

CAN A SUPPLEMENT MAKE
YOU SMARTER? SEE P. 22

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better nutrition

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EATING VEGAN

Tips & recipes for success

men's health MADE EASY

*Quick solutions to
common problems*

GET UP & GO!

*A simple program for
more daily energy*



*Raw Cashew
Cheesecake, p. 44*

plus

**YOUR BEST DEFENSE
AGAINST ALLERGIES**

**HOW TO IMPROVE
YOUR MOOD**

**TOP 10
EXERCISE MYTHS**

Nana's No's Cookie Bars

What's better for you than a cookie, yummi-er than a candy bar, and makes a perfect snack anytime? Look no further than NANA'S COOKIE COMPANY NANA'S NO'S NO GLUTEN COOKIE BARS. They're made with no eggs, no dairy, no refined sugar, no GMOs, no cholesterol, no cane or beet products, no trans fat—and best of all—no gluten. Sweetened with fruit juice, these convenient, individually wrapped cookie bars come five to a box and are perfect to take along on a hike, to the beach, to your gluten-free picnic, or anywhere your summer fun takes you. Choose from Berry Vanilla, Chocolate Munch, or Nana Banana.



olives, hearts of palm, or artichoke hearts, and gluten-free rice pasta or Sea Tangle kelp noodles. For dessert, make colorful, assorted fruit salads, such as blueberries, raspberries, and sliced strawberries; sliced nectarines and pitted, halved Bing cherries; or fresh pineapple cubes topped with shredded coconut.

Put together a spread of finger food.

Picnics don't have to be elaborate. Sometimes the most fun of all is nibbling on assorted finger food in between good conversation or breaks from throwing a Frisbee or football back and forth. Bring guacamole, salsa, or hummus with organic blue corn chips, Mexican-, Italian- or Greek-style flax crackers, assorted raw veggie sticks, and chilled cooked tail-on shrimp. Other foods to nosh on: gluten-free cold cuts or slices of cheese, garlic-stuffed olives, bags of almonds or Macadamia nuts, red or green grapes, Pamela's Gourmet Cookies, trail mixes, such as Enjoy Life Foods Not Nuts Beach Bash (a collection of seeds and sulfite-free dried fruits).

Use your meat leftovers. Slices of cold pot-roast meat, roast chicken, or roast turkey breast meat all work nicely at picnics. So bring cold cooked meat kebab cubes or fajita strips. You can also combine leftover cooked chicken, turkey, or fish with chopped celery, onion, and gluten-free mayonnaise (e.g., Spectrum Naturals Organic Olive Oil Mayonnaise) to make chicken, turkey, or fish salad. Then use the salad as a filling inside sandwiches or on top of lettuce. ♦

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