

BeFit's BEST Picks...

BeFit's Best Picks are selected based on their overall flavor and nutrient content. All BEST Picks are relatively low in sugar and fat (very low saturated fats and NO trans-fats), and in most cases, they are also high protein and fiber. These foods can be found at one or more of the following Food Stores: Trader Joes, Whole Foods, Henry's and Windmill Farms.

With so much to choose from out there, making the best choice for your health and your lifestyle can be HARD. BeFit hopes that our "Best" Picks will help make the choice a little bit easier next time...GOOD LUCK!

BEST Bread: OASIS Bread - Sunseed

In BeFit's opinion, this is the best bread on the market. Hearty and flavorful with NO cholesterol, LOW fat and NO refined sugars. This bread is made with sprouted organic wheat berries, organic whole wheat flour, honey and sunflower seeds – simple and sensible. Surprisingly, one slice has 150Cal including 9g of protein and 4.5 g of fiber! For added flavor and less calories, you can drizzle a little flaxseed oil on it and skip the peanut butter.

BEST non-BUTTER: SMART BALANCE light

Absolutely amazing! It's flavor is second to none and it spreads so easily on bread and melts perfectly on toast. It's 100% natural, and low in calories (45Cal/tbsp) because it's made with a unique blend of Omega-3 healthy oils. If you plan to fry or bake with non-butter, it's best to use the **regular** SMART BALANCE.

BEST Cereal: Nature's Path – Flax Plus Multibran

A great choice to kick-off your morning or manage mid-day munchies. By the look, feel and flavor of this organic cereal, you'd never guess it high fiber (7g), but low in sugar (4g) and fat (1.5g). It also has a mega dose of Omega-3's (500mg).

BEST Chips: KETTLE Brand

All natural potato chips in a variety of unique flavors. When you just “HAVE TO” have chips these are a great tasting option with NO trans-fats or cholesterol. PLUS – they have a BIG CRUNCH and taste GREAT! Try not to eat the whole bag at once.

BEST Crackers: BARBARA’S BAKERY - Wheatines

Add a thin slice of low fat cheese, spread of humus or a slice of turkey to these low fat & low sodium organic whole wheat crackers, and they make a great mid-day snack.

BEST Cookies: COUNTRY CHOICE

There are several flavors of these Organic soft baked cookies. Oatmeal raisin is a BeFit favorite, but when you have a sweet tooth craving any flavor will do. They contain NO hydrogenated oils but do pack a lot of calories (100!) into each cookie so be sure to have just one! (Easier said than done).

BEST Lite LUNCH: CEDARLINE Couscous Wrap

Find yourself in the middle of a busy day with no time to stop for lunch, this healthy veggie wrap not only beats the fat and calories of a drive thru burger, it’s flavor is like no other. Drizzle a tbsp of flaxseed oil over the wrap and you’ll wish you had two... good news is, they are only 200Cal so two are the perfect lunch anytime, anywhere (all you need is a microwave).

BEST Mayonnaise: HAIN Lite Safflower Mayo

All natural, light and creamy mayonnaise that is sure to mix-up a sensible, tasty tuna salad. With only 45Cal per serving and no sugar or saturated fats, you can use it for tartar sauce, veggie dip and sandwich spread without feeling so guilty.

BEST Milk (non-dairy): Blue Diamond Almond Breeze (unsweetened)

Blue Diamond makes chocolate, vanilla and regular almond milk. Each one appeals to different tastes. The unsweetened varieties are going to be the best choice and the original tastes the most like fat free dairy milk. With just 40Cal per 8oz this is the perfect partner for cereal and fruit. Just be sure to add a side of protein because although this “milk” does contain some calcium, it only has one gram of protein per serving.

BEST Oatmeal: Nature's Path – Flax & Oats

One box contains several single serving packets making it an easy breakfast choice for “on the go” people. A little goes a LONG way with 200Cal per serving, so use portion control and have just one, up the nutrient content and “lasting energy” when you add a half a serving of low sugar protein powder like BeFit's AdvoCare Muscle Gain powder.

BEST Pasta: Barilla PLUS

This pasta is absolutely THE BEST!! Unlike traditional pasta, just one 100g serving contains 17g of protein, 7g of fiber and 1/4 of your daily Omega-3's. Top this stuff with some colorful veggies and you are set with a nutritiously complete, deliciously healthy meal!

BEST Peanut Butter: Peanut Butter & Co. – White Chocolate

This has to be the creamiest, most flavorful peanut butter in the world! You could eat it by the spoonful but do your best not to because it does have a pretty high fat and sugar count. You'll rack up 160Cal in just 2 tbsp. Be careful!

BEST Snack Bar: SUN CAKES - Heart Thrive

Nutritious snack for those “on the go.” If you can pop it in the microwave for 10 sec it'll melt in your mouth...well, not quite, but it's oooh sooo good (even better with a dab of all natural peanut butter)! It's an all-vegan choice (no dairy, no wheat) and contains 30% of your daily fiber, protein and calcium needs. BeFitLifestyle can order Heart Thrive bars by the ½ dozen for less than you can find in the stores...just ask!