

The Bowl Cut

Best Bites (✓✓) and **Honorable Mentions** (✓) have grains that are 100% or mostly whole and have no white potatoes. They also have no more than 3 grams of saturated fat (we allowed a few grams more if the fat came from nuts, seeds, or healthy oils). Best Bites contain no more than 450 milligrams of sodium. Honorable Mentions can have up to 600 mg. Bowls are ranked from least to most sodium, then least to most sat fat, then most to least protein, then least to most calories.

Bowls—with all or mostly whole grains		Calories	Saturated Fat (g)	Protein (g)	Sodium (mg)
✓✓	Grainful Chana Masala	300	1	12	160
✓✓	Amy's Light in Sodium Brown Rice & Vegetables	260	1	9	270
✓✓	Kashi Black Bean Mango	310	1	9	270
✓✓	Kashi Sweet Potato Quinoa	270	1	9	280
	Mann's Nourish Spicy Thai	200	7	6	290
✓✓	Luvo Kale Ricotta Ravioli	230	2	12	310
✓✓	Kashi Mayan Harvest Bake	330	1.5	10	320
	Luvo Chicken & Corn Chowder	300	3.5	15	320
✓✓	Luvo Chicken Harissa & Chickpeas	270	1.5	16	330
✓✓	Luvo Planted Hawaiian Un-Fried Rice	360	2.5	10	330
✓✓	Luvo Chicken Chorizo Chili	260	1	18	340
✓✓	Sweet Earth Bean & Mango Cubano	350	1	13	340
✓✓	Healthy Choice Simply Unwrapped Burrito	270	1	9	350
✓✓	Luvo Planted So Cal Kale & Bean	300	0.5	10	360
✓✓	Luvo Chana Masala	270	1	11	360
✓✓	Luvo Quinoa & Veggie Enchilada Verde	290	2	10	360
	Luvo Roasted Cauliflower Mac & Cheese	340	4	11	380
✓✓	Grainful Vegetarian Chili	270	2.5	11	390
	Luvo Planted Mighty Masala & Greens	300	3.5	11	390
✓✓	Amy's Light & Lean Quinoa & Black Beans	240	0.5	10	440
✓	Healthy Choice Simply Kung Pao Chicken	270	1	21	460
✓	Kashi Creamy Cashew Noodle	390	3.5	13	460
✓	Grainful Ranchero Chicken	280	1	17	470
	Kashi Coconut Lemongrass Rice	360	10	11	470
✓	Lightlife Mediterranean Tempeh	250	1	10	480
✓	Frontera Barbacoa Taco	290	2	23	480
✓	Kashi Fire Roasted Quinoa	260	2	10	480
✓	Grainful Tuscan Bean & Kale	290	0.5	13	490
✓	Healthy Choice Simply Grilled Basil Chicken	230	1	19	490
✓	Healthy Choice Simply Meatball Marinara	280	2.5	18	490
✓	Healthy Choice Simply Chicken & Vegetable Stir Fry	190	1	23	500
✓	Healthy Choice Simply Beef & Broccoli	280	2	22	500
✓	Healthy Choice Café Steamers Tortellini Primavera Parmesan	260	2.5	10	510
✓	SmartMade Orange Sesame Chicken	240	1	21	530
✓	SmartMade Mexican-Style Chicken	260	2.5	21	530
✓	Grainful Porcini Mushroom Chicken	310	3	19	530
✓	Lightlife Teriyaki Tempeh	280	0.5	12	540
	Mann's Nourish Monterey Risotto	310	5	7	540
✓	Amy's Brown Rice & Vegetables	260	1	9	550
✓	SmartMade Asian-Style Garlic Chicken	220	1	21	570
✓	Healthy Choice Café Steamers Portabella Spinach Parmesan	230	1	8	570
✓	Red's Vegetables & Brown Rice	270	2	7	570
✓	Kashi Pesto Chickpea Quinoa	330	2.5	8	570
✓	SmartMade Roasted Turkey & Vegetables	240	1	20	580
✓	Healthy Choice Simply Chicken Fried Rice	320	1.5	23	580
✓	SmartMade Thai-Style Chicken & Vegetables	250	1.5	21	580
✓	Grainful Unstuffed Pepper	250	1.5	18	580
✓	Amy's Black-Eyed Peas and Veggies	300	1.5	11	580
✓	Frontera Tinga Taco	260	1	19	590
✓	Sweet Earth Kyoto Stir Fry	270	1	11	590
✓	Lightlife Sweet Potato Shepherd's Pie	160	0	13	600
✓	Healthy Choice Simply Mediterranean-Style Lentil	250	0.5	13	600
✓	Healthy Choice Simply Chana Masala	250	1	9	600
✓	Mann's Nourish Cauli-Rice Curry	260	1	9	600
✓	Healthy Choice Simply Grilled Chicken & Broccoli Alfredo	190	2.5	28	600
✓	Healthy Choice Simply Grilled Chicken Pesto & Vegetables	200	2.5	28	600
✓	Healthy Choice Power Adobo Chicken	330	2.5	26	600
✓	Healthy Choice Power Korean-Inspired Beef	290	2.5	20	600
✓	Healthy Choice Power Cuban-Inspired Pork	340	2.5	20	600
✓	Healthy Choice Café Steamers Four-Cheese Ravioli & Chicken Marinara	270	2.5	19	600
✓	Healthy Choice Power Chicken Sausage & Barley	340	2.5	16	600
✓	SmartMade Rosemary Grilled Beef & Vegetables	270	3	17	600
	SmartMade Roasted Vegetables with Angel Hair	260	0.5	9	610
	SmartMade Pesto Chicken & Orzo	350	2	24	620
	Amy's Harvest Casserole	360	1.5	17	640
	Mann's Nourish Southwest Chipotle	220	3	11	680
	Mann's Nourish Bacon Maple Brussels	340	3	9	700
	Stouffer's Fit Kitchen Steak Fajita	340	3	24	790
	Mann's Nourish Sesame Sriracha	310	1.5	7	800
	Stouffer's Fit Kitchen Chicken with Cashews	420	2.5	22	940

Bowls—with refined grains or white potatoes		Calories	Saturated Fat (g)	Protein (g)	Sodium (mg)
	Healthy Choice Café Steamers Sweet & Spicy Orange Zest Chicken	280	1	18	380
	Evol Shawarma Style Chicken	300	2.5	17	440
	Healthy Choice Café Steamers Barbecue Seasoned Steak with Potatoes	260	1	17	470
	Evol Truffle Parmesan Mac & Cheese	460	13	14	540
	Healthy Choice Café Steamers Sweet & Sour Chicken	390	1.5	12	550
	Evol Hawaiian Style Grilled Chicken	320	0	13	580
	Amy's Mushroom Risotto	240	4	7	590
	SmartMade Chicken with Spinach Fettuccine	220	3	22	630
	Amy's Broccoli & Cheddar Bake	420	12	16	640
	Good Food Made Simple Hatch Chile Mac	490	14	20	690
	Amy's 3 Cheese & Kale Bake	480	13	18	760
	MorningStar Farms Chik'n Pot Pie	330	9	14	780
	Evol Ginger Soy Udon Noodles	310	0.5	10	1,030

✓✓ Best Bite. ✓ Honorable Mention.

Daily Limits (for a 2,000-calorie diet): **Saturated Fat:** 20 grams.

Sodium: 2,300 milligrams. **Daily Protein Target:** 75 grams.

Source: company information. The use of information from this article for commercial purposes is strictly prohibited without written permission from CSPI.