

2023 **SNACK AWARDS**

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# GOOD

GOOD HOUSEKEEPING  
QUALITY TESTED

# HOUSEKEEPING

SURPRISING  
WAYS TO  
**SAVE MONEY**  
AT HOME

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# Juicy Savings

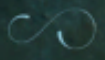


\$3

**SUMMER SUPPERS**

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HOW  
**OPTIMISM**  
BENEFITS  
YOUR BRAIN



BEST  
**BEACH READS**



COOL  
FRUITY  
CUBES



SPARKLING SHRUB



ROSÉ SANGRIA FLOAT

←  
**Make Your Own!**



**TOP-TESTED ICE CREAM MAKERS**

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## GET OUTSIDE!

Breezy Spaces & Delicious Alfresco Ideas

FROM THE EXPERTS AT THE GOOD HOUSEKEEPING INSTITUTE

# GH Report



## EXPERT-APPROVED SNACK STARS

MADE WITH 100% PURE EXPERTISE

To settle on this list of top-notch nibbles, GH's registered dietitians teamed up with culinary pros and thousands of home testers to take a close look at ingredients, flavor, convenience and more. Read on for our top-tested picks, which excel in nutrition and taste.

by **STEFANI SASSOS, M.S., R.D.N., C.D.N.**



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**STEFANI SASSOS,**  
M.S., R.D.N., C.D.N.  
GH NUTRITION  
DIRECTOR



×  
**AMY FISCHER,**  
M.S., R.D.N., C.D.N.  
CONTRIBUTING  
DIETITIAN



×  
**LAUREN JUDE**  
FOOD SCIENTIST  
& MOMPREENUR



×  
**ALEJANDRA RAMOS**  
CHEF & TV  
PERSONALITY



×  
**SUSAN CHOUNG**  
GH RECIPE EDITOR



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**LYNN REDMILE**  
TESTING ANALYST

Maria Gertler, Photo Styling: Anna Kozak



# Powerhouse Produce



## Delectable Pears

Sweet and incredibly versatile, USA Grown Pears come in 10 varieties, each with its own distinctive color, flavor and texture.

**LAB RESULTS** Testers loved how juicy and refreshing the pears were, and our dietitians point out that pears are packed with nutrients and one of the best fruit sources of fiber.

**USA GROWN PEARS, \$1 TO \$3 PER LB, GROCERY STORES**



## Spectacular Kiwis

These sweet golden kiwifruit have smooth, hairless skin that is completely edible, so you can cut and scoop, slice or bite right in.

**LAB RESULTS** A favorite in the GH Nutrition Lab—our pros point out that one of these packs more than 20 vitamins and minerals, including over 100% of your daily vitamin C needs. "It was the freshest, ripest, tastiest kiwi I've had," a tester exclaimed.

**ZESPRI SUNGOLD KIWIFRUIT, \$5 PER LB, GROCERY STORES**



## A+ Apples

Grown in Washington State, Cosmic Crisp apples are a cross between Honeycrisp and Enterprise varieties. They are slow to brown and have a balanced sweet and tart flavor.

**LAB RESULTS** Testers gave the apples top scores across the board and noted that the fruit was a family favorite. They even held up well to baking. One tester said, "The flavor was super refreshing."

**COSMIC CRISP APPLES, \$2.50 PER LB, GROCERY STORES**



## Super Citrus

You may recognize this giant mandarin by the distinct topknot that makes it easy to peel. Juicy and naturally seedless, this snack is easy to take on the go.

**LAB RESULTS** Sumo Citrus wowed our nutrition pros by delivering 163% of daily vitamin C needs. Testers and judges gave it stellar scores for taste, texture and portion size. "The thicker peel also means the fruit stays juicier longer," Ramos explains.

**SUMO CITRUS, \$4 PER LB, GROCERY STORES**



## Delicious Dried Pineapple

Made from just three ingredients, this tangy dried pineapple from Uganda incorporates moringa and hibiscus for a flavorful twist. **LAB RESULTS** Several testers commented that other dried pineapple couldn't compare with Amazi. "This snack is not bland or overly sweet. It got tangier and more pleasing with each chew," said one.

