

Food & Nutrition

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eat right. Academy of Nutrition and Dietetics

food trends

DISCOVER NEW FOOD ITEMS FROM SUPERMARKET SHELVES.

Vegan Almond Coconut and Lite Almond Acai are two new flavor additions to the Perfect Bar® line of nutrition bars. Both are non-GMO, 100-percent organic, gluten- and soy-free and contain whole-food protein.



Answering the call for simple, clean-ingredient and low-carbohydrate snacks, Atkins® has released Harvest Trail snack bars in four flavors: Dark Chocolate Sea Salt Caramel, Dark Chocolate Cherry & Nuts, Dark Chocolate Peanut Butter and Vanilla Fruit & Nut.



Only one ingredient is featured in Crunchies Natural Food Company products: fruit. Available in single-serving and larger resealable pouches, the freeze-dried snacks contain no added sugar, artificial flavors or food coloring, and are all-natural.



Made from a blend featuring coconut cream, pea protein and fruit, Daya's dairy- and soy-free Greek Yogurt Alternative provides 8 grams of protein per serving and is available in peach, strawberry, black cherry and blueberry.

Sandwich Bros. of Wisconsin™ has introduced a new breakfast option featuring egg whites, all-natural cheddar cheese and turkey sausage. Egg White & Turkey Sausage Flatbread sandwiches each contain 150 calories and 11 grams of protein.



Coco Joy Coconut Water offers all-natural, pure coconut water with no added preservatives, concentrates or sugar. Compared to other sports drinks, it has fewer calories, less sodium and more potassium.





Unwrapped, bite-size snacks in a resealable pouch are now offered by thinkThin®. These gluten-free bites are available in Salted Caramel, Peanut Butter and Chocolate Almond Brownie Protein Bites, and White Chocolate and Dark Chocolate Protein Nut Bites. All have fewer than 200 calories per serving.



Low in calories and sugar, Mediterra® Kale & Pumpkin Seeds and Bell Peppers & Green Olives savory nutrition bars include vegetables, nuts, herbs and seeds. They also contain protein-rich pea crisps, amaranth and olive oil.

Chosen Foods® 100-percent pure Avocado Oil Mayo is high in heart-healthy fat. Ingredients in the condiment include cage-free eggs, organic honey for a touch of sweetness and rosemary extract to naturally preserve freshness.



The new Healthy Choice Simply Café Steamers line of microwaveable meals includes 100-percent natural protein, grains and crisp vegetables. All varieties have fewer than 310 calories and more than 18 grams of protein.



Expanding on its wheat-free snack options, Nairn's now offers oat-based, gluten-free cookies in five flavors: Oatmeal Grahams, Chocolate Chip and Oat Cookies, Stem Ginger Oat Cookies, Oatmeal Raisin Cookies and Whole-Grain Oat Crackers.



Five new shelf-stable seafood products are part of the StarKist Creations® line, including Salmon Creations® Lemon Dill and Mango Chipotle; Kid's Creations™ Bacon Ranch and Honey BBQ; and Tuna Creations® Hot Buffalo Style. Each flavor contains 70 to 110 calories and offers 13 to 15 grams of protein per pouch.