

Dairy



18. BEST MILK ORGANIC VALLEY ORGANIC 2% MILKFAT GRASSMILK
Because it's from cows fed a hormone-free, all-grass diet, it pours creamy, tastes rich, and delivers more omega-3s than conventional milk.

BEST EGGS 19

Eggland's Best Organic
The company says its hens peck away at organic, vegetarian feed that contains no extra hormones, steroids, or antibiotics. Look at these eggs as flexing fuel: Each one brings 6 grams of big, bad, biceps-building complete protein to the table.



20. BEST COTTAGE CHEESE FRIENDSHIP 1% LOWFAT COTTAGE
A half cup racks up 16 grams of protein in 90 calories. But cottage cheese isn't just for snacking: Add some to a frittata or lasagna.



21. BEST SNACK CHEESE JARLSBERG MINIS
These small rounds of Swiss contain 70 calories and 5 grams of protein apiece. Peel and eat.



22. BEST BUTTER KERRYGOLD UNSALTED
This Irish dairy company churns its butter from the milk of grass-fed cows.



23. BEST CHOCOLATE MILK ORGANIC VALLEY ORGANIC 2% REDUCED FAT CHOCOLATE
You're never too old for a glass. This one has 9 grams of protein for 150 calories. It's yummy.

BEST YOGURT 24

Chobani 2% Plain Greek Lowfat Some yogurt brands contain surprising amounts of sugar. (We found a Greek yogurt with 19 grams per serving—that's more sugar than a chocolate-chip Pop Tart packs!) This Chobani plain has 9 grams of sugar and 22 grams of protein.



25. BEST PROTEIN POWDER MUSCLETECH NITRO-TECH WHEY ISOLATE+ LEAN MUSCLEBUILDER
It includes creatine—plus, the cookies-and-cream flavor is pretty easy on the tastebuds.

SNACKS and CEREAL



26. BEST PRETZEL NEWMAN'S OWN ORGANICS SPELTZ
Speltz, a variety of wheat, has a robust, nutty flavor. Twenty pretzels will total 120 calories and 23 grams of carbs, but 4 of those grams are fiber.



27. BEST CHIPS SIMPLY 7 QUINOA CHIPS BARBEQUE
Your average serving of spud chips contains about 2 grams of protein per 150 calories. This bag has 8 grams of protein per 130 calories. You'll like their taste.



28. BEST POPCORN ARROWHEAD MILLS ORGANIC POPCORN
Too many bags are additive laden and lousy with sodium. Just buy yourself some whole kernels, pop them at home, and season to taste.



29. BEST CEREAL NATURE'S PATH ORGANIC HERITAGE FLAKES
A serving has 5 grams of fiber, 4 grams of protein, and just 4 grams of sugar. The honey taste works well when you bomb your bowl with fresh berries.



30. BEST DRIED FRUIT NEWMAN'S OWN ORGANICS PRUNES
Think of dried plums as fiber delivery vessels. Each one provides about 1 gram of the satiating nutrient. Snack on a few with some blue cheese.

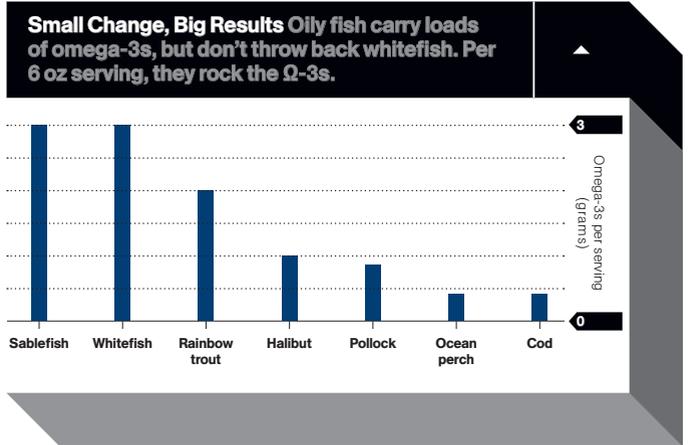


31. BEST CHOCOLATE BAR ALTER ECO DARK SALTED BROWN BUTTER
To reap the antioxidant power of chocolate, choose a bar with 60 percent cacao or higher, like this one. The butter balances the bitterness.

FISH

BEST WHITE FISH 33

Black Cod Also known as sablefish, this meaty catch packs more heart-healthy omega-3 fatty acids per gram than sardines do—with a whole lot less funk. Plus, it's a sustainable species. Have a fillet seared and topped with plenty of fresh #52.



BEST JERKY 32

Krave Pork Jerky Black Cherry Barbecue
This brand subs in pork for traditional beef and adds honey, cherries, and red wine vinegar. The result is robust, slightly sweet, and satisfying. Stash it in your desk drawer, away from hungry coworkers.



34. BEST SUSHI ORDER AHI TUNA SASHIMI
In a 6-ounce portion, you reel in a whopping 41 grams of protein at a measly 185 calories.



35. BEST OILY FISH MACKEREL
One 6-ounce fillet has more than 2 grams of omega-3s. Blast it with lemon juice and serve.



36. BEST SHELLFISH SCALLOPS
Pat them dry and lightly coat them with oil. Then sear in a hot pan for two minutes on each side.