**AMAZI DRIED PINEAPPLE IN MORINGA HIBISCUS, \$6, GROCERY STORES**



## Perfectly Hard-Cooked Eggs

These ready-to-eat eggs are hard cooked and pre-peeled for a quick protein snack. **LAB RESULTS** Testers loved the convenience of these portable snacks. Our dietitians verified that Eggland's Best eggs contain six times as much vitamin D as and more than double the omega-3s of ordinary eggs.

**EGGLAND'S BEST HARD-COOKED PEELED EGGS, \$3.50 TO \$5, GROCERY STORES**



## Terrific Turkey Jerky

A little bit smoky and a little bit spicy, this jerky is made with 100% free-range, antibiotic-free turkey.

**LAB RESULTS** Our pros point out that each stick has 10 g of protein without fillers or artificial preservatives. "It's nicely spiced, meaty in texture and not too salty for jerky," Choung says.

**CHOMPS ORIGINAL TURKEY, \$2.50, WALMART**



## Next-Level Cheese Bites

Made from 100% real cheese, these bite-size snacks are baked (never fried), and there are more than 50 pieces per 1-oz serving.

**LAB RESULTS** Testers loved that the cheese bites didn't need to be refrigerated. One appreciated the "satisfying crunch." Another said, "No fake or artificial cheese flavor here!"

**WHISPS BAKED CHEESE BITES, \$5, WALMART**



## Sensational Skyr

Full of flavor, this creamy Icelandic yogurt—with 10 g of filling protein per cup—is made with few ingredients and real fruit.

**LAB RESULTS** Choung described the "luscious texture" of the yogurt and loved that the zesty lemon flavor was part of the skyr as opposed to its just having fruit on the bottom.

**SIGGI'S RICH & CREAMY SKYR, ZESTY LEMON, \$2, WHOLE FOODS**

## Protein Packed Favorites



# Crunchy Chips & Crackers



## Superb Seasoned Tortilla Chips

Chickpeas are the first ingredient in these vegan tortilla chips, which have zesty ranch seasoning for bold flavor.

**LAB RESULTS** A favorite among our judges and testers, the chips are a nutritious upgrade that tastes great on its own or paired with your favorite dip. There was no chickpea flavor, and “the ranch flavor exceeded expectations,” Jude says.

**HIPPEAS ROCKIN’ RANCH TORTILLA CHIPS**, \$4.50, AMAZON



## Satisfying Scoops

These organic plantain chips have three simple ingredients—green plantains, coconut oil and Himalayan pink salt—and are made with upcycled plantains that would have otherwise gone to waste.

**LAB RESULTS** Testers found them pleasingly crunchy. Our nutritionists like that the chips retain the peel, which adds a boost of fiber and potassium and reduces food waste.

**BARNANA ORGANIC HIMALAYAN PINK SALT PLANTAIN CHIPS**, \$6, WHOLE FOODS MARKET



## Great Gluten-Free Crackers

Airy and crispy, these flavorful crackers are made with gluten-free grains and other high-quality ingredients. Eat them plain or serve them as part of a charcuterie board.

**LAB RESULTS** Testers raved about the balanced taste and great crunch of these crackers. “Excellent flavor. Paired well with various dips,” one said.

**MILTON’S CRAFT BAKERS GLUTEN FREE CRACKERS**, \$3.50 to \$4, WHOLE FOODS MARKET



## Grain-Free Chips

Nopale, a type of cactus, serves as an unusual but nutrient-dense base for these grain-free and Certified Gluten-Free tortilla chips.

**LAB RESULTS** Our dietitians love that a serving delivers 4 g of filling fiber per serving. “Perfectly light, crisp, crunchy and tender,” Ramos says. “They even taste great on their own!” Testers agreed, saying these chips were satisfying as a stand-alone snack.

**TIA LUPITA SEA SALT CACTUS TORTILLA CHIPS**, \$5, WHOLE FOODS MARKET



## Premium Crisps

Baked from scratch in small batches, these crackers contain premium ingredients like almond flour, flaxseeds and chia and pumpkin seeds.

**LAB RESULTS** Testers and judges alike appreciated the wholesome ingredients in these gluten-free crisps that received top scores for flavor. “They don’t overpower any toppings,” Fischer adds.

**LESLEY STOWE ALMOND FLOUR RAINCOAST CRISPS SALTY DATE CRACKERS**, \$8, KROGER STORES

## Perfect Popcorn & Puffs



## A+ Seasoned Popcorn

Made with minimal ingredients, this popped snack is seasoned with a touch of salt and black pepper for a perfect flavor profile.

