,” one tester said.

Per 2 ounces: 50 calories, 12 g protein, 0 g carbohydrate, 0 g fat (0 g saturated), 0 g fiber



BEST SLICED BREAD

Nature's Pride 100% Whole Wheat



We loved the soft texture and chewy crust of this brand-new bread. Use it for a sandwich and you'll get almost one-quarter of your daily fiber intake.

Per slice: 110 calories, 5 g protein, 20 g carbohydrate, 1 g fat (0 g saturated), 3 g fiber

BEST WRAP

MexAmerica 100% Whole Wheat Tortillas

Wraps at many restaurants are made with tortillas that are 300-plus calories. DIY with this brand and you'll keep the calories in check and get a serving of whole grains.

Per large wrap: 210 calories, 6 g protein, 35 g carbohydrate, 5 g fat (0.5 g saturated), 5 g fiber



BEST PEANUT BUTTER

Smucker's Reduced Fat Natural Style Creamy

“Thick and smooth without being too oily,” one tester raved. This PB was a hit thanks to its fresh, peanuty aroma and easy stirring.

Per 2 tablespoons: 200 calories, 9 g protein, 12 g carbohydrate, 12 g fat (2 g saturated), 2 g fiber



BEST JELLY

Bonne Maman Strawberry Preserves

If we had the time to can our own jam, this is what it would taste like: sweet, juicy chunks of fresh strawberry. *Très bon!*

Per tablespoon: 50 calories, 0 g protein, 13 g carbohydrate, 0 g fat (0 g saturated), 0 g fiber



BEST PREPACKAGED LUNCH

Healthy Choice Fresh Mixers Southwestern Style Chicken



A perfectly portioned lunch for days you don't have time to make your own. Stash a few in your desk (they don't have to be refrigerated) and enjoy fresh-tasting chicken with beans.

Per package: 310 calories, 13 g protein, 60 g carbohydrate, 2.5 g fat (1 g saturated), 5 g fiber

Try It!

Southwestern Black Bean & Tortilla Salad

MorningStar Farms Spicy Black Bean Burger + Food Should Taste Good Multigrain Tortilla Chips + Wholly Salsa Medium

Top 3 cups shredded romaine lettuce with ½ cup chopped bell peppers (any color), 1 warmed burger chopped into small pieces, ½ cup crushed tortilla chips and 4 tablespoons salsa.



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