

CLEANEST  
PACKAGED FOOD  
AWARDS

Prevention

100



# CLEANEST PACKAGED FOOD AWARDS





**IN AN IDEAL WORLD,** we'd all have organic farmers for neighbors and cook every meal from scratch. But short of a back-to-the-land-and-kitchen revolt, packaged foods are necessary—and many aren't even remotely evil when you know what to look for. We've cut through the hype and scrutinized hundreds of labels to bring you a shopping list of 100 truly clean sides, snacks, meals, and staples.

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**BY STEPHANIE ECKELKAMP** *Photographs by Mitch Mandel*



## CLEANEST PACKAGED FOOD AWARDS

### THESE PRODUCTS EARN OUR PICK BECAUSE THEY:

**1.** Contain no more than 10 g of added sugars. **2.** Are low in or devoid of synthetic or artificial ingredients. **3.** Prioritize organic, sustainably sourced, and non-GMO ingredients. **4.** Prioritize toxin-free or eco-friendly packaging. **5.** Are made without excess sodium. **6.** Are new to the market within the past 18 months. **7.** Taste absolutely delicious.

### FOOD AWARD KEY

- O** Organic
- V** Vegan
- D** Dairy-Free
- G** Gluten-Free
- W** Weight Loss Friendly
- P** Paleo

## COLD & HOT CEREALS



**Dr. McDougall's Organic Superfood Mega Omega Hot Cereal**  
Hearty and cinnamony, these oats have anti-inflammatory omega-3s. (\$4)

