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07.08.11

BITE
GIRLS BITE OUT

Everyone knows that fresh fruit and veggies are magnificent natural foods. Eat your veggies! Chew your fruit! But if you're looking for MORE natural food items to add to your shopping cart, look no further...



All-Star Companies

These brands have awesome natural foods in MANY of the following categories, so we're calling 'em out right here and now. (There are others like 'em that we love, but we can't list them all!)

Newman's Own - Sauces, snacks, frozen pizza... Hello, Newman!

Amy's - Frozen items that rock and soups that rule!

Kashi - Cereal, pizza, snack food, frozen meals, and MUCH MORE...

Condiments and Sauces

Justin's Nut Butters - Natural [almond](#), [hazelnut](#), and [peanut butters](#) in both jars and portion-controlled packets!

Better'n Peanut Butter - Amazingly [low in calories and fat](#), and it comes in Original, Low Sodium, Chocolate, and (brand-new) Banana!

HG Spotlight! Lucini Italia Gourmet Pouch Sauces
 PER SERVING (1/2 cup): 60 - 70 calories, 3 - 4.5g fat, 380 - 480mg sodium, 7 - 8g carbs, <1 - 1g fiber, 4 - 6g sugars, 1g protein --
PointsPlus® value 2*

[These sauces](#) offer the ultimate trifecta of qualities we look for in packaged foods: reasonable stats, ease of use, and amazing flavor. You can microwave them right in their pouches!

Newman's Own Lighten Up! Low Fat Sesame Ginger Dressing - Probably [the most-used dressing](#) at the HG HQ -- for salads, stir-frys, marinades, and MORE.



HG Spotlight! Truwhip the Natural Whipped Topping

*PER SERVING (2 tbsp.): 30 calories, 2g fat, 0mg sodium, 3g carbs, 0g fiber, 2g sugars, 0g protein -- **PointsPlus®** value 1**

We haven't mentioned this in a while, but don't think we forgot about it! [Look for it](#) in the freezer aisle -- alongside the Cool Whip products at the market, or at natural foods stores.

**Beverages**

Blue Diamond Unsweetened Vanilla Almond Breeze - Our all-time favorite milk swap -- [read all about it here!](#)

HG Spotlight! So Delicious Unsweetened Coconut Milk Beverage

*PER SERVING (1 cup): 50 calories, 5g fat, 15mg sodium, 1g carbs, 0g fiber, 0g sugars, 1g protein -- **PointsPlus®** value 1**

Another TERRIFIC, sweetener-free [milk alternative](#). There are [stevia-sweetened versions](#) too... worth checking out!

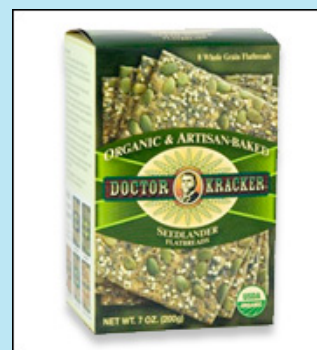
Snacks

Doctor Kracker Flatbread Crackers, Snacker Crackers, and Culinary Crisps - Great taste + whole-grain goodness = [PERFECT](#).

Popchips - [Our BFF](#) in the chip aisle. Hands down.

KIND Bars - Fruit, nuts, and more good stuff, all formed into [convenient bars](#).

Funky Monkey Snacks - Not only is [this fruit freeze-dried](#), but it's also available in fun flavor combos. P.S. Try other freeze-dried goodies from [Just Tomatoes](#), [Sensible Foods](#), and [Crispy Green!](#)

**Meat Products****HG Spotlight! Al Fresco All Natural Dinner Fully Cooked Chicken Sausage**

*PER SERVING (1 link): 130 - 160 calories, 6 - 8g fat, 370 - 620mg sodium, 1 - 10g carbs, 0g fiber, 0 - 9g sugars, 13 - 15g protein -- **PointsPlus®** value 3 - 4**

In amazing flavors like Roasted Pepper & Asiago and Buffalo Style, these [poultry sausages](#) rock like crazy. (Heads up: They are made with natural pork casings.) The company makes [b-fast links and meatballs](#) too... YUM!

