

EAT THIS, NOT THAT!

16 BEST AND WORST CHRISTMAS THEMED GROCERIES



'Tis the season for all things peppermint and gingerbread. While they're all equally as tasty, they're not all created equal in terms of nutrition. Find out which limited-edition holiday treats you can [feel good](#) about indulging in.

Just because you can't always bring yourself to say "no" to the limited-edition gingerbread cookies and holiday candy you see at the store, it doesn't mean your belly must start resembling Santa's. It's totally possible to get in the spirit of the season while maintaining your trim waistline; you just need to know which packages to grab and which ones to leave at the grocery store.

Since no one wants to spend time reading nutrition panels in the supermarket's overcrowded holiday section (seriously, it's a scary place to linger), we've done all of the research for you. Commit some of our top picks to memory so you can get in and out of the store unscathed. Or better yet, snag them online! And if you're looking for some healthy-ish holiday treats to make from scratch, don't miss these [Amazingly Delicious Holiday Desserts](#).

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BIRCH BENDERS GINGERBREAD SPICE PANCAKE MIX



Nutrition: 1/4 cup mix (two 4" pancakes), 120 calories, 0 g fat, 0 g saturated fat, 390 mg sodium, 26 g carbs, 1 g fiber, 9 g sugar, 3 g protein

While this ginger-infused pancake mix is a bit high in sugar, thanks to the addition of cassava starch there's a bit fiber and protein, too. To even the fiber to sugar ratio a bit further, go light on the syrup and top your hotcakes with finely chopped pecans or walnuts (one of these [20 Best Full-Fat Foods for Weight Loss](#)) and enjoy a scrambled egg or two on the side.

To buy it online or learn more, [click here!](#)