

The 125 Best Foods for Men

Add these brand-name all-stars to your grocery list. They'll help you fight fat, keep fit, stay healthy—and make your tastebuds happy

Stop the grocery guesswork. With this shopping list in hand, you won't need to scan labels or compare brands. We've sampled, tested, and rated hundreds of products to find the healthiest, tastiest foods for men. Stock your cart with these picks and you're halfway to the body you want.

<p>KEY</p> <p>Muscle builder A food that contains 8 or more grams (g) of protein per serving</p>	<p>Heart helper A food that contains whole grains, monounsaturated fats, or omega-3 fatty acids</p>	<p>Stomach filler A food that contains 5 or more grams of fiber per serving</p>	<p>Gut shrinker A healthy version of a typically high-calorie food</p>	<p>Cancer fighter A food that contains disease-fighting antioxidants</p>
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Breads and Grains

1. BEST CEREAL
Kashi Whole Wheat Biscuits, Cinnamon Harvest
One bowl packs the fiber you need to stay full until lunch.
Per 2 oz (28 biscuits): 180 calories, 6 g protein, 43 g carbs (5 g fiber), 1 g fat



♥ ♡

2. BEST INSTANT OATMEAL
Quaker Weight Control Instant Oatmeal, Cinnamon
This morning meal has a sane number of calories and won't jolt your tastebuds with too much sugar.
Per packet: 160 calories, 7 g protein, 29 g carbs (6 g fiber), 3 g fat



♥ ♡

3. BEST STEEL-CUT OATS
Arrowhead Mills Organic Steel Cut Oats Hot Cereal
It's nuttier and more filling than instant oatmeal.
Per ¼ cup: 160 calories, 6 g protein, 27 g carbs (8 g fiber), 3 g fat



♥ ♡

4. BEST GRANOLA
Nature's Path Organic Pomegran Plus Granola with Cherries
Mix it into Greek yogurt (#57).
Per ¼ cup: 250 calories, 5 g protein, 38 g carbs (4 g fiber), 9 g fat



♥

5. BEST BREAKFAST BAR
Kind Plus Almond Cashew + Omega-3
A crunchy, craving-busting bar with just nine ingredients.
Per bar: 150 calories, 4 g protein, 18 g carbs (4 g fiber), 9 g fat



♥

6. BEST BAGEL
Pepperidge Farm Whole Grain
Slap a scrambled egg (#60) on one of these for a protein-packed start to your day.
Per bagel: 250 calories, 11 g protein, 49 g carbs (6 g fiber), 1.5 g fat



♣ ♥ ♡

7. BEST ENGLISH MUFFIN
Rudi's Organic Whole Grain Wheat English Muffins
Upgrade your breakfast: Top it with tomato, egg, and Swiss (#49).
Per muffin: 120 calories, 5 g protein, 23 g carbs (3 g fiber), 1 g fat

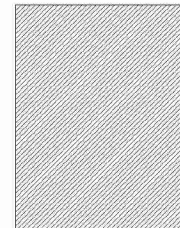


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8. BEST SLICED BREAD
Arnold Grains & More Bread, 100% Whole Wheat Triple Health
No high-fructose corn syrup and plenty of fiber.
Per slice: 100 calories, 4 g protein, 20 g carbs (6 g fiber), 2 g fat



♥ ♡



9. BEST BURGER BUN
Arnold Select Sandwich Thins, Whole Wheat
Less bread so you can taste more meat.
Per bun: 100 calories, 5 g protein, 21 g carbs (5 g fiber), 1 g fat

15. BEST REGULAR PASTA
Ronzoni Smart Taste Spaghetti
It's smart because it has as much calcium as a glass of milk and three times the fiber of regular pasta.
Per 2 oz: 180 calories, 6 g protein, 43 g carbs (7 g fiber), 0.5 g fat

20. BEST CHICKEN
Bell & Evans Organic Boneless/Skinless Breast Meat
The juiciest, most flavorful supermarket poultry we tasted.
Per 4 oz: 120 calories, 27 g protein, 1.5 g fat

