

The **50**
Best
Clean
Foods

**“I Walked
Off 30
Pounds!”**

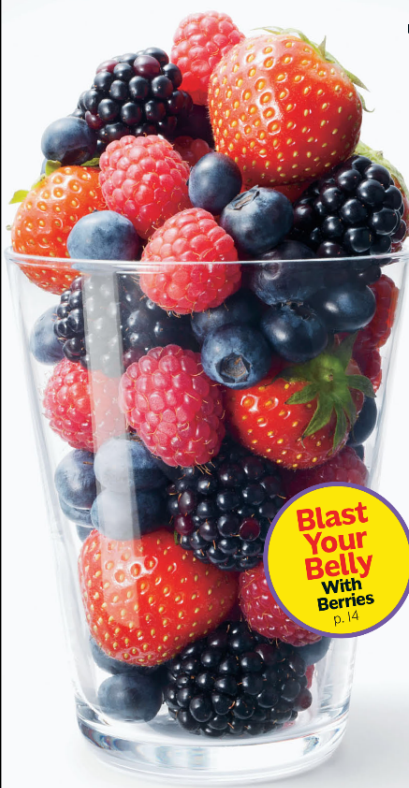
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**Reverse
Diabetes**

The 4-Step Plan

NATURAL CURES

- * Muscle Cramps
- * Upset Stomach
- * Iron Deficiency



**Blast
Your
Belly
With
Berries**
p. 14

*
Prevention

**CLEANEST
PACKAGED
FOOD
AWARDS**

2017

WHEN CHOOSING convenience foods, most people want to know they're healthy and delicious. So we scrutinized the labels of hundreds of products available in grocery stores and online, then invited 12 guest tasters—overseen by food and nutrition editor **Stephanie Eckelkamp**—to sample them. The goal: to find the 50 cleanest packaged foods on the market today.

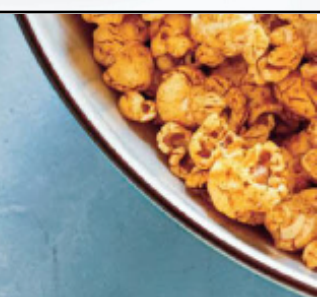
Turn the page for our winners!



PHOTOGRAPHS BY JASON VARNEY



Quinn Pretzels,
Touch of Honey



Late July
Organic Blue Corn
Cantina Dippers

Bhakti Sparkling Tea,
Tart Cherry Rooibos



AWARD WINNERS

Our Criteria

The winning products:

- * Contain no more than 10 g of added sugars
- * Are made without excess sodium
- * Don't contain genetically modified or artificial ingredients
- * Are new to the market within the past 18 months
- * Use toxin-free or eco-friendly packaging

O – Organic / V – Vegan / D – Dairy-Free

G – Gluten-Free / P – High-Protein

* Breakfast *



Birch Benders Protein Pancake & Waffle Mix

This mix packs 16 g of protein in a serving! (\$6)
P



Icelandic Provisions Skyr, Vanilla

A less-tangy version of Greek-style yogurt, this is one of the lowest-sugar flavored dairy products we've ever tried. (\$2)

G, P



Know Better Bread Buns

Made from egg whites, almonds, and apple puree, this grain-free take on bread toasts nicely and makes the perfect base for everything from banana slices to burgers. (\$10 for 4)
D, G, P



Nomva Kale Pack

This grab-and-go pouch has it all—fruits, veggies, and probiotics. (\$4)

O, V, D, G



Peace Cereal Fruit, Seed & Nut Muesli

Muesli is granola's healthier cousin—the same whole grains and dried fruit, minus the oil and sweeteners. (\$6)

V, D, P



Purely Elizabeth Maple Walnut Probiotic Granola

The probiotics in this granola give your immune and digestive systems a boost, while the sweet-and-salty taste satisfies any craving. (\$7)

V, D, G



Stonyfield Organic Plain Whole Milk 100% Grassfed Yogurt

This yogurt has more anti-inflammatory omega-3 fats than conventional brands. (\$2)

O, G, P



Wildway Grain-Free Instant Hot Cereal

The mix of ground seeds, nuts, dates, and vanilla tastes like classic breakfast porridge but has much more filling fiber and no refined carbs. (\$6)

V, D, G, P

* Lunch/
Dinner *



Banza Chickpea Pasta Shells with Classic Cheddar

This protein-packed mac and cheese is made with chickpea pasta, real cheese, and natural colors and flavors from spices. (\$4)

G, P



Diestel Organic Turkey Burgers

Diestel's turkeys are fed an all-organic diet and never treated with antibiotics. (\$10)

O, D, G, P



A HEALTHIER STACK



You'll flip for **Birch Benders Protein Pancake & Waffle Mix!** Just add water to create light and fluffy protein-rich pancakes and waffles. Top your stack with **4th & Heart Ghee Butter, Himalayan Pink Salt,** a clarified butter that tastes slightly nutty and has a hint of salt.

