

49 Best Ready-to-Eat Foods

Your aisle-by-aisle guide to healthy grocery shopping



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Pantry Aisle:

Wild Planet Wild Albacore Tuna Fillets

Albacore tuna is usually a catch-22: It's one of the richest sources of omega-3 fatty acids, but it's also one of the types of seafood highest in mercury. Forberg likes this brand because it uses smaller tuna, which have much lower levels of contaminants, and follows sustainable fishing practices. "It's convenient too," says Forberg. "You just toss it right into your salad."

Per 2 oz.: 120 cal, 6 g fat, 250 mg sodium