Baffled by the array of products at your supermarket? Here’s a helpful list of items that should be on every runner’s shopping list.
Bulk Foods (cont.)
Prunes
In-shell pistachios
Brown rice
Walnuts

Cereals
Whole-grain cold cereal
Tip: 1 cup should contain
200 calories or less,
200 mg sodium or less,
less than 10 g sugar, and
5 g fiber or more.
Old-fashioned rolled oats
(brand pick: Quaker Old
Fashioned Oats)
Hot multigrain cereal
(brand pick: Arrowhead Mills
Organic 7 Grain Hot Cereal)
Brown rice farina
(brand pick: Bob’s Red Mill Organic Brown
Rice Farina)
Instant steel-cut oatmeal
(brand pick: Country Choice
Quick Cook Steel Cut Oats)

Bread Aisle
100% whole-grain bread
(brand pick: Arnold 100%
Whole Wheat)
Tip: 1 slice should contain at
least 3 g fiber and no more than
120 calories and 200 mg sodium.
Corn tortillas
(brand pick: La Tortilla Factory Fiber &
Flax Corn Tortillas)
100% whole-wheat English muffins
(brand pick: Thomas’ 100% Whole
Wheat English Muffins)

Pasta and Sauce Aisle
100% whole-grain pasta
(brand pick: Barilla Whole
Grain Linguini)
Tip: Stick with whole-grain pastas that provide at least
5 g fiber and 6 g protein per 2 oz serving.
Tomato sauce
(brand pick: Eden Organic Spaghetti Sauce)
Tip: Stick with pasta sauces that contain no more than
400 mg sodium, 4 g sugar, and 2 g fat per ½-cup serving.

Oil and Vinegar Section
Extra virgin olive oil
Hemp oil
Canola oil
Avocado oil
Balsamic vinegar
Rice vinegar

Salad Dressings Section
Bottled vinaigrette
(brand pick: Bolthouse Farms Olive Oil
Classic Balsamic Vinaigrette)
Tip: 2 tablespoons bottled
salad dressings should contain
no more than 70 calories and
200 mg sodium.

Condiment Section
Dijon mustard
Organic ketchup
Horseradish
Sriracha sauce
Mango chutney

Canned and Jarred Food Aisle
Canned salmon
Canned sardines
Canned chicken
Canned black beans
Canned butternut squash
Salsa verde
Roasted red peppers
Fire-roasted tomatoes
Pineapple chunks
Applesauce

Canned Soup Aisle
Health Valley Organic
40% Less Sodium Italian
Minestrone Soup
Progresso Light Zesty Santa Fe
Style Chicken Soup
Pacific Organic Free Range
Low Sodium Chicken Broth
Tip: 1 serving of canned soups and broths should contain fewer than
500 mg sodium.

Baking Aisle
Pure vanilla extract
Whole-wheat pastry flour
Skim-milk powder
Cocoa powder
Flaxseeds
Cinnamon

Nut Butter and Sweetener Section
Natural-style peanut butter
Almond butter
Honey
Real maple syrup
Marmalade
Apple butter

Snack Aisle
Popcorn
(brand pick: Orville
Redenbacher’s Natural Simply
Salted 50% Less Fat)
Hummus
(brand pick: Athenos
Original Hummus)
Whole-grain crackers
(brand pick: Kashi Original 7 Grain
Snack Crackers)
Beef jerky
(brand pick: Golden
Valley Natural Beef Jerky)
Dark chocolate
(brand pick: Dagoba Organic New Moon
74%)
Trail mix
(brand pick: Bear Naked Peak Energy
Pecan Apple Flax Trail Mix)

Drink Aisle
Flavored sparkling water
(brand pick: Hint Fizz)
Low-sodium vegetable juice
(brand pick: VB Low Sodium
100% Vegetable Juice)
Hemp milk
(brand pick: Tempt
Unsweetened Hemp Milk)
Coconut water
(brand pick: Zico Natural)
Green tea
(brand pick: Revolution Organic Green Tea)
Tart cherry juice
(brand pick: R.W. Knudsen Family Just
Tart Cherry)

