

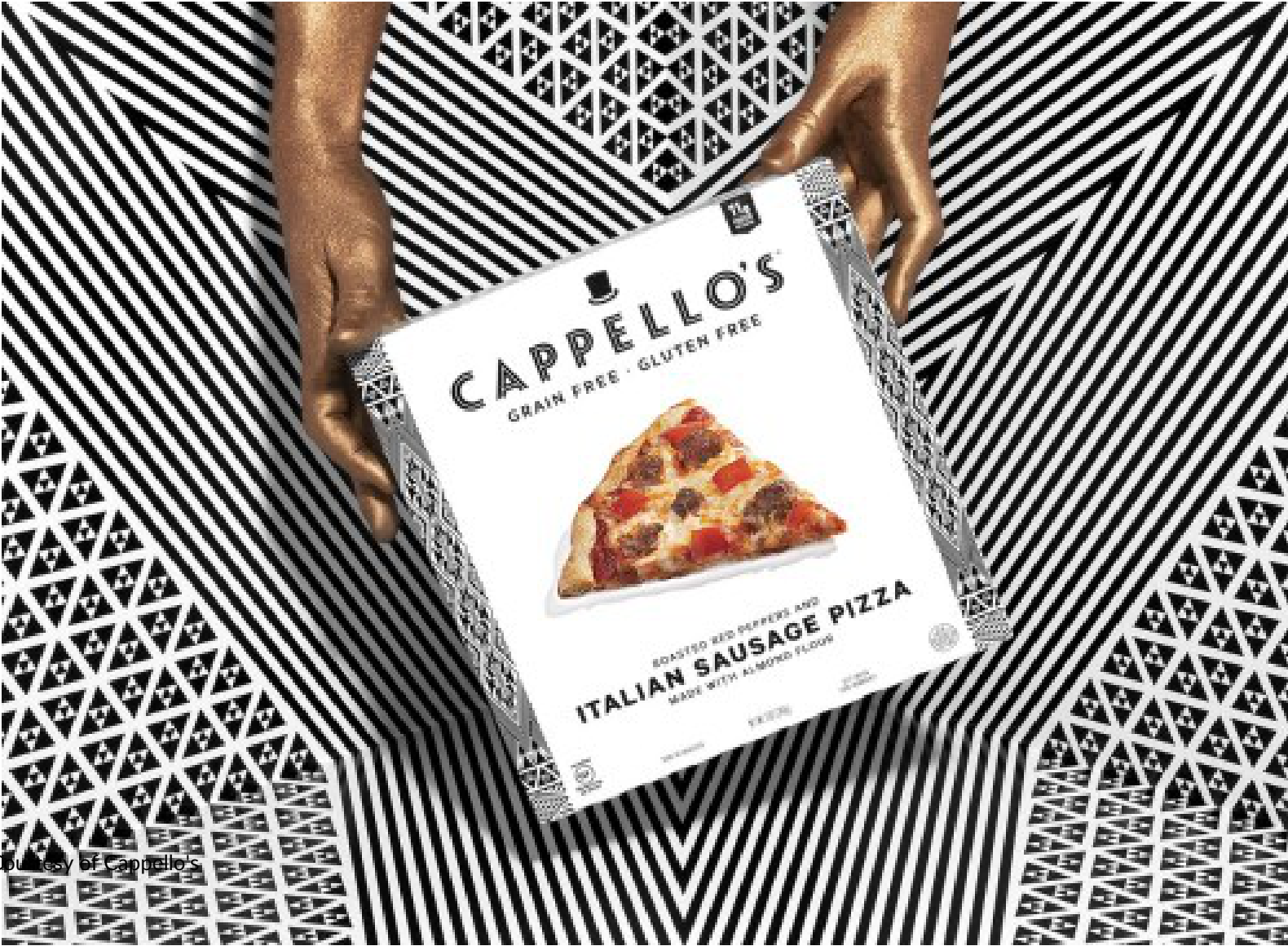


GROCERIES

# 50 New Foods That Should Always Be in Your Kitchen

We've compiled a master list of some of the newest food innovations of 2019 so you're up-to-date on the latest products.

By CHEYENNE BUCKINGHAM   OCTOBER 4, 2019



Courtesy of Cappello's

Each year, food companies—small and large alike—debut either a new line of products or a few extra flavors. Here at Eat This, Not That!, we make it our mission to make sure these new releases don't go unnoticed.

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From first-of-its-kind products such as Cappello's almond flour crust frozen pizza to longer-standing brands like Siggi's that are making new yogurt products that tailor to those with a lactose intolerance, we've included a wide range of products from a variety of brands that we think you should know about right now.

Here are 50 new foods that debuted this year that we think are worth a try. Your grocery list is about to get even more interesting with these picks!

