

YOU COULD  
WIN A  
\$1,500  
LUXE BBQ  
GRILL  
p 72

# GOOD HOUSEKEEPING

## TASTES *like* SUMMER

### 30

### QUICK, DELICIOUS RECIPES

PLUS  
top-tested  
snacks  
ALL NUTRITIONIST  
APPROVED!



WHAT YOUR  
DOCTOR  
NEEDS  
TO KNOW  
*...Now!*

BATHING SUITS  
*for* EVERY BODY  
+ 3 Top Toning Moves



KATIE LEE'S  
GARDEN PESTO  
PASTA  
p 120

EASY WAYS TO  
LIVE  
LIGHTER  
\*  
LOSE WEIGHT  
BOOST ENERGY  
SLEEP BETTER





BEST OF THE TEST

# CRUNCHY MUNCHIES

**TOP POPS**



**TANGY TREAT**  
HalfPops  
in Brooklyn  
Dill Pickle

Exploding with flavor, these half-popped roasted corn kernels “taste just like a real pickle!” said a tester.

**LAB LOWDOWN**  
The salt is on the surface, so it hits the spot with only 135 mg of sodium. 130 cals per 1-oz. serving



**DREAM GREEN**  
Quinn Snacks  
Super Kale and  
Sea Salt

These bright green kernels blew testers’ minds with their “kinda cheesy” “umami” taste.

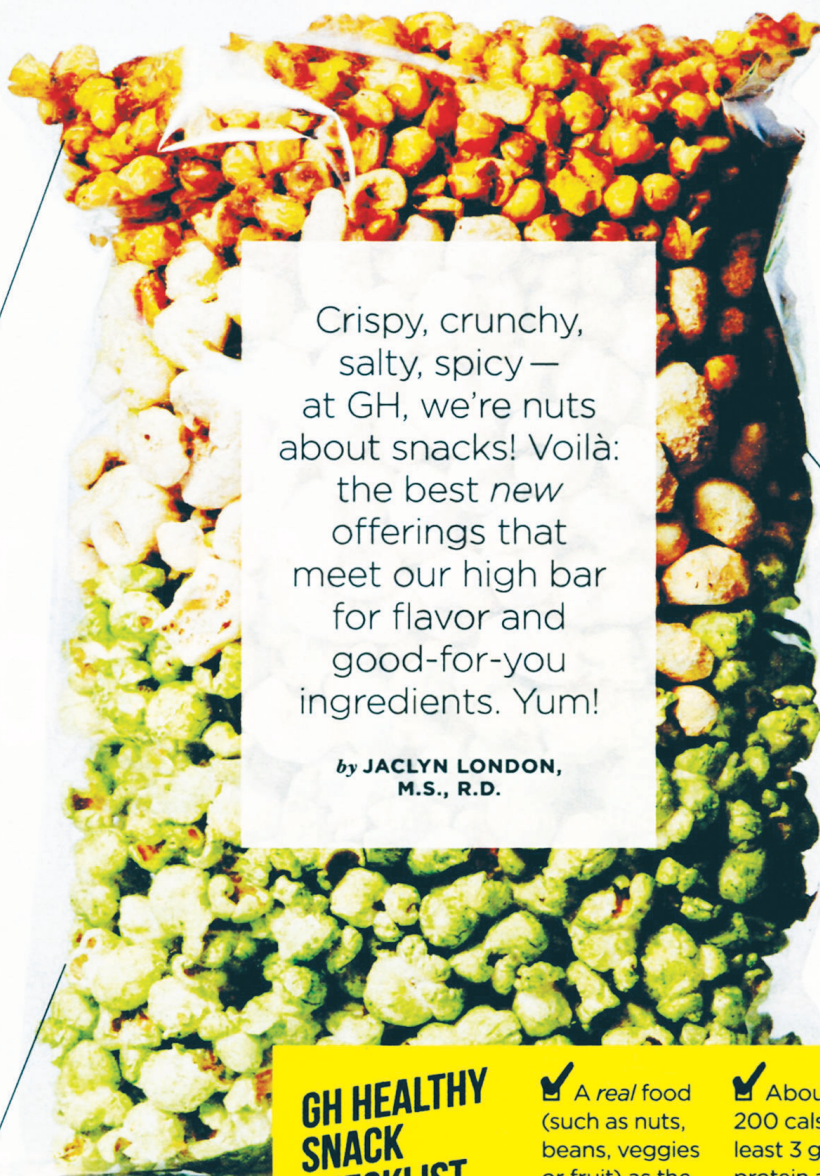
**LAB LOWDOWN**  
They don’t count as part of your daily veggies, but the kale and carrot on the kernels add a hit of vitamins A and C. 150 cals per 1-oz. serving



**MOST (ODDLY) ADDICTIVE**  
New Pop  
in Hot & Sweet

“I can’t stop eating!” said testers of this lower-cal “candied sriracha” corn. Bonus: no skin to get stuck in teeth!