Dairy Aisle
Lowfat kefir
(brand pick: Lifeway Organic Lowfat
Plain Kefir)
Low-fat plain Greek yogurt
(brand pick: Fage Total
2% Plain)
Low-fat chocolate milk
(brand pick: Organic Valley
Reduced Fat Chocolate Milk)
Eggs
(brand pick: Egglands Best)

Cheese Section
Low-fat cottage cheese
(brand pick: Friendship 1%
Lowfat No-Salt-Added Cottage Cheese)
Parmesan cheese
Fresh mozzarella cheese
Soft goat cheese
Light ricotta cheese

Freezer Aisle
BEST FROZEN PRODUCE
Dole Wild Blueberries
Tip: Choose products that contain
no added sugars, syrups, sodium,
or sauces.
BEST FROZEN MEALS
Kashi Steam Meals Roasted
Garlic Chicken Farfalle
Kashi Thin Crust Roasted
Vegetable Pizza
Tip: Choose products with
no more than 4 g saturated
fat per each 250 calories.
BEST FROZEN DESSERT
Adonia Greek Frozen
Yogurt Wild Blueberry Bar
(by Ciao Bella)
Tip: ½-cup serving should contain
no more than 150 calories and
4 g saturated fat.
Every time you walk into a grocery store, you face a daunting task: picking the healthiest, most nutrient-packed foods to fuel your running from thousands of choices. Supermarkets today carry an average of 38,718 items, according to the Food Marketing Institute. Colorful packaging, deceptive claims, and hidden ingredients confuse even the savviest shopper. Who wants to waste precious running time dithering over yogurt? This aisle-by-aisle guide tells you exactly which nutritious (and delicious!) foods you should toss into your cart and which health-food impostors you should run away from. Our expert tips will help you shop smarter, so you can get in, get out, and get back to running—fast.

Photograph by Travis Rathbone

By Matthew Kadey, M.S., R.D.
STOP1: **The PRODUCE Section**

**GOOD FOR YOU: LOTS OF COLOR**
“Fruits and vegetables are loaded with vitamins, minerals, and antioxidants runners need to support training,” says Tara Gidus, M.S., R.D., an Orlando-based sports dietitian and marathoner. “In general, the more color in your shopping cart, the more antioxidants and nutrients you’re going to get.”

**RED**
Beets Nitrates found in beets can make your muscles work more efficiently during exercise by reducing the amount of oxygen they need.

Raspberries Eight grams of fiber in a single cup. “Higher fiber foods help runners maintain a healthy body weight and digestive system,” says Gidus.

**GREEN**
Kale Jam-packed with vitamin C, vitamin K, and vision-protecting beta-carotene. Add it to soups, sauté it for a side, or add to salads and sandwiches.

Avocado Nearly 70 percent of its fat is monounsaturated, “the same kind that makes olive oil heart-healthy,” Gidus says. Half an avocado also delivers seven grams of fiber.

**YELLOW AND ORANGE**
Sweet potato One potato provides more than three times your daily need for immune-boosting vitamin A. “It’s full of complex carbohydrates,” Gidus says, “which helps keep your energy stores topped up.”

Mango High vitamin C intake may reduce upper-respiratory-tract infections, as well as help lower your heart rate during exercise. One cup of mango delivers 75 percent of your daily need for C.

**BLUE AND PURPLE**
Eggplant Eggplant, which has just 20 calories per cup, contains antioxidants with heart-protective qualities.

Plums A study from Texas A&;M Research found that plums contain as much antioxidant power as blueberries. “Consuming plenty of antioxidants,” says Gidus, “may reduce postworkout muscle-tissue damage, speed recovery, and boost immune function.”

**WHITE**
Banana It brims with potassium and quick-digesting carbs. “Potassium plays a key role in muscle contraction, with low levels linked to muscle cramping,” Gidus says.

Tofu Usually located in the produce department, tofu is an inexpensive and low-fat protein source. Add it to stir-frys, chili, or even pasta sauce.

