

# Today's Dietitian

Vol. 14 No. 11  
November 2012  
The Magazine for Nutrition Professionals

## Happy Thanksgiving Veggie Style!

Clients Can Prepare Such Delicious, Healthful Meals That Nobody Will Miss the Turkey



Reversing Type 2 Diabetes With Natural Therapies

Gluten-Free Kitchen Essentials

Helping Clients With Binge Eating Disorder

www.TodaysDietitian.com

## PRODUCTS + SERVICES

### Papa Ben's Kitchen Cooks Up Eastern European Treat

Papa Ben's Kitchen's twice-baked, Kosher Mandelbroyt is an Eastern European delight that's kosher, all natural, and low calorie, with only 80 kcal. The biscottolike treat comes in five flavors: Original Family Recipe, Lemon Blueberry With Poppy Seeds, Minty Dark Chocolate, Chocolate Espresso Bean, and Spicy Chipotle With Ginger and Dark Chocolate.

In addition, a percentage of the proceeds from Papa Ben's Kitchen will be donated to the Zachor Holocaust Remembrance Foundation.

For more information, visit [www.papabenskitchen.com](http://www.papabenskitchen.com).



## PRODUCTS + SERVICES

### Bob's Red Mill Gluten-Free Muesli Now Available

Bob's Red Mill Natural Foods now offers its Gluten Free Muesli, one of the few gluten-free versions on the market. It's a mix of gluten-free rolled oats, sunflower and pumpkin seeds, dried cranberries and apples, brown rice puffs, almonds, and coconut. Each serving provides 17 g of whole grains.

The company sources the gluten-free oats from a group of farmers in an isolated valley in Saskatchewan, Canada, who grow the oats in dedicated farm fields that have had no gluten products grown in them for at least three years. All of Bob's Red Mill gluten-free ingredients and products are batch tested in the company's quality control laboratory with an R5 ELISA Gluten Assay test to ensure the absence of gluten.

The muesli is available in 16-oz bags and 25-lb bulk bags. For more information, visit [www.bobsredmill.com](http://www.bobsredmill.com).



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### Fiber One Reveals Nutty Clusters & Almonds Cereal

Fiber One has introduced its Nutty Clusters & Almonds cereal, boasting 43% of the Daily Value of fiber in each serving, with crunchy nut clusters, real almond slices, and whole grain flakes. With 23 g of whole grain and 180 kcal per serving, Nutty Clusters & Almonds is the newest way to get fiber without compromising on taste.

For more information, visit [www.fiberone.com](http://www.fiberone.com).



### Miso Master Organic Miso Leads the Market

Miso Master Organic Miso is made using ancient methods perfected in Japan hundreds of years ago. It's fermented naturally without added enzyme extracts or artificial temperature control.

The product line is certified organic by Quality Assurance International and bears the USDA organic seal. Additionally, all varieties are kosher certified. It's unpasteurized to conserve beneficial microorganisms and enzymes, contains no ingredients grown from genetically engineered seeds or spores, and hasn't been irradiated.

It comes in Country Barley, Traditional Red, Brown Rice, Mellow Barley, Mellow White, Sweet White, and Chickpea. Most varieties are available in 8- and 16-oz cups, 4-, 15-, and 40-lb pails are available for food-service and institutions. For more information, visit [www.great-eastern-sun.com](http://www.great-eastern-sun.com).



### CalNaturale Svelte Offers New Size for Protein Shake

CalNaturale Svelte has launched an 11-oz size of its protein shake, providing a solution to consumers who need an on-the-go shake that offers fewer calories. The USDA Certified Organic 11-oz size is available in Chocolate, French Vanilla, and Cappuccino flavors and, like its 15.9-oz counterpart, comes in Tetra-Pak containers.

CalNaturale Svelte is a nondairy, gluten-free alternative to other energy and protein beverages in the marketplace. The 11-oz version has only 180 kcal while still delivering 5 g of fiber, 11 g of protein, and only 6 g of sugar.

For more information, visit <http://sveltebrand.com>.



### Premama Prenatal Vitamin Drink Goes Down Easy

Premama is offering a patent-pending all-natural prenatal supplement in drink form, giving mothers-to-be before, during, and after pregnancy a comfortable way to take vitamins and minerals. Flavorless Premama mix can be added to flavored drinks and foods such as oatmeal, ice cream, or yogurt for mother and baby's full dose of vitamins and minerals.

The mix contains only 6 kcal per serving, and each daily serving may be consumed in two equally divided doses. Processed in FDA-regulated facilities, Premama also contains US Pharmacopeia-verified and FDA Generally Recognized as Safe nutrients not typically found in combination with other prenatal supplements. The key ingredients include biotin, B vitamins, DHA omega-3 fatty acid, vitamin D<sub>3</sub>, a proprietary iron blend, coenzyme Q10, choline, ginger root, and folic acid.

Premama is lactate and gluten free and certified kosher pareve. For more information, visit <http://drinkpremama.com>.



### KeVita Creates Sparkling Probiotic Drink

KeVita sparkling probiotic drink has a lightly refreshing fermented taste, which differs from the acetic taste of kombucha. In addition, KeVita is certified organic, low calorie, vegan, dairy free, gluten free, soy free, and non-GMO. It works with low-glycemic, gluten and lactose intolerant, raw, vegan, weight-loss, and detox diets.

KeVita sparkling probiotic drinks feature four live complementary probiotics—*Bacillus coagulans*, *L. paracasei*, *L. plantarum*, and *L. rhamnosus*—combined with KeVita's signature and proprietary probiotic culture. It's kept cold from start to finish and is always found in the refrigerated section.

It comes in Coconut, Mango Coconut, Strawberry Açai Coconut, Pomegranate Coconut, Lemon Ginger, Pomegranate, and the lightly caffeinated Living Greens and Pomegranate Black Tea. Six of the eight KeVita flavors are lightly sweetened with stevia. For more information visit [www.kevita.com](http://www.kevita.com).



### Freekeh Foods' Varietals Packed With Fiber, Protein

Freekeh Foods has an alternative grain that provides all the whole grain health benefits yet is infused with flavor and protein. Available in Original, Rosemary Sage, and Tamari varieties, freekeh can be used in classic fall and holiday recipes such as soups, stews, pilafs, and stuffing. Freekeh has 8 g of protein, 4 g of fiber, and 130 kcal per low-fat serving.

To help customers get the most out of the product, Freekeh Foods has just released the cookbook *30 Ways to Freekeh*. Some of the recipes featured are Italian Chicken With Freekeh, Sun-Dried Tomatoes and Wilted Spinach, Vegetarian Freekeh Burgers With Chipotle Mustard, and Roasted Pumpkin With Chicken Apple Sausage. For more information, visit [www.freekeh-foods.com](http://www.freekeh-foods.com).