10. BEST HOT DOG ROLL
Pepperidge Farm Classic Whole Grain White
A tasty bun that stands up to loads of sauerkraut.
Per roll: 110 calories, 6 g protein, 21 g carbs (2 g fiber), 1 g fat

16. BEST QUICK-COOKING RICE
Uncle Ben's Ready Rice Whole Grain Brown
The easiest side dish ever. Microwave for 90 seconds and you're good to go.
Per cup: 240 calories, 5 g protein, 39 g carbs (2 g fiber), 3 g fat

21. BEST STEAK
Laura's Lean Beef Ribeye Steak
We usually like a little more fat on our steaks, but this richly flavored beef deserves kudos.
Per 4 oz: 175 calories, 24 g protein, 9 g fat

11. BEST TORTILLA
La Tortilla Factory Smart & Delicious Extra Virgin Olive Oil Multi Grain Soft Wrap
Per tortilla: 100 calories, 9 g protein, 18 g carbs (12 g fiber), 3.5 g fat

17. BEST GRAIN
Bob's Red Mill Organic Whole Grain Quinoa
Read about this protein-rich grain: MensHealth.com/quinoa.
Per 1/4 cup: 170 calories, 7 g protein, 30 g carbs (3 g fiber), 2.5 g fat

22. BEST GROUND BEEF
Laura's Lean Beef 92% Lean Ground
For great burgers, all this humanely raised meat really needs is a dash of salt and pepper.
Per 4 oz: 160 calories, 21 g protein, 9 g fat

12. BEST PITA
Weight Watchers 100% Whole Wheat
Perfect for a sandwich on the go.
Per pita: 100 calories, 7 g protein, 24 g carbs (9 g fiber), 1 g fat

18. BEST FLOUR
King Arthur Flour 100% Organic Unbleached White Whole Wheat
Rich in fiber, but with a light flavor.
Per 1/4 cup: 100 calories, 4 g protein, 18 g carbs (3 g fiber), 0.5 g fat

23. BEST TURKEY
Diestel Boneless, Skinless Turkey, Dark Meat
Diestel's turkeys are plumped on a natural vegetarian diet.
Per 4 oz: 130 calories, 23 g protein, 3 g fat

13. BEST PIZZA CRUST
Rustic Crust Organic Great Grains
Top with thinly sliced potatoes, chopped leeks, prosciutto, and blue cheese; bake at 450°F for 15 minutes.
Per 1/4 crust: 140 calories, 5 g protein, 25 g carbs (1 g fiber), 1.5 g fat

Protein

24. BEST SPECIALTY MEAT
Great Range Ground Bison
Make this lean, robust meat your new secret ingredient in tailgate chili.
Per 4 oz: 190 calories, 20 g protein, 11 g fat

14. BEST WHOLE-WHEAT PASTA
Bionaturae Organic 100% Whole Wheat Spaghetti
A whole-wheat pasta that doesn't taste like cardboard.
Per 2 oz: 180 calories, 7 g protein, 35 g carbs (6 g fiber), 1.5 g fat

19. BEST HOT DOG
Applegate Farms Uncured Beef Hot Dogs
No nitrates means less chance that you'll develop a postmeal headache.
Per dog: 80 calories, 5 g protein, 6 g fat

25. BEST SAUSAGE
Al Fresco Sundried Chicken Sausage with Tomato & Basil
Split a link in half and broil it until the tops begin to caramelize. Sprinkle with chopped cilantro and lime juice. Enjoy.
Per link: 140 calories, 15 g protein, 2 g carbs, 7 g fat

26. BEST BACON
Oscar Mayer Center Cut Naturally Smoked
Don't fear bacon—it's low in calories. You need only a couple of strips to add flavor to potato salad, pizza, or soup.
Per 3 slices: 70 calories, 7 g protein, 4.5 g fat



27. BEST PROTEIN POWDER
At Large Nutrition Nitrean Vanilla
A whey-casein blend that actually tastes good.
Per 30 g scoop: 113 calories, 23 g protein, 3 g carbs, 1 g fat



Frozen Foods

28. BEST APPETIZER
Annie Chun's Chicken & Garlic Mini Wontons
They're easier on your gut than mozzarella sticks.
Per 4 wontons: 60 calories, 3 g protein, 9 g carbs (1 g fiber), 0.5 g fat



