EAT WELL, LIVE WELL!

LIGHTER THANKSGIVING SIDES
SERVE YOURSELF SECONDS!

FOODS THAT BOOST YOUR GUT HEALTH

KATIE LEE
THE FOODIE AND TV HOST DISHES ON HER GO-TO MEALS, BODY CONFIDENCE, AND HER NEW MARRIAGE

BREATHE WITH OUR EASY YOGA FLOW

HOW TO GET AN ATTITUDE OF GRATITUDE

PLUS THE TASTIEST SNACKS TO TRY NOW
Better Bites

When the urge to nosh strikes, these smart picks satisfy—while still keeping you in the healthy-eating zone.

By ARIELLE R. FRANKLIN
Raise the Bar
These small but mighty treats are packed with some serious fuel.

Lärabar Almond Butter Chocolate Chip
Don’t be alarmed if you confuse this power snack for a college chip cookie—it’s so delish, we did too! ($3 for a 1.6-oz. bar; labar.com)
210 Calories, 12g Fat, 4g Fiber, 5g Protein

That’s It. Fruit Bar
No joke, this bar is made with two things only—apple and kiwi. ($9 for five 2-oz. bars; thatslotf.com)
260 Calories, 9g Fat, 3g Fiber

Jonesbar
There’s just a handful of ingredients—all you can see on the front label. ($2 for a 1.2-oz. bar at Whole Foods)
200 Calories, 15g Fat, 5g Fiber, 4g Protein

Go Raw Sprouted Protein Bar
Innovative alert! This is one of the only bars out there to use sprouted watermelon seeds for protein. ($2 for a 1.9-oz. bar at Whole Foods)
240 Calories, 14g Fat, 3g Fiber, 12g Protein

Kind Protein from Real Food
Kind’s bid adieu to sugar alcohols and artificial sweeteners to build a product just as powerful yet cleaner. ($1 for a 1.76-oz. bar at supermarkets)
250 Calories, 17g Fat, 5g Fiber, 12g Protein
**GREAT FOOD | Best Snacks**

2/ Blue Diamond Crafted Gourmet Almonds

Perfect for handbags, desk drawers, or your kiddo’s lunchbox, these fun-size drawers, or your kiddo’s lunchbox, these fun-size packets will help appease sweet cravings while keeping your digestive system on track. ($3 for a 2.25-oz. bag at supermarkets)

2/2 Sunsweet Apricot Fruit Pack

2/3 Munk Pack Oatmeal Fruit Squeeze

2/4 RxBar Vanilla Almond Butter

2/5 Skinny Dipped Almonds

2/6 Undercover Quinoa Snack

2/7 Maxine’s Heavenly Cookies

2/8 Nature Valley Almond Butter Granola Bites

2/9 Sejsiyra Coco-Roons

2/10 Chobani A Hint of Wild Blueberry

2/11 Siggi’s Simple Sides

2/12 Oui by Yoplait Petites

2/13 Forager Organic Coconut Cashewgurt

2/14 Good Culture Cottage Cheese

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**HOW DID THESE SNACKS MAKE THE LIST?**

We teamed up with New York City nutritionist and Health contributing editor, Cynthia Sass, RD, to taste test hundreds (literally!) of products. To make it to these pages, snacks had to be delicious, beyond that, we took a hard look at ingredient lists to make sure they weren’t packed with additives and preservatives, and we prioritized items that gave a nutritional boost—like extra protein or added veggies.

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**Grab a Spoon**

Probiotics, protein, palatable—our list of reasons to love these creamy picks could go on and on.