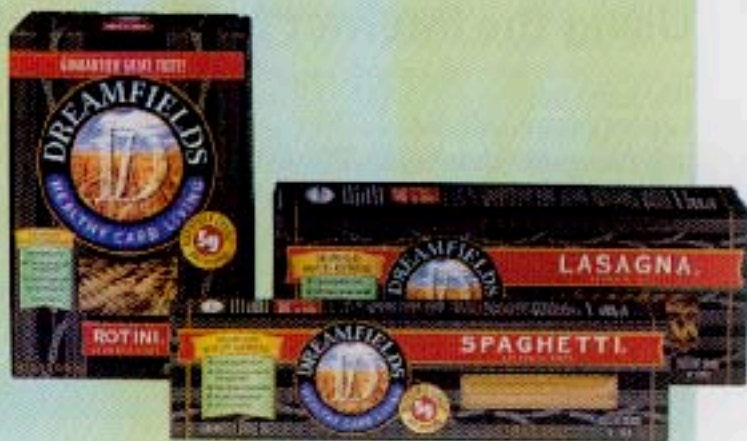


editor's pick

A Healthier Pasta

Dreamfields Healthy Carb Living Pasta—which has a sixty-five percent lower glycemic index compared with regular pasta and contains more than twice the fiber—has rolled out two new shapes: lasagna and rotini. Like other Dreamfields' pastas, they have only five grams of digestible carbohydrates, which is especially important for blood glucose control in individuals with diabetes. Dreamfields also contains inulin, a natural dietary fiber that helps promote digestive health, supports a healthy immune system, and enhances calcium absorption. The new shapes join the others in the healthy living pasta line: spaghetti, elbows, penne rigate, and linguini. While some pastas touted as healthful taste like cardboard, these have an excellent taste and texture.

www.dreamfieldsfood.com



Got Fiber?

Americans are fond of diets, yet many of today's popular diets will leave them short not only of calories but of fiber. An analysis by nutrition expert Leslie Bonci, MPH, RD, LD, of some of the nation's favorite diets shows that the plans do not meet the American Dietetic Association's daily fiber requirement of twenty-five to thirty grams, including Jenny Craig, Dr. Atkins' New Diet Revolution, The Zone, the American Heart Association's No-Fad Diet, and the Ferricone Prescription. That's not to say you should give up your diet. But, says Bonci, "don't shortchange yourself on fiber. Because fiber is not digested, diets high in fiber help control weight by making you feel full longer after a meal and less likely to snack." Two new convenient options, in a range of new flavors, are available to ensure an adequate level of fiber. FiberChoice Weight Management chewable tablets have four grams of fiber and two hundred micrograms of chromium, as well as green tea. FiberChoice plus Calcium chewable tablets offer the same four-gram dose of fiber plus five hundred milligrams of calcium and two hundred international units of vitamin D.

www.fiberchoice.com



Vitamins and Supplements Without Pills

If you're one of the many who cringe at the thought of taking pills yet choose to take vitamins or herbal dietary supplements, one company has an answer. Dyna-Tabs offers a convenient pill-free method: a fast-dissolving tab. The company's debut line features eight varieties of vitamin or supplement formulations in a variety of tropical and traditional flavors, from chocolate mint to kiwi-strawberry. Also handy for travelers who don't want to carry bulky bottles, the tabs are packaged in convenient dispensers with thirty strips.

www.dynatabs.com

