

Women's Health

The 11 Coolest New Packaged Foods, According to Nutritionists

Your standard ranch dressing just got WAY better.



Every once in a great while comes a product so clever, we don't know how we lived without it. (Oh hey, **KIND bars!**) And while some **packaged foods** turn out to be downright villainous, others can only be described as supermarket heroes. To help ensure good prevails over evil every time you hit the **grocery store**, we asked Karen Ansel, R.D., Maureen Callahan, R.D., and Rachel Meltzer, R.D., to put the most innovative new goodies through the nutritional gauntlet to see what came out on top. These are the culinary advances you need, and the ones you deserve. *(Get more healthy-eating tips and delicious recipe ideas from **Scratch**, a **cookbook** from our CEO, Maria Rodale.)*



7/11

BIRCH BENDERS/MATT RAINEY

BIRCH BENDERS SWEET POTATO PANCAKE & WAFFLE MIX

Since landing on the paleo-friendly carbs list, beta carotene-rich **sweet potatoes** have shown up at breakfast in hash, toast, pancakes—and now, **waffles**. This just-add-water mix takes the effort out.