



AS SEEN IN

Glamour



health + body / health help



No. 1 POPCHIPS

Original variety: 120 calories, 4 grams fat, 1 gram fiber per 1-oz. serving
"A crispy, crunchy, amazing potato chip that's not fried."



No. 2 THE LAUGHING COW LIGHT CHEESE WEDGES

35 calories, 2 grams fat per wedge
"I use these for everything: as a sub for cream cheese, in egg white omelets, even in sauces."



No. 3 QUAKER OLD-FASHIONED OATS

150 calories, 3 grams fat, 4 grams fiber per 1/2 cup (dry)
"For super-creamy oatmeal, I mix a half cup of oats with a cup of water, plus a cup of unsweetened vanilla almond milk. Then I cook it twice as long as the package says."



No. 4 FIBER ONE ORIGINAL BRAN CEREAL

60 calories, 1 gram fat, 14 grams fiber per 1/2 cup
"Great for 'faux frying.' Toss in the blender with spices to make 'bread crumbs' for coating chicken."



No. 5 ALMOND BREEZE UNSWEETENED ALMOND MILK

40 calories, 3 grams fat per cup
"I like vanilla. It's way creamier than skim milk for half the calories. But beware of sweetened varieties, which can pack more than double the calorie count."



No. 6 GREEN GIANT BROCCOLI AND CHEESE SAUCE

40 calories, 1 gram fat, 3 grams fiber per serving
"To make a cheesy but low-cal meal, I mix frozen veggies like this with grilled chicken."



No. 7

BOCA ORIGINAL VEGAN MEATLESS BURGERS

70 calories, 0.5 gram fat, 4 grams fiber, 13 grams protein
"I make a fake Whopper with one of these—delicious!—and add a side salad, and I'm 100 percent satisfied!"



No. 8 LA BREA BAKERY SOFT & DELICIOUS LOW CARB TORTILLAS

80 calories, 3 grams fat, 8 grams fiber
"I love these for burritos and quesadillas. I cut them up and bake them for chips."



No. 9

ARNOLD SANDWICH THINS

100 calories, 1 gram fat, 5 grams fiber per bun
"There are lots of great brands; just make sure to pick ones that have at least 4 grams fiber per serving."



No. 10

VITALICIOUS VITALITOPS

100 calories, 1.5 grams fat, 9 grams fiber, 4 grams protein per muffin top
"A high-fiber brownie swap, with no preservatives. Look for them in the freezer aisle."

Hungry Girls Tips for Skinny Shopping

1. **Never, ever shop hungry.** "You've heard this one before, but it's definitely worth repeating. You'll end up buying too many of the wrong things."
2. **Write down what you need, and stick to it.** "Being armed with a list is key."
3. **Mind the details!** "Be sure to read labels for calories and serving sizes—some packaged

4. **Pile on produce.** "The first step to getting more veggies into your diet is having them ready to go in your fridge. I stock up on baby carrots, sugar snap peas, bell peppers, cucumbers and celery, and then snack on them raw."
—Nicci Micco