29. BEST BEEF ENTRÉE
Stouffer's Beef Pot Roast
One of the few selections that tastes like beef.
Per package: 320 calories, 20 g protein, 41 g carbs (8 g fiber), 8 g fat



30. BEST CHICKEN ENTRÉE
Kashi Red Curry Chicken
Miraculously, this Thai-inspired dish doesn't taste like a frozen meal, and the combo of sweet potato, bok choy, and kale adds flavor as well as fiber.
Per meal: 300 calories, 18 g protein, 40 g carbs (5 g fiber), 9 g fat



31. BEST FISH ENTRÉE
SeaPak Parmesan Encrusted Tilapia
For a great fish sandwich, pair with mayo (#74), lemon, and cilantro.
Per fillet (with sauce): 280 calories, 23 g protein, 23 g carbs (1 g fiber), 10 g fat




32. BEST PASTA ENTRÉE
Kashi Pesto Pasta Primavera
A good mix of whole-grain pasta, basil pesto, and vegetables.
Per meal: 290 calories, 11 g protein, 37 g carbs (7 g fiber), 11 g fat



33. BEST VEGETARIAN ENTRÉE
Amy's Black Bean Enchilada Dinner
Beans, corn, and rice make for a Mexican meal that's healthier than many burritos.
Per package: 330 calories, 9 g protein, 53 g carbs (9 g fiber), 8 g fat



34. BEST PIZZA
Amy's Cheese Pizza
Top this pie with thinly sliced onions and peppers 2 minutes before it's done.
Per 1/2 pizza: 290 calories, 12 g protein, 33 g carbs (2 g fiber), 12 g fat



35. BEST BURRITO
Evol Burritos Cilantro Lime Chicken
Free-range chicken, organic black beans, real salsa. Who needs the drive-thru?
Per burrito: 320 calories, 16 g protein, 49 g carbs (4 g fiber), 7 g fat



36. BEST VEGETARIAN BURGER
Gardenburger GardenVegan
It's best cooked on the grill or in a skillet with a teaspoon of canola oil (#102). Top it with a few slices of fresh avocado.
Per patty: 80 calories, 9 g protein, 12 g carbs (4 g fiber), 1 g fat



37. BEST FISH STICKS
Dr. Praeger's Sensible Foods Fish Sticks, Potato Crusted
Try them topped with lemon juice, freshly ground black pepper (#106), and chopped parsley for a grown-up meal.
Per 3 sticks: 120 calories, 6 g protein, 7 g carbs (<1 g fiber), 6 g fat



38. BEST FRENCH FRIES
Cascadian Farm Crinkle Cut French Fries
No partially hydrogenated oil (a.k.a. trans fat).
Per 18 pieces: 110 calories, 2 g protein, 17 g carbs (2 g fiber), 4 g fat



39. BEST BREAKFAST SANDWICH
Weight Watchers Smart Ones Morning Express Breakfast Quesadilla
Protein and fiber fill you up until lunch.
Per quesadilla: 230 calories, 12 g protein, 29 g carbs (6 g fiber), 6 g fat



40. BEST WAFFLE
Van's 8 Whole Grains Multigrain
Top these fiber-rich waffles with yogurt (#57) and fruit for breakfast.
Per 2 waffles: 180 calories, 3 g protein, 31 g carbs (6 g fiber), 7 g fat



41. BEST VEGETABLE
Cascadian Farm Organic Garden Peas
You don't even need butter—these peas require only a pinch of sea salt (#105) to taste amazing.
Per 1/2 cup: 70 calories, 4 g protein, 12 g carbs (4 g fiber)



42. BEST FRUIT
Whole Foods 365 Everyday Value Organic Berry Blend
Keep a bag on hand for smoothies.
Per 1/4 cup: 70 calories, 1 g protein, 15 g carbs (3 g fiber)



43. BEST ICE CREAM
Breyers Smooth & Creamy All Natural 1/2 Fat Vanilla

Skip the chunks and swirls. This ice cream has enough flavor to stand on its own.
Per 1/2 cup: 110 calories, 3 g protein, 16 g carbs, 3.5 g fat