**LAB RESULTS** One person noted, “Most salt-and-pepper flavors are too much or too little, but this was just right. And the popcorn wasn’t greasy at all.”

**SKINNYPOP SEA SALT & PEPPER POPCORN**, \$4, AMAZON



## Super Veggie Straws

You can feel good about munching on these straws, made from a blend of veggies including yellow peas, tomato, beet, spinach and kale.

**LAB RESULTS** Our dietitians appreciated the better-for-you ingredients compared with other straws. Adult and kid testers alike enjoyed the crunchy snack.

**HIPPEAS SOUR CREAM & ONION VEGGIE STRAWS**, \$4, WHOLE FOODS MARKET



## Crunchy Cheese Puffs

These light and fluffy air-puffed whole-grain corn balls are made with a vegan Cheddar seasoning, high-quality avocado oil and a sprinkle of Himalayan salt.

**LAB RESULTS** “This is one of the best snacks I’ve ever tried,” a tester raved. “It checks all the boxes: crunchy, salty and cheesy. It will stay in my rotation.”

**LESSEREVIL INTERSTELLAR CHEDDAR SPACE BALLS**, \$6, WHOLE FOODS MARKET



## Innovative Sweet Twists

Lightly dusted with a hint of cinnamon and sugar, these innovative twists are made with upcycled heirloom corn flour.

**LAB RESULTS** Taste testers gave this antioxidant-packed snack stellar scores. “Satisfied a craving for sweets with only 4 g of sugar and great cinnamon-sugar flavor,” one said.

**PIPCORN CINNAMON SUGAR TWISTS**, \$5, WEGMANS



**ALEJANDRA RAMOS**  
CHEF & HOST OF  
THE GREAT  
AMERICAN RECIPE  
ON PBS

## Chip Tip

“Potato and plantain chips are amazing snacks, but they’re also a genius time-saving swap in recipes that call for cooked vegetables. Try adding them to scrambled eggs or a frittata, using them as garnish for a bowl of soup or layering them into a veggie lasagna.”



# Delicious Dips & Spreads



## Super Salsa

Ancho, serrano, chile de arbol and chile peppers are packed into this slightly tangy salsa that has a satisfying kick.

**LAB RESULTS** Our culinary pros appreciated that the company uses a traditional *tatemado* process, fire-roasting the vegetables and then grinding them molcajete-style. "Just the right amount of heat, and I love the depth of flavor from the roasted tomato and peppers," one taster said.

**SOMOS CUATRO CHILES TAQUERIA SALSA**, \$4, SPROUTS



## Hearty Hummus

Featuring a balanced blend of chickpeas, EVOO, organic avocados and lime juice, this favorite boasts a new special ingredient: flaxseed oil.

**LAB RESULTS** Our dietitians noted the reformulation of this hummus to include flaxseed oil for a dose of heart-healthy omega-3 fatty acids. Testers praised the fresh, balanced flavor. "This has a nice lime taste without losing the essence of the hummus," Fischer said.

**HOPE ORGANIC AVOCADO LIME HUMMUS**, \$6, GROCERY STORES



## Great Guacamole

Full of flavor, this fresh pick features a simple, nutritious mix of 100% Hass avocados, tomatoes, onions, garlic and fresh lime juice—that's it.

**LAB RESULTS** The dip stood out because it's made using high-pressure technology that keeps it fresh without preservatives. And it's the guacamole that received the best scores from our taste testers: "Nice and creamy, yet thick enough to hold up to a chip," said one person.

**GOOD FOODS CHUNKY GUACAMOLE**, \$4, GROCERY STORES



## Flawless Salsa Macha

Crispy bits of chiles, seeds and fruit are studded throughout this tasty chile oil that you can drizzle over eggs, bread, tacos and more for a dose of fantastic crunch and spice.

**LAB RESULTS** Our pros were impressed with the wholesome ingredients and liked that the base of this salsa macha is olive oil. Testers appreciated how crunchy it was, with one saying, "I loved the texture and the heat."

**TIA LUPITA SALSA MACHA**, \$9, ALBERTSONS



## Crowd-Pleasing Artichoke Dip

With only 50 calories and 2 g of carbs per serving, this delicious dip incorporates Greek yogurt.

**LAB RESULTS** "It was smooth, and you could taste the artichoke and spinach that were blended perfectly," a tester said. Jude adds that it paired well with veggies and shrimp.

