

2010 Men's Health Nutrition Awards

We searched every aisle to find the 125 best grocery foods for men

Men's Health

Eat Like a Man!

125 BEST GROCERY FOODS

SIMPLIFY YOUR SHOPPING LIST WITH OUR PICKS FROM EVERY AISLE

SELECT A CATEGORY TO EXPAND

BREADS AND GRAINS

DAIRY AND DELI

FROZEN FOODS

- BEST APPETIZER
- BEST BEEF ENTRÉE
- BEST BREAKFAST SANDWICH
- **BEST BURRITO**
- BEST CHICKEN ENTRÉE
- BEST FISH ENTRÉE
- BEST FISH STICKS
- BEST FRENCH FRIES
- BEST FROZEN TREAT
- BEST FRUIT
- BEST ICE CREAM
- BEST PASTA ENTRÉE
- BEST PIZZA
- BEST VEGETABLE
- BEST VEGETARIAN BURGER
- BEST VEGETARIAN ENTRÉE



BEST BURRITO

Evol Burritos Cilantro Lime Chicken

Chunks of chicken, organic black beans, real salsa—you'll never go back to refried beans and processed cheese.

Per burrito: 320 calories, 16 g protein, 40g carbs (4g fiber), 7g fat



HOW WE CHOSE THE WINNERS

We created this year's list by first comparing the nutrition labels of competing brands in each of our categories. Bonus points were given to those products with more protein and fiber, and less added sugar and sodium. We also took calories per serving into consideration, but didn't penalize for fat—since it adds flavor, helps keep hunger at bay, and is part of a healthy diet if it doesn't lead to excessive calorie intake. Once we pared our choices down, we matched them in a head-to-head taste test to determine the victor. As for draws, the nod went to the product with the fewest ingredients.