

Wake Up to Clear, Radiant Skin! The So-Simple Plan P.110

SELF

YOU
AT YOUR
BEST

Healthy Eating Made Easy

SELF SELECTS
66
Taste-Test
Winners!

Your Supermarket Cheat Sheet
To Delicious Foods in Every Aisle!
Just Shop, Eat and Lose Weight

Here Comes the Fun

Have Your Best Summer Ever!

IN THE BEDROOM!
Make Sex As Good for
You As It Is for Him

ON THE BEACH!
Ab Envy? 4-Minute
Flat-Belly Shortcut

ANYWHERE AT ALL!
7 Secrets to Be
Happier Right Now

True Blood's
Anna Paquin

“Live
the Life
You Want
to Live”

**MEDICAL
SHOCKER**
Can You Trust
Your Doc? P.134

Feel More
In Control of
Everything!
(Yes, Even Your Money)

SELF
HEALTHY
FOOD
AWARDS

Stock your
office fridge
like this limo!



Leading lunches

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

1 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**

2 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!)

3 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.

4 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.

5 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.

6 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**

7 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**

8 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**

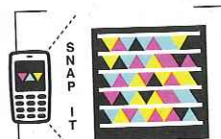
9 Best Faux Deli Meat Tofurky Hickory Smoked Deli Slices (100 calories, 3 g fat per

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**

10 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**

11 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**

12 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."



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>.

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. **F**

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 ½ 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**