

## The Hot Dish

What's new on America's top tables, from our Food Editor.

By Frances A. Largeman-Roth, RD



For nearly a decade, Frances A. Largeman-Roth, RD, has been uncovering food products and services that make eating healthy a piece of cake.

## My top 5 picks for 2006

Hundreds of new food products cross my desk every year (keeping the entire office well fed), and many are perfectly forgettable. But a precious few outshine the rest—ones that are truly worth your money for their great taste, convenience, and health benefits. Here are my favorites.



**1. Tropicana Pure Juices.** Like many other calorie-counters, I've cut back on juice. But I know the 100-percent stuff has a ton of health benefits, and these Pure juices are worth the calories (110 to 130 for 8 ounces). In four delicious new flavors, including Pomegranate Blueberry and, my favorite, Mango Orange, they all have between 50 and 150 percent of your daily vitamin C needs. (\$3.79 per liter in produce aisles nationwide; [www.tropicana.com](http://www.tropicana.com))



**2. Kettle Bakes Pretzel Chips.** There are more choices in healthy snacks than ever, but these tasty chips get my vote for the best of the bunch. In Original, Honey Dijon, and Fully Loaded, they give you all the crunch of a regular pretzel but are

made with organic wheat flour and all-natural seasonings. They have 110 to 120 calories and 1 to 3 grams of fat per serving, depending on the flavor. (\$3.29 at stores nationwide; [www.kettlefoods.com](http://www.kettlefoods.com))



**3. Chimes Ginger Chews.** Healthy snacks are increasingly portable, too. Now you can tuck the tummy-calming benefits of ginger (who doesn't need some extra help after the office potluck?) into your purse with these chews, which come in a classy little tin. Made from stone-ground ginger, they're spicy-sweet and just 16 calories each. They're available in original, peppermint, and peanut butter, all with that great ginger zing. (\$1.99 to \$2.29 for a tin at Cost Plus World Market stores and [www.chimesgourmet.com](http://www.chimesgourmet.com))



**4. Odwalla Soy Milk.** My favorite way to get heart-healthy omega-3s, it's the only soy milk fortified with DHA (a vegetarian form of omega-3s), calcium, and inulin (a fiber that helps you absorb calcium). The Vanilla Being (100 calories per 8 ounces) is best with cereal, and the Choc-ahh-lot (150 calories) is a sweet treat. (\$3.49 at Whole Foods Market and Wild Oats Natural Marketplace locations and [www.odwalla.com](http://www.odwalla.com))



**5. Olivado Avocado Oil.** Thanks to the continuing backlash against trans and saturated fats, we've got more (and better) ways to get good fats. Take new avocado oil: It's less nutty and rich-tasting than olive oil, so it enhances the natural flavor of the foods you use it on, instead of adding its own flavor. Like the fruit, it's heart-healthy and full of vitamin E. And because its smoking point is higher (500° F) than most oils, you can use it to sear and sauté at high temperatures. (\$12.99 for a 250-milliliter bottle at specialty stores nationwide and [www.olivado.com](http://www.olivado.com))