

IN WITH THE NEW!

A simple way to eat smarter in 2014? Switch your old standbys for these healthier supermarket standouts.



**1 - IF YOU LIKE
Quinoa...**
TRY Amaranth

The grains' nutrition stats are pretty even—both deliver five grams of heart-healthy dietary fiber—but this nutty variety has a smidge more protein and supplies iron, calcium and fiber. Boil it with chicken or veggie stock for a filling side, or pop it like popcorn and sprinkle herbs on top.

OUR FAVES

Bob's Red Mill Organic Amaranth Grain (\$8, bobsredmill.com); Living Now Organic Amaranth (\$4, iherb.com)

**2 - IF YOU LIKE
Breadcrumbs...**
TRY Wheat germ

Coating chicken breasts or topping mac 'n' cheese? Sub in these crunchy kernel bits to add four key nutrients: vitamin E and folic acid to protect healthy cells, thiamine to convert carbs into energy and phosphorus to strengthen bones and teeth.

OUR FAVES

Kretschmer Original Toasted Wheat Germ (\$5, **major grocery stores**); Hodgson Mill Untoasted Wheat Germ (\$2, hodgsonmillstore.com)

**3 - IF YOU LIKE
Greek yogurt...**
TRY Icelandic skyr

Creamy and supremely tart, the Scandinavian dairy staple serves up a whopping 17 to 20 grams of protein per six-ounce nonfat serving (versus about 15 grams of protein for the same amount of the nonfat Greek stuff). Scarf it down with fruit, or use the plain variety to marinate meat.

OUR FAVES

Smári Organic Icelandic Yogurt (\$2, **Whole Foods stores**); Siggi's Icelandic-Style Skyr (\$2, **Target stores**)