



HEALTHIEST FOODS 2012

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Prevention's Healthiest Food Awards Shopping List



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Hungry? Reach for a Winner



Convenient doesn't have to mean unhealthy. Here, the 26 best packaged foods for your shopping cart.

By Mara Betsch and the Editors of Prevention

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CELEBREX
CELECOXIB CAPSULES 150mg

Relief for arthritis pain.†

Relief for your wallet.†

Genetically Modified Foods

As
NATURE
Made Them

GENETICALLY MODIFIED FOODS are all over your supermarket, but you'd never know it from the labels. How worried should you be?

[LEARN ABOUT GMOS »](#)

THE VIDEO YOU ARE TRYING TO WATCH IS CURRENTLY UNAVAILABLE.

... as bleeding and ulcers, can occur without warning

Healthy Foods for Women: Best Packaged Food Awards 2012

Prevention's Healthy Food Awards

Convenient doesn't have to mean unhealthy. Here, the 26 best packaged foods for your shopping cart.

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Healthiest Food Awards Criteria

- No more than 400 calories per (realistic) serving
- Less than 500 mg of sodium per serving
- No more than 10 g of added sugar
- Significant amounts of fiber, protein, and essential vitamins, where applicable
- Free of [genetically modified ingredients](#)

This year, we added "non-GMO" (genetically modified organisms) to our list of criteria for the first time. (Read about the [GMO controversy here](#)). Now, check out our (and now your) dream shopping cart! [Also See: How to Spot a Health Food](#)

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[Good Food Made Simple
Unsweetened 100% Steel Cut
Oats](#)

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Our Favorite Healthy Packaged Foods

If a stroll down the aisles of your supermarket is enough to make your head spin—So many boxes! So many claims! So many...options!—we get it. The rows are stacked with so many options that it can be downright stupefying. That's why we decided to bring back our popular **Healthy Food Awards**. We know, just like you do, that many so-called **health foods** are sugar and salt bombs in disguise. But amid those bad-for-you foods are some stellar ones. And we found the absolute best of them.

We munched our way through 500 submissions and narrowed it down to these 26. Our criteria were strict ([see next slide](#)), the decisions were tough, but the verdicts are in.

Here, the 26 best, healthiest and most delicious **packaged foods** we could find. Because let's be honest: Unless it tastes good, you're not going to toss it in your grocery cart. You'll probably want to load up on these, though. [Download your printable shopping list here.](#)

[Prevention's Healthiest Foods 2012](#)

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[Healthiest Food Awards Criteria](#)



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Good Food Made Simple Unsweetened 100% Steel Cut Oats

(goodfoodmadesimple.com; \$2.50-3.29)

Frozen...*oatmeal*? Yup, you read that right. Since steel cut oats typically take 30 minutes to prepare properly, we love this as the ultimate convenience food: It's pre-cooked, flash-frozen, and can be defrosted in just 3 minutes. Plus, there are no preservatives or artificial flavors: just filtered water, whole grain oats, and sea salt. Spruce up yours with a spoonful of nut butter, a sprinkling of nuts, or chopped fresh fruit. [Also See: Healthy Breakfasts That Jump-Start Your Brain](#)

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Eggland's Best Organic Eggs