

## Give Guests What They Need —And Want

by *Katie Ferraro, MPH, RD, CDE (NAPSA)*—The most wonderful time of the year can also be the most stressful, as it means entertaining a multitude of friends, family and colleagues. Back in the day, all hosts had to worry about was who sat next to whom at the table. Now, you also have to be extra careful about what's ON the table.



**Your holiday table can have something for just about everyone.**

With food allergies and intolerances on the rise, it's important to keep the pantry stocked with staples that can please any palate, taste or dietary restriction. Here are some of my go-to delights:

**Among Friends:** For guests looking for a homemade treat without the hassle, the gluten-free brownie, cookie, pancake and cake mixes are packed with whole grains and great flavor.

**Angie's Boomchickapop:** Snacks and appetizers can pack a better-for-you punch and still have a holiday feel. This gluten-free popcorn comes in special Holidrizzle flavors such as Dark Chocolatier Sea Salt and White Chocolate & Peppermint, all made with simple ingredients you can feel good about.

**Biena Chickpea Snacks:** For those who crave a crunch but are allergic to nuts, protein-packed roasted chickpeas can be the answer. The Cinnamon Crunch flavor can really help put people in a holiday mood.

**Grainful:** Serve a smarter side dish with these protein-packed, heart-healthy steel cut oat-based side dishes. Flavors include Tomato Risotto, Cheesy Oats, Jambalaya and Madras Curry.

**Way Better Snacks:** I love that these delicious sprouted chips are also gluten-free. The eight varieties include Sweet Chili, 'Sweet' Potato and limited edition Oh My Sweet Punkin Cranberry. All are 100 percent whole grain and made with premium, non-GMO sprouted ingredients such as flax, chia and quinoa.

• *Ms. Ferraro is a registered dietitian and nutrition consultant.*