48. BEST HIGH-END CHEESE
Emmi Le Gruyère Cave-Aged Kaltbach

For a great snack, pair this luscious cheese (found in supermarkets) with an apple.
Per oz: 120 calories, 8 g protein, 9 g fat

54. BEST SOUR CREAM
Breakstone's All Natural

Stir in the juice and zest of a lime and some chopped scallions to make an awesome taco topping.
Per 2 Tbsp: 60 calories, 1 g protein, 1 g carbs, 5 g fat

44. BEST FROZEN TREAT
Edy's Fruit Bars

Real fruit trumps artificial flavors in a low-calorie pop. A great guilt-free snack.
Per bar: 60 calories, 13 g carbs

49. BEST SANDWICH CHEESE
Jarlsberg Lite Reduced Fat Swiss Cheese, Deli Fresh Slices

Well-rounded flavor, without the sodium of processed American cheese.
Per slice: 50 calories, 7 g protein, 2.5 g fat

55. BEST BUTTER
Keller's Whipped Butter, Salted

Big butter flavor, with fewer calories than your typical stick of butter.
Per Tbsp: 70 calories, 7 g fat

Dairy and Deli

50. BEST SHREDDED CHEESE
Organic Valley Reduced Fat Monterey Jack Cheese

It tastes great and melts well, unlike other low-fat cheeses.
Per 1/2 cup: 80 calories, 8 g protein, 1 g carbs, 5 g fat

56. BEST BUTTER SPREAD
Keller's Spreadable Butter with Canola Oil

Our tasters agree: This brand tastes like the real deal, and spreads easily.
Per Tbsp: 100 calories, 11 g fat

45. BEST MILK
Organic Valley Reduced Fat 2%

A little fat in your milk may help you absorb vitamins.
Per cup: 130 calories, 8 g protein, 13 g carbs, 5 g fat

51. BEST SNACKING CHEESE
The Laughing Cow Mini Babybel, Light

Keep a few in your office fridge to fight on-the-job hunger.
Per piece: 50 calories, 6 g protein, 3 g fat

57. BEST PLAIN YOGURT
Stonyfield Farm Oikos Organic Greek Yogurt, Plain

Throw in some blueberries, and add a drizzle of honey if you like your yogurt sweet.
Per container: 80 calories, 15 g protein, 6 g carbs, 0 g fat

46. BEST CHOCOLATE MILK
Horizon Organic Reduced Fat 2%

Chug this after a workout—its combo of carbs and protein can help repair your muscles.
Per cup: 180 calories, 8 g protein, 27 g carbs, 5 g fat

52. BEST CREAM CHEESE
Philadelphia Whipped Cream Cheese

With a third fewer calories than regular Philadelphia cream cheese, you can schmear without fear.
Per 2 Tbsp: 60 calories, 1 g protein, 1 g carbs, 6 g fat

58. BEST FLAVORED YOGURT
Chobani Non-fat Strawberry Greek Yogurt

Thick, creamy, and sweet.
Per container: 140 calories, 14 g protein, 20 g carbs

47. BEST ALL-PURPOSE CHEESE
Bella Rosa Parmigiano Reggiano

Grate it on everything from pasta to pizza to soup.
Per grated Tbsp: 20 calories, 2 g protein, 1.5 g fat

53. BEST COTTAGE CHEESE
Friendship Lowfat Cottage Cheese

Our tasters noted that this brand has more curds and less liquid than others, for a more satisfying snack.
Per 1/2 cup: 90 calories, 16 g protein, 3 g carbs, 1 g fat

59. BEST PROBIOTIC
Lifeway Lowfat Raspberry Kefir

This fruity, drinkable probiotic didn't have a gross aftertaste like some of the others we tried.
Per cup: 160 calories, 11 g protein, 25 g carbs (3 g fiber)

60. BEST EGGS
Eggland's Best Organic
Fry one up for your morning toast: The rich yellow yolk packs great flavor.
Per large egg: 70 calories, 6 g protein, 4 g fat



