ice picks
Nutrition experts narrowed down freezer-case newbies and more than 75 children (plus parents) helped select the tastiest. Put these winners on your next shopping list! by KAREN CICERO

Breakfasts for Sleepyheads
Target Simply Balanced Organic Sprouted 100% Whole Grain Bread, Cinnamon & Raisin
It's the next best thing in sliced bread, with only 2 grams of sugar and a blend of sprouted grains such as wheat, barley, oats, and millet that supply extra nutrients and amino acids. Thaw it in the fridge—if it'll stay fresh about a week and tastes fabulous toasted and topped with peanut butter. 60 calories, 0 fat per slice

Applegate Organics Chicken & Maple Breakfast Sausage Holy cow—it's got 30 percent less fat than traditional pork links and fewer calories, too, despite the fact that maple syrup is baked in. 120 calories, 8g fat for three links

Garden Lites Blueberry Oat Muffins Zucchini is the first ingredient in these individually wrapped, gluten-free muffins you can defrost on the counter or in the microwave. Our kid tasters asked for extra to take home. 120 calories, 2g fat each

Stahbush Island Farms Northwest Berry Blend Frozen at the peak of ripeness, this mix of sustainably grown blueberries, strawberries, raspberries, and blackberries (an antioxidant gold mine) perks up plain yogurt or oatmeal. 70 calories, 15g fat per cup

Look for this symbol for products with no added sugar or zero grams of total sugar.

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Improved Snacks & Appetizers

Annie's Three Cheese Mini Pizza Bagels
A blend of cheeses and nicely seasoned tomato sauce top these bagel halves that are made with whole-grain flour. 200 calories, 6g fat for four pieces.

Nate's Mediterranean Bites, Kale
The veggies in these gluten-free falafel balls give them a burst of vitamin A. 100 calories, 2g fat for two pieces.

Plum Organics Teriyaki Beef Bites
It's not just the whole-wheat breadcrumbs that bind these cocktail-size meatballs—they also contain sweet potatoes and quinoa. 150 calories, 9g fat for six meatballs.

Tres Pupusas Spinach & Cheese
In this Salvadoran favorite, chopped spinach and mozzarella cheese are stuffed inside a gluten-free corn tortilla. 180 calories, 8g fat each.

What Makes Our Winners Healthy
How did we select which products to test? They needed to be introduced nationally in 2015 or early 2016 and had to meet the following criteria:

- Reasonable amount of calories, saturated fat, and sodium for the type of product
- Little or no added sugar (except in the treats category)
- A significant amount of nutrients and/or healthy plant compounds—products couldn't be empty calories
- Low in or devoid of artificial ingredients
Lunch & Dinner in Less Time

- **Evol Butternut Squash & Sage Ravioli**: About 14 large ravioli come in a bag, so pick up two if the kids have a hearty appetite. But you won’t need to buy sauce: The pasta is already tossed in an olive-oil Parmesan blend; you simply sauté the meal for ten minutes. 310 calories, 9g fat for seven ravioli

- **Newman’s Own Thin & Crispy Mediterranean Pizza Spinach, onions, feta cheese, and fire-roasted bell peppers? Yes, kids will eat them on this pizza. Feel-good bonus: The company donates all profits to charity. 270 calories, 10g fat for ¼ of the pie**

- **Birds Eye Steamfresh Pasta & Carrots With a Tomato Sauce**: Frozen fans warmed up to this Olaf-shaped pasta with veggies. And thanks to cheese, garlic, and spices, the sauce is flavorful. 260 calories, 7g fat per serving

- **Seven Spoons Quinoa Vegetable Biryani**: It takes just 15 minutes to get this protein-packed Peruvian-Indian dish on the table. The included cucumber Raita mix (add plain yogurt) helped kids handle the biryani’s slight spiciness. 250 calories, 7g fat for ¼ of the bag

- **Al Fresco Gourmet Chicken Patties Roasted Red Pepper & Asparagus**: The subtle mesquite flavor of these fully cooked patties sold the pickiest eaters; moms appreciated that the product contains half the saturated fat of burgers. 150 calories, 9g fat each

- **Michael Angelo’s Family-Size Lasagna With Meat Sauce Made With Grass-Fed Beef**: This kid-pleaser just got a whole lot easier (you pop it into the oven for 45 minutes) without compromising on the healthy ingredients you use, including imported cheeses. 320 calories, 12g fat per serving
Not Your Ordinary Veggie Sides

- Kidfresh Totally Rockin' Tots
  We nearly ran out of these, making them the most popular product with our kid tasters. They contain a blend of potatoes and cauliflower. Shhh: The kids had no clue. 80 calories, 4g fat for about six tots

- Earthbound Farm Organic Asian Blend
  What's so special about this stir-fry starter? It packs three kinds of mustard greens plus kid faves like green beans and carrots. 25 calories, 0 fat per cup

- Woodstock Organic Mixed Veggie Ratatouille
  Spoon this blend of grilled zucchini and eggplant plus tomatoes, onions, and red bell peppers over pasta for a quickie dinner. 20 calories, 0 fat per serving

- Whole Foods Market 365
  Everyday Value Organic Mixed Mushrooms
  Sauté these five kinds of 'shrooms (for a wide range of flavors and antioxidants) in a little oil to toss over chicken, pork, or in pasta sauce. 20 calories, 0 fat per cup

- Alexia Crispy Rosemary Fries With Sea Salt
  They're wonderfully seasoned and surprisingly crunchy for baked fries. 120 calories, 4g fat per serving

- Green Giant Fire Roasted Zucchini, Carrots, & Onion
  It would be a hassle to make this blend yourself since carrots take longer to soften than other veggies. Good thing you can dump the bag in a skillet and heat it for ten minutes. 20 calories, 0 fat per serving

- Cascadian Farm Organic Fire Roasted Sweet Potatoes
  Well, you could peel vitamin A-packed orange spuds, chop them, and roast them for an hour or open up this bag and sauté the kid-size pieces in olive oil for 12 to 16 minutes. You decide what's easier. 100 calories, 0 fat per cup
Less-Junky Treats

Dole Pineapple Dippers
These dark-chocolate-covered pineapple pieces are the perfect little something sweet. Open a pouch (you get six per box), thaw the seven pieces inside on a plate, and let the family share. 80 calories, 5g fat per pouch

GoodPop Chocolate Milk
All-Natural Frozen Pops
Made with Fair Trade cocoa, sea salt, and milk that’s free of growth hormones, these rich-tasting pops were tops with parents and kid testers. 120 calories, 7g fat each

Turkey Hill All Natural Mint Chocolate Chip Gelato
The right amount of mint, no food dye, and a creamy texture sold families. 220 calories, 12g fat per 1/2 cup

Outshine Simply Yogurt Bars
Blueberry: These purple-icious pops contain protein plus live and active cultures, which help ward off tummy troubles. 90 calories, 2g fat each