

Health Awareness

A Low-Cal Approach To Nutrition And Fitness

(NAPSA)—For those who want to adopt a healthier lifestyle, reducing fat and cutting calories is often at the top of their to-do list.

Many start by reducing their intake of refined and packaged foods—such as snack foods and bakery products—made with hydrogenated vegetable oil.

While it is important to eliminate empty-calorie “junk” fat and unhealthy saturated fat, it is also true that some fats are highly beneficial. For example, the fats in oily fish—such as salmon, mackerel and sardines—and in nuts and seeds can help to supply unsaturated fatty acids, particularly omega-3 fatty acids, which are important for general health. Eliminating or reducing fat is a way to manage calories and adopt a healthier lifestyle.

When it comes to reducing calories, sugar and high-fructose corn syrup are often among the first ingredients to be targeted for elimination by those who want to cut empty calories.

Many fruit juices are very sugary, like soft drinks, and should be diluted with water or avoided altogether. A good way to reduce sugar intake may be a new line of nutritionally fortified juice beverages that have only 10 calories per 8-ounce serving.

There are no preservatives or sugars added, and the drinks are said to be an answer for consumers who are watching their sugar and carbohydrate intake and are ideal for diabetics.



A company that offers a line of targeted fitness drinks now has low-calorie beverages as well.

Plus, these refreshing and hydrating drinks—called Drenchers Fit and Lean Super Juice beverages—are designed to offer consumers the added benefit of featuring specific nutritional supplements that address specific needs, including fortification specific to a need.

The beverage line consists of five single-minded, nutritional benefit-driven products, all containing a fortification package of essential vitamins, nutrients, amino acids, electrolytes and herbs called Bodyguard.

According to Chris New, founder, chairman and CEO of NBI Juiceworks, producers and distributors of the drinks, the line fills a need by offering targeted nutrition and reduced calories in a single product.

To learn more, visit www.nbijuiceworks.com.