65. BEST REFRIED BEANS
Eden Organic Spicy Refried Black Beans
These spicy beans pack in big flavor, and despite the "refried" part, only a bit of added fat.
Per 1/2 cup: 110 calories, 6 g protein, 18 g carbs (7 g fiber), 1.5 g fat



71. BEST READY-TO-EAT SALMON
Bumble Bee Premium Wild Pink Salmon
A good source of heart-healthy omega-3 fatty acids.
Per 2 oz: 60 calories, 14 g protein, 1.5 g fat



61. BEST COLD CUTS
Applegate Farms Organic Roasted Turkey Breast
Juicy, flavorful deli turkey. No bull. All good.
Per 2 oz: 50 calories, 10 g protein, 1 g carbs



66. BEST CANNED BEANS
Eden Organic Black Beans
Simmer these antioxidant-rich beans with sautéed onions and peppers for an easy side.
Per 1/2 cup: 110 calories, 7 g protein, 18 g carbs (6 g fiber), 1 g fat



Spreads, Dips, and Toppings

62. BEST PEPPERONI
Hormel Turkey 70% Less Fat
Perfect as an out-of-the-bag snack. More satisfying than potato chips, too.
Per 17 slices: 70 calories, 9 g protein, 4 g fat



67. BEST CANNED TOMATOES
Cento San Marzano Organic Peeled Tomatoes
Chopped until slightly chunky, these tomatoes are perfect for homemade pizza.
Per 1/2 cup: 25 calories, 1 g protein, 5 g carbs (2 g fiber)



72. BEST KETCHUP
Heinz Organic
This version of the classic ketchup tastes fresher and brighter than the nonorganic variety.
Per Tbsp: 20 calories, 5 g carbs



Jarred and Canned Goods

68. BEST OLIVES
Mezzetta Jalapeño Stuffed Olives
Just one, straight out of the jar, makes an instant salty-spicy snack—or a great spicy addition to a martini. For an amazing salsa, chop some up and mix them with diced tomatoes and cilantro.
Per olive: 10 calories, 1 g carbs, 1 g fat



73. BEST SANDWICH SPREAD
Annie's Naturals Organic Dijon Mustard
Spread it on a sandwich instead of mayo, or make it a base for an olive oil (#103) and lemon dressing.
Per Tbsp: 0 calories



63. BEST SOUP
Lucini Italia Rustic Italian Minestrone Soup
Filled with chunks of hearty vegetables.
Per cup: 160 calories, 5 g protein, 22 g carbs (4 g fiber), 7 g fat



69. BEST PICKLE
Woodstock Farms Organic Kosher Whole Dill Pickles
Crisper and tastier than typical jarred varieties. Slide one of these alongside your next sandwich.
Per pickle: 10 calories, 2 g carbs



74. BEST MAYONNAISE
Kraft with Olive Oil Reduced Fat
For a killer spicy mayo that'll wake up your sandwich, combine this with hot sauce (#101) to taste.
Per Tbsp: 45 calories, 2 g carbs, 4 g fat



64. BEST CHILI
Amy's Organic Low Fat Medium Black Bean
Plenty of fiber, with just the right amount of spice.
Per cup: 200 calories, 13 g protein, 31 g carbs (13 g fiber), 3 g fat



70. BEST READY-TO-EAT TUNA
StarKist Tuna, Chunk Light in Water
It's a perfect match for a toasted English muffin (#7).
Per 2.6 oz pouch: 80 calories, 18 g protein, 1 g carbs (1 g fiber), 0.5 g fat



75. BEST BBQ SAUCE
Pork Barrel
Slap this relatively low-calorie sauce on chicken just minutes before it comes off the grill for a tangy, smoky flavor, or drizzle it over a roast-pork sandwich.
Per 2 Tbsp: 35 calories, <1 g protein, 8 g carbs



76. BEST STEAK SAUCE
Peter Luger Steak House Old Fashioned Sauce

Upgrade your next steak with the tangy, lightly spicy sauce from Brooklyn's iconic chophouse.

Per Tbsp: 30 calories, 7 g carbs



82. BEST JAM/FRUIT SPREAD
Dickinson's Organic Strawberry Fruit Spread

Spoon onto vanilla ice cream (#43) for the perfect sundae.

