

**25. BEST SOUR CREAM**  
**Breakstone's All Natural**  
 Opt for the full-fat variety—it has a few more calories, but offers loads more flavor.  
 Per 2 Tbsp: 60 calories, 1 g protein, 1 g carbs, 5 g fat



**34. BEST SAUSAGE**  
**Al Fresco Sundried Tomato & Basil Chicken Sausage**  
 Low in calories.  
 Per link: 140 calories, 15 g protein, 2 g carbs, 7 g fat



**42. BEST SINGLE-SERVING PIZZA**  
**South Beach Living Deluxe Pizza**  
 Packed with protein and fiber.  
 Per pizza: 340 calories, 30 g protein, 37 g carbs (10 g fiber), 11 g fat



**50. BEST ICE CREAM**  
**Breyers Natural Vanilla**  
 With only five ingredients, it's as unadulterated as you'll get without churning it yourself.  
 Per ½ cup: 130 calories, 3 g protein, 14 g carbs, 7 g fat



**26. BEST BUTTER**  
**Organic Valley Sweet Cream Cultured Unsalted Butter**  
 Don't be afraid of real butter. Research shows that the fat in a pat of butter helps you better absorb vitamins A, E, and K.  
 Per Tbsp: 100 calories, 11 g fat



**35. BEST HOT DOG**  
**Applegate Farms Uncured Beef Hot Dogs**  
 These dogs are uncured, and they're all beef, with no chemical preservatives.  
 Per dog: 80 calories, 5 g protein, 6 g fat



**43. BEST FAMILY-SIZED PIZZA**  
**Kashi Thin Crust Margherita**  
 The thin crust slashes calories, not flavor.  
 Per ½ pizza: 260 calories, 14 g protein, 29 g carbs (4 g fiber), 9 g fat



**51. BEST FROZEN TREAT**  
**Klondike Slim a Bear No Sugar Added Bars**  
 Individual packaging acts as a built-in portion monitor—as long as you eat just one.  
 Per bar: 170 calories, 4 g protein, 21 g carbs (4 g fiber), 9 g fat



**27. BEST PLAIN YOGURT**  
**Stonyfield Farm Oikos Organic Greek Yogurt (Plain)**  
 Makes a great hot-wing dipping sauce.  
 Per container: 90 calories, 15 g protein, 6 g carbs, 0 g fat



**36. BEST SALAMI**  
**Columbus Salame Company Salame Toscano**  
 Add thin slices to a pizza, along with marinated artichokes (#60).  
 Per oz: 80 calories, 7 g protein, 1 g carbs, 5 g fat



**44. BEST BURRITO**  
**Amy's Burrito Especial**  
 Top with a generous scoop of guacamole (#106) and chopped fresh cilantro.  
 Per burrito: 270 calories, 9 g protein, 45 g carbs (4 g fiber), 6 g fat



**Packaged Foods and Snacks**

**28. BEST FLAVORED YOGURT**  
**Stonyfield Farm Oikos Organic Greek Yogurt with Honey**  
 Honey adds antioxidants.  
 Per container: 120 calories, 13 g protein, 18 g carbs, 0 g fat



**Frozen Foods**

**45. BEST BREAKFAST SANDWICH**  
**Van's Huevos Rancheros Breakfast Panini**  
 This fiber-filled sandwich heats up in under 3 minutes.  
 Per sandwich: 270 calories, 11 g protein, 33 g carbs (5 g fiber), 11 g fat



**52. BEST SOUP**  
**Lucini Italia Rustic Italian Minestrone Soup**  
 Made with 10 different vegetables.  
 Per cup: 210 calories, 6 g protein, 28 g carbs (9 g fiber), 9 g fat



**29. BEST KEFIR**  
**Lifeway Lowfat Blueberry**  
 Think of this product as drinkable yogurt or an extra-thick, protein-packed smoothie.  
 Per cup: 174 calories, 14 g protein, 25 g carbs (3 g fiber), 2 g fat



**37. BEST BEEF ENTRÉE**  
**Stouffer's Homestyle Classics Beef Pot Roast**  
 This beef actually tastes like real food.  
 Per 9 oz serving: 240 calories, 16 g protein, 27 g carbs (3 g fiber), 8 g fat



**46. BEST FROZEN WAFFLE**  
**Van's Multigrain Waffles**  
 Make a handheld breakfast: Slather a toasted waffle with peanut butter (#107).  
 Per 2 waffles: 180 calories, 4 g protein, 25 g carbs (3 g fiber), 7 g fat




