

today's dietitian

March 2011

The Magazine for Nutrition Professionals

MEDICAL SCHOOL Checkup

Do MDs need more training to offer dietary advice and make RD referrals?

TD10

Meet 10 RDs Who Are Making a Difference

Nutrition for Optimum Athletic Performance

Science Explores Omega-3s' Ocean of Benefits



GoPicnic Launches Line of Ready-to-Eat Products

GoPicnic has introduced four all-natural and four deli meals that are prepackaged, ready to eat, and require no refrigeration or preparation. The new meals have fewer than 500 kcal each, and five of the eight meals are gluten free.

The all-natural line consists of Peanut Butter + Crackers, which has 9 g of protein, 3 g of fiber, and 430 kcal; Tuna + Crackers, which has 9 g of protein, 5 g of fiber, and 330 kcal; Salmon + Crackers, with 22 g of protein, 11 g of fiber, and 410 kcal; and Hummus + Crackers, with 24 g of protein, 12 g of fiber, and 410 kcal.

The Classic Deli line includes Salami + Cheese, which has 10 g of protein, 2 g of fiber, and 370 kcal; Steak Nuggets + Cheese, with 13 g of protein, 2 g of fiber, and 320 kcal; Turkey Pepperoni + Cheese, with 12 g of protein, 2 g of fiber, and 290 kcal; and Turkey Stick + Crunch, with 9 g of protein, 7 g of fiber, and 330 kcal.

For more information, visit www.gopicnic.com.



www.TodaysDietitian.com