

TONS OF
USEFUL STUFF

Men's Health

YOUR COMPLETE
15-MINUTE
MIND/BODY PLAN

HOW TO
REMEMBER
ANYTHING!

SEE PAGE...
UM...96!

GET STRONG

7

FAST-CASH
SECRETS

EAT THE
PERFECT
MEAL—
EVERY
TIME

KEEP
THE JOB,
LOSE THE
STRESS

ARE YOU
AS FIT
AS YOU
THINK?
TAKE OUR
TEST, P. 148

*The Men's Health Guy,
True Blood's*

Ryan Kwanten

"I want to be the best.
I want to be the champion."

Ryan wears a Converse by John Varvatos
shirt and Gap 1969 jeans

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The 125 Best Foods for Men

Add these brand-name all-stars to your grocery list. They'll help you fight fat, keep fit, stay healthy—and make your tastebuds happy

Stop the grocery guesswork. With this shopping list in hand, you won't need to scan labels or compare brands. We've sampled, tested, and rated hundreds of products to find the healthiest, tastiest foods for men. Stock your cart with these picks and you're halfway to the body you want.

KEY



Muscle builder A food that contains 8 or more grams (g) of protein per serving



Heart helper A food that contains whole grains, monounsaturated fats, or omega-3 fatty acids



Stomach filler A food that contains 5 or more grams of fiber per serving



Gut shrinker A healthy version of a typically high-calorie food



Cancer fighter A food that contains disease-fighting antioxidants



Breads and Grains

1.

BEST CEREAL

Kashi Whole Wheat Biscuits, Cinnamon Harvest

One bowl packs the fiber you need to stay full until lunch.

Per 2 oz (28 biscuits): 180 calories, 6 g protein, 43 g carbs (5 g fiber), 1 g fat



2.

BEST INSTANT OATMEAL

Quaker Weight Control Instant Oatmeal, Cinnamon

This morning meal has a sane number of calories and won't jolt your tastebuds with too much sugar.

Per packet: 160 calories, 7 g protein, 29 g carbs (6 g fiber), 3 g fat



3.

BEST STEEL-CUT OATS

Arrowhead Mills Organic Steel Cut Oats Hot Cereal

It's nuttier and more filling than instant oatmeal.

Per 1/2 cup: 160 calories, 6 g protein, 27 g carbs (8 g fiber), 3 g fat



4.

BEST GRANOLA

Nature's Path Organic Pomegran Plus Granola with Cherries

Mix it into Greek yogurt (#57).

Per 1/2 cup: 250 calories, 5 g protein, 38 g carbs (4 g fiber), 9 g fat



5.

BEST BREAKFAST BAR

Kind Plus Almond Cashew + Omega-3

A crunchy, craving-busting bar with just nine ingredients.

Per bar: 150 calories, 4 g protein, 18 g carbs (4 g fiber), 9 g fat



6.

BEST BAGEL

Pepperidge Farm Whole Grain

Slap a scrambled egg (#60) on one of these for a protein-packed start to your day.

Per baget: 250 calories, 11 g protein, 49 g carbs (6 g fiber), 1.5 g fat



7.

BEST ENGLISH MUFFIN

Rudi's Organic Whole Grain Wheat English Muffins

Upgrade your breakfast: Top it with tomato, egg, and Swiss (#49).

Per muffin: 120 calories, 5 g protein, 23 g carbs (3 g fiber), 1 g fat



8.

BEST SLICED BREAD

Arnold Grains & More Bread, 100% Whole Wheat Triple Health

No high-fructose corn syrup and plenty of fiber.

Per slice: 100 calories, 4 g protein, 20 g carbs (6 g fiber), 2 g fat



93.
BEST JERKY

Matador Beef Jerky, Original

Pack it in your gym bag—jerky is a delicious on-the-go muscle food.

Per 1 oz: 80 calories, 11 g protein, 6 g carbs, 1.5 g fat



96.
BEST CHOCO-LATE BAR

Dagoba Organic Beaucoup Berries

Dried fruit boosts flavor and antioxidants.
Per bar: 250 calories, 5 g protein, 27 g carbs (7 g fiber), 19 g fat



104.
BEST VINEGAR

Colavita Balsamic Vinegar

Mix ¼ cup of this with ½ cup of olive oil, chopped herbs, some shavings of Parmesan cheese (#47), salt, and pepper. Stir well for an easy vinaigrette.