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## 1 Minna Lightly Brewed Sparkling Tea



**1 CAN (355 ML):** 0 calories, 0 g fat (0 g saturated fat, 0 g trans fat), 0 mg sodium, 0 g carbs (0 g fiber, 0 g sugar), 0 g protein

Do you absolutely love iced tea? Minna may be your new muse. It's an organic, unsweetened, lightly brewed sparkling tea. You won't find any artificial sweeteners in here either with infusions of natural ingredients like organic hibiscus and rosehips extract. You can enjoy one

of three Minna flavors: Tropical Green Tea, Citrus Blac Tea, and Lime Hibiscus Tea.

**\$12 PACK FOR \$28.00** AT AMAZON

**BUY NOW**

## 2 Elmhurst Hemp Creamers



**PER 2 TBSP FRENCH VANILLA:** 30 calories, 2.5 g fat (0 g saturated fat, 0 g trans fat), 0 mg sodium, 2 g carbs (0 g fiber, 1 g sugar), 0 g protein

You likely have tried one of Elmhurst's milk alternatives before, whether it be their milked cashews or milked oats. All of their milk alternatives will likely not make you miss cow's milk. As of this year, Elmhurst launched its first line of dairy-free hemp creamers. You can try one (or all) of four flavors: Golden-Milk, French Vanilla, Hazelnut Hemp, and Original Hemp. Each flavor only contains up to six ingredients and contains a healthy serving of anti-inflammatory omega-3 fatty acids.

**\$6 PACK FOR \$34.99** AT AMAZON

**BUY NOW**

### 3 Limitless Caffeinated Sparkling Waters



**PER CAN (355 ML):** 0 calories, 0 g fat (0 g saturated fat, 0 g trans fat), 0 mg sodium, 0 g carbs (0 g fiber, 0 g sugar), 0 g protein

If you like soda but are trying to make a conscious effort to eliminate added sugars from your diet, Limitless Caffeinated Sparkling Waters may be your new go-to beverage. Each can packs 35 milligrams worth of caffeine, as much as a typical can of soda. Sip on natural, fruity flavors such as blood orange, watermelon, and even grapefruit hibiscus. The options, dare we say, are limitless.

**\$8 CANS FOR \$11.99** AT AMAZON

**BUY NOW**

### 4 Chameleon Cold-Brew–Oat Milk Latte



Chameleon recently launched its newest coffee drink—Oat Milk Latte blended with Cold Brew coffee. Right now you can enjoy one of two flavors, original and dark chocolate.

## 5 Organic Valley Chocolate Organic Fuel Protein Shake





**1 BOTTLE (330 ML):** 170 calories, 6 g fat (3 g saturated fat, 0 g trans fat), 280 mg sodium, 10 g carbs (1 g fiber, 9 g sugar), 20 g protein

Organic Valley Fuel may be your new favorite breakfast or post-workout shake, especially if you're always on the go and cannot stomach lactose. Why? This shake contains milk that has been ultra-filtered, which effectively lowers the lactose content (the naturally occurring sugars in milk). Then, with the addition of a lactase enzyme, the lactose is completely removed, which makes this drink lactose-free. The best part? It contains a whopping 86 milligrams of caffeine, which is equivalent to the amount one cup of coffee holds.

**\$12 PACK FOR \$37.89** AT AMAZON

**BUY NOW**

**RELATED:** The easy guide to cutting back on sugar is finally here.

## 6 Silk's Oat Yeah Oatmilkgurt Yogurt Alternative



**1 CUP (150 GRAMS):** 80 calories, 0 g fat (0 g saturated fat), 30 mg sodium, 17 g carbs (2 g fiber, 9 g sugar), 3 g protein

Calling all of our vegan friends: you'll especially appreciate this new product. Silk's latest brainchild, Oat Yeah Oatmilkgurt, is yet another dairy-free yogurt alternative, but this time

made from creamy oat milk instead of nut milk. You can pick from vanilla, strawberry, mixed berry, and mango.

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## 7 Siggis Lactose-Free Yogurt



Courtesy of Instacart

**2/3 CUP (170 GRAMS):** 170 calories, 7 g fat (4.5 g saturated fat, 0 g trans fat), 85 mg sodium, 8 g carbs (0 g fiber, 5 g sugar), 18 g protein

Siggi's is already known for its low-in-sugar, high-protein, Icelandic-style yogurt, but now the brand just added another product worth gushing over—a lactose-free variety. Siggi's lactose-free yogurt is full-fat, which boosts satiety, and has no added sugars. It's the perfect recipe for a happy tummy.