Per Tbsp: 45 calories, 11 g carbs



77. BEST MARINADE
Wild Thymes Tropical Mango Lime

It gives fish, chicken, other meats, and vegetables a flavor kick without too many added calories.

Per Tbsp: 12 calories, <1 g protein, 3 g carbs



83. BEST CONDIMENT
Flora Sundried Tomato Bruschetta

Brush on baguette slices and top with fresh mozzarella, prosciutto, and basil, or stir into pasta with roasted vegetables.

Per 2 Tbsp: 150 calories, 7 g protein, 1 g carbs, 13 g fat



88. BEST PRETZEL
Herr's Pretzel Sticks, Whole Grain, Honey Wheat

The fiber in this snack will help fill you up.

Per 7 pretzels: 110 calories, 3 g protein, 22 g carbs (4 g fiber), 1 g fat



78. BEST TOMATO SAUCE
La Famiglia DelGrosso Pasta Sauce, Chef John's Tomato Basil Masterpiece

It tastes like fresh tomatoes; not sugary like most jarred sauces.

Per 1/2 cup: 70 calories, 1 g protein, 8 g carbs (2 g fiber), 4 g fat



84. BEST DIP
Summer Fresh Baba Ghanouj Creamy Roasted Eggplant Dip

This smooth Middle Eastern dip tastes great with warmed pita.

Per 2 Tbsp: 110 calories, 1 g protein, 1 g carbs, 12 g fat



89. BEST TORTILLA CHIP
Miguel's Organic Everything Tortilla Dippers

Our tasters went back for seconds.

Per 10 chips: 140 calories, 2 g protein, 18 g carbs (2 g fiber), 7 g fat



79. BEST SALSA
Santa Barbara Salsa (Medium)

Unlike many other jarred and fresh salsas we tested, this one was not too sweet or salty, with a fresh, chunky texture.

Per oz: 10 calories, 2 g carbs



85. BEST HUMMUS
Cedar's Original Hommus Tahini

Creamy, with a punch of garlic. Add a drizzle of extra-virgin olive oil (#103) to enhance the flavors.

Per 2 Tbsp: 60 calories, 2 g protein, 4 g carbs (1 g fiber), 4.5 g fat



90. BEST POTATO CHIP
Pop Chips Cheddar Potato

Popped with air, not fried, for a better sandwich side.

Per 20 chips: 120 calories, 2 g protein, 20 g carbs (1 g fiber), 4 g fat



80. BEST GUACAMOLE
Yucatan Organic Guacamole

Some "guacamole flavor" dips contain little actual avocado. This brand lists organic Hass avocados as the first ingredient.

Per 2 Tbsp: 60 calories, 1 g protein, 3 g carbs (2 g fiber), 4.5 g fat



86. BEST SALAD DRESSING
Drew's Roasted Garlic & Peppercorn Salad Dressing

Unlike most creamy dressings, this one's light enough not to clobber the flavor of the rest of the salad.

Per Tbsp: 70 calories, 8 g fat



91. BEST CRACKER
Kashi Original 7 Grain Snack Crackers

Dip into hummus (#85) for a better game-day snack.

Per 15 crackers: 120 calories, 3 g protein, 21 g carbs (2 g fiber), 3.5 g fat



81. BEST PEANUT BUTTER
Once Again Organic American Classic Creamy

Slather some on a waffle (#40) for an awesome breakfast.

Per 2 Tbsp: 190 calories, 7 g protein, 7 g carbs (2 g fiber), 15 g fat



87. BEST PANCAKE SYRUP
Spring Tree 100% Pure All Natural Maple Syrup Grade A Dark Amber

Real maple syrup doesn't have high-fructose corn syrup or a cloying aftertaste.

Per Tbsp: 53 calories, 13 g carbs



92. BEST POPCORN
Wise Choices Premium Popcorn, Reduced Fat White Cheddar

Covered with the perfect amount of cheese, this popcorn packs an addictive crunch.


