

# DAIRY

Delish sources of calcium and protein

## 99 Eggland's Best Farm Fresh Grade A Large Eggs

With less cholesterol and saturated fat, and more omega-3s and vitamins A, D, and E, what's not to love about these incredible edibles? They taste farm fresh too.  
Per egg: 70 cal, 4 g fat (1 g sat), 0 g carbs, 60 mg sodium, 0 g fiber, 6 g protein



## 100 Wallaby Organic Down Under Yogurt—Peach Passion

Creamy and fruity, but not too sugary, with live and active cultures. Made with organic evaporated cane juice and passion fruit juice for a natural sweetness.  
Per container: 140 cal, 2 g fat (1.5 g sat), 25 g carbs, 80 mg sodium, 0 g fiber, 6 g protein



## 101 Stonyfield Oikos Organic Greek Yogurt Pure Pleasure on the Bottom—Chocolate

They're not joking about pure pleasure. Feed your choco fix and build your bones too.  
Per container: 110 cal, 0 g fat, 17 g carbs, 55 mg sodium, <1 g fiber, 10 g protein



## 102 Voskos Non Fat Greek Yogurt—Honey Vanilla Bean

The honey and vanilla add just enough sweetness to keep you coming back to this protein powerhouse.  
Per container: 130 cal, 0 g fat (0 g sat), 20 g carbs, 45 mg sodium, 0 g fiber, 12 g protein



## 103 Kerrygold Aged Cheddar Cheese (Reduced Fat)

Half the fat of regular cheddar, but it doesn't taste like most dried-out low-fat offerings (and it melts like full-fat types too!) A great cheese-platter choice.  
Per oz: 70 cal, 4 g fat (2.5 g sat), 0 g carbs, 210 mg sodium, 0 g fiber, 8 g protein



## 104 Sargento Colby-Jack Sliced Cheese (Reduced Sodium)

This cheese is so good, you'll never notice that it has a quarter less sodium than the usual kind. The perfect pick for a grilled cheese sandwich.  
Per slice: 70 cal, 6 g fat (4 g sat), 0 g carbs, 90 mg sodium, 0 g fiber, 4 g protein



## 105 Fiber One Lowfat Cottage Cheese with Fiber

Creamy taste with the benefit of a whopping five grams of fiber per serving. Excellent source of protein too. Top with fruit or pile it onto a baked potato.  
Per 1/2 cup: 80 cal, 2 g fat (1 g sat), 8 g carbs, 430 mg sodium, 5 g fiber, 10 g protein



## 106 Kraft 100 Calorie Packs Cheese Bites—Mozzarella, Garlic & Herb

Great on-the-go calorie-controlled protein snack. Stick it in your bag with a piece of fruit and you'll be prepared for any hunger attack.  
Per package: 100 cal, 8 g fat (5 g sat), <1 g carbs, 290 mg sodium, 0 g fiber, 6 g protein



## 107 Weight Watchers Spreadable Wedges—Garlic & Herb

Spread this cheese product onto whole-grain crackers or a slice of apple and enjoy its delicious, creamy, cheesy taste for just 30 calories!  
Per wedge: 30 cal, 2 g fat (1 g sat), 1 g carbs, 240 mg sodium, 1 g fiber, 2 g protein



## 108 Land O' Lakes Butter with Olive Oil Spread

Olive oil cuts back on butter's natural saturated fat content without overpowering the taste. Works great as a spread or in cooking.  
Per Tbsp: 90 cal, 10 g fat (4 g sat), 0 g carbs, 90 mg sodium, 0 g fiber, 0 g protein



## 109 Earth Balance Organic Buttery Spread—Original Whipped

Dairy- and gluten-free, with no trans fats, this spread has a light, buttery taste. Can also be used for cooking, frying, and sautéing.  
Per Tbsp: 80 cal, 9 g fat (2.5 g sat), 0 g carbs, 100 mg sodium, 0 g fiber, 0 g protein



## 110 Truwhip

Unlike most whipped toppings, it contains no hydrogenated oils, high fructose corn syrup, or trans fats. Adds a light sweetness to desserts.  
Per 2 Tbsp: 30 cal, 2 g fat (2 g sat), 3 g carbs, 0 mg sodium, 0 g fiber, 0 g protein



## 111 8th Continent Soymilk—Complete Vanilla

Not only a delicious alternative to regular moo juice but also a great-tasting soy milk. It's a calcium, vitamin D, and omega-3-fatty-acid machine, so pour away.  
Per 8 oz: 80 cal, 2.5 g fat (0 g sat), 8 g carbs, 95 mg sodium, 3 g fiber, 6 g protein



## 112 Philadelphia Cream Cheese Minis (Reduced Fat)

You won't overdo it with these tiny tubs of cream cheese. Dress up your morning bagel or use as a dip.  
Per tub: 80 cal, 6 g fat (4 g sat), 2 g carbs, 160 mg sodium, 0 g fiber, 3 g protein



