



H&F readers' HEALTHY FOOD & DRINK AWARDS 2014

We asked and you answered – loud and clear! We reveal the fuel that powers your workouts and makes you feel good ...

In October 2013, we launched the *Health & Fitness* Healthy Food & Drink Awards. Thousands of you responded, voting for your favourite healthy snacks, smoothies, ready meals and breakfast choices, plus many more. Now the waiting is over and we can reveal the results.

It's great to see you're passionate about the same products we love to shout about in the magazine. While big brands feature among the winners, we're also pleased to see smaller retailers and producers receiving the recognition they deserve for delivering great tasting, healthy food. When you're trying to follow a well-balanced diet, shopping for delicious yet waistline-friendly food can be a task. Thanks to your fellow *H&F* readers, you'll find inspiration here for sensible snacking, fuelling workouts and enjoying superfoods every day. Enjoy!

GLUTEN FREE



Nakd Cocoa Orange Bar, 75p, 35g; naturalbalancefoods.co.uk



9 Bar Original, £1.90; 4x40g, 9bar.com



Nairn's Biscuit Breaks Oats and Syrup
£2.19, 160g; nairns-oatcakes.com

RUNNERS UP

Nairn's Biscuit Breaks Oats and Fruit, Genius Fruit Loaf

SMOOTHIES



Innocent Peaches & Apricots, £1.44,
750ml; innocentdrinks.co.uk



Naked Green Machine Antioxidant,
£2.36, 450ml; nakedjuice.co.uk



Vegeentials Carrot, Mango & Parsnip,
£2.29, 250ml; vegeentials.co.uk

RUNNER UP

Love Smoothies The Hulk

DIET FOOD & DRINK



Philadelphia Lightest, £1.85, 200g;
philadelphia.co.uk



Hartley's 10 Calorie Jelly Strawberry &
Kiwi, 66p, 175g; hartleysfruit.co.uk

RUNNERS UP

McWilliam's Wines Essenze Vine Dancer – Marlborough Sauvignon Blanc, Del Monte Naturally Light, McWilliam's Wines Harmony Semillon Sauvignon Blanc and Shiraz

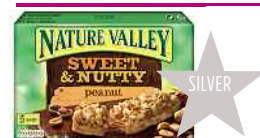


Panda Liqueurice, £2.45, 240g;
pandaliqueurice.com

FRUIT & NUT BARS



Eat Natural Cranberries, Macadamias
& Dark Chocolate, 85p, 45g;
eatnatural.co.uk



Nature Valley Sweet & Nutty Peanut,
69p, 30g; naturevalley.co.uk



Nakd Berry Delight Bar, 75p, 35g;
naturalbalancefoods.co.uk

RUNNER UP

Alpen Fruit & Nut

CEREAL



The Food Doctor Fig &
Cranberry Granola,
£2.99, 425g; thefooddoctor.com



Kellogg's Special K Oats & Honey,
£2.69, 375g; specialk.com



The Good Grain Co. Puffed Wheat,
£1.38, 160g; thegoodgrainco.com

RUNNERS UP

Sharpham Park Morning Flakes, Alpen No Added Sugar

MILK ALTERNATIVE



Alpro Soya Milk, £1.29, 1L; alpro.com/uk



Koko Dairy Free Original, £1.39, 1L; kokodairyfree.com



Koko Dairy Free Chocolate, £1.89, 1L; kokodairyfree.com

RUNNERS UP

Rude Health Almond, Provamel Organic Rice Drink, Braham & Murray Good Hemp

PORRIDGE



The Food Doctor Multigrain & Seed Porridge, £2.99, 750g; thefooddoctor.com

TOP TIP
Cook in the microwave with water for best results and add milk after to make it creamy if desired.



