

# DRINKS

→ Fluids that fuel you

**1. Ocean Spray Sparkling Pomegranate Blueberry Beverage**  
 ■ Mildly carbonated soda water is sweetened with real fruit juices, not added sugar, and two of those juices come from antioxidant-loaded superfruits.



Per can: 90 cal, 0 g fat, 22 g carbs, 35 mg sodium, 0 g fiber, 0 g protein, 22 g sugar

**2. Sweet Leaf All-Natural Lemon & Lime Unsweetened Tea**  
 ■ Kicking sugar doesn't mean boring your taste buds to death. This calorie-free black tea gets it just right—a hint of citrus plus antioxidants to help ward off heart attacks and kidney stones.



Per bottle: 0 cal, 0 g fat, 0 g carbs, 0 mg sodium, 0 g fiber, 0 g protein, 0 g sugar

**3. Cheribundi Tru Cherry Tart Cherry Juice**  
 ■ Each bottle contains the juice of 50 cherries (the equivalent of two servings of fruit) and is brimming with anthocyanidins, nature's anti-inflammatories, which may help soothe sore muscles post-workout.



Per bottle: 130 cal, 0 g fat, 32 g carbs, 5 mg sodium, 0 g fiber, 1 g protein, 28 g sugar

**4. Yogi Vanilla Spice Perfect Energy Tea**  
 ■ With energizing Ayurvedic herbs, this green-and-black-leaf blend has as much caffeine as eight ounces of coffee but with the mellow taste of chai instead.



Per tea bag: 0 cal, 0 g fat, 0 g carbs, 0 mg sodium, 0 g fiber, 0 g protein, 0 g sugar

**5. R.W. Knudsen Sparkling Essence Cucumber Water**  
 ■ Gently sparkling water laced with organic cucumber extract and a touch of organic lemon juice is the ultimate in refreshment.



Per can: 0 cal, 0 g fat, 0 g carbs, 0 mg sodium, 0 g fiber, 0 g protein, 0 g sugar

**6. Republic of Tea Red Velvet Cuppa Chocolate Tea Bags**  
 ■ Tame your sweet tooth with this no-cal dessert blend of caffeine-free rooibos tea, whose all-natural flavors could have come straight from a bakery window.



Per tea bag: 0 cal, 0 g fat, 0 g carbs, 0 mg sodium, 0 g fiber, 0 g protein, 0 g sugar

**7. V8 Spicy Hot Low-Sodium Vegetable Juice**  
 ■ Fiery flavor that's just shy of mouth-tingling helps make up for the missing salt. One glass delivers two servings of vegetables, whether you drink it or use it for marinades, soups, or—best of all—Bloody Marys.



Per 8 fl oz: 50 cal, 0 g fat, 11 g carbs, 140 mg sodium, 2 g fiber, 2 g protein, 8 g sugar

**8. Hint Unsweetened Blackberry Essence Water**  
 ■ A lot of flavored waters are overly concentrated or super-sweetened, but the thirst-quenching power of this one comes from the just-right amount of pure blackberry juice.



Per bottle: 0 cal, 0 g fat, 0 g carbs, 0 mg sodium, 0 g fiber, 0 g protein, 0 g sugar

**9. Sambazon Açai with Orange Juice**  
 ■ Swap your usual glass of OJ for this organic citrus-superfruit blend. With 150 percent of your daily vitamin C and loads of protective antioxidants, it's an easy-drinking, energizing start to your day.



Per bottle: 156 cal, 2 g fat (0 g sat), 31 g carbs, 45.5 mg sodium, 1 g fiber, <1 g protein, 20 g sugar

**10. Q Ginger**  
 ■ Cardamom, orange peel, rose oil, and agave give this skinny soda its amazingly clean, crisp taste. Just as good: Its central ingredient, ginger, is a natural digestive aid that also has anti-inflammatory properties.



Per bottle: 60 cal, 0 g fat, 15 g carbs, 0 mg sodium, 0 g fiber, 0 g protein, 15 g sugar

**11. Coco Exposed Peach Kiwi**  
 ■ Think energy drink crossed with bubble tea, only instead of tapioca pearls, there are chunks of digestion-aiding aloe vera afloat in coconut water, peach juice, and kiwi juice.



Per bottle: 60 cal, 0 g fat, 15 g carbs, 50 mg sodium, 0 g fiber, 0 g protein, 14 g sugar

# SNACKS, CRACKERS & CHIPS

→ Remorse-free ways to feed any craving

**12. Food Should Taste Good All-Natural Olive Chips**  
 ■ Crunchy multigrain circles get a hit of salty flavor from three kinds of olives—black, kalamata, and green—and a dose of mono-unsaturated fats too.



Per serving (about 10 chips): 140 cal, 6 g fat (0.5 g sat), 18 g carbs, 140 mg sodium, 3 g fiber, 2 g protein, 0 g sugar

**13. Pure Organic Cranberry Orange Bar**  
 ■ Fruit is the only filler in this sweet snack bar, which is why each one counts as a full serving of produce. The blend of cranberries and nuts is chewier and more indulgent than trail mix but just as healthy and convenient.