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## 8 Purely Elizabeth Cauli Hot Cereal



**1 CONTAINER (40 GRAMS):** 200 calories, 12 g fat (6 g saturated fat, 0 g trans fat), 20 mg sodium, 18 g carbs (3 g fiber, 8 g sugar), 8 g protein

Purely Elizabeth has a strong lineup of tasty ancient grain-based granolas and oat cups. One of their new products this year is their Cauli Hot Cereal cups, which are completely grain-free and inherently gluten-free, too. The cereal in these cups is made from diced, freeze-dried cauliflower and sweetened with coconut sugar. Currently, you can try one of two flavors: Cinnamon Almond and Strawberry Hazelnut.

**\$4 CUPS FOR \$18.16** AT AMAZON

**BUY NOW**

## 9 Chobani Greek Yogurt Nut Butter





**1 CONTAINER (5.3 OUNCES GRAMS):** 160 calories, 7 g fat (1.5 g saturated fat, 0 g trans fat), 90 mg sodium, 14 g carbs (1 g fiber, 10 g sugar), 12 g protein

What could be more delicious than Greek yogurt with nut butter? Chobani's latest yogurt creation contains either almond butter, cashew butter, or hazelnut butter at the bottom of the cup that's just waiting to be stirred in. Make your yogurt that much creamier and protein-filled with this new product.

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## 10 Nolita Cauli-Tots



Courtesy of Nolita Naturals

**1 SERVING SIZE OF ORIGINAL FLAVOR (6 PIECES):** 80 calories, 4 g fat (2 g saturated fat, 0 g trans fat), 270 mg sodium, 7 g carbs (4 g fiber, 1 g sugar), 5 g protein

Ditch the fried tater tots and instead, opt for these veggie-filled tots. Made with cauliflower, egg whites, cheese, almond flour, onion, and seasoning, these tater tots don't have any hidden additives or preservatives. We approve!

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## 11 Caesar's Kitchen Gluten-Free Frozen Entrées

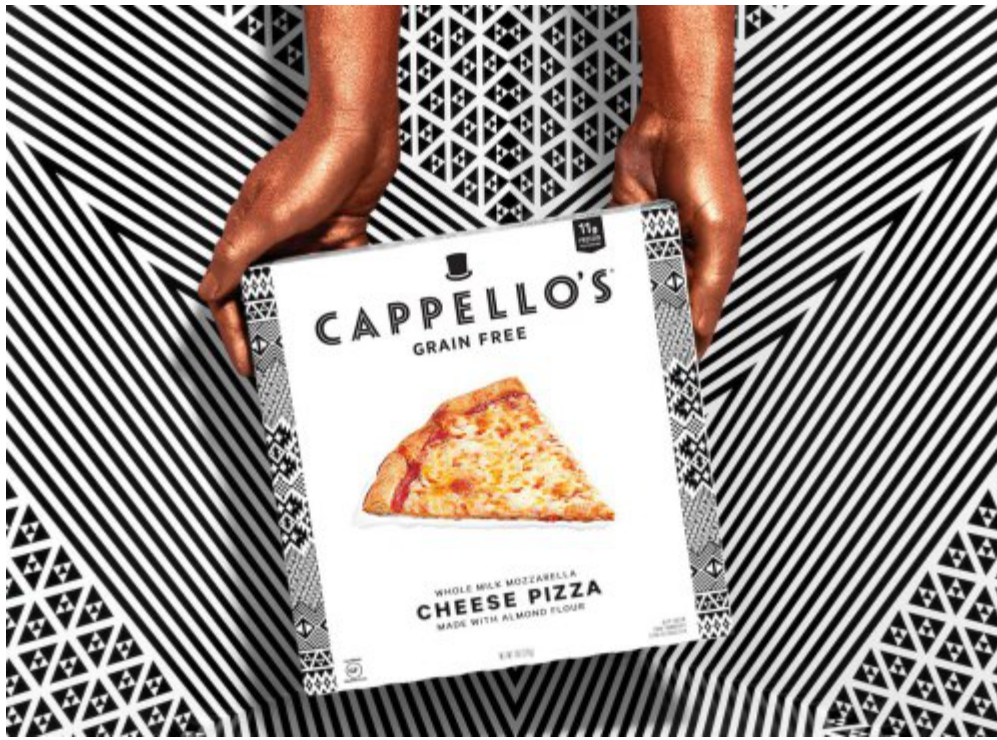


**1 TRAY OF VEGETABLE LASAGNA (326 G):** 500 calories, 15 g fat (7 g saturated fat, 0 g trans fat), 340 mg sodium, 45 g carbs (2 g fiber, 7 g sugar), 17 g protein

Would you believe us if we told you the recipes for Caesar's Kitchen frozen entrées were crafted by Michelin-rated chefs? We love Caesar's Kitchen frozen dinners because they are all pasta-based dishes and they're all gluten-free, from the stuffed shells to the gnocchi dumplings.

