



eat well
live well

Food + Dining

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Food Finds

Delicious discoveries from the 2010 Fancy Food Show

by Brianne Harrison

Every year, thousands of companies from around the world convene in New York City for the annual Fancy Food Show. For those who love food, it's an amazing opportunity to try a wide variety of specialties from all over the planet, indulge in classic favorites, and even occasionally discover some interesting new takes on old standbys. This year was no exception, and one of the unofficial themes seemed to be healthy eating—unsurprising, considering the tenor of the times. The show firmly did away with old-fashioned notions of healthy eating being dull or cardboardlike—these foods were delicious, and well worth seeking out. Here are a few of my favorite finds:

Wild Planet Seafood. We're paying a lot of attention now to where our seafood comes from, as we worry about mercury levels and overfishing that pushes species to the brink of extinction. So it's not surprising that at least one company has been formed with the mission of selling only sustainably caught wild seafood. Wild

Planet's offerings include canned pole-caught tuna, wild Alaskan sockeye and pink salmon, and wild pink shrimp. Each can of their seafood is just fish—no added oil or fillers, and they all pack a healthy whallop of those all-important omega 3's. If you're not a canned seafood fan, Wild Planet also sells wild Albacore tuna fillets in glass jars and pouches. Their products can be purchased online (free shipping in the US!) at wildplanetfoods.com.

