

CEREAL

Rating ***
Claims Organic, fiber, protein, iron
\$ \$4.95/13.5 oz (8 packets)
Distribution H/N, SD, IO
www.abplanogold.com

LUNDBERG'S RICE XPRESS

Rating **
Claims Organic, whole grain, gluten free
\$ \$2.79/8.8 oz
Distribution H/N, ND
www.lundberg.com



CHERRYBROOK KITCHEN CAKE & COOKIE MIXES

Rating **
Claims Allergen free
\$ \$5.29 to \$5.45/mix
Distribution H/N, SD, IO
Contact 978.974.0200
www.cherrybrookkitchen.com

hounced kees-wa") is used as a grain, but actually is a seed. If you compare quinoa to a grain, you will see that it is higher in protein (almost 8 g per cup compared to 6 g in wheat) and it is a complete source of vegetarian protein, containing all eight essential amino acids. In addition, it is a good source of iron (8 to 15% DV) and fiber (5 to 7 g). Since it is not a grain, it is gluten free. Alt-Plano Gold Quinoa cereals come in five flavors—Regular, Chai Almond, Orange Date, Spiced Apple Raisin, and Oaxacan Chocolate.

Pros: Organic, an excellent source of fiber, and a complete protein.

Cons: None

Allergens: Chai Almond has tree nuts

This instant cereal can be ready in the microwave in just 2 minutes.

FYI

Quinoa

Although quinoa is new to the American market, it was a staple of the ancient Incas, who called it "the mother grain." Hailed as the "super grain of the future," quinoa contains more protein than any other grain. It's considered a complete protein because it contains all eight essential amino acids. Tiny and bead-shaped, the ivory-colored quinoa cooks like rice (taking half the time of regular rice) and expands to four times its original volume. Its flavor is delicate (almost bland) and has been compared to that of couscous.

Lundberg's RiceXpress

Made with organic, whole-grain brown rice and microwavable in its own bag in just 60 to 90 seconds, these rice dishes are tasty and super convenient. There is a little fat in these entrees—about as much as adding a table-



Nutrition Facts

| | |
|---------------------------|----------------------|
| Serving Size: 48g | |
| Servings Per Container: 1 | |
| Calories 190 | Calories from Fat 25 |
| % Daily Value | |
| Total Fat 3g | 5% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 5mg | 0% |
| Total Carb. 32g | 11% |
| Dietary Fiber 7g | 28% |
| Sugars 1g | |
| Protein 6g | |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 2% | Iron 10% |

Pros: Organic, an excellent source of gluten-free whole grains. Quick and easy to prepare.

Cons: High sodium

Allergens: None

The taste and texture is excellent.

| | |
|------------------|--------------|
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 670mg | 28% |
| Potassium 76mg | 2% |
| Total Carb. 47g | 18% |
| Dietary Fiber 6g | 24% |
| Sugars 2g | |
| Protein 4g | |
| Vitamin A 10% | Vitamin C 2% |
| Calcium 0% | Iron 2% |

FYI

Gluten Free

Current US food regulations do not define "Gluten Free". By August 2006, the Food and Drug Administration (FDA) must issue a proposed rule that will define the criteria for "Gluten Free" labeling of foods; the final rule defining "Gluten Free" must be issued no later than August 2008.

Cherrybrook Kitchen Cake & Cookie Mixes

Birthday parties hold little joy for kids with food allergies. But Cherrybrook Kitchen, a new dessert mix company, offers cookie and cake mixes that are dairy, nut, and egg free as well as kosher and vegan. Their newest additions also are wheat and gluten free—Chocolate and Vanilla Frostings, Chocolate Cake, and Sugar and Chocolate Chip Cookies. The nutrient numbers are not much different from a regular cookie or cake, but who looks at numbers when at a birthday party. Enjoy!

Pros: Allergen free.

Cons: Not a low-fat or low-sodium product.

Allergens: None

This is a great line of foods for those who have food allergies, especially kids.

Cherrybrook Kitchen - Chocolate Cake

Nutrition Facts

| | |
|------------------------------|---------------------|
| Serving Size: 1/8 cake (55g) | |
| Servings Per Container: 8 | |
| Calories 190 | Calories from Fat 5 |
| % Daily Value | |
| Total Fat 0.5g | 1% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 220mg | 9% |
| Total Carb. 47g | 18% |
| Dietary Fiber 2g | 7% |
| Sugars 25g | |
| Protein 1g | |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 2% | Iron 10% |