

15% of your daily calcium need, plus at least 10% of nine other vitamins and minerals per serving. "It's a little low in calories and high in sodium," says judge Elisa Zied, RD. "So pair it with a medium apple or banana, for another 100 or so calories to keep you satisfied and extra potassium to help balance the sodium in the dish." **Per meal:** 270 cal, 6 g fat, 580 mg sodium

RICE

8 Uncle Ben's Whole Grain White Rice

If you don't like the chewy texture of brown rice but know it's good for you (it has 3 g of fiber per cup and trace minerals like zinc and copper), you'll flip for this lighter whole grain variety. "The stealth approach is wonderful," says Wansink. "It looks like white but has the nutrition of brown." **Per cup (cooked):** 170 cal, 1 g fat, 5 mg sodium

CHINESE

9 Annie Chun's Mini Wontons



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YOGURT

10 Chobani Greek Yogurt

All Greek yogurts are thicker, creamier, and have more filling protein in 6 ounces than their American counterparts. But Chobani's nonfat flavors—including the new raspberry—taste "particularly luscious," says Forberg. "It's like eating dessert. Even the plain is amazing." Another bonus: The company's packaging is widely recyclable, 10% of its profits go to charity, and it buys hormone-free milk from a local dairy. **Per 6-ounce carton (raspberry):** 140 cal, 0 g fat, 65 mg sodium

EGGS

11 Egghand's Best Eggs

Already lower in cholesterol and fat than other brands, Egghand's Best eggs now have 4 times more vitamin D (which helps your body absorb calcium) and 3 times more omega-3 fatty acids (which