

The 20 Best Organic Foods for Men

Your Earth-healing, palate-pleasing, diet-improving shopping list for healthier, tastier meals all day long

BREAKFAST

Best eggs

EGGLAND'S BEST ORGANIC
Scrambled, fried, or poached, these heart-healthier eggs cook up flavorful and fluffy.
One large egg: 70 calories, 6 grams (g) protein, 0 g carbs, 4 g fat

Best cereal

KASHI WHOLE WHEAT BISCUITS, CINNAMON HARVEST
One serving is nearly 20 percent of your daily fiber, and it doesn't taste like the box it came in.
2 oz: 180 calories, 6 g protein, 43 g carbs (5 g fiber), 1 g fat

Best milk

STONYFIELD ORGANIC REDUCED FAT
It's creamy, without the calories of whole milk.
1 cup: 130 calories, 8 g protein, 13 g carbs, 5 g fat

Best coffee

STUMPTOWN COFFEE ROASTERS ORGANIC FRENCH ROAST
"Direct trade" means the roasters buy directly from growers and then ship this dark, rich coffee to you.
1 cup: 2 calories

LUNCH

Best bread

BREAD ALONE BAKERY ORGANIC WHOLE GRAIN HEALTH LOAF
Sweetened with honey and topped with sesame and sunflower seeds, it's the perfect slice for sandwiches.
1 slice: 140 calories, 5 g protein, 27 g carbs (4 g fiber), 2 g fat

Best lunch meat

APPLEGATE FARMS ORGANIC ROASTED TURKEY BREAST
Try some of this lean, luscious protein rolled and slathered with pesto.
2 oz: 50 calories, 10 g protein, 1 g carbs, 0 g fat

Best deli cheese

APPLEGATE FARMS ORGANIC MILD CHEDDAR CHEESE
Serve your next grilled cheese without a side of hormones.
1 slice: 85 calories, 5 g protein, 0 g carbs, 6 g fat

Best condiment

ANNIE'S NATURALS ORGANIC DIJON MUSTARD
It has no calories, tons of flavor, and goes great with our pretzel pick. (See "Best crunchy snack.")

Best frozen meal

AMY'S ROASTED VEGETABLE TAMALE
It's satisfying enough to stave off hunger, but sanely portioned to prevent a gut bomb.
Per meal: 280 calories, 9 g protein, 46 g carbs, 7 g fat

AFTER YOUR WORKOUT

Best recovery drink

ORGANIC VALLEY REDUCED FAT CHOCOLATE MILK
Stocked with the protein your muscles need to rebuild quickly.
Per cup: 170 calories, 8 g protein, 24 g carbs, 5 g fat

DINNER

Best meat

FULL CIRCLE BISON RANCH ORGANIC GRASS FED BUFFALO (RIB EYE)
This steak outranked all the organic beef brands we sampled.
3 oz: 150 calories, 25 g protein, 0 g carbs, 5 g fat

Best organic spice

McCORMICK 100% ORGANIC CAYENNE RED PEPPER
After you hit your steak with salt and pepper, ratchet up the heat with a shake of this. (0 calories)

Best cooking oil

SPECTRUM ORGANIC CANOLA OIL
Use this for medium-to-high-heat cooking.
1 Tbsp: 120 calories, 0 g protein, 0 g carbs, 14 g fat

Best beer

SAMUEL SMITH ORGANIC ALE
Consider this balanced, full-bodied ale your new warm-weather brew.
12 oz: 150 calories, 2 g protein, 15 g carbs, 0 g fat

Best wine

SCRIBE 2008 PINOT NOIR
Alice Waters of Chez Panisse, in Berkeley, California, gives it the thumbs-up. We second.
3.5 oz: 84 calories, 0 g protein, 2 g carbs, 0 g fat

SNACKING

Best fruit snack

PEELED SNACKS MUCH-ADO-ABOUT MANGO
Only one ingredient: dried organic mangoes.
Per bag: 120 calories, 2 g protein, 28 g carbs (2 g fiber), 0 g fat

Best fiery snack

EDEN ORGANIC SPICY PUMPKIN SEEDS
Seasoned with soy sauce, garlic, and cayenne, these put spicy chips to shame.
¼ cup: 200 calories, 10 g protein, 5 g carbs (5 g fiber), 16 g fat

Best crunchy snack

NEWMAN'S OWN ORGANICS HONEY WHEAT MINI PRETZELS
Not too sweet. Amazing with peanut butter.
20 pretzels: 110 calories, 2 g protein, 22 g carbs (3 g fiber), 1 g fat

Best sweet snack

NEWMAN'S OWN ORGANICS CHAMPION CHIP DOUBLE CHOCOLATE MINT CHIP COOKIES
Indulge your chocoholism without overeating.
4 cookies: 160 calories, 2 g protein, 21 g carbs (1 g fiber), 8 g fat

Best yogurt

STONYFIELD OIKOS ORGANIC GREEK YOGURT WITH HONEY
Sweetened naturally (and organically) without added preservatives.
5.3 oz container: 120 calories, 13 g protein, 18 g carbs, 0 g fat

BEST BRANDS

Amy's

Just because you eat organically doesn't mean you should sacrifice your favorite foods. Amy's delivers big on flavor while sticking to its organic guns. Look for Amy's oat-meats, soups, chili, frozen entrées, and cakes (yes, cakes!) nationwide.

Cascadian Farms

This company calls northern Washington home, where it produces more than 75 organic products—from frozen fruits and vegetables to granola and cereal.

Newman's Own Organics

The Towering Inferno was good, but Paul Newman just may cement his legacy with organic cookies. Try the Oreo alternatives, and pick up his popcorn, tea, and Fig Newmans while you're at it.

Diamond Organics

Bookmark this company (diamondorganics.com) as your mail-order source for organic products you can't find at the supermarket. Beef, chicken, dairy, produce, mushrooms—they're at your doorstep with a few clicks.

PAUL KITTA and SARA CANN