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27 Healthy Foods You Need to Try This Year

Anna Monette Roberts · May 6, 2018

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 options 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!



24. Simple Mills Soft Baked Chocolate Chip Cookies (\$5): Who knew a paleo cookie could actually taste so dang delicious? These soft and squishy cookies, made from almond flour, flax meal, and coconut oil, convincingly mimic conventional chocolate chip cookies. If you need a sweet fix but have dietary restrictions, these cookies may be for you!