

Fresh ink

HOT OFF THE PRESS!

Featuring Salba Smart on *Vital Juice Daily*
on December 30, 2009
Online Impressions: 101,068



Wednesday, December 30, 2009

▶▶▶▶▶ Year in Review ◀◀◀◀◀

Healthy Bites

It was a very yummy 2009.

Rediscover the nibbles, noshes and nutrition trends you fell hard for in 2009. Dig in!



THE NEXT NEW SUPERFOOD

What: Move over, flax. **Salba** is a type of white chia seed that packs 30% more antioxidants than blueberries, 6x more calcium than milk and 8x more omega-3s than salmon, gram for gram.

Where: Buy it [here](#).

Why: It's crunch time.

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.