

Today's Dietitian

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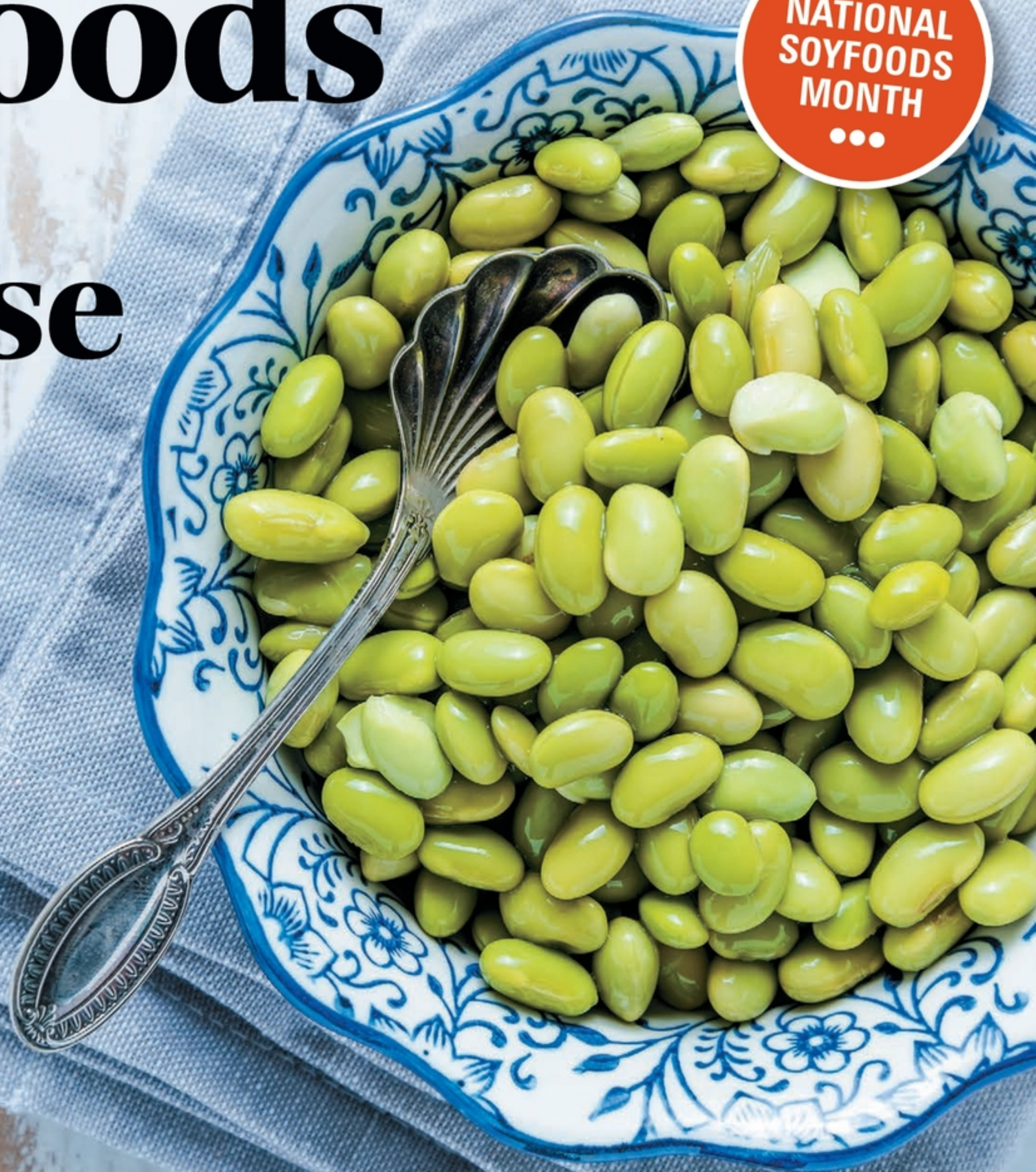
Soyfoods and Heart Disease

Evidence shows soy can improve heart health due to its rich nutrient profile.

