

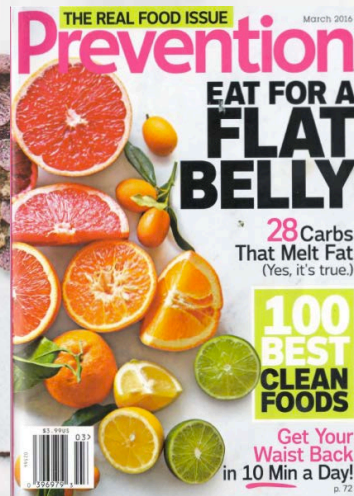


# CLEANEST PACKAGED FOOD AWARDS



**IN AN IDEAL WORLD**, we'd all have organic farmers for neighbors and cook every meal from scratch. But short of a back-to-the-land-and-kitchen revolt, packaged foods are necessary—and many aren't even remotely evil when you know what to look for. We've cut through the hype and scrutinized hundreds of labels to bring you a shopping list of 100 truly clean sides, snacks, meals, and staples.

**BY STEPHANIE ECKELKAMP** Photographs by Mitch Mandel



## THESE PRODUCTS EARN OUR PICK

**BECAUSE THEY:** 1. Contain no more than 10 g of added sugars. 2. Are low in or devoid of synthetic or artificial ingredients. 3. Prioritize organic, sustainably sourced, and non-GMO ingredients. 4. Prioritize toxin-free or eco-friendly packaging. 5. Are made without excess

sodium. 6. Are new to the market within the past 18 months. 7. Taste absolutely delicious.

### FOOD AWARD KEY

- O** Organic
- V** Vegan
- D** Dairy-Free
- G** Gluten-Free
- W** Weight Loss Friendly
- P** Paleo



## Epic Chicken Bits

Better-for-you “bacon bits” have arrived! Add these to salads and omelets. Bonus: They’re made from certified humane chicken.

(\$7) **D** **G** **P**