

M&F HERS
**BEST
PACKAGED
FOOD
AWARDS
2015**



FOOD FACT

The average supermarket carries more than 43,000 items, according to Food Market Institute. Don't wing it on your shopping trip—know before you go!

BEST CHOICES FOR

CLEAN EATING & MUSCLE BUILDING

▶ The road to fit-body success is paved with a bullet-proof clean-eating plan, filled with contingencies for any occasion. And since we know you're busy juggling your fitness, family, and career, *Hers* has crafted a solid arsenal of muscle-building, fat-fighting foods that will help your body get stronger and leaner, ounce by ounce. Take this list on your next shopping trip to stock up on the best packaged eats of the year. **BY CAT PERRY, KRISTIN MAHONEY & PAMELA NULLET**



SEEDS, BERRIES, NUTS & NUT BUTTERS

GO CRAZY FOR NUTS

Crazy Richard's Pure PB

- With 90% less fat and 70% fewer calories than traditional peanut butter, plus no sugar added and oil extracted, you can add Pure PB into baked goods, smoothies, or oatmeal guilt-free. crazyrichards.com

Buff Bake

- Don't make smoothies or bake again without Buff Bake! Yummy almond and peanut butters with added whey protein come in indulgent flavors like Snickerdoodle, Cookie, Chocolate Chip, and Cinnamon Raisin. buffbake.com

Navitas Naturals Mulberries

- Sweet, chewy dried mulberries are your next must-have superfruit, with 130% daily value of vitamin C, 20% DV of iron, 8% DV of calcium, and 3 grams of protein per ounce. Snack on them alone or add to salads, trail mixes, and more. navitasnaturals.com

Pistachio Chewy Bites

- A convenient on-the-go snack made up of nutritious pistachios, cranberries, and agave nectar. settonfarms.com

Carrington Farms Flax Chia Paks

- Ready-to-eat Chia Paks provide omegas, protein, fiber, antioxidants, and important minerals like calcium, magnesium, and zinc—perfect for topping oatmeal or salads. carringtonfarms.com

Nuts.com Veggie Protein Mix

- Filled with chickpeas, broad beans, and cashews, this blend has way more protein than traditional trail mix: 10 grams per serving. nuts.com

BARS

SNACK ATTACK WITHOUT THE BITE

Detour Simple Protein Bar

- Twenty grams of protein and low sugar (7g) will keep you from crashing, and flavors like Salted Caramel Cookie Dough satisfy your sweet tooth. detourbar.com

Perfect Bar

- Each is made with whole foods, organic honey, quality protein, and 20 superfoods. Sans preservatives, they come in seven flavors, like Almond Acai, Cranberry

Crunch, and Carob Chip. perfectbar.com

Strong & Kind Bar

- These boldly flavored Kind bars (like Roasted Jalapeño) deliver 10 grams of soy- and whey-free protein, plus fiber to fuel you up and crush cravings between meals. A rich source of essential amino acids, iron, and other key minerals. kindsnacks.com