**Busting the
Top 10
Carb Myths**

**Update on the
National Diabetes
Prevention Program**

**The 2015–2020
Dietary Guidelines**
Experts Weigh In



Organic Tea Crystals Offer a Healthful Instant Tea Option

Pique Tea announces the release of their new line of tea in the form of organic tea crystals. Pique Tea Crystals dissolve completely in water and offer an easy way to enjoy a cup of tea instantly, at any time and anywhere, without compromising flavor or nutrients.

Pique Tea Crystals use organic whole leaves sourced directly from trusted tea farms at their peak of freshness. Available in convenient single serve sachets, Pique Tea Crystals provide the delicious flavor and rich nutrients of exceptional loose-leaf tea without any artificial flavorings, preservatives, or sugar.

Pique Tea Crystals are available in five varieties: English Breakfast, Earl Grey, Mint Sencha Green, Sencha Green, and Jasmine.

For more information, visit www.piquetea.com.



New Roll-Out of Convenient, Gluten-Free Entrées

Five new frozen meals are being added to Amy's line of convenient entrées. All are vegetarian and gluten-free, joining the company's robust line of more than 100 easy, gluten-free meals. The new offerings include the following:

- **Breakfast Scramble** features organic tofu scrambled with organic mushrooms, onions, and broccoli along with country-style potatoes and meatless sausage on the side.
 - **Chili Mac** features Amy's original comforting mac & cheese made with organic rice pasta combined with slightly spicy chili.
 - **Harvest Casserole Bowl** is an excellent source of protein and a combination of organic beans, grains, and greens with organic kale and chard, golden fire-roasted sweet potatoes, quinoa, tofu, and roasted pumpkin seeds for texture and flavor.
 - **3 Cheese & Kale Bake** features Amy's classic mac & cheese with rice pasta and additional cheeses for an extra flavor boost. Kale adds texture, color, and nutrition, while maintaining the dish's smooth "comfort food" feel.
 - **Vegan Cheeze & Black Bean Enchilada** boasts a harmony of veggies, beans, chiles, and a special non-dairy, provolone-style cheeze, all wrapped up in a corn tortilla and topped with Amy's enchilada sauce.
- For more information, visit www.amys.com.

New Line of Organic Baby Food Pouches Released

Happy Family Brands introduces Clearly Crafted, a new line of organic, completely transparent baby food pouches. Happy Family started offering baby food in a convenient pouch in 2006, and is the first national baby food brand to introduce a clear pouch.

Parents can now see the food inside the pouch before purchasing, and the recipe for each pouch will be printed on the back of the product. The transparent pouches also allow babies to become familiar with the colors of fruits and vegetables at a very young age, which can lead to healthful choices throughout life. The website www.HappyFarms.com launches in conjunction with the Clearly Crafted pouches, which shows parents where the fruits and veggies in the pouches come from.

The Clearly Crafted line consists of 12 brand new organic flavors, including two stage 1 flavors for babies four months and older and 10 stage 2 flavors for babies 6 months and older. Some of the new flavors are Apples, Kale & Avocados; Apples, Guavas & Beets; and Apples, Pumpkin & Carrots.

For more information, visit www.happyfamilybrands.com.

Simply 7 Unveils New Line of Kale Chips

Simply 7, a company popular for quinoa, lentil, and hummus chips, announces the launch of new kale chips. While kale chips have been around for a while, the Simply 7 kale chip is the first of its kind. It differs from a traditional kale chip because it's made from green curly kale and real potatoes—so you get the health benefits of a traditional kale chip (nearly 80% of the recommended daily intake of vitamin K) with the crunch of a traditional potato chip but without artificial ingredients.

All Simply 7 ingredients are made with only all-natural and simple, easy-to-understand ingredients, and are non-GMO, gluten-free, and kosher certified.

The kale chips will be available in three flavors: Sea Salt, Dill Pickle, and Lemon & Olive Oil. All varieties contain about 55% fewer kcal from fat and higher nutrient levels than regular potato chips.

For more information, visit www.simply7snacks.com.