**SHOP SMART!**
Not sure when to buy organic? If you’re peeling or removing the rind (avocado, bananas, or onions), conventionally grown produce is fine. If you’re going to eat the exterior (apples, peaches, bell peppers), buying organic will limit your pesticide exposure.

**Health-Food IMPOSTORS**
Presliced packaged fruit Slicing ahead of time exposes more surface area, raising the risk for nutrient loss from oxygen exposure. And the packages are more expensive than whole fruit.

Iceberg lettuce One of the most popular vegetables is also one of the least nutrient-dense. In general, the darker the leafy green, the bigger the nutritional bang.

Bottled smoothies Many are sweetened with sugar or nutritionally poor juices like apple or pear. Plus, they almost always cost much more than making your own.
STOP 2: The MEAT, FISH, & DELI Counters

FROM THE FARMYARD

GOOD FOR YOU: HAPPY MEAT
Organic meat costs more but limits your exposure to the antibiotics and growth hormones used in conventionally raised livestock. “Free range” means only that animals have access to outdoor spaces. Grass-fed beef is a smart choice: A 2010 California State University study found that, compared to conventionally raised cattle, it’s lower in saturated fat and richer in heart-healthy omega-3s and vitamin E.

### Best Buys

<table>
<thead>
<tr>
<th>Meat</th>
<th>Good News</th>
<th>Avoid</th>
<th>Bad News</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Beef</strong></td>
<td>Eye, top, and bottom round; sirloin; flank steak; 90 or 95% lean ground beef</td>
<td>Contain about 18 g of protein per 3 oz serving and no more than 6 g of fat</td>
<td>Rib-eye, porterhouse, and T-bone steaks; 80% lean ground beef</td>
</tr>
<tr>
<td><strong>Turkey</strong></td>
<td>Skinless chicken thighs; turkey legs</td>
<td>A 3 oz thigh contains 18 g of protein and 3 g of fat—just one more gram than breast meat. Remove the skin, and turkey legs have the same protein-to-fat ratio as chicken thighs.</td>
<td>Ground turkey; enhanced chicken breast</td>
</tr>
<tr>
<td><strong>Pork</strong></td>
<td>Pork tenderloin; boneless pork loin chops</td>
<td>Contains 3 g of fat and 18 g of protein per 3 oz, making them nearly as lean as chicken breast</td>
<td>Premarinated cuts; pork blade chops</td>
</tr>
</tbody>
</table>

### FINS, SCALES & SHELLS

**GOOD** Eat these two to three times a month
**Tilapia** Protein-rich and inexpensive, U.S.-farmed tilapia is virtually free of saturated fat and is farmed in an environmentally sound way; but it’s relatively high in omega-6 fats, which promote inflammation in the body.
**Sea scallops** Populations are abundant and contamination risk is low, but harvesting methods can be harmful to the ocean. Farmed bay scallops are a more eco-wise option.

**GOOD** Eat these two or three times a week
**Rainbow trout** Less expensive than wild salmon, trout is rich in omega-3 fatty acids, which may help lower your risk for diabetes and heart disease and relieve achy joints. Almost all U.S. rainbow trout available in supermarkets is grown at inland farms that follow environmentally responsible production methods.

**Wild smoked salmon** More sustainable than farmed varieties, wild smoked salmon is an easy way to add brain-boosting vitamin B12 and inflammation-reducing omega-3s to your meals.

**Mussels** Inexpensive mussels are full of iron, vitamin B12, and selenium—an antioxidant that may ease postexercise oxidative stress. They’re farmed using eco-sound methods with little toxin risk.

**BUST** Eat rarely or never
**Imported shrimp** Overseas shrimp farms have destroyed coastal forests and often rely heavily on antibiotic use. Try U.S. farmed or wild shrimp.
**Farmed Atlantic salmon** Ocean pens can pollute surrounding waterways, and contamination from PCBs may be a concern. Splurge on wild.
**Bluefin tuna** This pricey tuna is overfished and high in mercury. Domestic, line-caught skipjack or yellowfin tuna have lower contaminants.

