

# Men's Health

CIRCULATION: 1,816,671  
IMPRESSIONS: 4,541,678

JUNE 2008

**Men'sHealth.**  
Eat Like a Man!

## THE 125 BEST FOODS FOR MEN

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SAVE BIG ON TIME  
AND CALORIES WITH  
OUR TOP PICKS  
FROM EVERY AISLE  
IN THE SUPERMARKET!

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SHOP FOR MORE FOODS AT [MENSHEALTH.COM](http://MENSHEALTH.COM)!

## Best of the Condiment Aisle

**107.**  
BEST COOKING BROTH  
**Swanson Certified  
Organic Free Range  
Chicken Broth**

No broth we tested had  
a more intense, natural  
chicken taste.

Per cup: 15 calories