**LA TERRA FINA SPINACH ARTICHOKE & PARMESAN DIP & SPREAD MADE WITH GREEK YOGURT**, \$5.50, KROGER STORES

## Noteworthy Nuts, Seeds & Legumes



### Peppery Pistachios

These nutritious nuts are seasoned with sea salt and a pinch of black pepper.

**LAB RESULTS** This high-protein snack packs essential amino acids and still tastes great. "These are perfect for my daughter, who is a picky protein eater," Jude says.

**WONDERFUL PISTACHIOS NO SHELLS SEA SALT & PEPPER**, FROM \$7, GROCERY STORES



### Spiced Crunchy Chickpeas

Savory and crunchy, this high-protein snack is made from chickpeas and seasoned with a blend of spices for a Korean BBQ flavor.

**LAB RESULTS** "The seasoning is a fun mix of sweet and spicy, all the better to mask the beany flavor of chickpeas," Choung said.

**SAFFRON ROAD KOREAN BBQ CRUNCHY CHICKPEAS**, \$5.50, WHOLE FOODS MARKET



### Top Trail Mix

Cashews, almonds, macadamia nuts and dark chocolate are dusted with matcha for a delectable mix that's low in sodium and carbs.

**LAB RESULTS** Our experts like that this mix is free from artificial preservatives, flavors and colors. "The subtle matcha flavor added a nice sweetness," one tester said.

**GOLD EMBLEM AROUND KETO MATCHA DARK CHOCOLATE TRAIL MIX**, \$5, CVS PHARMACY



### Nice Nut Medley

Made with black currants, coconut flakes and coffee-infused sprouted almonds and cashews, this delivers on flavor and nutrition.

**LAB RESULTS** GH dietitians highlight the superior nutrition and texture of sprouted nuts, and testers raved about the crunch and flavor.

**DAILY CRUNCH COFFEE + COCONUT SPROUTED NUT MEDLEY**, \$19 FOR TWO PACKS, AMAZON



# Satisfying Sweets



## Top Nougat Bar

These snacks are free from corn syrup and sugar alcohols and filled with caramel and peanuts.

**LAB RESULTS** Our experts point out that these bars have over 40% less sugar than comparable treats. The bars received impeccable scores for taste, texture and quality. "Smooth where it should be, nutty where it needs to be," one tester said.

**UNREAL DARK CHOCOLATE CARAMEL PEANUT NOUGAT BAR**, \$6.50, WHOLE FOODS MARKET



## Stellar Sandwich Cookies

These better-for-you cookies include nutrient-dense cashew flour, cashew butter and organic buckwheat flour.

**LAB RESULTS** The cookies have less sugar than leading brands, and testers raved about the flavor. "Love the ingredients. Resembles an old favorite, but without any junk," said one taster.

**SIMPLE MILLS COCOA CASHEW CRÈME NUT BUTTER STUFFED SANDWICH COOKIES**, \$6.50, WHOLE FOODS MARKET



## Blissful Biscotti

Thin almond cookies are filled with an antioxidant-rich combo of cranberries, blueberries, goldenberries, raisins and sunflower seeds.

**LAB RESULTS** Testers and judges liked that each individually wrapped serving of three cookies is only 90 calories. "For a thin cookie, lots of almond and berry flavor comes through," noted one tester.

**NONNI'S BAKERY THINADDICTIVES BERRY BLEND**, \$4, GROCERY STORES



## Sublime Chocolate-Coconut Cups

Made from sustainably sourced cocoa beans, these 85% cacao dark chocolate cups are filled with coconut goodness.

**LAB RESULTS** Our pros love that the treats are low in sugar without requiring sugar alcohols or alternative sweeteners. One tester described them as having a "nice snap on the chocolate and a creamy coconut center."

**CHOCXO DARK CHOCOLATE COCONUT CUPS**, FROM \$5, AMAZON



## Dark Chocolate Champion

Dried elderberries and freeze-dried blueberries pair with rich 60% dark chocolate for a sophisticated sweet treat.

**LAB RESULTS** GH nutritionists like that the bars are sweetened with compounds from chicory root and beets. "This no-sugar-added bar has one of the best textures of any I've tried," a tester said.