### SLICED & CURED

**Turkey breast** It’s virtually fat-free and a good source of protein. Fresh roasted tastes better and usually contains less sodium.
**Roast beef** A two-ounce serving contains just three grams of fat, 110 calories, and 19 grams of protein.
**Canadian bacon** One ounce of this lean cut contains about a third of the calories of regular bacon and 11 fewer grams of fat.
PASTA POWER

THE PERFECT PASTA
Whole grains Whole wheat, brown rice, buckwheat, spelt, or other types of whole grains should appear first in the ingredient list.
5 grams of fiber Look for at least this much fiber per two-ounce serving. “Choose a 100 percent whole-grain product and it won’t be hard to reach this mark,” says Janis Jibrin, R.D., author of The Supermarket Diet.
6 grams of protein Per two-ounce serving. Whole grains naturally contain some protein, which helps keep blood-sugar levels steady. Best Buy Barilla Whole Grain Linguini has a dense, chewy texture—and provides runner-friendly minerals, including phosphorus, magnesium, and iron.

THE PERFECT SAUCE
400 milligrams of sodium No more than this per half-cup serving. “Some brands can pack more than 600 milligrams,” Jibrin says.
4 grams of sugar or less Per half-cup serving. “Ideally, there should be no added sugar in the ingredient list,” says Jibrin. “The only sugar should come from the tomatoes themselves.”
2 grams of fat or less Per half-cup serving. Skip the creamy white sauces, like alfredo, which pack the most saturated fat, says Jibrin.

Best Buy Made with vine-ripened organic Roman tomatoes, extra virgin olive oil, and organic basil, oregano, and garlic, Eden Organic Spaghetti Sauce has an ingredient list even an Italian grandma would respect.

GOOD & BAKED

Toss out Multigrain bread Toss in 100% whole grains Multigrain bread is often made of enriched flour or wheat flour—which lacks the fiber and vitamins of 100 percent whole-grain flour. The first item should be a whole grain,” says Bonnie Taub-Dix, M.A., R.D., author of Read It Before You Eat It. Look for three grams of fiber and no more than 200 milligrams of sodium per slice.

Best Buy One slice of Arnold 100% Whole Wheat has 150 milligrams of sodium and three grams of fiber.

Toss out Spinach wraps Toss in Corn tortillas Made mostly of refined white flour, many spinach wraps contain a scant amount of the actual leafy vegetable. Six-inch corn tortillas made with whole corn flour are higher in fiber and lower in calories. Best Buy La Tortilla Factory Fiber & Flax Corn Tortillas provide five grams of fiber along with omega-3 fatty acids found in flaxseed.

Toss out Bagels Toss in Whole-wheat English muffins 100 percent whole-wheat English muffins contain less than half the calories of and more fiber than most bagels. Best Buy Thomas’ 100% Whole Wheat English Muffins provide three grams of fiber per muffin and six grams of protein.

Health-Food IMPOSTORS

Yogurt-covered nuts and pretzels This fake yogurt covering is made with added sugars and unhealthy fats.
Salted nuts and seeds Eating too many will put you into calorie and sodium overload.
Sweetened dried fruits Some dried fruits (e.g., cranberries) are bathed in extra sugars. Scoop unsweetened.

Photographs by KURT WILSON (bread, pasta, sauce); Thomas MacDonald / Rodale (dried cranberries and apricots)

STOP 3: The PANTRY Aisles

“Grocery shopping when hungry can set the stage for unhealthy impulse buys,” says Taub-Dix. With its high-fat doughnuts and pastries, the bread aisle can be particularly dangerous. Fortify your healthy resolve by eating before you leave home.
DRESSING UP

Choose vinaigrette “You’re more likely to get good-for-you fats in oil-based dressings than creamy ones,” says Taub-Dix. Keep it simple Look for a short ingredient list with real foods, like olive oil, herbs, and vinegar. Count calories Some dressings contain a lot more calorie-dense oil than vinegar,” says Taub-Dix. It should contain no more than 70 calories per two-tablespoon serving. Check sodium Keep it below 200 milligrams per serving. Best Buy Bolthouse Farms Olive Oil Classic Balsamic Vinaigrette hits all the key criteria.

