

125 BEST FOODS FOR WOMEN

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

Lauren Conrad shares her style tricks

Tone Every Inch!

(No Gym Required)

November 2010



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.

PHOTOGRAPHS BY ADAM LEVEY

BREADS & CEREALS

The best dough for your money

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



18 La Tortilla Factory Smart & Delicious 100-Calorie Tortillas

Big tortillas that don't come with a big caloric price tag. Use them for breakfast burritos, quesadillas, and wraps.

Per tortilla: 100 cal, 1.5 g fat (0 g sat), 24 g carbs, 320 mg sodium, 8 g fiber, 5 g protein



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