

GROCERY GUIDE

HEALTHY PICKS

Put some good-for-you choices in your shopping cart, starting with these new products



MAPLE FLAKES

Nothing could be more Canadian than this crunchy and delicious new sweetener from **Decacer**. Made from 100% pure maple syrup, it's a natural substitute for sugar with only half the calories. Not only that, but it's unrefined and preservative-free. It's available in Maple and Cranberry Maple, and comes in regular and organic varieties (\$4 each; 113 g).



THE WORLD'S BEST MEATLESS CHICKEN BREASTS

This new **President's Choice Blue Menu** product will win over even the most adamant tofu skeptics. It's low in fat and truly tasty, with a blend of soy, wheat and vegetable-based proteins that lends it a natural texture. Try it grilled, baked or sautéed, or add it to a salad or stir-fry (\$10, 936 g, 8 pieces).



V8 V-PLUS (HIGH FIBRE AND LOW SODIUM)

This version of **Campbell's V8 V-Plus** has twice the fibre and less than one-third of the sodium found in the original, making it a heart-healthy choice. In fact, Blood Pressure Canada recently recognized Campbell's for its efforts to reduce the salt content of some of its products (\$3, 1.36 L).
Lindsay Borthwick

For more of these healthy and tasty prepared foods, visit besthealthmag.ca/groceryguide.