OILS & VINEGARS

BEST FOR SALADS Extra virgin olive oil contains an antioxidant called oleocanthal, a natural anti-inflammatory that helps soothe sore muscles. Dark bottles preserve flavor. Hemp oil Pressed from hemp seeds, this nutty-tasting oil adds artery-friendly omega-3 fats to your diet. Try it in tomato sauce and pesto. Balsamic vinegar With just 14 calories per tablespoon, it adds a rich, intense, and slightly sweet flavor.

BEST FOR COOKING Canola oil This inexpensive oil has a high smoke point, making it ideal for stir-frys, and provides healthy amounts of omega-3 fats. Avocado oil Buttery tasting, it provides an abundance of “good” monounsaturated fat. Use it to sauté vegetables. It’s also delicious drizzled over pasta. Rice vinegar It’s a low-calorie way to punch up the flavor of stir-frys, marinades, and vegetables.

SEEDS, NUTS & STAPLES

QUINOA A fast-cooking whole grain loaded with fiber, B vitamins, and magnesium, a mineral that may improve muscle strength.

PUMPKIN SEEDS A quarter cup of pumpkin seeds provides 30 percent of your daily need for iron.

PRUNES Research from Oklahoma State University shows that dried prunes contain polyphenol antioxidants that may fight bone loss.

IN-Shell PISTACHIOS High in protein, fiber, and vitamin B6. A 2011 study in the journal Appetite shows you eat fewer if you shell them.

WALNUTS contain more inflammation-fighting omega-3s than other nuts.

MUSTARDS & MORE

DIJON MUSTARD Mustard seeds are a source of omega-3s and the antioxidant selenium. For few calories, Dijon adds tons of flavor to sandwiches, salad dressings, even mashed potatoes. Keep it healthy Look for brands without sugar and no more than 120 milligrams of sodium per teaspoon.

KETCHUP Rich in lycopene, an antioxidant that helps protect skin from sun damage. Keep it healthy Splurge on organic, which has up to 60 percent more lycopene than conventional. Keep it under five grams of sugar and 180 milligrams of sodium per tablespoon.

HORSERADISH This spicy root contains glucosinolates, compounds that can detoxify carcinogens. Use it to add kick to dips, sauces, and fish.

Keep it healthy Brands with the word “sauce” in the name often contain sugar and low-quality oils. An ideal ingredient list includes only grated horseradish, vinegar, and salt.

SRIRACHA The chili sauce adds low-calorie punch to scrambled eggs, soups, and pasta sauce. It gets its spice from capsaicin, a compound in chile peppers that may boost metabolism and curb appetite. Keep it healthy Avoid versions with more than 100 milligrams of sodium per teaspoon or with food coloring in the ingredient list.

MANGO CHUTNEY Use it on fish, chicken, or cooked rice. Mangoes provide a kick of vitamin C and vitamin A. Keep it healthy Choose brands that list mango before sugar in the ingredient list.

Health-Food IMPOSTORS

Fat-free dressings “Fat is often replaced with sugars or other fillers,” says Taub-Dix, “so these dressings may contain nearly as many calories as regular versions.” Plus, you need some fat—it helps your body absorb vitamins and antioxidants. Vegetable oils Made from corn, soybean, or cottonseed, these heavily refined oils are high in inflammation-causing omega-6 fatty acids.

Bulk bins offer pantry staples like whole grains, spices, and nuts at lower prices than their prepackaged counterparts.
STOP3: The PANTRY Aisles

SPREADS & SWEETENERS

NUT BUTTERS
GOOD Natural-style peanut butter Made with just peanuts, it contains heart-healthy fats and vitamin E without added sugar or hydrogenated oils.

