

Prevention

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Packaged foods get a bad rap—

but they shouldn't. Eating whole, unprocessed food is smart health advice that we're squarely behind, but cooking from scratch can be unrealistic. Imagine a weeknight meal without at least one packaged item (think frozen veggies and a box of pasta).

To strike a balance, we asked five leading nutritional experts for their favorite healthy packaged foods—that means no trans fats, refined grains, high sodium levels, or hidden sugar (or unpronounceable ingredients), and plenty of antioxidants, minerals, whole grains, and good-for-you monounsaturated fats. Our experts gave the thumbs-up to nearly 100 products, and the boot to more than 300. In a 4-hour taste test, *Prevention* staffers narrowed it down to 25 favorites (including some great budget buys).

CHOCOLATE TOPPING

21 Justin's All-Natural Chocolate Hazelnut Butter

This spread made from organic cocoa (which has more heart-healthy flavonoids than tea or wine) and dry-roasted hazelnuts (packed with vitamin E and high in good-for-you monounsaturated fats) will totally satisfy. "It has a slightly salty nut flavor with just a hint of sweetness from the chocolate,"