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## 12 Cappello's Almond Flour Crust Pizza



Courtesy of Cappello's

**1/3 CHEESE PIZZA (104 G):** 340 calories, 24 g fat (11 g saturated fat, 0 g trans fat), 710 mg sodium, 22 g carbs (3 g fiber, 3 g sugar), 11 g protein

We love Cappello's here at Eat This, Not That! Not only is this pizza absolutely delicious, but it's also the very first of its kind. That's right, Cappello's is the first company to debut an almond-flour crust pizza that's both grain-free and gluten-free in the freezer aisle. Enjoy one of three pizza flavors—Italian Sausage (our personal favorite), Uncured Pepperoni, and Cheese—or, opt for a naked crust pizza and cover it with your own toppings.

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## 13 Zephyr Foods 1 Source Ground Beef





Courtesy of Zephyr Foods

**4 OUNCES (112 G):** 240 calories, 17 g fat (7 g saturated fat, 0 g trans fat), 55 mg sodium, 0 g carbs (0 g fiber, 0 g sugar), 22 g protein

How refreshing is it to know that the ground beef you're eating is sourced from just one animal and an animal that was humanely raised, might we add? Zephyr Foods may be one of the only red meat producers we trust.

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## 14 Primal Kitchen No Soy Teriyaki



**1 TBSP (15 G):** 15 calories, 0 g fat (0 g saturated fat, 0 g trans fat), 220 mg sodium, 3 g carbs (0 g fiber, 3 g sugar), 0 g protein

Good news for our soy-free and gluten-free friends out there. Primal Kitchen has concocted a teriyaki sauce that you too can enjoy. This product is also Whole30 Approved, so if you happen to be following that diet as well, you're in luck!

**\$2-PACK FOR \$19.80** AT AMAZON

**BUY NOW**

## 15 Alpha Foods Breakfast Burritos





Dairy-free and meat-free? Vegans and vegetarians rejoice! Alpha Foods has the perfect breakfast burrito for you and it's launching soon. Start your day with either the breakfast veggie or the original burrito.

## 16 Lopaus Point Gluten-Free Waffles



Courtesy of Lopaus Point

**1 CHOCOLATE CHIP WAFFLE (57 G):** 180 calories, 10 g fat (1.5 g saturated fat, 0 g trans fat), 170 mg sodium, 21 g carbs (2 g fiber, 4 g sugar), 3 g protein

Enjoy these artisanal waffles that are free of gluten, dairy, soy, preservatives, and added sugar. Sweetened with organic fruit, these waffles are unlike any others are on the market.

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## 17 Vital Farms Pasture-Raised Original Ghee Squeeze Bottle



**1 TBSP (14 G):** 120 calories, 14 g fat (10 g saturated fat, 0 g trans fat), 0 mg sodium, 0 g carbs (0 g fiber, 0 g sugar), 0 g protein

If you love ghee, you'll likely appreciate Vital Farms' new squeezable ghee butter! The cows that produce this butter are pasture-raised, meaning they spend most of their days roaming outside on open pastures on small family farms. This ghee is lactose-free because the milk solids are removed before it's slowly churned. Now, instead of attempting to spread it on a piece of toast, you can squirt it out of a bottle completely mess-free. Enjoy either the original variety or one with Himalayan Pink Sea Salt.

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## 18 Blender Bombs



Courtesy of Blender Bombs

**1 PIECE OF MINT & CACAO CHIP (31 G):** 140 calories, 9 g fat (1 g saturated fat, 0 g trans fat), 25 mg sodium, 12 g carbs (4 g fiber, 6 g sugar), 4 g protein

Imagine having a smoothie mix already prepared for you. Blender Bombs were created to ease the smoothie-making process. The Mint & Cacao Chip variety, for example, packs nutrient-dense ingredients, including almonds, organic dates, cacao powder, and flax seeds, and chia seeds. Each package is supplied with 10 smoothie bombs—that's two work weeks worth of breakfasts taken care of!

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## 19 RX A.M. Oats

**6 cups.  
12g. protein per cup.**



Courtesy of RX

**1 CUP MAPLE (62 G):** 250 calories, 8 g fat (1 g saturated fat, 0 g trans fat), 95 mg sodium, 35 g carbs (6 g fiber, 8 g sugar), 12 g protein

We love RX A.M. Oats. Having tried each flavor, the team at Eat This, Not That! collectively agreed that the Maple flavor is our favorite, although the chocolate and apple cinnamon varieties are tasty, too. With a whopping 12 grams of protein, we love that this ready-to-eat oatmeal is filling and not sugary like most other packaged oats.