Applegate Organic & Natural Meats - Not into the extra stuff that often goes into deli meat, hot dogs, etc.? [Check out Applegate!](#)

Just Bare Chicken Breast Fillets and Tenders - [Quality chicken products](#) without any add-ins. YAY!

Also look for natural options by brands like [Foster Farms!](#)

Cheese/Dairy

Lisanatti Foods The Original Almond Cheese Alternative - [Alterna-cheese](#) that tastes good and is low in fat. SCORE!

Fage Total 0% Greek Yogurt - Only the best Greek yogurt around. No big whoop. [Click for more...](#)

Cabot Serious Snacking Bars - We love Cabot's natural, reduced-fat cheeses. So when we saw these [li'l snacks](#), we knew we HAD to spread the word! There's even a Habanero Cheddar version. Mmmm....



Canned Goods

Amy's Organic Chunky Tomato Bisque - Our favorite canned soup in the world -- read about our love for it [here!](#)

Libby's 100% Pure Pumpkin - Another canned staple. [Get the scoop here!](#)

Frozen Meals

Kettle Cuisine Soups - [FROZEN SOUP!](#) These taste amazing and are (doy!) natural. We REALLY love the Three Bean Chili!

Cedarlane Natural Foods - A [ton of smart options](#) -- egg white omelettes, chicken burritos, and MORE.

HG Spotlight! Evol. Teriyaki Chicken Bowl

*PER SERVING (1 bowl): 250 calories, 6g fat, 490mg sodium, 34g carbs, 4g fiber, 8g sugars, 14g protein -- **PointsPlus**® value 6**

One of the [best frozen meals](#) we've had in recent history. Evol also makes mini burritos we enjoy, and it appears the brand recently added pizzas and flatbreads to its lineup. Yes!

Garden Lites All-Natural Frozen Souffles - Who knew? [Veggie soufflés](#) are great freezer-aisle picks!

Organic Bistro Whole Life Meals - The [Bistro Meals](#) are terrific, and we're stoked to try out the brand's new Bistro Bowls.

Look for natural options from more conventional companies too, like [Healthy Choice All Natural Entrées!](#)



Sweets



Q.bel All Natural Wafer Rolls - If you didn't try these when we first called them out, DO IT NOW! [Light, chocolatey, fantastic.](#)

Vitalicious VitaTops - What can we say about VitaTops that we haven't said 100 times? [Click here](#) if you're not in the know already.

HG Spotlight! Arctic Zero All Natural Frozen Dessert
*PER SERVING (1/2 cup): 45 calories, 0g fat, 90 - 95mg sodium, 7g carbs, 2g fiber, 6 - 7g sugars, 4g protein -- **PointsPlus®** value 1**

This [super-low-calorie frozen treat](#) may seem too good to be true, but we're convinced it's the real deal. This is a must-try for those in need of a guilt-free ice cream fix.

Quick shout-out to [Dreyer's/Edy's All Natural Antioxidant Fruit Bars Super Fruits Pack](#) and [Jamba Yogurt & Sorbet Bars](#) -- love you!

Cereals

Barbara's Bakery Puffins - Just when we thought this line of [guilt-free crunchy cereal](#) couldn't get any better, we heard about the new Peanut Butter and Chocolate flavor. Ummm... WOW.

HG Spotlight! Kozy Shack Ready Grains Healthy All Natural Whole Grain Cereal
*PER SERVING (one 7-oz. container): 180 - 210 calories, 2 - 2.5g fat, 70 - 190mg sodium, 29 - 38g carbs, 7g fiber, 17 - 26g sugars, 8g protein -- **PointsPlus®** value 4 - 5**



When you're in a "grab a yogurt and go" kind of time crunch, but you have an appetite for something heartier, [these cups](#) are a smart pick. Ready to enjoy, hot or cold, and available in four fun flavors!

[Classic old-fashioned oats](#) and [unsweetened puffed grains \(wheat, corn, rice, etc.\)](#) are also great picks!

HG Heads-Up!!! There are dozens and dozens more natural food finds that we love, but we couldn't list them ALL here. So please forgive us if your favorite was left out! And keep reading your HG emails for future finds...

CHEW ON THIS:

It's National July Belongs To Blueberries Month. We think it's pretty possessive of blueberries to claim that the month *belongs* to them, but OK. [Make some blueberry muffins, HG-style!](#)

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