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### Smart pasta picks

Get more nutrients from favorite Italian dishes by using pasta made with whole grains, added fiber, omega-3 fat (from flaxseed), protein, and more. Each pasta shown here is a smart pick.

	 <p>Highest in protein</p> <p><b>BARILLA PLUS MULTIGRAIN ROTINI</b></p>	 <p>100 percent whole grain</p> <p><b>HODGSON MILL WHOLE WHEAT ORGANIC SPIRALS</b></p>	 <p>Lowest in cost</p> <p><b>RONZONI HEALTHY HARVEST</b></p>
<b>Calories</b>	210	215	180
<b>Fat (g)</b>	2	2.5	2
<b>Omega-3 (mg)</b>	200	500	360
<b>Carbohydrate (g)</b>	38	40	41
<b>Fiber (g)</b>	4	6	6
<b>Protein (g)</b>	10	8	7
<b>Price</b>	\$2.49/14.5 ounces	\$3.24/10 ounces	\$1.69/13.25 ounces

Note: Nutrition information based on 2 ounces dry pasta.



### Rx for easy opening

If you struggle to open prescription bottles, let Jokari's new Magnifying

Medicine Cap Remover

give you a hand. This easy-grip rubber device is designed with a series of grooves and notches that match up to the most common medicine and vitamin bottles so you can open them with a simple twist. The top of the Medicine Cap Remover features a 4x magnifier to help you read the small print on bottles. Order the device for \$4.99 at [organize.com](http://organize.com) or call 800/600-9817.

### Pump up the flavor

Boost the flavor of foods for 5 calories or less with Gourmè Mist nonaerosol sprays sold in recyclable plastic bottles. Try the plain or flavored balsamic vinegar sprays on salads or fruit; use the organic canola oil for spraying baking pans; and enjoy the regular or organic extra virgin olive oil on bread or baked potatoes.

To use Gourmè Mist, pump the cap about 10 times, then remove the cap to spray. \$7.99-\$8.99 each. Visit [gourmemist.com](http://gourmemist.com) or call to order at 866/502-8472.