**\$12 PACK FOR \$49.99** AT AMAZON

**BUY NOW**

**20** Tiger Butter Co. Original Tiger Butter



Courtesy of Tiger Butter

**2 TBSP (32 G):** 180 calories, 15 g fat (12 g saturated fat, 0 g trans fat), 95 mg sodium, 11 g carbs (6 g fiber, 3 g sugar), 1.5 g protein

You may be a fan of classic nut butter including peanut and almond, but have you tried one made from tiger nuts? Truth be told, you probably haven't because tiger nuts aren't actually nuts. Instead, they're a root vegetable that's cultivated in both Spain and Africa. Tiger Butter is also chock-full of gut-healthy prebiotics. Try it on toast or in a PB&J!

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## 21 Chiquita Bites





[Super1Foods/Facebook](#)

**1 SERVING:** 180 calories, 10 g fat (6 g saturated fat, 0 g trans fat), 380 mg sodium, 18 g carbs (2 g fiber, 6 g sugar), 8 g protein

Apples, cheddar cheese, and pretzels may just be the perfect combination of savory and sweet. With eight grams of protein, [Chiquita Bites](#) make for a great mid-day snack, especially if you're on the go.

## 22 Country Archer Mini Original Beef Sticks





**1 STICK (14 G):** 50 calories, 3.5 g fat (1.5 g saturated fat, 0 g trans fat), 180 mg sodium, 0 g carbs (0 g fiber, 0 g sugar), 5 g protein

Now you can enjoy these hearty beef sticks in miniature form. Country Archer's original mini beef sticks boast five grams of protein for only 50 calories. For comparison, a normal size beef stick clocks in at 100 calories and 9 grams of protein.

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## 23 Rind Straw-Peary Blend Skin-On Superfruit Snack



**1.5 OZ (43 G):** 150 calories, 0 g fat (0 g saturated fat, 0 g trans fat), 0 mg sodium, 36 g carbs (5 g fiber, 16 g sugar), 1 g protein

If you like dried fruit but want to bypass on the extra sugar (we're looking at you raisins), Rind snacks may just be the fruit snack for you. Their newest sun-dried superfruit on the block is their Straw-Pearry Blend variety, which packs slices of skin-on pears, apples, and strawberries. What we love most about this snack is that all of the sugar in here is from the fruit itself—there's no table sugar lurking on these already naturally sweet fruit snacks!

**\$3 PACK FOR \$19.49** AT AMAZON

**BUY NOW**

24

## Campbell's Well Yes! Sipping Soups Broccoli & Sweet Potato



**1 CONTAINER:** 160 calories, 7 g fat (3 g saturated fat, 0 g trans fat), 650 mg sodium, 22 g carbs (2 g fiber, 9 g sugar), 3 g protein

Campbell's is one of the most beloved soup brands on supermarket shelves, and the company's Well Yes! line just added two new flavors: Broccoli & Sweet Potato as well as Cauliflower & Roasted Potato. Each flavor provides at least 20 percent of your daily servings of vegetables, all while clocking in at under 200 calories.

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## 25 Farmwise Appetizers: Veggie Skins



**2 PIECES (91 G):** 150 calories, 8 g fat (2.5 g saturated fat, 0 g trans fat), 190 mg sodium, 15 g carbs (1 g fiber, 2 g sugar), 5 g protein

Farmwise just launched two new veggie-based appetizers: Veggie Skins and Mozzarella & Broccoli Bites. When you think of potato skins, you likely think of potato skins that are heaping with sour cream, cheese, and bacon bits—while delicious, they're not too nutritious. Farmwise Veggie Skins, on the other hand, include cheese and cauliflower or cheese and broccoli and cost a fraction of the calories as what a restaurant's version of potato skins may look like. They'd be great for a tailgate or a game watch!

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## 26 Green Giant Simply Steam Riced Veggies



**1 CUP (110 G):** 40 calories, 1.5 g fat (0.5 g saturated fat, 0 g trans fat), 220 mg sodium, 5 g carbs (2 g fiber, 2 g sugar), 2 g protein

We all know and love Green Giant's riced veggies, but the company just added on another four riced veggie products under their Simply Steam line. Choose from Riced Cauliflower Casserole, Riced Cauliflower with Broccoli Florets & Cheese Sauce, Riced Cauliflower Italian Style, and Riced Cauliflower & Cheese Sauce, each of which ranges from 40 to 120 calories per serving.

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## 27 Grillo's Pickles Convenient Fresh Packs, Spicy



**1 SPEAR (33 G):** 5 calories, 0 g fat (0 g saturated fat, 0 g trans fat), 180 mg sodium, 1 g carbs (0 g fiber, 0 g sugar), 0 g protein

Crack open a container of Grillo's Pickles for pre-sliced pickles that are ready to stick inside your lunch sandwich.