Roar Porridge Pods Apple & Fig, £7.50, 16 portions; roarbreakfast.co.uk



Quaker Oats – Oat So Simple, £2.45, 324g; quakeroats.com

RUNNER UP

Ready Break Original

HEALTHY READY MEALS



Saucy Fish Co. Salmon, Chilli, Lime & Ginger, £4.50, 280g; thesaucyfishco.com



Innocent Japanese Ramen Noodles Pot, £3.75, 380g; innocentdrinks.co.uk



Kirsty's Spanish Chicken with Brown Basmati Rice, £3, 400g; kirstys.co.uk

RUNNERS UP

illumi Chicken Cacciatore, Kirsty's Moroccan Vegetable with Quinoa

COCONUT WATER



Vita Coco 100% Pure Coconut Water, £3.49, 1L; vitacoco.com/uk



Zico Coconut Water Original, £2.23, 400ml; uk.zico.com



Unoco Raw Coconut Water, £2.39, 250ml; unocodrinks.com

RUNNERS UP

Zico Coconut Water Mango/chocolate, Vita Coco Coconut Water Pineapple

YOGHURT & DRINKS



Total Greek Yoghurt, £2.39, 500g; uk.fage.eu



Muller Light Strawberry, 68p, 175g; mullerdairy.co.uk



Danone Activia Fat Free Snackpot Cherry; £1.84, 4x125g; danoneactivia.co.uk

RUNNERS UP

Danone Oykos Greek Style Yoghurt, Yog Frozen Yoghurt Natural, Benecol Yoghurt Drink Strawberry, Chobani Fat-Free Yoghurt Black Cherry, Benecol Yoghurt Summer Fruits

TEAS



Twinings Lemon & Ginger,
£1.29, 20 bags; twinings.co.uk



Clipper Organic
Dandelion
Herbal Tea Bags,
£1.45, 20 bags;
clipper-teas.com



The Redbush Tea Company Original,
£1.79, 40 teabags; redbushtea.com

RUNNERS UP

FMD Flor-Essence Tea
Blend, The London Tea
Company Green Tea Mango
& Ginger, Clearspring
Matcha Green Tea

JUICES



Tropicana Trop50 Smooth Orange,
£2.28, 1L; Tropicana.co.uk



James White Beet It Juice, £2.99, 1L;
jameswhite.co.uk



PWR+ Performance natural energy
drink, £2; pwrspport.co.uk

RUNNER UP

Vegesentials Juice Celery,
Apple & Kale

VEGETARIAN PRODUCTS



Linda McCartney Red Onion &
Rosemary Sausages, £2, 300g;
lindamccartneyfoods.co.uk



Quorn Mince, £2.50, 350g; quorn.co.uk



Trek Cocoa Coconut Flapjack, 90p,
50g; naturalbalancefoods.co.uk

RUNNERS UP

Good 4 U Lentil Pea & Bean Shoots, Quorn Chicken Pieces, Chobani Fat Free Yoghurt Plain

SUPER FOODS



Good 4 U Super Shoots,
£1.30, 50g; good4u.co.uk



Linwoods Milled Organic Flaxseed,
£4.99, 425g; linwoodshealthfoods.com



Chia Bia Whole Chia Seed,
£11.99, 400g; chiabia.com

RUNNERS UP

Linwoods Q10, The Chia Co Mango Chia Pod, Minvita Baobab

OILS & SPREADS



Udo's Choice, £19.99, 500ml; udoschoice.co.uk



Fry Light Sunflower Oil Cooking
Spray, £2, 190ml; frylight.co.uk



Alfa One Rice Bran Oil, £2,
500ml; alfaone.co.uk

RUNNERS UP

Flora Pro Active, Benecol Buttery Spread, Dairy Free Pure Sunflower, Bertolli Spread

