

HEALTHY SNACKS

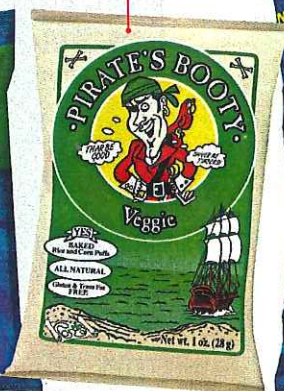
When food shopping, picking the healthiest groceries can be tough. Say one bag of potato chips is “baked” while another is “kettle-cooked.” Which is the better choice? (Turns out kettle-cooked is more nutritious.) A new system, being used in over 750 supermarkets across the country, can help you figure that out. NuVal ranks every product in the store from 1 to 100—100 being the healthiest—by evaluating more than 25 nutrients and other related factors (see page 134). So we sorted through the scores of popular snacks—from chips to cheese—to pull out the best in each bunch. **By Jane Bianchi & Kathleen Corlett**

Sun Chips Original
NuVal » 24
Calories » 140
Serving Size » 16 chips

Veggie Pirate's Booty
NuVal » 23
Calories » 130
Serving Size » 101 puffs

Garden of Eatin' Blue Tortilla Chips, No Salt Added
NuVal » 52
Calories » 140
Serving Size » 16 chips

CHIP AISLE

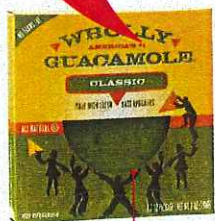


Snyder's of Hanover Multi Grain Pretzel Sticks
NuVal » 31
Calories » 120
Serving Size » 7 sticks

Terra Sweet Potato Chips
NuVal » 49
Calories » 160
Serving Size » 17 chips

Stacy's Simply Naked Pita Chips
NuVal » 24
Calories » 130
Serving Size » 10 chips

DIPS AND SPREADS SHELF



Wholly Guacamole Classic Dip
NuVal » 59
Calories » 50
Serving Size » 2 Tbsp



Cedar's Simply Delicious Roasted Red Pepper Hommus
NuVal » 61
Calories » 50
Serving Size » 2 Tbsp



Newman's Own Black Bean & Corn Salsa
NuVal » 48
Calories » 20
Serving Size » 2 Tbsp

*Vegetables.
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they're hot.*



Serving suggestion



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DAIRY CASE

Wells Blue Bunny Sweet Freedom Frozen Fudge Lites Bar
 NuVal » 100
 Calories » 70
 Serving Size » 2 bars



Kellogg's Special K Protein Shake, French Vanilla
 NuVal » 57
 Calories » 180
 Serving Size » 1 bottle (10 oz)

Sorrento Stringsters Part Skim Mozzarella String Cheese
 NuVal » 27
 Calories » 80
 Serving Size » 1 stick



Land o' Lakes 1% Lowfat Cottage Cheese
 NuVal » 41
 Calories » 90
 Serving Size » 4 oz

TOP 3 / YOGURT



Yoplait Fiber One Nonfat Peach Yogurt
 NuVal » 100
 Calories » 50
 Serving Size » 1 package (4 oz)



Horizon Organic Fat-Free Plain Yogurt
 NuVal » 99
 Calories » 110
 Serving Size » 1 cup



Breyers Light Fat Free Blueberries 'n Cream Yogurt
 NuVal » 99
 Calories » 80
 Serving Size » 1 package (6 oz)

NuVal Basics

Created by David Katz, M.D., chair of Yale-Griffin Prevention Research Center in New Haven, Connecticut, and 12 leading nutrition experts, NuVal has been praised by the U.S. Secretary of Agriculture.

The factors that determine a NuVal score:

"GOOD" STUFF

- Fiber
- Folate
- Vitamin A
- Vitamin C
- Vitamin D
- Vitamin E
- Vitamin B12
- Vitamin B6
- Potassium
- Calcium
- Zinc
- Omega-3 fatty acids
- Total bioflavonoids
- Total carotenoids
- Magnesium
- Iron

"BAD" STUFF

- Saturated fat
- Trans fat
- Sodium
- Sugar
- Cholesterol

EXTRA STUFF

- Protein quality
- Fat quality
- Glycemic load
- Energy density

SWEET TALK

Artificial sweeteners, like Splenda, Sweet'N Low or Equal, are not factored into the NuVal score.

TOP 3 / GREEK YOGURT



Fage Total 0% All Natural Nonfat Greek Yogurt
 NuVal » 94
 Calories » 120
 Serving Size » 1 package (7 oz)



Brown Cow 0% Fat All Natural Greek Yogurt
 NuVal » 94
 Calories » 80
 Serving Size » 1 package (5.3 oz)



Chobani Plain Non-Fat Greek Yogurt
 NuVal » 94
 Calories » 100
 Serving Size » 1 package (6 oz)

TOP 3 / ICE CREAM



Dreyer's (Edy's) Fat Free, No Sugar Added Vanilla Chocolate Swirl Ice Cream
 NuVal » 99
 Calories » 100
 Serving Size » ½ cup



Wells Blue Bunny Fat Free, No Sugar Added Vanilla Ice Cream
 NuVal » 99
 Calories » 80
 Serving Size » ½ cup