**53. BEST CHILI**  
**Hormel Chili with Beans**  
 Sprinkle on some raw onion and shredded cheese (#21).  
 Per cup: 260 calories, 16 g protein, 33 g carbs (7 g fiber), 7 g fat



**30. BEST NEW DAIRY PRODUCT**  
**Siggi's Icelandic Style Skyr Plain**  
 This is a strained version of nonfat yogurt, but with more protein.  
 Per container: 100 calories, 17 g protein, 6 g carbs, 0 g fat



**38. BEST CHICKEN ENTRÉE**  
**Marie Callender's Grilled Chicken Breast**  
 Plenty of protein, and just enough fat and calories to satisfy.  
 Per serving: 450 calories, 33 g protein, 39 g carbs (4 g fiber), 17 g fat



**47. BEST FROZEN SNACK**  
**Cedarlane Garden Vegetable Enchiladas**  
 Low in calories, with a healthy balance of protein, carbs, and fat.  
 Per enchilada: 140 calories, 9 g protein, 20 g carbs (3 g fiber), 3 g fat



**54. BEST CANNED BEANS**  
**Goya Black Beans**  
 No matter how you serve these beans, doctor them with a pinch of cumin and cayenne pepper, and a squeeze of fresh lime juice.  
 Per ½ cup: 100 calories, 7 g protein, 18 g carbs (8 g fiber)




**31. BEST EGGS**  
**Eggland's Best**  
 Each egg contains 100 milligrams of heart-healthy omega-3 fatty acids.  
 Per egg: 70 calories, 6 g protein, 4 g fat



**39. BEST TURKEY ENTRÉE**  
**Marie Callender's Honey Roasted Turkey**  
 A hearty meal that'll fill you up without filling you out.  
 Per serving: 320 calories, 25 g protein, 31 g carbs (8 g fiber), 10 g fat



**48. BEST FROZEN VEGETABLE**  
**Birds Eye Garden Peas**  
 This perennial winner is nutritious, tasty, and easy to add as a side dish to any lunch or dinner.  
 Per ½ cup: 70 calories, 5 g protein, 12 g carbs (4 g fiber)



**55. BEST REFRIED BEANS**  
**Casa Fiesta Spicy Refried Beans**  
 Because a serving has 8 grams of fiber, a side of these beans makes any meal more filling.  
 Per ½ cup: 130 calories, 8 g protein, 24 g carbs (8 g fiber), 1 g fat



**32. BEST COLD CUTS**  
**Hormel Natural Choice Pre-Sliced Turkey and Ham**  
 Made without preservatives.  
 Per 4 slices turkey: 60 calories, 10 g protein, 3 g carbs, 1 g fat



**40. BEST FISH ENTRÉE**  
**SeaPak Sun-Dried Tomato Wild Salmon**  
 Place it on a baking tray, add onions and carrots tossed in olive oil, and bake for 22 minutes at 425°F.  
 Per meal: 220 calories, 22 g protein, 14 g carbs (1 g fiber), 7 g fat



**49. BEST FROZEN FRUIT**  
**Whole Foods 365 Everyday Value Organic Berry Blend**  
 Health food in a bag.  
 Per ½ cup: 70 calories, 1 g protein, 15 g carbs (3 g fiber)



**56. BEST LENTILS**  
**Goya Lentils**  
 Simmer lentils with chunks of onion, carrot, and minced garlic. Splash them with red-wine vinegar before serving them with your favorite grilled protein.  
 Per ½ cup: 70 calories, 8 g protein, 19 g carbs (9 g fiber), 0 g fat



**33. BEST BACON**  
**Oscar Mayer Center Cut Naturally Smoked**  
 Wrap a slice around a firm, white fish fillet and roast at 400°F for 15 to 20 minutes.  
 Per 3 slices: 60 calories, 9 g protein, 4 g fat



**41. BEST PASTA ENTRÉE**  
**Kashi Pesto Pasta Primavera**  
 Multigrain penne with Parmesan cheese, peas, carrots, and red peppers.  
 Per meal: 290 calories, 11 g protein, 37 g carbs (7 g fiber), 11 g fat



**HOW WE CHOSE THE WINNERS** We created this year's list by first comparing the nutrition labels of competing brands in each of our 125 categories. We gave bonus points to products with more protein and fiber and less added sugar and sodium. We also took calories per serving into consideration, but we didn't penalize for fat content, because fat adds flavor and helps keep hunger at bay. Once we pared down our choices, we matched them in head-to-head taste tests to determine the victors. As for draws, the nod went to the product with the fewest ingredients—which happens to be a good rule of thumb, period.