



EAT THIS

THE 2016 EAT THIS, NOT THAT! FOOD AWARDS



By The Editors of Eat This, Not That!

Reach your weight-loss goals with the best new products in the supermarket.

From the moment we founded Eat This, Not That! in 2007, our message has been simple: You don't need special "diet" foods, weight-loss supplements, or extreme deprivation-based eating plans to drop pounds. In fact, you can eat all your favorite foods and still lose weight: Just buy [the best clean eats](#) that you possibly can.

Each year, the grocery aisles are jammed more and more with bizarre preservatives, creepy-sounding additives, and calorie and sugar counts that make us want to scrub our insides with a wire brush. But it's our job to find the gems hiding in the slag, and that's just what we've done. In fact, 2016 is shaping up to be one of the best years ever for new, healthy products. Here, we've gathered some of the best new products and given them an honorary place as winners of the 2016 Eat This, Not That! Food Awards. And for more expert-approved items, check out these [25 Eat This! Snacks Delivered to Your Door](#).

LUNCH AND DINNER



1. Quorn Naked Chik'n Cutlets

80 calories, 1 g fat (0.5 g saturated), 150 mg sodium, 4 g fiber, 0 g sugar, 12 g protein

Quorn is primarily made from mycoprotein, a fungus-based protein that's grown in vats of glucose. It sounds a little strange, but if you can get past the science-fiction aspect of Quorn, you'll discover a meat alternative that's low in sodium and free of soy and additives. The company has released four new products this year, but we like the Naked Cutlets because they're easy to fry up in a wok along with some veggies.

2. Daiya Cheezy Mac

290 calories, 9 g fat (3.5 g saturated), 590 mg sodium, 3 g fiber, 1 g sugar, 6 g protein

Like dressing your sweet-faced child as Chuckie for Halloween, this is a terrific health food disguised as something dangerous. Brown rice pasta and a squeezable dairy-free sauce package made with pea protein make for a super-convenient superfood. We like the Deluxe White Cheddar Style Veggie for its colorful inclusion of real vegetables, although we wish the sodium count was a little lower.

3. Organic Girl Salad Pepper Greens and Salad Dressings

Salad: 20 calories, 0 g fat, 90 mg sodium, 2 g fiber, 2 g sugar, 2 g protein
Dressing: 100 calories, 10 g fat (1 g saturated), 200 mg sodium, 0 g fiber, 3 g sugar, 0 g protein

Life is getting bitterly better all the time with these triple-washed, ready-to-eat greens that make it easy to get a taste of the new trend toward more bitter, flavorful salads. With a blend of peppery arugula and mustard greens, along with spinach, chard, watercress, and other sources of leafy goodness, this new mix will challenge your taste buds. Pair it with an offering from the company's new line of salad dressings, which actually resemble real salad dressings instead of sugar water. In fact, there's zero H₂O added to water these dressings down, and they're sweetened just a touch with either agave nectar or dates.

4. Good Culture Organic Cottage Cheese

For the Kalamata Olive: 150 calories, 6 g fat (3.5 g saturated), 480 mg sodium, 0 g fiber, 3 g sugar, 18 g protein

Cottage cheese, the classic "I'm on a diet" lunch, has gotten a bad rap of late, in part because most brands are packed with sodium. A 2014 Spanish study of 418 adults found that sodium itself, independent of calorie intake, can cause weight gain. That means the salt in cottage cheese undermines all the sacrifices you made in having to eat cottage cheese in the first place. And flavored cottage cheese, like pineapple, is perhaps the single most palate-willing food in the world. Fortunately, Good Culture has stepped up to solve both dilemmas. Eschewing the saltiness of plain flavors and the sugariness of fruit flavors, the brand has created some delicious, savory mixes, such as Kalamata Olive and Sundried Tomato, that truly don't feel like a sacrifice.

5. Tolerant Organic Green Lentil Elbow Macaroni

300 calories, 1 g fat (0 g saturated), 15 mg sodium, 11 g fiber, 1 g sugar, 21 g protein

Imagine if mac & cheese suddenly changed from an indulgent comfort food to a muscle-building, fat-melting supermeal. Well, that's what will happen if you make yours with Tolerant's new elbow macaroni, made from green lentils. (Don't worry, kids, the green washes out when you cook it, so the result looks like plain pasta.) One serving provides 21 grams of protein and nearly half of your day's fiber. For more fiber-rich choices, don't miss these [30 High Fiber Foods That Should Be In Your Diet!](#)

6. SeaPak Lighthouse Selections

For the Shrimp & Veggie Griller: 110 calories, 1.5 g fat (0 g saturated), 320 mg sodium, 2 g fiber, 2 g sugar, 12 g protein

Known mostly for its breaded clam strips and fish fillets, SeaPak launched a new line of lighter, heat-and-eat shrimp dishes earlier this year. Now you can get all the protein (20 grams per serving) and omega-3s of its regular sea-food line, but without the extra carbs. Flavors include Marinated Shrimp, Shrimp & Veggie Griller, and Creamy Garlic Shrimp.

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