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## 28 Spinato's Primavera Broccoli Crust Pizza





¼ PIZZA (90 G): 190 calories, 8 g fat (4.5 g saturated fat, 0 g trans fat), 500 mg sodium, 22 g carbs (1 g fiber, 3 g sugar), 8 g protein

Spinato's is the cheddar broccoli crust pizza brand you didn't know you needed. Gluten-free friends can enjoy this pizza, too, as there isn't a trace of flour in this crust!

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## 29 SMPL Bites



Courtesy of SMPL

**1 CHARCOAL + COCONUT BITE (13 G):** 60 calories, 4.5 g fat (2.5 g saturated fat, 0 g trans fat), 20 mg sodium, 5 g carbs (1 g fiber, 3 g sugar), 2 g protein

SMPL Bites are the bite-sized chewy snacks that are designed to help your relax, detox, and improve your complexion. You can munch on these at breakfast, after your workout, or just when you need something sweet—one bite is just 60 calories!

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## 30 Daily Harvest Sweet Potato + Miso Puréed Soup



Courtesy of Daily Harvest

**1 CONTAINER:** 220 calories, 3.5 g fat (0 g saturated fat, 0 g trans fat), 1,020 mg sodium, 41 g carbs (8 g fiber, 18 g sugar), 6 g protein

Daily Harvest's new Sweet Potato + Miso Puréed Soup is the umami dish you've been waiting for. A blend of white miso and tamari dominate the flavor of this immune-boosting soup.

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## 31 Tyson Air Fried Chicken



Courtesy of Tyson

**7 STRIPS (84 G):** 150 calories, 4 g fat (1 g saturated fat, 0 g trans fat), 570 mg sodium, 13 g carbs (1 g fiber, 3 g sugar), 16 g protein

Air-frying is on-trend right now in the health world, and Tyson didn't want to miss out. The corporate giant recently debuted air fried chicken breast strips, and they're both low in fat and high in protein.

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## 32 Gardein Skillet Meals Porkless Thai Curry



Gardein just recently added two new plant-based skillet meal flavors: Porkless Thai Curry and Lambless Vindaloo. No need to venture out to your favorite Thai restaurant the next time you get a craving!

### 33 Daiya Frozen Burritos





**1 SANTA FE BURRITO (160 G):** 340 calories, 12 g fat (2.5 g saturated fat, 0 g trans fat), 570 mg sodium, 50 g carbs (4 g fiber, 2 g sugar), 8 g protein

Daiya's new frozen burritos are not only 100 percent vegan, but they're also gluten-free, too—we love a product that tends to a variety of different dietary needs. Choose between four savory flavors: Santa Fe, Santiago, Tex-Mex, and Tuscan.

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## 34 PERDUE Chicken Plus



The newest creation from PERDUE is their Chicken Plus line, which coats chicken breast tenders, nuggets, and patties with a breading made from cauliflower, chickpeas, and plant protein. So long, traditional flour breading!

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## 35 Simple Mills Soft-Baked Almond Flour Bars



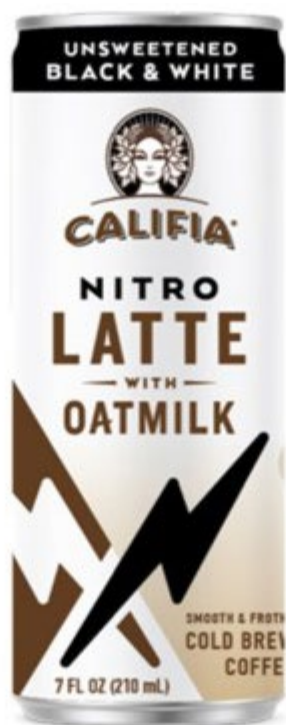


**1 BAR (34 G):** 160 calories, 11 g fat (4.5 g saturated fat, 0 g trans fat), 140 mg sodium, 15 g carbs (2 g fiber, 8 g sugar), 4 g protein

Simple Mills just launched a new almond flour bar that's sweetened with honey and molasses. This gluten-free bar comes in four different flavors—Banana Nut, Peanut Butter, Carrot Cake, and Dark Chocolate Almond—so you're bound to find one you enjoy.

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## 36 Califia Farms Nitro Draft Lattes with Oatmilk



**1 CAN:** 50 calories, 3.5 g fat (0 g saturated fat, 0 g trans fat), 120 mg sodium, 4 g carbs (0 g fiber, 0 g sugar), <1 g protein

Califia Farms has been introducing a lot of new coffee drinks in recent years, the latest of which to hit the scene is the Nitro Lattes with Oatmilk. Maybe you'll pick up a couple of cans of the mocha flavor, or maybe the salted caramel is more your vibe. Whichever flavor you choose (there's also the black & white and XX espresso flavors, too), you'll get that immediate energy boost you've been craving and for minimal calories!

