

The Good Food Awards » 40 grocery store picks to help you eat smarter p. 61

Natural Health

feel good • look good • do good

Super Simple Detox

A cleanse so easy you'll want to stick to it for good.

Break out of your food rut p. 96



03.11

Natural Health



In an ideal world, you'd shop exclusively at your local farmers market or organic co-op. Your meals would consist mostly of lean meats and fish, whole grains and heaping mounds of fresh, seasonal vegetables. As for snacks, you'd make your own trail mix using nuts, seeds and dried fruits. And you'd never grab processed foods and eat 'em on the go.

But let's get real—eating this way 24/7 is a pipe dream for even the healthiest among us. Juggling work, relationships, family and fitness means you've got to reach for some packaged meals every now and then.

The good news? Healthy, tasty foods with whole, good-for-you ingredients are no longer relegated to the perimeter of the market. What's more, you may be missing out on key nutrients if you neglect these packaged gems. So here, in honor of our 40th anniversary, are 40 flavorful picks (which we've affectionately nicknamed "The Goodies") to add to your shopping list.



PANTRY STAPLES



* Bob's Red Mill Steel Cut Oats

Just one serving of this cholesterol-lowering powerhouse packs a whopping 20 percent of your recommended daily fiber intake. \$3 for a 24-ounce bag; bobsredmill.com

* Campbell's Select Harvest Light Minestrone with Whole Grain Pasta

At only 480 milligrams of sodium per serving, this hearty pick is a standout compared with other canned soups, which have closer to 950 milligrams of sodium per serving. \$2; campbellsoup.com

* Traditional Medicinals Organic

TH
TH
el
Fa
fal
bc

*
St
ce
fo
10.6-ounce box; naturespath.com

* Lundberg Rice Chips Sesame & Seaweed

Made from brown rice, these gluten-free chips come in six additional delicious flavors. \$3 for a 6-ounce bag; lundberg.com

* Quaker Oatmeal Pancake Mix

Give Sunday brunch a healthy makeover with this nutrient-packed whole-grain mix, and help keep the lights on at the University of Iowa: Quaker donates about 30,000 tons of oat hulls per year to help the school run on clean, biomass energy. \$3 for a 32-ounce box; quakeroats.com

* Mary's Gone Crackers Original

These vegan, wheat- and gluten-free crackers—made with quinoa and flax seeds—are an unexpected source of protein (3 grams per serving) and omega-3 fatty acids. \$5 for a 6.5-ounce box; marysgonecrackers.com

* Lundberg Rice Chips Sesame & Seaweed

Made from brown rice, these gluten-free chips come in six additional delicious flavors. \$3 for a 6-ounce bag; lundberg.com

* Stonehouse 27 Cashews & Cream Cooking Sauce

Just add chicken, tofu or vegetables to this low-sodium sauce, simmer and voila: dinner that's faster (and healthier!) than takeout. \$6 for a 12-ounce jar; stonehouse27.com

Natural Health Good Food Awards March 2011

Impressions: 1.05M | Circulation: 300K

