

# Fresh ink

## HOT OFF THE PRESS!

Featuring Salba Smart's Thin Twisted Pretzels in the September 2010 issue of *Better Nutrition*  
Print Impressions: 350,000



### BETTER NUTRITION HEALTHY HANDBOOK

OFF THE SHELF: FOOD | BY LISA TURNER



• **Morning munchies:** doughnut-and-coffee alternatives. Skip the vending machine and pastry platter, and choose a small, simple tidbit to tide you over until your noontime meal. A wise beverage choice—green tea, yogurt-and-berry smoothie, iced hibiscus tea, almond milk, or sparkling water with a splash of organic juice—will leave you refreshed, with less impact on blood sugar.

**Smart selections:** Lundberg Honey Nut Rice Cakes; Late July Organic Mini Cheddar Cheese Crackers; Country Choice Organic Oatmeal Raisin Bars; Food Should Taste Good Multigrain Chips; Salba Smart Thin Twisted Pretzels; Enjoy Life Gluten-Free Sunbutter Snack Bars; Eden Organic Yellow Popcorn; Sahale Snacks Valdosta Almond Blend.

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