

vital juice 
THIRST FOR
A HEALTHY LIFE

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NUTRITION

EVERYWHERE EDITION

NUTRITION



Goji Gourmet Cookies



Ciao Bella single-serve ice cream cups Measure Up Bowls



Blueprint Cleanse's Juice 'Til Dinner

Best New Snack:

Goji Gourmet Cookies

Goji Gourmet treats are made with organic goji berries, a superfood loaded with vitamins A, C, and B-complex. One small cookie weighs in at only 25 calories and comes flavors like cherry cacao and the orange mint chip.

Gojigourmet.com

Best New Dessert:

Ciao Bella single-serve ice cream cups

Savor this creamy goodness, guilt-free. **Ciao Bella** does the math for you and portions out its delish desserts in diet-friendly 80- to 120-calorie servings. It's also free of rBST (a growth hormone) and comes in flavors like sicilian blood orange sorbet, turkish pistachio gelato, tahitian vanilla gelato and chocolate hazelnut gelato.

Icecreamsources.com

Best Gadget:

Measure Up Bowls

Talk about a super bowl! This pretty porcelain dish has 1/2 cup measures discretely etched along the inside to keep our rampant cereal cravings in check. Use the classic-size Measure Up Bowl for soups, pasta, rice, popcorn or cereal. A smaller bowl marks off 1/4 cup, 1/2 cup and 3/4 cup servings and is perfect for treats like nuts or chips.

Shopmeasureupbowl.com

Best New Trend:

Blueprint Cleanse's Juice 'til Dinner

Curious about detoxing but love food too much to give up chewing entirely? Dip your feet into the trend (and drop pounds pronto) with **Blueprint's new program**. Simply slurp four filling juices during the day and then sit down to a real meal at night. Bonus: You'll even get an after-dinner chocolate dessert. Sweet.

Blueprintcleanse.com

Best Healthy Recipe Site:

Harvest Eating

Chef and cookbook author Keith Snow's gorgeous videos on Harvest Eating prove that in-season foods are not only the most nutritious--they're also the tastiest. Search for budget dinners, vegetarian and vegan options and gluten-free dishes.

Harvesteating.com