BEST RETAILER



Sainsbury's

Sainsbury's; sainsburys.co.uk



HOLLAND & BARRETT

Holland & Barrett; hollandandbarrett.com



Whole Foods; wholefoodsmarket.com

RUNNERS UP

Ocado, Andrew Gordon, Revital

SWEET SNACKS



Yu! Mango Fruit Chew, £67p, 24g; yu-rules.co.uk



Popchips Katy's Kettle Corn Sweet & Salty, £1.99, 85g; popchips.co.uk

BRONZE

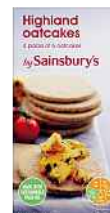


Creative Nature Blissful Berries, 99p, 38g; creativenaturesuperfoods.com

RUNNERS UP

Nairn's Dark Chocolate Chip Oat Biscuits, Coconom Organic Coconut Sugar, Divinio Desserts

OAT CAKES



Sainsbury's Highland Oatcakes, 69p, 300g; sainsburys.co.uk



Walkers Highland Oatcakes, £1.29, 300g; walkersshortbread.com



Clearspring Organic Oatcakes Sea Vegetable & Black Pepper, £2.29, 200g; clearspring.co.uk

RUNNERS UP

Waitrose Seeded Oatcakes, Nairn's Oat Cracker Thins

SAVORY SNACKS



Popchips Barbeque, £1.99, 85g; popchips.co.uk

TOP TIP

Swap calorific tortilla chips for these slimline potato chips to dip in hummus and guacamole.



Good 4 U Chilli Seed Mix, £2.50, 175g; good4u.co.uk

BRONZE



Nairn's Oaty Bakes Cheese, £1.99, 6 bags; nairns-oatcakes.com

RUNNERS UP

Clearspring Tamari Roasted Sicilian Almonds, Mrs Crimble's Oven Baked Potato Bites mature cheese & onion, Mrs Crimble's Cheese Bites, Nairn's Mixed Berries Oat Biscuits

CHOCOLATE



Beyond Dark, £10, 12x35g; beyonddark.co.uk



Montezuma's Milk Chocolate, £2.39, 100g; montezumas.co.uk



Prestat Dark & Rich, £2.50, 75g; prestat.co.uk

RUNNER UP

Seed & Bean Hazelnut & Almond

ORGANIC FOOD & DRINK



TOP TIP

A veg box delivery is the best way to enjoy fresh and seasonal produce with minimal waste.

Ocado Organic Fruit, Veg & Salad Box, from £17.99; ocado.com



Doves Farm Organic Pasta, £2.49, 500g; dovesfarm.co.uk



BerryWhite Pomegranate and Blueberry, £1.69, 330ml; berrywhite.com



RUNNERS UP

Rice Dream Organic Drink Vanilla, BerryWhite Lemon & Ginger, King Soba 100% Organic Brown Rice Noodles

FOOD DELIVERY SERVICE



Ocado; ocado.com



Diet Chef; dietchef.com



Andrew Gordon; freshfoodguru.co.uk

RUNNERS UP

Honestly Healthy, Evolve

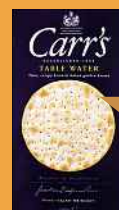
CRACKERS



Nairn's Oat Cracker Thins, £1.19, 171g; nairns-oatcakes.com



DR KARG Organic 3+3, £2.09, 200g; drkarg.co.uk



Carr's Table Water Crackers, £1.19, 125g; carrscrackers.com

RUNNERS UP

Mrs Crimble's Original Cheese, Rakusen's Matzo Crackers, Jacob's Cream Crackers

CEREAL BARS



Nature Valley Oats & Honey, £2.39, 5x42g; naturevalley.co.uk



Nakd Berry Delight Bar, 75p, 35g; naturebalancefoods.co.uk



Eat Natural Fruits & Fibre, £2.49, 4x40g; eatnatural.co.uk

RUNNERS UP

Geobar Mixed Berries, Wild Trail Cherry

CRISPS



Walkers Sunbites Sour Cream & Cracked Black Pepper, £1.79, 6 packets; sunbites.co.uk



Popchips Original, £1.99, 85g; popchips.co.uk



Jacob's Twiglets Original, £1.78, 150g; unitedbiscuits.com

RUNNERS UP

Snapz Apple Crisps, Protein Snack Sour Cream & Onion, Snapz Pineapple Crisps