

● **Horizon Little Blends Strawberry Carrot Yogurt**

Kids need two to three servings of calcium a day. This whole-milk yogurt makes getting it easy, plus it doesn't have icky artificial colors or flavors (\$3.50/4; grocery stores). **Per yogurt** 100 cal, 4 g pro, 2.5 g fat (0 g sat fat), 0 g fiber



● **Plum Organics Tots Banana Mish Mash**

Your tot will love squeezing the fruit puree right out of the pouch and into her mouth. You'll love that she's eating no added sugar, juice, colors, or artificial flavors (\$1.30; Babies "R" Us, Toys "R" Us, amazon.com). **Per pouch** 50 cal, 1 g pro, 0 g fat, 1 g fiber



● **Revolution Foods Organic Jammy Sammy Blueberries & Oatmeal**

Your child will think this crustless, whole-grain sandwich is loads of fun to eat. (And you might like it as a "mom" treat.) Serve as a snack or with lunch (\$4/5; Toys "R" Us, Babies "R" Us). **Per bar** 110 cal, 1 g pro, 3 g fat (0 g sat fat), 2 g fiber

● **Oscar Mayer Lunchables Sub Sandwich Ham + American**

No time to prep a lunch for your toddler? No problem! This combination pack contains a sandwich, sugar-free Jell-O, cookies, and water (\$3.50; grocery stores). **Per meal** 350 cal, 13 g pro, 11 g fat (5 g sat fat), 2 g fiber



● **Ragu Old World Style Margherita Pasta Sauce**

This kid-friendly sauce is flavored with pizza seasoning and a touch of mozzarella. If your child is adventurous, toss in some sautéed spinach, onion, or red peppers and serve over whole-grain pasta (\$2.35; grocery stores). **Per ½ cup** 70 cal, 2 g pro, 2 g fat (0.5 g sat fat), 2 g fiber



\$119
is what a family
with kids spends on
groceries weekly.

Source: Food Marketing Institute

★ For You

● **Arnold Select 100% Whole Wheat Sandwich Thins**

Each pita-like round has 40 percent fewer calories than two slices of bread (\$3.10; grocery stores). **Per thin** 100 cal, 5 g pro, 1 g fat (0 g sat fat), 6 g fiber



● **Hint Watermelon Premium Essence Water**

If you're struggling to consume 64 ounces of H₂O every day, try this calorie-free flavored water (\$1.80; Whole Foods). **Per bottle** 0 cal, 0 g pro, 0 g fat, 0 g fiber



in one of these high-fiber wraps made with extra-virgin olive oil (\$4.10; grocery stores). **Per wrap** 100 cal, 9 g pro, 3.5 g fat (0.5 g sat fat), 12 g fiber

● **Barilla Plus Spaghetti**

This multigrain pasta delivers much more than carbs. It's rich in protein, omega-3s, and fiber (\$2.50; grocery stores). **Per 2 ounces** 210 cal, 10 g pro, 2 g fat (0 g sat fat), 4 g fiber



● **Kashi Caribbean Carnival Pizza**

A pie that's delicious and healthy—that's *amore!* This island-inspired variety serves up whole grains, mozzarella, plantains, and mangoes (\$6.30; grocery stores). **Per ½ pie** 280 cal, 14 g pro, 8 g fat (2.5 g sat fat), 5 g fiber



Here's a bar you can feel good about eating—its new recipe supplies vitamin D, important for bone strength (\$1.40; grocery stores). **Per bar** 190 cal, 9 g pro, 7 g fat (2.5 g sat fat), 3 g fiber

● **Bellybar Vanilla Dreams Shake**

Indulge your sweet tooth—and get prenatal nutrients, like fiber and calcium (\$8/4; Motherhood Maternity). **Per shake** 170 cal, 8 g pro, 4.5 g fat (2.5 g sat fat), 4 g fiber



● **Kashi Heart to Heart Whole Grain Crackers**

Made with plant sterols, these crackers help lower your "bad" LDL cholesterol (\$3.20; grocery stores). **Per 7 crackers** 120 cal, 3 g pro, 3.5 g fat (0 g sat fat), 4 g fiber



Pair this portable, 50-calorie cheese with an apple or whole-grain crackers (\$4/6; grocery stores). **Per cheese** 0 cal, 6 g pro, 3 g fat (1.5 g sat fat), 0 g fiber

● **Healthy Choice All Natural Entrées Mediterranean Pasta**

This tasty mix of orzo, red rice, white beans, apples, and cranberries will fill you up. Plus, the sodium content (500 mg) isn't too high (\$2.25; grocery stores). **Per meal** 360 cal, 13 g pro, 5 g fat (2.5 g sat fat), 12 g fiber



● **La Tortilla Factory Smart & Delicious Multi Grain SoftWraps**

Eggs, chicken, veggies—everything tastes better



They taste like the real deal but contain 76 percent less fat than pork sausage patties do (\$4.30; grocery stores). **Per patty** 80 cal, 10 g pro, 3 g fat (0.5 g sat fat), 0 g fiber