BETTER Almond butter More expensive than PB, the almond version is a richer source of bone-building magnesium and calcium, as well as cholesterol-lowering monounsaturated fat.

BUST Reduced-fat peanut butter Most brands swap out unsaturated fats for extra sugar, which means they often have nearly the same calorie cost as and more sugar than the full-fat version.

FRUIT SPREADS
GOOD Marmalade It’s made with whole fruit, including the orange rind. Stick with fruit-juice-sweetened varieties.

BETTER Apple butter Cooking down apples creates a spread with a buttery mouth feel but no fat. Buy brands made without added sugars.

BUST Sugar-packed jams Avoid jams, jellies, and preserves that contain more added sugar than fruit. How do you know? If sugar is on the ingredient list before fruit.

SWEETENERS
GOOD Honey The easily-digestible carbs contain antioxidants and antibacterial properties. Stash a honey packet in your running shorts for midrun fueling.

BETTER Maple syrup It has about 20 percent fewer calories than honey, plus a wider array of antioxidants that may help muscle recovery. Use it to lightly sweeten plain yogurt and oatmeal.

BUST Imitation maple syrup Made of dyed and refined corn syrup, it contains empty calories with no redeeming health qualities.

HOT CEREALS
OLD-FASHIONED ROLLED OATS It cooks up quickly without the sugar overload found in flavored instant brands. “Whole-grain oats are a good source of soluble fiber, which is shown to reduce cholesterol,” says Taub-Dix.

Best Buy Quaker Old Fashioned Oats contain one simple ingredient: Oats. Spruce them up with berries and chopped walnuts.

BEST BUYS
Nutrition Facts
Serving Size 172 g
Amount Per Serving
Calories 200
Calories from Fat 8
% Daily Value
Total Carbohydrate 20g 1%
Dietary Fiber 11g
 Sugars 6g
Total Fat 200 1%
Sodium 0mg 0%
INGREDIENTS: WHOLE GRAIN ROLLED OATS, EVAPORATED CANE JUICE, PINEAPPLE JUICE CONCENTRATE, PEAR JUICE CONCENTRATE, PEACH JUICE CONCENTRATE, VITAMIN C (NATURAL), VITAMIN A (NATURAL), VITAMIN B12 (UNNATURAL), NATURAL FLAVOR

HOT MULTIGRAIN CEREAL
The healthiest choices contain fiber-rich whole grains, such as oats, barley, rye, and whole wheat and no added sugars.

Best Buy Arrowhead Mills Organic 7 Grain Hot Cereal has six grams of fiber and eight grams of protein.

BROWN RICE FARINA Made of finely ground whole-grain brown rice, it’s fast-cooking and easy to digest, making it an ideal prerun choice.

Best Buy Bob’s Red Mill Organic Brown Rice Farina has a smooth texture reminiscent of Cream of Wheat; plus, it’s gluten-free.

COLD CEREALS
Sugar The Environmental Working Group found that 66 percent of cereals it tested were more than 25 percent sugar by weight. Choose one with fewer than 10 grams per cup, more if it contains fruit.

Sodium Stick with those with 200 milligrams or fewer in one cup.

Ingredient list The first ingredient should be a whole grain. If sugar by any name (cane juice, dextrose, rice syrup) is near the top or if it lists hydrogenated oils (which contain harmful trans fat), skip it.
Shop Smart!

Many broths and canned soups can pack nearly a day’s worth of salt. These healthier choices have fewer than 500 milligrams per serving.

**Canned Sardines**
This sustainable catch is loaded with omega-3s, vitamin B₁₂, and vitamin D, which may help fend off viruses. Saute with onions and toss with pasta, parsley, and bread crumbs.

**Salsa Verde**
Tangy tomatillos make a vitamin C-packed green salsa. Use it to brighten up fish tacos or baked chicken breasts.

**Roasted Red Peppers**
They’re a rich source of beta-carotene. Add them to frozen pizza for a low-calorie flavor and nutrient boost.