**CHOCOLOVE XO NO SUGAR ADDED ELDERBERRIES & BLUEBERRIES IN DARK CHOCOLATE**, \$4, CHOCOLOVE.COM

## Fabulous Frozen Finds



## Banana Bites

Upcycled banana slices are generously dipped in milk chocolate for a refreshing frozen bite.

**LAB RESULTS** GH nutritionists liked the simple ingredient list and that a serving is 80 calories. "I love how satisfying one bite is," a tester said. "My husband and 7-year-old love it too."

**DIANA'S MILK CHOCOLATE BANANA BITES**, \$5, WALMART



## Fantastic Fro-Yo

Made with roasted hazelnuts and a delicious cocoa blend, this tart and tangy whipped Greek yogurt also sneaks in some functional ingredients.

**LAB RESULTS** "This product doesn't miss a beat," Jude says. "It's smooth and creamy and not overly sweet. I love the crunchy bits swirled in."

**SWEETKIWI CHOCOLATE HAZELNUT FROZEN WHIPPED GREEK YOGURT**, \$5, WALMART



## Better Than Bonbons

At just 35 calories a pop, these frozen Greek yogurt bites are coated with a dark chocolate quinoa crunch.

**LAB RESULTS** They have great flavor without containing artificial sweeteners. One tester described them as "snapping, cracking, followed by an explosion of vanilla."

**YASSO POPPABLES**, \$5, WALMART



## Superb Smoothie

Strawberries, bananas, coconut cream, carrot juice, date paste, beet juice and chia seeds are blended, then frozen into cubes. Add your favorite liquid for a refreshing fiber-forward smoothie.

**LAB RESULTS** "It's a great concept that combines flavor and nutrients," Ramos noted.

**OUTSHINE SMOOTHIE CUBES THE GUT SUPPORTER**, \$7 TO \$7.50, WEGMANS



# Great Granola & Cereal



## Outstanding Overnight Oats

This line of ready-to-eat overnight oats is made with whole rolled oats cold-soaked in plant-based milk and sweetened with fruit.

**LAB RESULTS** Our pros love that even with no preservatives, MUSH has a five- to seven-week shelf life. The peanut butter chocolate flavor packs 10 g of protein. Testers raved about the convenience and described the snack as “creamy, delicious and filling.”

**MUSH OVERNIGHT OATS**, \$2, SPROUTS



## Allergy-Friendly Granola

Free from the top nine major allergens, this tasty chocolate chip granola showcases nutrient-dense organic tiger-nuts and is lightly sweetened with organic maple syrup.

**LAB RESULTS** GH dietitians were impressed with the wholesome ingredients. A tester praised “lots of little clusters that held together well” and said it “tasted fresh even after the bag had been open for a few days.”

**THE REAL RENEE CHOCOLATE CHIP GRANOLA**, \$11, THEREALRENEE.COM



## Soft Baked Goodness

Those looking for softer granola will appreciate this delicious option from Kind that has 100% whole-grain oats, chunks of dark chocolate and creamy peanut butter.

**LAB RESULTS** Tasters loved that the granola wasn't too sweet. “A nicely balanced mix of peanut butter and chocolate,” said one. “Satisfyingly rich without being overpowering.”

**KIND DARK CHOCOLATE PEANUT BUTTER SOFT BAKED GRANOLA**, \$6, AMAZON



## Supercharged Cereal

Crispy flakes made of oats and ancient grains are combined with clusters, dried blueberries and sliced almonds for irresistible crunch. Each serving is an excellent source of vitamin D and fiber.

**LAB RESULTS** “The dried berries added pops of tartness with a chewy texture that was very satisfying,” Choung said. Testers enjoyed the cereal too, with one saying it was the best they had tasted in a while.

**PURELY ELIZABETH VANILLA BLUEBERRY ALMOND SUPERFOOD CEREAL WITH VITAMIN D**, \$7, WHOLE FOODS MARKET



## Superior Steel-Cut Oats

Enjoy the quality of Ireland-grown steel-cut oats and the convenience of a microwaveable cup with this handy snack solution.

**LAB RESULTS** Texture and consistency can be problematic in microwave oatmeal cups, but testers said this option cooked evenly. “It was one of the best oatmeals I've ever tasted,” one tester shared.

**MCCANN'S IRISH OATMEAL ORIGINAL MICROWAVEABLE CUP**, \$2, GROCERY STORES



## Elite Energy Balls

These date-based balls are crafted with strawberry jelly, peanut butter and just six other ingredients.