## 113 Smart Balance Fat Free Milk and Omega-3s & Vitamin E

Rich and creamy taste—just like 2 percent milk, but without the fat. Also contains 25 percent more calcium and protein than regular fat-free milk.  
Per 8 oz: 110 cal, 0 g fat (0 g sat), 160 mg sodium, 14 g carbs, 0 g fiber, 11 g protein



## 114 Blue Diamond Natural Almond Breeze Unsweetened Non-Dairy Beverage—Chocolate

Delish chocolate-milk flavor with no chalky aftertaste (and without all the sugar of other chocolate milks). Pour into coffee for a quick mochachino or serve cold in a glass with your favorite cookies.  
Per 8 oz: 45 cal, 3.5 g fat (0 g sat), 5 g carbs, 180 mg sodium, 1 g fiber, 2 g protein



## 115 Smart Balance Sour Cream with Omega-3s and Vitamins D and E (Reduced Fat)

In addition to a rich, creamy taste, it has vitamins D and E, as well as EPA and DHA omega-3s—which you won't find in most other sour creams.  
Per 2 Tbsp: 50 cal, 3.5 g fat (2 g sat), 2 g carbs, 40 mg sodium, 0 g fiber, 1 g protein



# MEATS & SEAFOOD

Perfect proteins to build lean muscle

## 116 Oscar Mayer Turkey Cotto Salami

A spicy salami that doesn't come laden with the usual cold-cut sodium and saturated-fat brigade.  
Per slice: 45 cal, 3 g fat (1 g sat), 0 g carbs, 310 mg sodium, 0 g fiber, 4 g protein



## 117 Just Bare Chicken Hand-Trimmed Boneless, Skinless Chicken Thighs

These cage-free birds are an ideal recipe starter: You can dress 'em up in any variety of spices and sauces.  
Per serving (4 oz): 180 cal, 8 g fat (3 g sat), 0 g carbs, 85 mg sodium, 0 g fiber, 21 g protein



## 118 Coleman Organic Chicken Breast Nuggets

Got a hankering for the drive-through kind? Grab these instead. They're just as fast (and good)—and they take only 10 minutes in the oven or two minutes in the microwave.  
Per 6 nuggets: 160 cal, 10 g fat (2 g sat), 6 g carbs, 345 mg sodium, 0 g fiber, 11 g protein



## 119 Jennie-O Savory Seasoned Turkey Burgers

Juicy, individually wrapped, white-meat burgers that can go straight from the freezer to the grill.  
Per burger: 200 cal, 10 g fat (3 g sat), 0 g carbs, 410 mg sodium, 0 g fiber, 28 g protein



## 120 Coleman Natural Chicken Sausage—Spinach & Feta

The ultimate healthy alternative to brats, and they're vegetarian-fed and chemical-free too.  
Per link: 140 cal, 8 g fat (2.5 g sat), 1 g carbs, 430 mg sodium, 0 g fiber, 14 g protein



## 121 Honeysuckle White Turkey Sausage—Roasted Poblano Pepper

Spice up breakfast! These gluten-free sausage links don't come loaded with artery-clogging fat. No MSG either.  
Per serving (2.5 oz): 150 cal, 9 g fat (2.5 g sat), 3 g carbs, 360 mg sodium, 1 g fiber, 15 g protein



## 122 Great Range Bison Pot Roast

Still leery of other red meats? This pot roast will convert you. It has all the roasted taste but very little saturated fat.  
Per serving (4 oz): 150 cal, 7 g fat (1.5 g sat), 0 g carbs, 60 mg sodium, 0 g fiber, 24 g protein



## 123 Gorton's Grilled Tilapia—Lemon Peppercorn

Lemon peel and sea salt keep the flaky flavor fresh and the sodium count low.  
Per fillet: 80 cal, 3 g fat (1 g sat), <1 g carbs, 260 mg sodium, 0 g fiber, 14 g protein



## 124 Ocean Beauty Steamer Entrees Mandarin Orange Salmon

Rich restaurant flavor that cooks right in the microwavable bag.  
Per serving (7.5 oz): 240 cal, 9 g fat (1.5 g sat), 12 g carbs, 600 mg sodium, 1 g fiber, 27 g protein



## 125 Blue Star Crabmeat

Sustainable (i.e., not endangered) real crab in an eco-friendly pouch. Makes a great building block for make-your-own crab cakes.  
Per 1/2 cup: 45 cal, 0 g fat (0 g sat), 0 g carbs, 220 mg sodium, 0 g fiber, 10 g protein



### KEY

- PROMOTES WEIGHT LOSS
- BUILDS MUSCLE
- BATTLES CANCER
- FIGHTS HEART DISEASE
- BUILDS BONE
- ORGANIC

● On-the-Go Info  
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