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## 37 Marie's Market Reserve



**2 TBSP (29 G):** 50 calories, 5 g fat (1 g saturated fat, 0 g trans fat), 280 mg sodium, 2 g carbs (0 g fiber, 1 g sugar), 1 g protein

Marie's Market Reserve is a brand-new line of salad dressings that you'll want to get your hands on. Why? Not only do they come in a range of delicious flavors including Southwest Style Ranch, Wildflower Honey & Lime Vinaigrette, Meyer Lemon Basil, Smoked Black Pepper Caesar, and Caramelized Onion & Sesame Seed, but they also all contain 60 calories or less per serving. Drizzle one serving on top of a bed of spinach for a top-notch salad!

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## 38 Perfect Snacks Refrigerated Peanut Butter Cups



Courtesy of Perfect Snacks

**2 CUPS DARK CHOCOLATE COCONUT (40 G):** 210 calories, 15 g fat (6 g saturated fat, 0 g trans fat), 45 mg sodium, 16 g carbs (3 g fiber, 11 g sugar), 7 g protein

These decadent peanut butter cups just hit stores! If you're a lover of Reese's Cups but just cannot get behind those artificial flavors, Perfect Snacks Refrigerated Peanut Butter Cups may just be the treat you've been searching for. Whether you prefer milk chocolate or dark chocolate (and even one with coconut), either pairs well with that chilled peanut butter filling.

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## 39 Primal Kitchen No-Dairy Vodka Sauce



Courtesy of Primal Kitchen

**1/2 CUP (125 G):** 110 calories, 7 g fat (1 g saturated fat, 0 g trans fat), 310 mg sodium, 9 g carbs (2 g fiber, 6 g sugar), 2 g protein

Instead of cream, Primal Kitchen employs another method to make this vodka sauce thick and delicious: cashew butter and avocado oil.

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## 40 Peach Ring Smart Sweets





**1 BAG (50 G):** 80 calories, 0 g fat (0 g saturated fat, 0 g trans fat), 75 mg sodium, 33 g carbs (28 g fiber, 3 g sugar), 0 g protein

We love SmartSweets here at Eat This, Not That! Why? Well, not only do we have a sweet tooth, but we also have a thing for treats that don't contain added sugar! Also, can we just talk about the fiber content in these peach ring gummies? If you follow a 2,000-calorie-per-day diet, 28 grams fulfills 100 percent of your daily needs. We never thought gummy snacks would help facilitate digestion that much!

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## 41 Suja's Limited-Edition Organic Cold Pressed Spiced Apple Cider



Courtesy of Suja

**PER 8 OZ:** 110 calories, 0 g fat (0 g saturated fat, 0 g trans fat), 10 mg sodium, 27 g carbs (1 g fiber, 23 g sugar), 0 g protein

Nothing says fall like apple cider, and this one from Suja is healthier than many other options out there. With no added sweeteners, the sugar you'll get with this cider is straight from the apples themselves. Enjoy it cold, or heat it up with a cinnamon stick for a mulled treat.

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## 42 Better Booch



**PER 8 OZ:** 25 calories, 0 g fat (0 g saturated fat, 0 g trans fat), 10 mg sodium, 5 g carbs (0 g fiber, 5 g sugar), 0 g protein

This organic kombucha comes in four flavors, including Golden Pear, Ginger Boost, Morning Glory, and Citrus Sunrise. The probiotic drink is great for your gut, and the five-star Amazon reviews about the kombucha's taste are promising, too.

**\$12 PACK FOR \$47.99** AT AMAZON



## 43 Impossible Burger



**PER 4 OZ:** 240 calories, 14 g fat (8 g saturated fat, 0 g trans fat), 370 mg sodium, 9 g carbs (3 g fiber, <1 g sugar), 19 g protein

You can have the Impossible Whopper at Burger King or the Impossible Slider at White Castle, but you can also buy the Impossible Burger to cook for yourself at home. The plant-based burger patties mimic the appearance and taste of meat, but they're vegan and vegetarian-friendly.

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## 44 Real Food from the Ground Up Butternut Squash Parmesan Crackers



Courtesy of From The Ground Up Snacks

**PER 44 CRACKERS:** 110 calories, 2.5 g fat (1 g saturated fat, 0 g trans fat), 340 mg sodium, 21 g carbs (1 g fiber, 2 g sugar), 1 g protein

Looking for a healthier alternative to the cheesy crackers you enjoyed as a child? These butternut squash crackers are made from real vegetables and lightly seasoned with Parmesan.

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## 45 Oatly Oat Milk Ice Cream





**PER 100 G:** 218 calories, 13 g fat (7.3 g saturated fat, 0 g trans fat), 0.10 g sodium, 24 g carbs (0.8 g fiber, 21 g sugar), 0.8 g protein

The freezer aisle just got a major upgrade. Oatly's oat milk ice cream is dairy-free and comes in six different flavors, including double chocolate fudge, strawberry, salty caramel hazelnut, and more. Whether you're vegan or you're just looking to lower your environmental impact, this treat is a great choice.

