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BEST PACKAGED FOODS FOR WOMEN



It's likely that more than half of your budget goes to foods that come in a bag, box, or can. But scan a typical ingredients panel and you'll see that what you're really paying for is a lot of added fat, sodium, and chemical preservatives. To help you get more nutritional bang for your buck, our team of pros did a supermarket sweep for the buys that are as beneficial for you as they are for your wallet.

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Popcorn, Indiana All-Natural Cinnamon Sugar Kettlecorn

All the hot-buttered satisfaction of carnival kettlecorn in five simple ingredients, with no preservatives and just a hint of tongue-tingling flavor.