

Greatist



For our Greatist-Approved Groceries series, we're narrowing down the tens of thousands of products out there to the ones we think are worth buying so you can get in and out of the store faster. With the help of Elizabeth Jarrard, R.D.,

we came up with a set of standards to figure out what's best. Every item must:

- Contain only recognizable ingredients
- Have no artificial flavors, colors, or sweeteners (stevia and monk fruit are OK)
- Never list sugar as the first ingredient
- Have a reasonable serving size
- Taste absolutely amazing
- Cost a reasonable price

On top of that, the jerky below is free of MSG, has no more than 5 grams of sugar and 400 milligrams of sodium per servings, and ideally is free of preservatives, nitrites (which may increase of heart disease), and sulfites (chemicals that some people are sensitive or allergic to).

As you can see, there aren't a ton of options—the market is full of jerky that's high in sodium, sugar, and artificial ingredients, and ones that taste so bad we wouldn't feed them to our dog. (Note: You should never feed a dog jerky made for humans. But you get our point.) Next time you get a hankering for jerky, try these addictive standouts and know that you're feeding your body well (hello, protein!).

Editor's note: Jerky is listed in alphabetical order by group.



EPIC Coconut Carnivore Mix

Beef jerky gets a tropical twist. EPIC combines 100-percent grass-fed, organic beef jerky with toasted coconut for a salty, savory, and sweet snack that's healthy to boot. The spices are simple (wildflower honey, salt, pepper, garlic powder), so be sure to combine the jerky with

the coconut for maximum flavor. \$4.99 for 2 ounces