

# THE LAZY GIRL'S GUIDE TO THE GROCERY STORE

We asked for your healthy, yummy favorites, and nutritionists say they all made the grade! Here's your grab-and-go list. BY SARAH JIO

## 1. Your Favorite Easy Breakfast

### The winner:

Quaker Maple & Brown Sugar instant oatmeal  
160 calories, 2 grams fat

### The runner-up:

Eggo Nutri-Grain waffles  
170 calories, 5 grams fat per serving of 2 cinnamon waffles

### Why experts love 'em:

"Oatmeal is low in fat and a good source of soluble fiber," says Erin Palinski, R.D. "And if you're craving waffles, choose ones made with whole grains, like these."

## 2. Your Favorite Sandwich Bread

### The winner:

Pepperidge Farm 100% Natural 100% Whole Wheat  
100 calories, 3 grams fat per slice

### The runner-up:

Nature's Pride 100% Whole Wheat Hearty Bread  
110 calories, 1 gram fat per slice

### Why experts love 'em:

"Each slice contains 3 grams of fiber," says

Jackie Newgent, R.D., author of *Big Green Cookbook*. "All that fiber is the secret to not being hungry an hour after lunch."

## 3. Your Favorite Yogurt

### The winner:

Yoplait French Vanilla, low-fat  
170 calories, 1.5 grams fat per 6-oz. container

### The runner-up:

Fage Total Nonfat Greek Yogurt  
90 calories, 0 grams fat per 6-oz. container

### Why experts love 'em:

Some yogurts, like Yoplait, are fortified with vitamin D, "which your body needs to absorb calcium and maintain bone health," says Newgent. And, says Keri Gans, R.D.: "Greek yogurt is high in protein, so it keeps you fuller longer than the traditional kind."

## 4. Your Favorite Ice Cream

### The winner:

Edy's Slow Churned Rich & Creamy  
Ice Cream, Cookie Dough

Fewer calories than even a tall latte!



cookie dough flavor  
130 calories, 4.5 grams fat per ½ cup

**The runner-up:**  
Häagen-Dazs Five five-ingredient ice cream, vanilla bean flavor  
220 calories, 11 grams fat per ½ cup

**Why experts love 'em:**  
“Slow-churned ice cream often has half the fat and a third fewer calories than regular ice cream,” says Palinski. And Newgent likes Häagen-Dazs’ simplicity: “No trans fats, all natural and tastes so rich.” Just stick to a half-cup serving.

### 5. Your Favorite Salad Dressing

**The winner:**  
Newman’s Own Lighten Up Balsamic Vinaigrette  
45 calories, 4 grams fat per 2 tbsp.

**The runner-up:**  
Hidden Valley Ranch Light  
80 calories, 7 grams fat per 2 tbsp.

**Why experts love 'em:**  
“Olive- and canola-oil-based vinaigrettes like Newman’s are a terrific source of heart-healthy fats,” says Palinski. “For a creamier pick, the light ranch has half the saturated fat of the original.”

### 6. Your Favorite Snack Foods

**The winner:**  
Hummus, such as Athanos (50 calories, 3 grams fat) or Sabra (70 calories, 6 grams fat) per 2 tbsp., with veggies

**The runner-up:**  
Cheese such as Sargento String Cheese or an

ounce of Cracker Barrel Reduced-Fat Extra Sharp (both have under 100 calories, 6 grams fat)

**Why experts love 'em:**  
Get one of your five-a-day from hummus and veggies, says Newgent—and a healthy dose of calcium and protein in cheese.

### 7. Your Favorite Cereal

**The winner:**  
Cheerios  
100 calories, 2 grams fat per cup

**The runner-up:**  
Kashi GoLean Crunch  
190 calories, 3 grams fat per ¾ cup

**Why experts love 'em:**  
“I often forget about Cheerios, but they’re lower in sugar than many fancy cereals,” says Newgent. “And the Kashi has 8 grams of fiber and 9 grams of protein—that’s double most options!”

### 8. Your Favorite Fast/Frozen Dinner

**The winner:**  
Lean Cuisine frozen meal  
About 300 calories, 4 grams fat (meals vary)

**The runner-up:**  
Amy’s Cheese Enchilada meal  
350 calories, 15 grams fat

**Why experts love 'em:**  
“The freezer aisle is almost always a better choice than the drive-through,” says Gans. And “many Lean Cuisines have less than 25 percent of the daily value of sodium—not bad for a processed meal. However, a lot of my clients say they’re still hungry afterward, so add a side salad and a vegetable.”

On your sammy, swap out mayo for hummus.



Find healthy snack ideas every afternoon at [glamour.com/health-fitness](http://glamour.com/health-fitness).