Per 3 cups: 140 calories, 3 g protein, 18 g carbs (3 g fiber), 6 g fat



93. BEST JERKY
Matador Beef Jerky, Original
Pack it in your gym bag—jerky is a delicious on-the-go muscle food.
Per 1 oz: 80 calories, 11 g protein, 6 g carbs, 1.5 g fat



99. BEST CHOCO-LATE BAR
Dagoba Organic Beaucoup Berries
Dried fruit boosts flavor and antioxidants.
Per bar: 250 calories, 5 g protein, 27 g carbs (7 g fiber), 19 g fat



104. BEST VINEGAR
Colavita Balsamic Vinegar
Mix ¼ cup of this with ½ cup of olive oil, chopped herbs, some shavings of Parmesan cheese (#47), salt, and pepper. Stir well for an easy vinaigrette.
Per Tbsp: 15 calories, 3 g carbs



94. BEST NUT
Planters Nutrition Almonds
For an instant gut-filling snack, reach for these nuts, seasoned only with sea salt.
Per 28 g (about 2 Tbsp): 170 calories, 6 g protein, 6 g carbs (3 g fiber), 15 g fat



100. BEST COOKIE
Country Choice Organic Soft Baked Double Fudge Brownie Cookies
Rich and chewy—without calorie overload.
Per cookie: 90 calories, 1 g protein, 16 g carbs (1 g fiber), 3 g fat



105. BEST SALT
Maldon Sea Salt Flakes
This salt is perfect for heightening the flavors of fish, meat, or vegetables after they're cooked. Try it on a rib eye steak (#21) and taste the difference.
0 calories



95. BEST NUT ALTERNATIVE
Eden Organic Pumpkin Seeds
A high-protein snack equally suited to the ballpark or the office.
Per ¼ cup: 200 calories, 10 g protein, 5 g carbs (5 g fiber), 16 g fat



Cooking Staples

106. BEST BLACK PEPPER
Simply Organic Whole Black Peppercorns
Forget the preground stuff in the shaker. Freshly ground pepper and sea salt (#105) are the cornerstones of flavorful cooking. Use each to your taste.
0 calories




96. BEST DRIED FRUIT
Peeled Snacks Much-Ado-About Mango
No added sugar or artificial flavors, and only one ingredient: mango.
Per bag: 120 calories, 2 g protein, 28 g carbs (2 g fiber)



101. BEST HOT SAUCE
Huy Fong Foods Tuong Ot Sriracha
Made from hot chilies, this sauce delivers a burn that enhances everything from scrambled eggs to chicken wings to salsa.
Per tsp: 5 calories, 1 g carbs



107. BEST BREAD CRUMBS
Wel-Pac Japanese Style Panko Bread Crumbs
A lighter, crunchier Japanese variety that's great sprinkled over sautéed string beans.
Per ½ cup: 110 calories, 4 g protein, 20 g carbs (1 g fiber), 1 g fat



97. BEST TRAIL MIX
Sahale Snacks Southwest Cashews
Not your forest ranger's gorp: This snack is flavored with chili powder and Cheddar.
Per ¼ cup: 140 calories, 5 g protein, 10 g carbs (1 g fiber)



102. BEST EVERYDAY OIL
Spectrum Organic Canola Oil
Its neutral taste is suitable for everyday cooking, and it has a well-balanced fatty acids profile, to help fight disease.
Per Tbsp: 120 calories, 14 g fat



108. BEST LOW-SODIUM BROTH
Pacific Natural Foods Organic Free Range Chicken
Tastes like homemade, with far less sodium than most brands. Use it as a base for soups.
Per 1 cup: 15 calories, 2 g protein, 1 g carbs



98. BEST SNACK BAR
Lärabar Peanut Butter Cookie
The perfect way to power through to a late lunch.
Per bar: 220 calories, 7 g protein, 23 g carbs (4 g fiber), 12 g fat

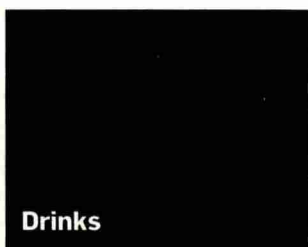


103. BEST HIGH-END OLIVE OIL
Yellingbo Gold Extra Virgin Olive Oil
This peppery, light-bodied oil tastes amazing drizzled on fresh pasta, mozzarella, or crusty bread.
Per Tbsp: 120 calories, 14 g fat