**LAB LOWDOWN**  
With just under 1 tsp. of added sugar, it still has a good amount of sweetness. 32 calories per 0.7-oz. serving



Crispy, crunchy, salty, spicy — at GH, we’re nuts about snacks! Voilà: the best *new* offerings that meet our high bar for flavor and good-for-you ingredients. Yum!

by JACLYN LONDON, M.S., R.D.

**TRENDY TASTES**

Dill pickle, old-school sour cream and onion and ranch flavors are everywhere. Also look for tropical treats (e.g. coconut, cassava) and plant-based protein to star in your snacks.

**GH HEALTHY SNACK CHECKLIST**

Look for nibbles that have:

- ✓ A real food (such as nuts, beans, veggies or fruit) as the first ingredient
- ✓ About 200 cals, at least 3 g each of protein and fiber and 230 mg or less of sodium per serving
- ✓ 6 g or less of added sugar and 2 g or less of saturated fat per serving



## PRIMO PULSES



### HEALTHIEST HEAT

**Enlightened Roasted Broad Bean Crisps in Wasabi**

Extra-spicy, with the “ideal crunchiness,” said one tester.

### LAB LOWDOWN

Broad beans pack up to 7 g of protein and 6 g of fiber per serving. 100 cal per 1-oz. pack



### FLASHBACK FLAVOR

**Weight Watchers Biena Roasted Chickpea Snacks in Sour Cream & Onion**

Deemed “delicious” by many. One tester was incredulous: “These are good for me? I’d eat them every day!”

### LAB LOWDOWN

Tons of flavor with 190 mg of sodium. 120 cal per .9-oz. serving



**CHIP WITH BUILT-IN DIP**  
**PopCorners Bean Chips in Salsa Verde**

Multiple testers called these “unique” and said they had “just the right amount of spice.”

### LAB LOWDOWN

A bean base makes them more nutritious than regular PopCorners, with 3 g of fiber and 4 g of protein. 110 cal per 1-oz. serving



**LIGHTEST TASTE**  
**Hippeas in Happenin' Hickory**

Described as “smoky” and “a little bit sweet,” these new chickpea-flour snacks were a hit for their “airy” texture.

### LAB LOWDOWN

4 g of protein and 3 g of fiber per bag, and chickpea flour packs B vitamins and minerals. 130 cal per 1-oz. serving



**Rhythm Superfoods Kale Chips in Spicy Jalapeño**

## SWEET + SALTY



### GROWN-UP FRUIT FUN

**Snack Factory Apple Fruit Sticks**

“Crispy,” “light” and “not too sweet,” these skinny sticks are perfect for dipping into Greek yogurt or just noshing on.

### LAB LOWDOWN

An easy alternative to fresh fruit, with 3 g of fiber per serving. 80 cal per .75-oz. serving



### COOKIE-LIKE CHEWS

**Sunsweet Fruit and Nut Clusters in Cherry Plum**

Described by a happy tester as “healthier Linzer tortes,” these prune-based nuggets only *taste* indulgent.

### LAB LOWDOWN

Prunes are having a moment! The naturally sweet stone fruit is linked to better gut and bone health. 120 cal per 1-oz. serving



### MAGICAL MIX

**Whole Foods 365 Cape Cod Trail Mix**

“Hearty” and “fruity,” said testers, who loved the balance of saltiness and sweetness.

### LAB LOWDOWN

Trail mix can be high-calorie, but single-serving mini packs fill you up and prevent you from overdoing it. 220 cal per 1.5-oz. pack



### BBQ IN A BAG

**Sahale Korean BBQ Almonds**

The heat is from *gochujang*, a Korean spice, which testers loved with the “tropical” pineapple taste.

### LAB LOWDOWN

Because the trifecta of protein, fat and fiber crushes cravings, we let a higher sodium count slide. 210 cal per 1.5-oz. serving

## OUR FAVORITE LAB PICKS



**Simply Popped Jolly Time Pop Corn**

Just plain delicious popcorn goodness!



**Beanitos White Bean Hint of Lime Skinny Dippers**

The lime makes these an ideal spicy-salsa delivery system.



**Deep River Snacks Kettle Cooked Potato Chips**

These quintessential chips nail the crisp-salty balance.

## SEEDY STANDOUTS



**TOP TOPPING**  
**Manitoba Harvest Toasted Hemp Seeds in Sea Salt**

These crackly “savory Pop Rocks” are soups’ and salads’ BFF.

### LAB LOWDOWN

With 8 g of protein and 9 g of fiber, these guys are also full of minerals that help boost immune and nerve function. 170 cal per 1-oz. serving



**BEST BAGEL BITES**  
**Simple Mills “Everything” Sprouted Seed Crackers**

“Garlicky, but not overpowering,” these nut- and seed-based snacks go with anything you’d put on a bagel.

### LAB LOWDOWN

3 g each of protein and fiber helps you stay full longer. 150 cal per 8 crackers



LIVE LIGHTER

Overate? Don't punish yourself—just get back on track at your next meal.

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