



# 100 Healthiest Foods for 2018

## 100 HEALTHIEST FOODS FOR 2018

Start 2018 off right with this list of essential groceries and restaurant foods that will keep your healthy eating on track. The start of a new year usually signals a fresh start to work towards your goals. And if losing weight or just eating healthier is on your agenda for 2018, it all starts with healthy staples in the kitchen or on-the-go at your favorite chain restaurants. To help you navigate the supermarket and popular restaurants, we've compiled a list of some of our favorite groceries to stock up on in the new year. These essentials will help you meal prep better, snack smart, and stick to your [healthy eating plan](#) all throughout the year. Still need help on what to stock in your pantry and fridge? Start by steering clear of the [100 Unhealthiest Foods for 2018](#).



### 59. GOMACRO MACROBAR PROTEIN PARADISE: CASHEW CARAMEL

1 bar (60 g): 260 calories, 11 g fat (2 g saturated fat), 35 mg sodium, 30 g carbs (1 g fiber, 10 g [sugar](#)), 11 g [protein](#)