

Women's Health



SUPERMARKET HEROES

Job, family, laundry, traffic... If you keep running around like Wonder Woman, you're gonna need some wonder fuel. This year's team of the best boxed, bagged, and bottled crusaders in the fight against nutritional villainy is full of unbeatable flavor and hanger-crushing substance. Quick, to the munchmobile!

Illustrations by Joe McDermott

THE LEAGUE OF EXTRAORDINARY GROCERY FOODS

We had hundreds of eager recruits, but we chose only the elite of the elite. After scanning countless nutrition labels and going through a rigorous taste-testing process, we narrowed our

corps of finalists down to the tastiest, easiest, healthiest buys, then ran candidates by our expert team of nutritionists: Karen Ansel, R.D., Maureen Callahan, R.D., and Rachel Meltzer, R.D. We hope you enjoy the results.

SPECIAL POWER: TREND SETTING!

Look to these leading luminaries for cutting-edge kitchen inspiration.



Birch Benders Sweet Potato Pancake & Waffle Mix

Since landing on the paleo-friendly carbs list, beta carotene-rich sweet potatoes have shown up at breakfast in hash, toast, pancakes—and now, waffles. This just-add-water mix takes the effort out.