**LAB RESULTS** This family-friendly snack impressed our nutrition pros by having neither cane sugar nor alternative sweeteners. Testers loved the layers and said that it was super satisfying.

**FROOZE BALLS IN PEANUT BUTTER & JELLY**, \$2.50, WALMART.COM



## Dreamy Nut Bar

This tasty bar is made with only dates, cashews, semisweet chocolate chips, unsweetened chocolate, cocoa powder and sea salt.

**LAB RESULTS** “This is the best Larabar I have tasted,” Fischer said. “It is chocolatey without being overpowering.”

**LARABAR DOUBLE CHOCOLATE TRUFFLE BAR**, \$9 FOR EIGHT, AMAZON



## Tasty Cereal Bar

The perfect bowl of cereal in convenient bar form. The oat-and-brown-rice base has a lightly sweet plant-based oat milk drizzle.

**LAB RESULTS** “Loved the cinnamon with almond flavor. Not too hard, not too soft, perfect for on the go,” a tester said.

**KIND CEREAL BARS IN CINNAMON WITH ALMONDS**, \$6 FOR SIX, AMAZON



## DIY Bite Mix

You control the sugar in this innovative energy-bite mix with gluten-free oats and organic flaxseed. Add one or two simple ingredients like nut butter and banana.

**LAB RESULTS** “These were fun and easy to make with my daughter,” Jude said.

**CREATION NATION NO BAKE ENERGY BITE MIX, OAT YES CHOCOLATE CHIP (MAKES 24)**, \$8, AMAZON

## Better-for-You Bars & Bites



# Best Snacks for Kids & Infants



## Top Smoothie

Tropical mango is combined with creamy coconut milk and whole chia for an organic cold-pressed smoothie pouch that's free from added sugar and artificial ingredients.

**LAB RESULTS** Our experts were impressed with the hefty dose of omega-3 fatty acids and nourishing antioxidants. One parent said, "What I loved most is that even my 4-year-old loved it!"

**LITTLE SPOON MANGO COCONUT CHIA PUDDING SMOOTHIE**, FROM \$3, LITTLESPOON.COM



## Brilliant Baby Puree

Founded by a practicing neurosurgeon, Cerebelly offers these innovative baby food purees with 16 essential nutrients that support infant neurodevelopment.

**LAB RESULTS** GH dietitians appreciate that the pouches are certified by the Clean Label Project, which tests for different contaminants. "The ingredients are thoughtful, and my infant is a fan of the flavor," Jude said.

**CEREBELLY ORGANIC BABY PUREE IN BEET, CARROT, BLUEBERRY**, \$3.50, GROCERY STORES



## A+ Protein Pouch

This shelf-stable savory pouch features organic purple carrots, pasture-raised turkey, organic zucchini, organic celery, organic olive oil and organic rosemary.

**LAB RESULTS** Our judges were wowed by the fact that these pouches incorporate sustainably sourced meat into ready-to-eat baby food. Little's loved the purees, and parents raved about the 5 g of protein.

**SERENITY KIDS PASTURE RAISED TURKEY & ROSEMARY**, \$4, WHOLE FOODS MARKET



## Nutritious Puffs

Designed without rice, these puffs sneak in a nutrient-dense vegetable blend and are perfect for babies learning to self-feed and master their pincer grasp.

**LAB RESULTS** Our judges loved that the puffs provide a dose of choline and iron, two key nutrients for growing littles. Parents found them to be the perfect size for self-feeding and felt good about serving them to their children. They were a hit with tiny testers too!

**YUMI ORGANIC STRAWBERRY BASIL RICE-FREE PUFFS**, \$4, TARGET

## Best Pouch Practice

When possible, spoon-feed your baby from a pouch instead of letting them suck straight from the package—this helps them develop important mouth muscles required for speech and chewing and encourages them to take a break between bites.



## Supercharged Blend

Bright tropical fruits and yummy veggies are blended with DHA—an important omega-3 fatty acid—and choline to help support babies' brain health.

**LAB RESULTS** "I love exposing my children to a wide variety of flavors from the get-go," said one parent, "and this definitely makes that easy."

**HAPPY BABY BRAIN SUPPORT BLENDS POUCH IN APPLES, PURPLE CARROTS & GUAVA**, \$2, GROCERY STORES



## Top-Notch Overnight Oats

These grab-and-go overnight oats are made with hearty oatmeal, luscious coconut milk and protein-packed pumpkin seeds.

