

Today's

Diet & Nutrition

May 2010 | www.TDN-Digital.com

HEALTH / NUTRITION / FITNESS / LIFESTYLE / DIET & WEIGHT / CUISINE



Organic B.R.A.T.™

B.R.A.T. Diet LLC has introduced a new drink designed to promote gastrointestinal health and natural electrolyte balance in children and adults dealing with the flu, stomach upset, or dehydration. Each drink is a blend of organic brown rice milk, banana and apple purées, and vitamins and minerals. They're all natural and free of lactose, gluten, casein, soy, added sugar, and preservatives.

www.bratediet.org

Don't know where to find good food? At GoodFoodNearYou.com, you can find the lowest calorie items at local restaurants along with nutrition information and a map to the locations. Search by place or for items with the lowest calorie, fat, or carb content.



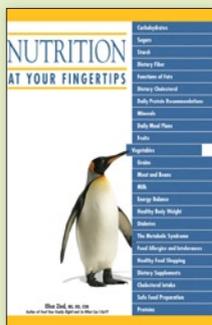
EDITOR'S PICKS

- Get great-tasting, high-quality soy protein in delicious edamame from Seapoint Farms. The company makes seven varieties of frozen edamame as well as a line of thaw-and-serve organic kids' packs with Dora the Explorer shelled edamame and SpongeBob SquarePants edamame pods. www.seapointfarms.com

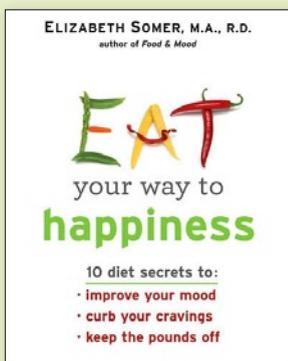


- Whether you need to reduce your salt consumption or simply want to enliven your meals, NutriFit Spice Blends, created by nutrition expert Jackie Keller, fit the bill. The customized blends are available in six savory varieties that are free of salt and sugar.

www.nutrifitonline.com



- Need a primer on basic nutrition? The author of *Feed Your Family Right!* and *So What Can I Eat?!* has a new book: *Nutrition at Your Fingertips*. It's a handy and well-organized text that provides a concise overview of the principles of good nutrition and lots of practical resources. www.us.penguin.com



- *Eat Your Way to Happiness*, the latest book by Elizabeth Somer, MA, RD, distills and demystifies complex information in an easy-to-read format that offers readers simple actions that will have a powerful, positive impact on their health. www.elizabethsomer.com