



AUGUST 2010

# Good Housekeeping

*easy*

## Summer SUPPERS

Fast, Fresh, Fabulous

### GENIUS ORGANIZING

Smart Ideas for the Whole Family

**50**  
Guilt-Free  
SNACKS  
(Even chocolate)

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### STAND UP For Yourself!

10 Simple Steps

### Shinier, Fuller Hair

The pros' surprising shampoo secret

### Bottled Water

What's Best, What's Bad

Maggie Gyllenhaal

Emma Thompson

### Why we need Best Friends

Pals Maggie & Emma talk hot husbands, dirty dishes, growing girls—and their surprising connection

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## SAVORY



**22 Original Popchips**  
Light as air, but still satisfyingly crunchy.

Don't stress about their being "addictive": They have 61 percent less fat than most chips.



**20 Kettle Brand Baked Potato Chips in Salt & Fresh Ground Pepper**

These "taste like a french fry," one tester proclaimed, while others liked the salt/pepper balance. More to love: They have 20 percent less salt than regular chips.



**6 oz. Low Sodium V8 Juice + 1 large hard-boiled egg**

It's simple, sure, but this team boasts one and a half servings of veggies and 6 grams of hunger-satisfying protein.



**1 cup Campbell's V8 Garden of Eatin' Vegetable Blend Soup**

There's a full helping of veggies in every bowl of this creamy, chunky soup. Plus, it has no artificial flavors, MSG, or preservatives.



**3 Daelia's Biscuits for Cheese, Hazelnut With Figs + 1 Tbsp. Chavrie Original Fresh Goat Cheese**

This sophisticated low-salt snack pairs slightly-sweet biscotti-style biscuits with tangy goat cheese.



**2 Tbsp. Wholly Guacamole Classic + 5 Food Should Taste Good Cheddar Chips**

"Cheesy," like "an upscale Dorito," and the ideal companion for all-natural, fresh-tasting guac (with its hit of healthy fat).



**13 Terra Sweet Potato Chips**

With just sweet potatoes and oil (and no added salt!), these were declared "the most delicious chips ever."



**11 McCain Sweet Potato Crinkle Cut Fries**

These fries are a cut above the rest: crispy on the outside, tender on the inside, and yummy. Plus, one portion provides your daily dose of vitamin A.



**2 Blue Horizon Organic Indian-Style Vegetable Spring Rolls + ¼ cup edamame**

A vegetarian's delight, with almost 3 grams of fiber and more protein (6 grams) than a 6-ounce container of light yogurt.



**2 John Wm Macy's WheatSticks in Garlic Romano + 1 wedge The Laughing Cow Light Swiss Cheese**

A double hit of cheese with as much protein as a slice of deli turkey and great garlicky flavor (the sticks).



**1 cup Dr. McDougall's Right Foods Black Bean Soup**

Hearty and flavorful, with a taste "like homemade." Each fiber-rich cup has respectable amounts of vitamins A and C, as well as calcium and iron.



**5 Multigrain Food Should Taste Good Chips + 1 low-fat cheese stick**

Delicious, all-natural, kid-tested and -approved. The cheese provides 150 mg of calcium, a much-needed mineral for growing (and adult) bodies.



**7 Beanitos Pinto Bean & Flax Chips + 3 Tbsp. salsa**

Yes, bean-based chips! They're crunchy, gluten-free, low on the glycemic index, and higher in both protein and fiber than other chips.