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## 46 Frill Bursting Berries Plant-Based Frozen Dessert



**PER 3.5 OZ:** 70 calories, 0.2 g fat (0 g saturated fat, 0 g trans fat), 5 mg sodium, 20 g carbs (8 g fiber, 10 g sugar), 1 g protein

Another alternative to dairy-based ice cream, Frill's products are vegan and feature both fruits and vegetables on their ingredients list. Reminiscent of fruit sorbets—but with more nutritional value—these treats rely on natural sweetness, rather than added sugars. They're also a great source of fiber, which is just an added bonus.

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## 47 Field Trip Chickpea Butter



**PER 2 TBSP:** 160 calories, 11 g fat (1 g saturated fat, 0 g trans fat), 30 mg sodium, 14 g carbs (4 g fiber, 4 g sugar), 5 g protein

Chickpeas and peanuts are both legumes, so a chickpea-based peanut butter alternative is a logical step. If you have a peanut allergy or just want a nut-free snack you can pack in your child's lunch, you can't go wrong with this chickpea butter.

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## 48 Swiss Rosti Melty Swiss Raclette



**PER 1 ROSTI (75 G):** 100 calories, 5 g fat (2.5 g saturated fat, 0 g trans fat), 180 mg sodium, 10 g carbs (1 g fiber, 0 g sugar), 5 g protein

Cheese lovers: This is the snack for you. These cheesy balls of goodness feature melty cheese stuffed inside shredded potato pieces. The Swiss Raclette is available at Whole Foods, so you can try this cheese for yourself.

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## 49 Otamot Tomato Sauce



Courtesy of Otamot

**PER ½ CUP (125 G):** 90 calories, 3.5 g fat (0 g saturated fat, 0 g trans fat), 350 mg sodium, 16 g carbs (3 g fiber, 10 g sugar), 2 g protein

Canned tomato sauce is a staple for pasta recipes, but many varieties are loaded with added sugar and sodium. But with no added sugar and just 350 milligrams of sodium per serving, this tomato sauce is a healthier alternative. It's made with real vegetables like carrots and beets, too, and it packs a nutritional punch.

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## 50 Caulipower New Chick on the Block Chicken Tenders

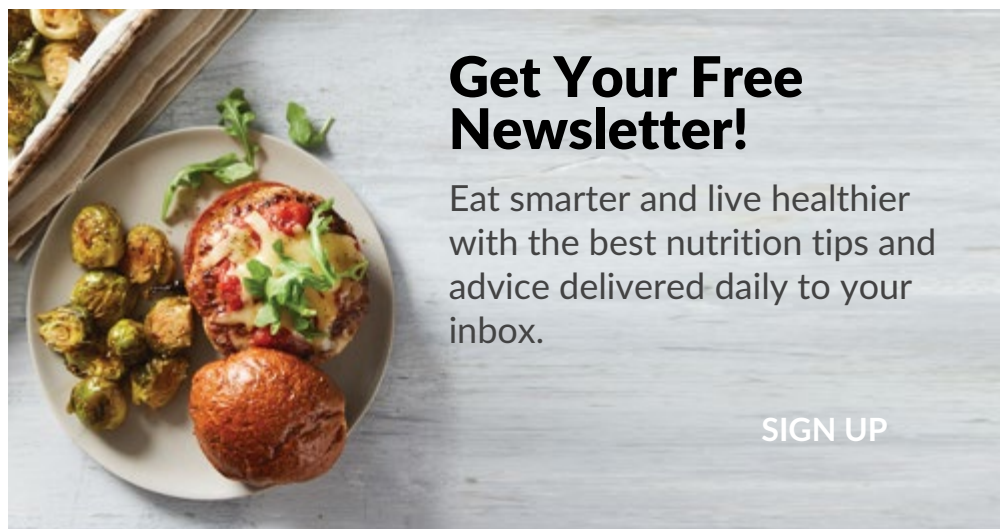




**PER 2 PIECES (96 G):** 120 calories, 1.5 g fat (0 g saturated fat, 0 g trans fat), 480 mg sodium, 12 g carbs (1 g fiber, 0 g sugar), 16 g protein

Anyone following a gluten-free diet will love these frozen chicken tenders. Made with a cauliflower breading, these tenders are baked before being frozen, and they're lower in calories and fat than many of their competitors.

With all of these new foods of 2019, eating delicious meals is easier than ever.





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Cheyenne Buckingham is the news editor of Eat This, Not That!, specializing in food and drink coverage, and breaking down the science behind the latest health studies and information. [Read more](#)

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