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Good stuff: Stay healthy with Albacore tuna

One good yogurt

Yoplait has climbed aboard the Greek yogurt bandwagon with a new line of the popular snack. Greek yogurt -- with higher protein content than regular yogurt -- has grown in popularity this year, as celebrities and trainers have endorsed its health benefits. With a thicker consistency than regular yogurts, Greek yogurt can be enjoyed as is or used to make dips, sauces and even desserts. Yoplait Greek Yogurt contains milk from cows not treated with rBST and retails for \$1.19 for a 6-ounce container. Look for it in major supermarkets.

One good snack

Be kind to kids. They need fuel but not a lot of calories. With that in mind, KIND Healthy Snacks is launching KIND minis -- smaller portioned KIND bars, each containing 107-115 calories, roughly 3 grams of fiber and protein -- perfectly portioned bites for kids. KIND has also added six new flavors to its line of bars crafted from whole nuts and fruits. Look for apple cinnamon & pecan, peanut butter & strawberry, blueberry pecan & fiber, dark chocolate cherry cashew & antioxidants, peanut butter dark chocolate & protein and pomegranate blueberry pistachio & antioxidants at Whole Foods for \$1.99 per bar. Look for the KIND minis in five-pack boxes at Amazon.com, Target.com and KINDSnacks.com for \$6.99 per box.

Advertisement

One good tuna

Do you not eat canned tuna for ethical or health reasons? Here is a healthy solution: Wild Planet Albacore Tuna contains a whole tuna steak, cooked only once to capture its fresh, full, natural flavor and retain six times more of the valuable Omega-3 than any of the big three tuna brands. Wild Planet tuna also has one-third of the mercury level of conventional brands. The tuna is packed in a BPA-free can with no added water, oil, preservatives or chemicals. Suggested price is \$3.49 for 5-ounce can of Wild Planet Albacore and \$2.99 for 6-ounce can of Skipjack Light Tuna. Available at Whole Foods markets or online at wildplanetfoods.com.

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Wild Planet Tuna (Wild Planets Food)



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