

perfect pours

Quench your thirst with some standout sips.

FLAVORED WATER

 **Ayala's Herbal Water Lemongrass Mint Vanilla** (0 calories, 0 g fat per 8 oz) What you see is what you get with this natural selection: All four ingredients appear in its name. And panelists buzzed about the tasty but mild mint flavor.

BOTTLED ICED TEA

 **Sweet Leaf Lemon & Lime Unsweet Tea** (0 calories, 0 g fat per 8 oz) Southerners, take comfort: "It reminds me of sweet tea in the South," a fan noted. "You don't miss the sugar at all," another said. (Citrus steps in with natural zing.)

FRUIT JUICE

 **Bolthouse Farms 100% Pomegranate Juice** (150 calories, 0 g fat per 8 oz) "Delicious and comforting, it's sweet but not artificial-tasting," one tester said. The ruby-red juice has more antioxidants than orange juice or green tea.

SMOOTHIE

 **Odwalla Red Rhapsody Superfood** (110 calories, 0 g fat per 8 oz) There are seven strawberries (plus other fruit) in every bottle—a fact not lost on testers' tongues. "It has a great strawberry taste, but it's not too sweet," one said. ■

HOT CHOCOLATE

 **365 Organic Hot Cocoa Mix** (110 calories, 0 g fat per 3 tbsp) This soothing beverage hit the hot spot. "It's good enough on its own, so you don't need whipped cream or added sugar," according to one cocoa fancier.

LIGHT BEER

 **Yeungling Light Lager** (99 calories, 0 g fat per 12 oz) Make a toast to your trim waistline! This brew proves that low-cal and great taste can coexist in one beer. "It's not watery or too light, like some of the others," an ale admirer said.

NATURAL SODA

 **Izze Esque Sparkling Black Raspberry** (50 calories, 0 g fat per bottle) Think pink! This blush-colored beverage, a refreshing blend of fruit juice and sparkling water, was the talk of the testers' table. "It dominated in flavor and fizziness," one guzzler said.

leading lunches

With these eats, hunger doesn't stand a chance.

DELI TURKEY

 **Boar's Head Oven-Roasted Breast of Turkey** (60 calories, 1 g fat per 2 oz) Panelists said this "addicting" turkey had a "unique spicy taste." Pile a few slices on whole-wheat bread or dice it for a high-in-protein salad topper.

FAUX LUNCH MEAT

 **Smart Deli Ham** (70 calories, 1 g fat per 4 slices) Meat lovers agreed: This vegetarian version of pork "tastes and looks exactly like the original." A healthy bonus: Compared with traditional deli ham, which is typically high in sodium, this tasty alternative contains only 390 mg per serving.

CANNED TUNA

 **Chicken of the Sea Chunk Light in Water** (50 calories, 0.5 g fat per 2 oz) What a catch: The flaky fish had a "light, mild taste." The water packing gives it 5.5 g less fat than tuna packed in oil.

TIE PEANUT BUTTER

 **Trader Joe's** (190 calories, 16 g fat per 2 tbsp) Spread the word—this nut butter is "very creamy and rich without being too oily."

 **MaraNatha** (190 calories, 16 g fat per 2 tbsp) Testers who weren't normally nuts about peanuts went for this PB, saying it was the lighter, subtler choice.

AMERICAN CHEESE

 **Kraft 2% Singles** (45 calories, 2.5 g fat per 19 g) "Tastes just like being a kid," one sampler said of this clear winner. Another suggested that it would be the ideal easy ingredient for a late-night grilled cheese sandwich. ■

CHEDDAR CHEESE

 **Tillamook Reduced Fat Medium Cheddar** (90 calories, 6 g fat per oz) Looking—and tasting—sharp! Testers agreed: A little hit of cheddar adds punch. "I would love this melted with jam, in a savory sandwich or just plain," one sampler said. ■

SWISS CHEESE

 **Finlandia Imported Light Swiss Cheese Deli Slices** (57 calories, 3 g fat per slice) This victor was the *hole* package. "It had the right combo of strong taste and good texture." There's more: One serving supplies 22 percent of your daily calcium needs. ■

SHREDDED CHEESE

 **Fancy Shredded Mozzarella Cheese** (80 calories, 5 g fat per 1/3 cup) Panelists deemed this shredded selection the most "flavorful" of the competition. They thought it would be great to heap it on top of a pizza (along with a hefty helping of fresh vegetables).

STRING CHEESE

 **Kraft String-Ums String Cheese** (80 calories, 6 g fat per 28 g) Talk about major taste a-peel. Kraft cheese sticks "had the best flavor and stringiness," a cheesehead said. And with 7 g protein each, they're a portable way to add filling protein to an on-the-go midday meal.

BREAD

 **Fiber One 100% Whole Wheat** (100 calories, 1.5 g fat per slice) You'll need a bread that's worthy of all these healthful sandwich fixin's, and this high-fiber loaf (7 g per slice) fits the bill. "It's fluffy but still hearty," a pleased carb lover on the panel remarked. ■