**LAB RESULTS** Testers and judges alike loved that the blend is dairy-free and has no added sugar. Parents with picky eaters appreciated that the pouch packs 4 g of filling fiber.

**ONCE UPON A FARM OVERNIGHT OATS STRAWBERRY**, \$3, TARGET





### Plant-Based Chocolate Milk

Chocolate milk gets a plant-based upgrade in this innovative beverage that uses all organic whole-food ingredients including oats, sprouted pumpkin seeds, coconut, blueberries, spinach and more.

**LAB RESULTS** The drink sneaks in Aquamin, a red seaweed that our dietitians report is a naturally good source of calcium that contains important trace minerals. "Creamy and chocolatey with a rich, smooth aftertaste," one tester said. Kids took to the drink too and loved the fun packaging.

**KIKI MILK IN CHOCOLATE**, \$40 FOR 12, AMAZON



### Superfood Bar

Ideal for a car ride or an afternoon snack, these yummy toddler bars incorporate fruits and veggies including bananas, blueberries, purple carrots, apples, broccoli, spinach, kale, pumpkin and sweet potato.

**LAB RESULTS** Our pros like that the bars are packed with 13 essential nutrients, including iron, fiber and vitamin B<sub>2</sub>. Toddlers couldn't get enough, and parents loved that they tasted fresh and weren't overly crumbly.

**YUMI ORGANIC BAR IN BLUEBERRY & PURPLE CARROT**, \$5 FOR FIVE, TARGET



### Allergen Intro Bar

Introduce allergens easily with this convenient bar made from whole-grain oats and real fruit that comes premixed with eight top allergens.

**LAB RESULTS** Parents appreciated that the bars took the guesswork out of early allergen introduction under pediatrician guidance. "My picky eater ate multiple bites," one parent said.

**READY SET FOOD ORGANIC OAT & FRUIT BARS PEANUT BUTTER STRAWBERRY**, \$8 FOR FOUR, READYSETFOOD.COM



### Upgraded Fruit Snacks

These tiny gummies are made with a blend of pure fruit for a simple, sweet toddler snack that is ideally sized for little mouths.

**LAB RESULTS** Judges and parent testers liked that the snacks are free from high-fructose corn syrup. They're certified organic as well. "It was easy to grab a pouch and serve it to my toddler," a parent tester said. "He enjoyed feeding himself the little pieces."

**PLUM ORGANICS MIXED BERRY TEENY SNACKS**, \$3, WALMART



### Fabulous Fruit Pops

Strawberries, bananas, dates, beets, ground chia seeds and lemon juice are blended into these nourishing frozen fruit pops that are free from added sugar and artificial ingredients.

**LAB RESULTS** "Great for a hot summer day—perfect for kids' parties and picnics," a tester said. Jude adds, "My 5-year-old felt like she was eating an ice pop and had no clue that there were beets in it!"

**SWEET NOTHING'S STRAWBERRY BEET SQUEEZABLE SMOOTHIE**, \$7 FOR SIX, GROCERY STORES



### Amazing Applesauce

These tasty applesauce pouches are fortified with 160 mg of omega-3 DHA/EPA (as much as in a child-size serving of salmon) and 120 mg of choline (the same amount as in 2 cups of broccoli).

**LAB RESULTS** GH dietitians love the marriage of brain-supporting nutrients and great taste. "It's a snack I can give my 3-year-old as well as my 12-month-old," a parent said.

**BRAINIAC FOODS APPLE CINNAMON BRAIN SQUEEZERS APPLESAUCE**, \$1.50, GROCERY STORES



X  
**LAUREN JUDE**  
FOOD SCIENTIST,  
MOMPRENEUR &  
FOUNDER OF  
POPPIN PANTRY

# Q

## Any advice for picky eaters?

### 1

#### Try vegetables frequently.

Expose kids to a variety of veggies as early and often as possible. Experiment with seasonings like sumac, Parmesan and berbere. Try different cooking methods like roasting and steaming.

### 2

#### Let them lead.

Allow them to choose where family members sit at the table or have them pick out new character plates to keep mealtime fun!

### 3

#### Don't give up!

Kids are still learning and developing—inconsistency in what they eat is natural. Focus on remaining consistent in providing them healthy food options. It can take up to a dozen exposures to a new food before a child is ready to try it.