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## Gluten Free & Peanut Free Product Highlights from the 2012 Food, Nutrition, Conference, and Expo in Philly

The annual conference of the Academy of Nutrition & Dietetics also known as FNCE (Food, Nutrition, Conference, and Expo) was recently held in my hometown, Philadelphia, from October 6-9, 2012. Of course I had to go! Now that I have been a Registered Dietitian for 15 years, one of the best parts of the conferences is seeing many fellow nutrition friends!

The first full day of the conference was Sunday and I made it into the city in no time. I had pre-registered and as I walked through the Philadelphia Convention Center to get my badge I ran into several former colleagues from Drexel University and a good friend on mine, Beth. As my friend Beth and I walked through the exhibit hall we ran into another friend of ours from Hawaii, Robyn. The three of us have spent many years working in pediatric nutrition and are active members in the [Pediatric Nutrition Practice Group!](#) It was great fun to walk around the exhibits together. We even got our picture taken at the California Raisin booth.



Lori, Beth, & Robyn with California Raisin

The exhibits are another favorite part of the conference. I love to see new products and nutrition trends and look for peanut free and gluten free foods. There are exhibit hall hours during three days of the conference, plenty of time to sample and visit exhibitor booths. There was an entire gluten free section in the exhibit hall, which was fabulous. Many of the same companies that were at the Natural Foods Expo ([see 10/5/12 blog post](#)) were also at FNCE this year. I will highlight five products that I found at FNCE that stood out!

Of course, always check food labels carefully before consuming food and drinks if you have dietary restrictions.

### 1. [Honeycomb with Chia and Raisins, Now Opportunity Wasted \(NOW\) Energy Bar](#)

**(NOW) Energy Bar-** This was my best find in the exhibit hall! I am always looking for a peanut free, gluten free bar that tastes good and has great nutritional value. I found that with the NOW bar. You can get the bar in two sizes, which is also great! It is important to note that this is the only NOW bar that is peanut free and nut free. The only downside is that I have to order it from the Internet as it is not sold near where I live. I am waiting on a shipment!

### 2. [Gourmet Garden Herbs & Spices](#) – Wonderful smelling herbs and

spices that are found in the produce section of your grocery store. The herbs and spices keep for several months in your refrigerator. Caution for those with milk allergy as all contain milk ingredients except for garden ginger. Most of their herbs and spices are gluten and wheat free and all are nut free and peanut free unlike a competitor brand,



NOW Brand Manager

Earthbound Farm.

3. **Zucchini Chocolate Veggie Muffins by Garden Lites**

—Chocolate! Who doesn't love chocolate? In addition to the great taste, the nutritional value is superb! The first ingredient is zucchini and the second is carrot. There are 5 grams of fiber in one muffin which has 120 calories, 4 grams of protein, and 21 grams of carbohydrates along with 40% DV of iron and 50% DV of vitamin A. This is just a dream! Better yet is reading the label that also states nut free and gluten free. Garden Lites has some other great products including their frozen souffles that I was familiar with, but this was my first time trying the muffins.



Herbs & Spices

4. **Better 4U Foods, Multi-grain Crust Gluten Free Pizzas** – Good gluten free pizza is hard to find! I was excited after I tasted the Better 4U Foods gluten free pizza. The multi-grain crust makes a difference not only in nutritional value, but also in taste. The only problem is the pizzas are hard to locate in my area and I will need to fill out a product request for my local "health food" store.



Zucchini Chocolate Muffins

5. **Multigrain Ciabatta, Schar** – Schar is a well known in the gluten free community for the variety of their products that are widely available. I have purchased and enjoyed many of their products. One thing about gluten free products that can be frustrating is all of the added sugar and sweet taste in bread products. I have had the Ciabatta bread from Schar before and liked it. At their booth I learned about their new Multigrain Ciabatta that tastes great and has 4 grams of fiber per roll! Thank you Schar, I will certainly be looking for this!

Next year FNCE will be in Houston, Texas October 19-22, 2013. I am not sure yet if I will be attending, but if I do you will be sure to hear about any new products!



Better 4U GF Pizza