

bellinstitute NEWS

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News & Resources at bellinstitute.com

Celebrate the Whole Grain Difference

The health benefits of the "whole grain package" provide a powerful punch to staying healthy! Discover our bountiful [whole grain resources](#) to help patients, both adult and children, understand that the benefits of whole grain go beyond fiber.



Gluten-Free Diet Resources

We invite you to download our free easy-to-use patient and client educational materials!



Are you interested in gluten free resources?
We would like to hear from you.

Take our [short survey](#) now!

Keeping You Informed

Latest Research

Clinical Research Supports Digestive Benefits of Yogurt Containing Pre- and Probiotics

Research conducted at the University of North Carolina-Chapel Hill and presented at Digestive Disease Week in June, examined the effects of Yoplait YoPlus yogurt, which contains the probiotic *Bifidobacterium lactis* Bb-12 and the prebiotic fiber inulin, in subjects with functional digestive symptoms.

The study revealed beneficial effects for the treatment group: shorter colonic transit time with a positive effect on stool consistency, and improved overall digestive well being. [Click here](#) to read more.

New from ADA! Celiac Disease Evidence-Based Nutrition Practice Guidelines

Have you heard? The American Dietetic Association has published a Celiac Disease resource that synthesizes relevant and timely nutritional research in an accessible, online, user-friendly format. [Check it out!](#)

Health Professional Conference News

August 5-8, 2009 - **American Association of Diabetes Educators** Atlanta, GA

Visit us at **Booth #1310** to try our NEW YoPlus® Light and get FREE nutrition education materials.

Product Spotlight

NEW Varieties of Gluten-Free Chex® Cereals have 6 great tasting options for patients who suffer from celiac disease or are gluten intolerant! Each providing 100-130 calories per serving, a good source of calcium and vitamin D, and at least 8g of whole grain per serving (at least 48g recommended daily). For more information visit www.Chex.com/GlutenFree.



Progresso® High Fiber Soups will make it easier for your patients to achieve their daily fiber as part of a wholesome, satisfying meal. With 28 percent of the recommended Daily Value of fiber per serving the four new high fiber varieties offer great-tasting variety, all with no added MSG, no artificial flavors and 7 grams of fiber per serving. For more information visit www.Progresso.com.



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