Per bar: 190 cal, 8 g fat (0.5 g sat), 27 g carbs, 5 mg sodium, 3 g fiber, 6 g protein, 19 g sugar

**14. Luna Bar Chocolate-Dipped Coconut**  
 ■ Legit candy-bar flavor almost makes you feel guilty about eating this post-workout—until you realize it packs an incredible nine grams of muscle-restoring protein and 35 percent of your daily bone-building calcium needs.



Per bar: 190 cal, 7 g fat (4 g sat), 25 g carbs, 210 mg sodium, 3 g fiber, 9 g protein, 11 g sugar

**15. Rhythm Superfoods Bombay Curry Kale Chips**  
 ■ Not your typical bag of chips, sure, but these melt-on-your-tongue flakes of dried, spiced leafy greens will disappear just as quickly. You can feel good about that, since kale is a superfood.



Per 1/2 bag: 101 cal, 4 g fat (2 g sat), 11 g carbs, 189 mg sodium, 2 g fiber, 4 g protein, 2 g sugar

**16. Snyder's of Hanover Organic Whole-Wheat & Oat Pretzel Sticks**  
 ■ Never has a salty snack been so virtuous. Agave-sweetened and low-sodium, these whole-wheat sticks even come in a petroleum-free sustainable package.



Per serving (9 pretzels): 110 cal, 1.5 g fat (0 g sat), 21 g carbs, 100 mg sodium, 3 g fiber, 4 g protein, 3 g sugar

**17. Stacy's Simply Naked Pita Chips**  
 ■ Unlike plenty of other offerings you'll find in the well-stocked chip aisle, these tasty rectangles of fresh pita get their crispiness from being twice-baked, not fried in fat.



Per serving (10 chips): 130 cal, 5 g fat (0.5 g sat), 19 g carbs, 270 mg sodium, 1 g fiber, 3 g protein, <1 g sugar

**18. Kettle Brand Sweet Onion Potato Chips**  
 ■ When only real spuds will do, this chip's got it all: substantial crunch from being hand-cooked, an infusion of natural tangy-sweet flavor, and plenty of blood-pressure-lowering potassium.



Per serving (13 chips): 150 cal, 9 g fat (1 g sat), 16 g carbs, 125 mg sodium, 1 g fiber, 2 g protein, 1 g sugar

**19. Kashi TLC Peanutty Dark Chocolate Layered Granola Bars**  
 ■ No matter what you're craving—nutty, chewy, salty, sweet—this seven-grain granola bar, iced with a mix of dark chocolate and fruit, is the answer.



Per bar: 130 cal, 4.5 g fat (1 g sat), 20 g carbs, 80 mg sodium, 4 g fiber, 4 g protein, 7 g sugar

**20. Beanitos Black Bean Chips with Chipotle BBQ**  
 ■ No starchy fillers here—only protein- and fiber-filled bean chips that are first baked, then flash-fried for crispiness and seasoned with barbecue spice.



Per bag: 175 cal, 8 g fat (<1 g sat), 18 g carbs, 187 mg sodium, 6 g fiber, 6 g protein, <1 g sugar

**21. Kind Minis Fruit & Nut Delight**  
 ■ These scaled-down snack bars—yummy and full of concentrated energy from a combo of fruits, nuts, and flax—manage to be the perfect tide-you-over size without breaking the calorie bank.



Per bar: 108 cal, 6 g fat (1 g sat), 12 g carbs, 10 mg sodium, 2 g fiber, 3 g protein, 7 g sugar

**22. Pepperidge Farm Baked Naturals Simply Cheddar Cracker Chips**  
 ■ Ultra-thin and crispy, these cheese-loaded crackers are perfect for the chip lover who thrives on crunch but doesn't want to rack up a lot of fat per serving.



Per serving (27 chips): 130 cal, 3.5 g fat (<1 g sat), 24 g carbs, 250 mg sodium, 2 g fiber, 2 g protein, 4 g sugar

# MEATS & SEAFOOD

→ Muscle-building protein with belly-flattening powers

**24. Al Fresco Spicy Chipotle Chicken Sausage with Fire-Roasted Green Peppers and Cilantro**  
 ■ These links are missing preservatives, fillers, and a lot of fat and sodium—but definitely not flavor.



Per serving (1 link): 140 cal, 7 g fat (2 g sat), 2 g carbs, 490 mg sodium, 1 g fiber, 15 g protein, 1 g sugar

**25. Applegate The Great Organic Uncured Hot Dog**  
 ■ The best-in-bun award goes to this organic grass-fed-beef weiner, which is free of nitrates (and other chemical additives) and shockingly low in calories, fat, and sodium.



Per serving (1 hot dog): 110 cal, 8 g fat (3 g sat), 0 g carbs, 330 mg sodium, 0 g fiber, 7 g protein, 0 g sugar

- KEY**
- SLIM-DOWN PICK
  - BUILDS MUSCLE
  - WARDS OFF CANCER
  - FIGHTS HEART DISEASE
  - BUILDS BONE
  - ORGANIC