

## 17 Healthy Foods You Need to Try This Year

While all of us may be tempted to reach for the bright, shiny, and unfamiliar food products that are stocked in our grocery store shelves or spontaneously buy items spotted on Instagram, Brit + Co's doing the hard part for you by taste-testing these new packaged foods to highlight only the good stuff. These foods are for the health nut who may dabble in [veganism](#) or [Whole30](#). While not everything on this list may be diet-approved, you can rest assured even the treats are notable for being organic and non-GMO. Let's feast!



**7. [Go Macro Dark Chocolate + Almonds \(\\$3\)](#):** A perfect post-workout snack, Go Macro's new high-protein Macrobar line includes a new flavor you need to get your hands on. Peruvian dark chocolate and roasted almonds are swirled together with almond butter, brown rice syrup, and a blend of sprouted brown rice protein and pea protein. It tastes almost like [healthy cookie dough](#) and contains 10 grams of protein. Score!