

125 BEST FOODS FOR WOMEN

It's Good to Be You™

# Women's Health

## FLAT SEXY ABS!

No More Muffin Top! Moves That Will Get You Lean Fast

## Instant Money

7 Cash-Saving Strategies to Start Using Today

## SEX CONFESSIONS

1,000+ Hot Guys Reveal Their Deepest Secrets ...and Desires

## ANTI-AGING MAKEUP

Genius Beauty Breakthroughs

## LOSE 5 LBS IN 10 DAYS



# 125 BEST PACKAGED FOODS

for women



THE AVERAGE SUPERMARKET CARRIES 46,852 ITEMS. TO SAVE YOU TIME (AND KEEP YOU FROM LAPSING INTO A NUTRITION-LABEL-READING COMA) OUR TEAM OF EXPERTS PLOWED THROUGH THE AISLES AND FOUND THE ULTIMATE GOOD-FOR-YOU ITEMS FOR STAYING SLIM, FIGHTING DISEASE, AND ENJOYING EVERY MORSEL YOU PUT INTO YOUR MOUTH!

BY OUR EXPERT PANEL OF NUTRITIONISTS  
KAREN ANSEL, R.D., MAUREEN CALLAHAN, R.D.,  
LISA DRAYER, R.D., AND KERRY NEVILLE, R.D.



## SWEETS & TREATS

### 10 Surf Sweets Jelly Beans

Soothe your sweet tooth with ease: These jelly beans are made with organic fruit juice (no corn syrup here!) and zero artificial colors or flavors.

Per bag: 90 cal, 0 g fat (0 g sat), 22 g carbs, 15 mg sodium, 0 g fiber, 0 g protein

