

Today's

Diet & Nutrition

www.TodaysDietandNutrition.com

HEALTH / NUTRITION / FITNESS / LIFESTYLE / DIET & WEIGHT / CUISINE

Holiday Turkey

Slow & Simple >>

A Safe
Holiday Treat
Soy Nut Butter
Candies

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Probiotics
for Babies

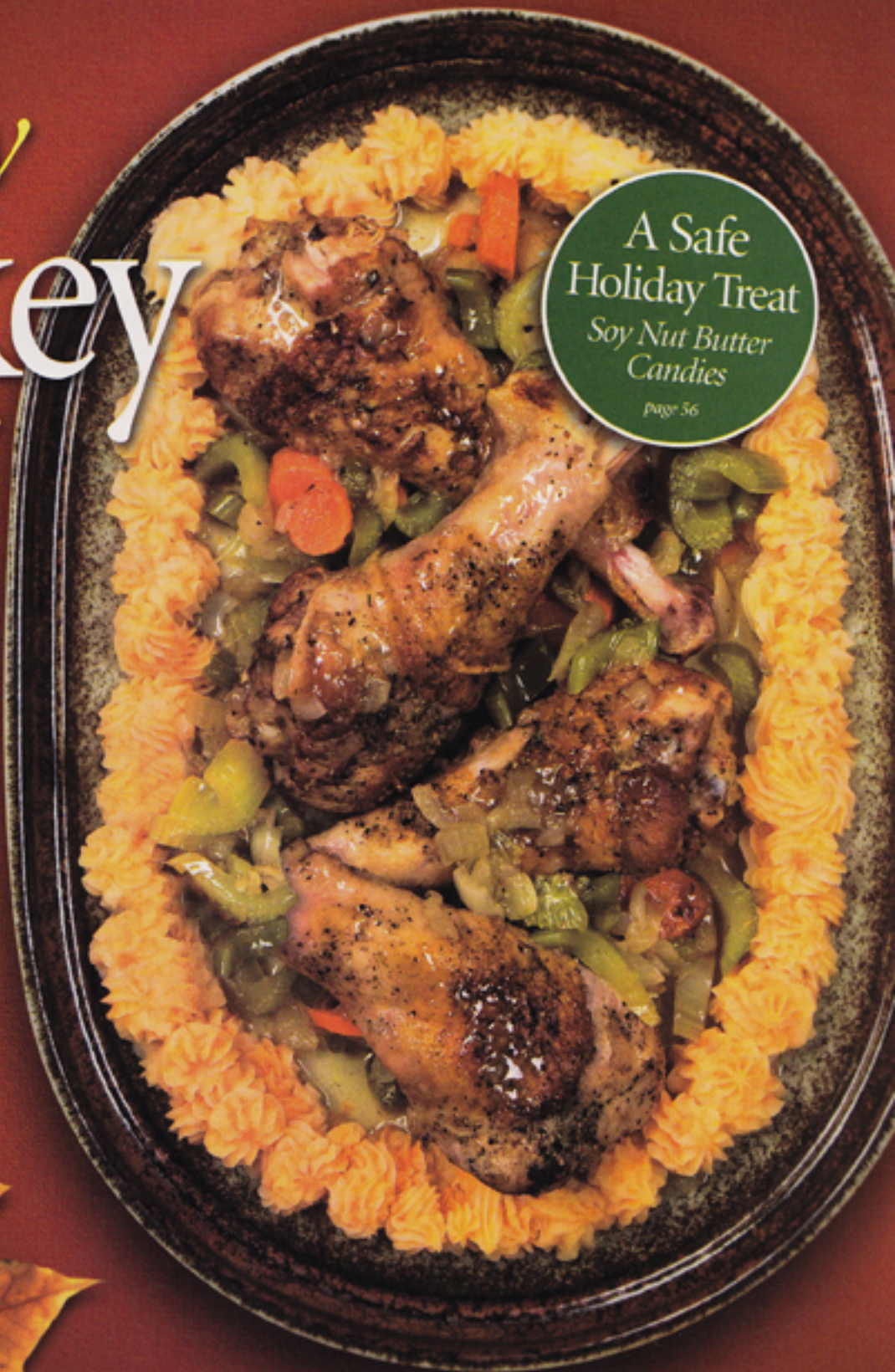
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Autumn
Salads

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Cut the
Cholesterol

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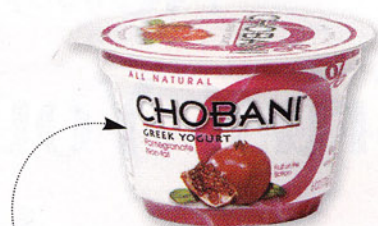


● A new line of organic beverages, Adina Holistics Herbal Elixirs, incorporates adaptogenic herbal extracts believed to "restore balance, harmony, and wellness." While we can't verify that, we can say the seven flavors are very refreshing.
www.adinaworld.com



● Vitalicious Foods' VitaTops, tasty 100-calorie snacks, have a new flavor: Banana Nut. The new flavor boasts lots of fiber, protein, whole grains, vitamins, and minerals but little fat and no artificial additives or preservatives.
www.vitalicious.com

● Athletes and fitness buffs have a tasty new way to stay hydrated—Designer Whey's Protein Blitz, a functional drink that blends water and whey protein in a 20-ounce ready-to-drink beverage that delivers 30 grams of high-quality protein. In three flavors, it's also loaded with muscle-building branch chain amino acids.
www.designerwhey.com



● I'll make mine Greek from now on—yogurt, that is. Chobani's creamy and delicious authentic Greek strained yogurts come in 6-ounce cups in nine flavors, including new Pomegranate and Pineapple. They're all natural, gluten free, Kosher certified, and made from hormone-free milk. One cup gives you 20% of your daily calcium along with five live and active cultures, including three probiotics, and twice as much protein as other yogurts.
www.chobani.com



● Bolthouse Farms' new Pear Merlot fruit juice is the first consumer product made with a new heart-healthy functional ingredient called Barliv barley betafiber, a natural soluble fiber clinically shown to reduce cholesterol.
www.bolthouse.com
www.cargillhft.com

● Take a healthy tea break with Choice Organic Teas. Choose from a range of products, including 27 estate specialty and signature blends of loose leaf tea, 29 varieties of classic teas and traditional blends, 13 gourmet flavors, and more.
www.choiceorganict teas.com



● New from Numi Organic Tea are ready-to-drink Puerh tea blends in a range of flavors, each lightly sweetened with organic honey, agave nectar, and/or evaporated cane juice. Puerh is a fermented tea with very high concentrations of antioxidants. Also from Numi, organic Puerh tea bags in four appealing varieties and aged Puerh bricks.
www.numitea.com

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