

Prevention[®]

Boost Your METABOLISM Naturally



50
**Healthiest
Packaged
Foods**

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**Herbs and
Spices
That Heal**



2018

... **Prevention** ...

HEALTHY

PACKAGED FOOD

AWARDS

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(Clockwise from above)
Blue Moose of Boulder
Hummus, Lime and Black
Bean; Back to Nature Cal-
ifornia Almonds, Hickory
Smoked; Setton Farms
Pistachio Power Blend;
Kettle Brand Avocado Oil
Potato Chips, Tropical
Salsa; Siete Grain Free
Tortilla Chips, Lime;
Newman's Own Organics
Salsa, Mild; Junkless
Chewy Granola Bars,
Cinnamon Roll.

YOU'RE LOOKING FOR packaged foods
that are healthy and taste great.
We want to help you find them. So we
inspected the labels of hundreds of foods
available in grocery stores and online
to determine whether they fit
our nutritionist-approved criteria.
Then we tested the best in the *Prevention*
Test Kitchen. Turn the page for the
50 healthiest, most delicious winners.

FOOD AWARD WINNERS



Blue Moose of Boulder Hummus, Lime and Black Bean

With a lively citrus flavor our tasters loved, this organic hummus packs extra legumes for a healthy dip. (\$4)



Boulder Canyon Authentic Foods Rice Bran Oil Kettle Chips, Himalayan Pink Salt

Crispy and perfectly salty, these chips have only three ingredients: potatoes, heart-healthy rice bran oil, and salt. (\$4)



Eden Foods Organic Spicy Berry Mix

Magnesium-rich pumpkin and sunflower seeds combine with cranberries in this zesty snack blend. (\$3)



Good Health Eat Your Vegetables Chips, Jalapeño Ranch

Our testers raved that these spicy, lower-sodium chips weren't at all greasy. (\$4)



Junkless Chewy Granola Bars, Cinnamon Roll

Made with whole grain rolled oats, each bar has only 6 g of sugar. (\$4 for 6)



Kettle Brand Avocado Oil Potato Chips, Tropical Salsa

These chips are spiced with mango salt, green bell pepper, and chili powder. (\$4)



Lärabar Fruits + Greens Bar, Pineapple Kale Cashew

In addition to apples, apricots, and pineapple, this bar also contains ¼ cup of leafy greens. (\$2)



Newman's Own Organics Salsa, Mild

This tomato-pepper salsa, which includes a splash of apple cider vinegar, has flavor that's "straight from the garden," according to one tester. (\$4)



Setton Farms Pistachio Power Blend

This combo of pistachios, dried cranberries and blueberries, almonds, and pumpkin seeds comes in a handy pouch you can take on the go. (\$5)



Siete Grain Free Tortilla Chips, Lime

Cassava, a potassium-rich root vegetable, provides a healthy base for these crispy chips. (\$5)



Terra Plantain Chips, Sea Salt

They're savory and slightly sweet, with less saturated fat and more fiber than many traditional chips. (\$5)



STAPLES



Caulipower Cauliflower Pizza Crust

A typical cauliflower crust has a mushy texture, but this one bakes up perfectly crisp. (\$8 for 2)



Eden Foods Organic Crushed Tomatoes

Our testers loved the chunky texture of these tomatoes, which have no added salt. (\$4)