

Fresh ink

HOT OFF THE PRESS!

Featuring Salba Smart in *Get Healthy Magazine*
in the January/ February 2009 issue.
Circulation: 70,000

SMART FOODS FOR DIABETICS

There are often claims that a certain tea, supplement or food has health benefits, but not all have sound science behind that statement. Salba is a whole grain grown under strict conditions by families in Peru, and it happens to be one of the only grains studied in the management of diabetes.

"At St. Michael's Hospital at the University of Toronto, Canada, clinical results showed that the Salba can help prevent and treat

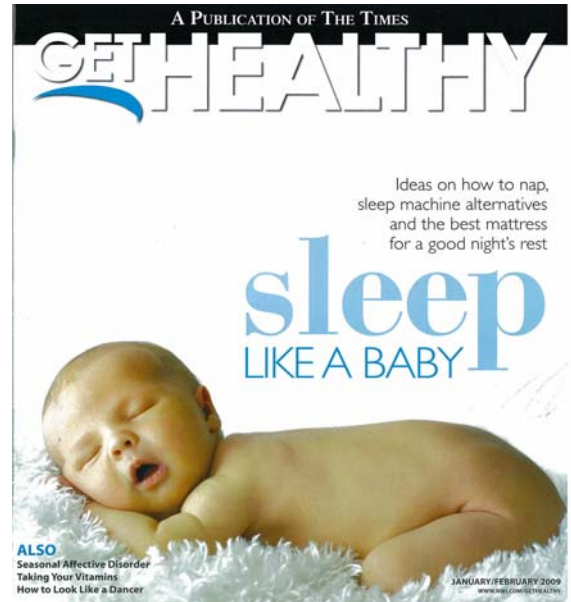
cardiovascular disease in type 2 diabetes,"

says Camilla Ferenczi, account coordinator with the Fresh Ideas group in Boulder, Colorado. "It was discovered that Salba reduced blood pressure, and with type 2

diabetes, people usually have high blood pressure. So using the Salba grain in everyday meals helps reduce blood pressure."

Salba comes ground and unground (serving size one level tablespoon per day), which you can mix into your meal, such as cereal, pancakes, smoothie or yogurt, and it's tasteless. Salba Smart Foods also offers an organic line of pretzels and tortilla chips made with Salba. In addition, grain is high in essential nutrients such as Omega 3s, calcium, fiber and antioxidants, so it's a good supplement to any dietary requirement.

Salba and Salba Smart Foods chips and pretzels can be found at natural foods stores and ordered online at amazon.com and salba.com.—SHARON BIGGS WALLER



Please note that this information is protected under copyright laws. If more copies are required, please contact *The Fresh Ideas Group* and we will pursue reprint permission with the publication.