Breyers Smooth & Creamy Vanilla No Sugar Added Ice Cream
 NuVal » 45
 Calories » 90
 Serving Size » ½ cup

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GUMS.**



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PRODUCE SECTION

Carrot Sticks
NuVal » 99
Calories » 30
Serving Size » 3 oz (6 sticks)



Snap Peas
NuVal » 96
Calories » 14
Serving Size » 10 pods

Cauliflower
NuVal » 100
Calories » 13
Serving Size » ½ cup



Broccoli
NuVal » 100
Calories » 15
Serving Size » ½ cup



Green Beans
NuVal » 100
Calories » 18
Serving Size » ½ cup



Grape Tomatoes
NuVal » 96
Calories » 25
Serving Size » 12 tomatoes



Edamame
NuVal » 91
Calories » 29
Serving Size » 10 pods



Celery Sticks
NuVal » 96
Calories » 3
Serving Size » five 4-inch strips

FRUIT STAND

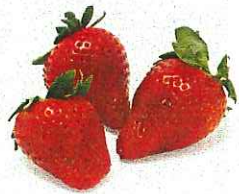
Blueberries
NuVal » 100
Calories » 42
Serving Size » ½ cup



Musselman's Plain Applesauce
NuVal » 30
Calories » 80
Serving Size » ½ cup



Orange
NuVal » 100
Calories » 62
Serving Size » medium (4.6 oz)



Strawberries
NuVal » 100
Calories » 23
Serving Size » ½ cup, whole berries

TOP 3 / DRIED FRUIT



Mariani Ultimate Dried Apricots (Whole)
NuVal » 91
Calories » 100
Serving Size » ¼ cup



Sun-Maid Dried Peaches (Halves)
NuVal » 91
Calories » 100
Serving Size » ¼ cup



Sun-Maid Raisins
NuVal » 87
Calories » 130
Serving Size » ¼ cup

Photos: (green beans) Kritsada Panichguit; (carrots, strawberries) Bryan McCay; (snap peas, blueberries) Scott Little; (cauliflower, celery sticks) iStock photo; (edamame, grape tomatoes, oranges) Blaine Muata; (broccoli) Andy Lyons.

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BREAKFAST CLUB



Old London Whole Grain Melba Toast
 NuVal » 91
 Calories » 50
 Serving Size » 4 crackers

Quaker Unprocessed Bran Cereal
 NuVal » 100
 Calories » 35
 Serving Size » ¾ cup



Old Fashioned Quaker Oats
 NuVal » 57
 Calories » 150
 Serving Size » ¾ cup (dry)



Kind Almond Cashew Plus Omega-3 Bar
 NuVal » 51
 Calories » 107
 Serving Size » 1 bar



Atkins Advantage Peanut Butter Granola Bar
 NuVal » 47
 Calories » 200
 Serving Size » 1 bar

SWEET SPOT

Jell-O Cook & Serve Chocolate Pudding
 NuVal » 25
 Calories » 102
 Serving Size » ¾ cup



Kashi TLC Oatmeal Raisin Flax Cookies
 NuVal » 40
 Calories » 130
 Serving Size » 1 cookie



Kraft South Beach Living Dark Chocolate Covered Soynuts
 NuVal » 25
 Calories » 100
 Serving Size » 1 package



Hostess 100 Calorie Packs Chocolate Cupcakes
 NuVal » 16
 Calories » 100
 Serving Size » 1 pack (3 cupcakes)



PayDay Peanut Caramel Bar
 NuVal » 23
 Calories » 240
 Serving Size » 1 bar

NUTS BIN

TOP 3 / NUTS



**Diamond of California
Finely Diced Walnuts**
NuVal » 82
Calories » 200
Serving Size » ¼ cup



**Blue Diamond Whole
Natural Almonds,
Unsalted, No Oil**
NuVal » 81
Calories » 160
Serving Size » 1 oz (28 nuts)



**Emerald 100 Calorie Packs
Natural Walnuts
and Almonds**
NuVal » 82
Calories » 100
Serving Size » 1 package
(.56 oz)

SURPRISING STATS



**Turkey Hill
Frozen Yogurt
Mint Cookies 'n Cream**
NuVal » 29
Calories » 110
Serving Size » ½ cup



**Turkey Hill Fat Free Splenda
Vanilla Bean Ice Cream**
NuVal » 100
Calories » 70
Serving Size » ½ cup

SURPRISE!
You're better off
with the ice cream,
which has 9 fewer
grams of sugar
and 5 more grams
of fiber than this
frozen yogurt.

SURPRISE!
The regular
popcorn scores
higher because
it has no added
fats, sugars or
sodium.



**Jolly Time White Kernel
Popcorn (air-pop only)**
NuVal » 93
Calories » 110
Serving Size » 5 cups popped



**Jolly Time Healthy Pop
Butter Microwave
Popcorn, 94% Fat Free**
NuVal » 27
Calories » 90
Serving Size » 5 cups
popped



**Jif Reduced Fat
Peanut Butter**
NuVal » 7
Calories » 190
Serving Size » 2 Tbsp



**Jif Regular
Peanut Butter**
NuVal » 20
Calories » 190
Serving Size » 2 Tbsp

SURPRISE!
Although it has more
saturated fat, the regular
peanut butter is considered
a better option because it
has more healthy fats.



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