

Featuring Salba Smart in the January 2009  
issue of *TheCelebrityCafe.com*  
Circulation: 4,900,000

## Salba Smart Can Help You Reach New Year's Resolution Weight-Loss Goals

Written by: TheCelebrityCafe.com Staff

*It can help you lose weight, thanks to its fiber content and ability to expand in water.*

Salba Smart Natural Products Company carries a grain that is sure to be a popular item on the market in 2009. Their Salba Grain provides its consumers with invaluable health benefits as it serves as a rich source of fiber as well as Omega-3 fatty acids. Losing weight is easily the most often implemented New Year's Resolution amongst Americans and this grain can help you achieve your goals.

Not only is Salba Smart Natural Products' Salba Grain high in fiber and Omega-3 fatty acids but it also contains an abundance of antioxidants. A terrific source of calcium, iron and protein, Salba Grain can easily be added to various foods such as cereal or oatmeal without affecting the food's natural flavor.

The Salba Smart Natural Products Company is constantly introducing new and exciting food products that contain this highly nutritional and versatile grain. Mexican food lovers will surely be intrigued by Salba Smart's organic tortilla chips, natural wheat and whole wheat tortillas and organic salsa products.

Those who enjoy snacking should definitely look into ordering some delicious Salba Smart organic pretzels. This health conscious company is constantly developing innovative products that incorporate Salba Grain, and those who are planning on implementing a healthy lifestyle in 2009 will greatly appreciate their efforts.

Visit [SalbaSmart.com](http://SalbaSmart.com) to learn more about Salba Grain and its exceptional health benefits.