Per Tbsp: 15 calories, 3 g carbs



94.
BEST NUT

Planters Nutrition Almonds

For an instant gut-filling snack, reach for these nuts, seasoned only with sea salt.

Per 28 g (about 2 Tbsp): 170 calories, 6 g protein, 6 g carbs (3 g fiber), 15 g fat



100.
BEST COOKIE

Country Choice Organic Soft Baked Double Fudge Brownie Cookies

Rich and chewy—without calorie overload.

Per cookie: 90 calories, 1 g protein, 18 g carbs (1 g fiber), 3 g fat



105.
BEST SALT

Maldon Sea Salt Flakes

This salt is perfect for heightening the flavors of fish, meat, or vegetables after they're cooked. Try it on a rib eye steak (#21) and taste the difference.

0 calories

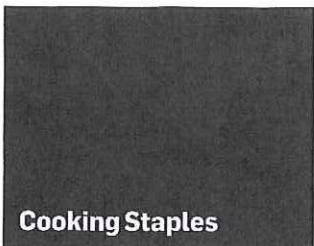


95.
BEST NUT ALTERNATIVE

Eden Organic Pumpkin Seeds

A high-protein snack equally suited to the ball park or the office.

Per ¼ cup: 200 calories, 10 g protein, 5 g carbs (5 g fiber), 16 g fat



106.
BEST BLACK PEPPER

Simply Organic Whole Black Peppercorns

Forget the preground stuff in the shaker. Freshly ground pepper and sea salt (#105) are the cornerstones of flavorful cooking. Use each to your taste.

0 calories



96.
BEST DRIED FRUIT
Peeled Snacks Much-Ado-About Mango

No added sugar or artificial flavors, and only one ingredient: mango.

Per bag: 120 calories, 2 g protein, 28 g carbs (2 g fiber)



101.
BEST HOT SAUCE

Huy Fong Foods Tuong Ot Sriracha

Made from hot chilies, this sauce delivers a burn that enhances everything from scrambled eggs to chicken wings to salsa.

Per tsp: 5 calories, 1 g carbs



107.
BEST BREAD CRUMBS

Wel-Pac Japanese Style Panko Bread Crumbs

A lighter, crunchier Japanese variety that's great sprinkled over sautéed string beans.

Per ½ cup: 110 calories, 4 g protein, 20 g carbs (1 g fiber), 1 g fat



97.
BEST TRAIL MIX

Sahale Snacks Southwest Cashews

Not your forest ranger's gorp: This snack is flavored with chili powder and Cheddar.

Per ¼ cup: 140 calories, 5 g protein, 10 g carbs (1 g fiber)



102.
BEST EVERYDAY OIL

Spectrum Organic Canola Oil

Its neutral taste is suitable for everyday cooking, and it has a well-balanced fatty acids profile, to help fight disease.

Per Tbsp: 120 calories, 14 g fat



108.
BEST LOW-SODIUM BROTH

Pacific Natural Foods Organic Free Range Chicken

Tastes like homemade, with far less sodium than most brands. Use it as a base for soups.

Per 1 cup: 15 calories, 2 g protein, 1 g carbs



98.
BEST SNACK BAR

Lärabar Peanut Butter Cookie

The perfect way to power through to a late lunch.

Per bar: 220 calories, 7 g protein, 23 g carbs (4 g fiber), 12 g fat



103.
BEST HIGH-END OLIVE OIL

Yellingbo Gold Extra Virgin Olive Oil

This peppery, light-bodied oil tastes amazing drizzled on fresh pasta, mozzarella, or crusty bread.

Per Tbsp: 120 calories, 14 g fat



109.
BEST SOY SAUCE
Kikkoman Less Sodium Soy Sauce

Use it as a salt substitute in soups, marinades, and dressings to add a savory flavor to your meals that's deeper than salt.

Per Tbsp: 10 calories, 1 g protein, 1 g carbs

