



Matter of taste
Try this in grilled cheese. It's bolder than American, so you don't need as much. (9)

25

ways to eat healthy
A delicious bite-by-bite guide

+

65 best foods for your body
They won our taste test!



A better club
Sub in mashed avocado for mayo. It has more fiber and healthy fat. (11)

...or sweetness—
definitely the best. //

lunch

- 9 SWISS CHEESE**
Finlandia Imported Light Cheese can be a sodium bomb, but this one has only 110 milligrams per slice.
- 10 SANDWICH BREAD**
Milton's Craft Bakers Healthy Whole Grain
Pro tip: Freeze half a loaf if you're worried you won't use it up fast enough.
- 11 DELI TURKEY BREAST**
Boar's Head All Natural Roasted No creepy nitrate or nitrite preservatives, just freshly sliced taste, so pile on the lean protein.

- 12 GLUTEN-FREE BREAD**
Canyon Bakehouse 7-Grain Readers went for its "subtle sweet flavor." We love that it has 2 g of fiber per slice.
- 13 PEANUT BUTTER**
Trader Joe's Creamy Salted The flavor was "clear and vibrant," perfect for "both apple slices and PB&J."

- 14 READY-TO-EAT TUNA**
Bumble Bee Sensations Spicy Thai Chili "I'm really feeling the spice on this one," a tester said; the to-go package makes it an easy way to up your fish intake.



whole Wheat Tortilla Use it for a French quesadilla: sliced apple, Brie and a sprinkle of sugar, baked until melted.

17 FROZEN BURRITO
Evol Veggie Fajita Burrito Testers loved the side of guac and the vegetable bounty inside: "It tastes homemade."

Sticks it passed the all-important "stringability" test.

20 CANNED VEGETABLE SOUP
Amy's Organic Light in Sodium Minestrone Testers loved this soup's "good spicy kick." Top it off with 1½ tablespoons grated Parmesan to double the protein.