**Canned Chicken**
Quick and convenient, lean canned chicken gives fresh salads a hit of muscle-building protein.

**Black Beans**
One cup provides 15 grams of fiber and a high dose of antioxidants. Use as a sandwich spread.

**Applesauce**
Eat it as a pre-run snack, or use it in place of some fat in baked goods. Unsweetened varieties have about half the sugar calories.

**Canned Butternut Squash**
A half-cup serving provides nearly half your daily need for immune-boosting vitamin A. Blend with broth and spices for an instant soup.

**Canned Salmon**
It contains more heart-friendly omega-3 fatty acids and far less mercury than most brands of canned tuna.

**Fire-Roasted Tomatoes**
Lend a smoky flavor (plus potassium) to vegetarian chili or tomato sauce.

**Pineapple Chunks**
Add them to yogurt or cottage cheese for blood-pressure-lowering vitamin C. Choose only fruits packed in juices.

**Pure Vanilla Extract**
A nearly calorie-free way to boost the flavor of yogurt.

**Whole-Wheat Pastry Flour**
Milled from a softer variety of whole wheat. Use it as a 1-to-1 replacement for refined white flour.

**Skim-Milk Powder**
It adds bone-building calcium to smoothies and hot cereal.

**Cocoa Powder**
According to a study by the USDA, cocoa powder contains 12 times the antioxidants of blueberries.

**Flaxseeds**
These tiny seeds brim with omega fats and fiber and can help lower cholesterol.

**Cinnamon**
Studies show regular consumption can help reduce type 2 diabetes risk.
FLAVORED SPARKLING WATER Bubbles without the sugar-packed calories. **Best Buy Hint Fizz** comes in refreshing, zero-calorie, all-natural flavors.

LOW-SODIUM VEGETABLE JUICE Those made with tomatoes supply lycopene. A 2012 *Nutrition Journal* study found that this antioxidant may help lessen exercise-induced oxidative stress. **Best Buy V8 Low Sodium 100% Vegetable Juice** contains 140 milligrams of sodium per cup—65 percent less than the regular version.

HEMP MILK This dairy alternative contains more heart-friendly omega-3s than soy and almond milk. **Best Buy Tempt Unsweetened Hemp Milk** has only 70 calories per cup and gets a boost from added vitamin D, vitamin B12, and calcium.

COCONUT WATER Tangy coconut water contains natural sugars and electrolytes like potassium, making it ideal to drink before or after a run. **Best Buy Zico Natural** contains just coconut water—without any added sugars or flavors.

GREEN TEA A rich source of catechins, antioxidants that can help lower cholesterol and protect against exercise-induced muscle damage. **Best Buy Revolution Organic Green Tea** provides a mixture of three Asian green teas.

TART CHERRY JUICE The antioxidant-packed juice can reduce muscle damage. **Best Buy R.W. Knudson Family Just Tart Cherry** contains water and juice.

**SHOP SMART!** University of Arizona researchers found that people who wait in long lines at the checkout counter are up to 25 percent more likely to succumb to tempting snacks like candy bars. Cut down on your wait by using the self-checkout or shopping during off-peak hours.

POP CORN Crunchy and salty, whole-grain popcorn packs antioxidants and fiber. **Best Buy Orville Redenbach’s Natural Simply Salted 50% Less Fat** contains five grams of fat per serving and none from hydrogenated oils.

HUMMUS Chickpeas, the main ingredient in hummus, brim with fiber, protein, and brain-boosting vitamin B6. **Best Buy Athenos Original Hummus** has 50 calories and three grams of fat in a two-tablespoon serving.

WHOLE- GRAIN CRACKERS A 2011 study published in the New England Journal of Medicine linked eating more fiber-rich whole grains to weight loss. **Best Buy The only grains in Kashi Original 7 Grain Snack Crackers are whole.**

BEEF JERKY The high-protein snack keeps you feeling full between meals. **Best Buy Golden Valley Natural Beef Jerky** contains no added MSG, a food additive linked to weight gain that’s used in many jerky products.