109. BEST SOY SAUCE
Kikkoman Less Sodium Soy Sauce
Use it as a salt substitute in soups, marinades, and dressings to add a savory flavor to your meals that's deeper than salt.
Per Tbsp: 10 calories, 1 g protein, 1 g carbs





110.
BEST BOTTLED WATER

Fiji

When you're not pouring purified water into a reusable canteen bottle, pick up this water: Our tasters preferred its clean, crisp flavor over that of other brands. 0 calories



111.
BEST SPORT DRINK

Zico Pure Coconut Water with Mango

An 11-ounce serving packs more potassium than a banana (and a lot more than your average sport drink), all for a modest calorie count. Per 11 oz: 60 calories, 1 g protein, 15 g carbs



112.
BEST FLAVORED WATER

Poland Spring Sparkling Water with Lemon Essence

Kick your soda cravings for good with this fizzy water with a hint of flavoring but no sugar. 0 calories



113.
BEST FRUIT JUICE

Simply Grapefruit

Naturally lower in sugar than other fruit juices and loaded with lycopene, it's the most underrated juice in the cooler. Mix it with sparkling water (#112) for a healthy riff on soda. Per 8 oz: 90 calories, 21 g carbs



114.
BEST VEGETABLE JUICE

V8 100% Vegetable Juice, Low Sodium

This low-salt version (only 140 milligrams of sodium per cup) actually tastes better than the full-sodium version. Per 8 oz: 50 calories, 2 g protein, 10 g carbs (2 g fiber), 140 mg sodium



115.
BEST BOTTLED SMOOTHIE

Bolthouse Farms Berry Boost

Not eating enough fruit? Drink this blend of blackberries, boysenberries, and raspberries. Per 8 oz: 130 calories, 30 g carbs (4 g fiber)



116.
BEST BOTTLED TEA

Honest Tea Organic Honey Green Tea

Has more metabolism-boosting, cancer-fighting catechins than its competitors. Per 8 oz: 35 calories, 9 g carbs



117.
BEST CAFFEINATED BAG TEA

Numi Organic Aged Earl Grey Black Tea

This aged tea is more robust than your grandma's variety and bold enough to sub in for your morning cup of coffee. 0 calories



118.
BEST HERBAL BAG TEA

Stash Peppermint

Peppermint packs disease-fighting antioxidants and may help calm an upset stomach. 0 calories



119.
BEST COFFEE

illy Ground Coffee

A dark roast that brews up beautifully. 0 calories



120.
BEST INSTANT COFFEE

Starbucks VIA Ready Brew

Be your own barista: Pour a packet into your mug, add hot water, and stir. No pot (or paper cup) needed. 0 calories



121.
BEST BEER

Hoegaarden

A light-bodied Belgian brew with hints of spice and orange. It'll satisfy beer snobs—and regular folks, too. Per 11.2 oz: about 175 calories



122.
BEST MICROBREW

Bell's Hopslam

This microbrewery's intense double India pale ale is flavorful and satisfyingly bitter. It deserves to be savored, not chugged. Per 12 oz: 280 calories



123.
BEST LOW-CALORIE BEER

Guinness Draught

Dark does not equal heavy. This smooth Irish brew may have a few more calories than most light beers, but it also packs much more satisfaction. Per 12 oz: 126 calories, 10 g carbs



124.
BEST WHITE WINE UNDER \$15

Pacific Rim Dry Riesling, Columbia Valley, 2007

This versatile bargain bottle grabbed our attention with apricot flavors that stand up even to Thai takeout. Per 4 oz: 86 calories, 1 g carbs



125.
BEST RED WINE UNDER \$20

Louis M. Martini Cabernet Sauvignon, Sonoma County, 2007

Delivers rich flavors of black cherry, blackberry, and fresh sage—and won't make a big dent in your paycheck. Per 4 oz: about 98 calories, 4 g carbs



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To find all our top picks, complete with a customizable grocery list, go to MensHealth.com/bestfoods.