DARK CHOCOLATE A 2011 British study found that people who regularly eat antioxidant-packed dark chocolate reduce their heart-disease risk by a third. It’s also a source of iron. **Best Buy Dagoba Organic New Moon 74%** contains more antioxidant-rich cocoa than sugar.

TRAIL MIX Supplies antioxidants from dried fruit and healthy fats from nuts. **Best Buy Bear Naked Peak Energy Pecan Apple Flax Trail Mix** contains raisins and oats.
YOUR DAILY DAIRY

GOOD FOR YOU: DAIRY DIET
A Canadian study found that people who exercised daily and ate a high-dairy, calorie-controlled diet for four months lost fat and gained muscle. Researchers think that dairy products may regulate appetite and promote muscle growth.

BREAKFAST
Low-fat kefir “With protein and carbs, kefir is a good option when you need something easy to digest,” says Sumbal, owner of Trimarni Coaching and Nutrition in Jacksonville. Best Buy Made with milk from grass-fed, bovine-growth-hormone-free cows, Lifeway Organic Lowfat Plain Kefir is free of added sugars.

MORNING SNACK
Low-fat plain Greek yogurt Thick and creamy Greek yogurt has about twice as much hunger-satisfying protein as traditional yogurt. Best Buy Fage Total 2% Plain has 20 grams of protein—and just 2.5 grams of fat.

POSTRUN
Chocolate milk “The combination of protein and quick-digesting carbs helps repair exercise-induced muscle damage and refuel tired muscles,” says Sumbal. But it’s high in calories, so “choose low-fat varieties.” Best Buy Organic Valley Reduced Fat Chocolate Milk is sourced from family farms and beefed up with vitamin D.

DINNER
Eggs Antioxidant-rich eggs are an inexpensive, nutritious, and quick-cooking alternative to meat for dinner. One large egg provides six grams of protein, and 23 percent of your need for selenium. Best Buy One Eggland’s Best large egg contains 115 milligrams of heart-healthy omega-3 fats and provides 11 percent of your daily need for vitamin B12.

EVENING SNACK
Low-fat cottage cheese A 2012 study published in Medicine and Science in Sports and Exercise found that eating protein prior to sleep significantly improves recovery from exercise. Best Buy Friendship 1% Lowfat No Salt Added Cottage Cheese

FROM THE FREEZER

BEST FROZEN PRODUCE
Dole Frozen Wild Blueberries are packaged just after harvesting—which seals in nutrients—and don’t contain any added sugar or syrups.

BEST FROZEN DINNER
Kashi Steam Meals Roasted Garlic Chicken Farfalle contains a balance of whole grains, protein, and vegetables with four grams of fiber and fewer than 600 milligrams of sodium—two key stats for any healthy frozen dinner.

BEST FROZEN PIZZA
The thin crust on Kashi Thin Crust Roasted Vegetable Pizza helps keep calories in check while providing fiber-rich whole grains.

BEST FROZEN DESSERT
One Adonia Greek Frozen Yogurt Wild Blueberry Bar (by Ciao Bella) contains just 75 calories, five grams of protein, and zero grams of fat.

SHOP SMART!

The combination of protein and quick-digesting carbs helps repair exercise-induced muscle damage and refuel tired muscles, says Sumbal. But it’s high in calories, so “choose low-fat varieties.”

THUMBS UP
Parmesan “A little freshly grated Parmesan packs potent flavor,” says Gidus. Fresh mozzarella Thanks to its high water content, it’s one of the lowest calorie cheeses on the market. Soft goat Studies suggest that goat milk is richer in omega-3 fats and bone-building calcium than cow’s milk. Light ricotta Reduced-fat ricotta cheese is still rich-tasting and delivers good amounts of whey protein.

THUMBS DOWN
Cheddar cheese “This is an oilier cheese, so it will be higher in fat than many others,” says Gidus. Blended cheese mixes Bags of shredded cheese mixes often include higher fat options like cheddar. American cheese Heavily processed American cheese is among the saltiest and fattiest options in the cheese department.