

# The Pueblo Chieftain

---

March 7, 2007

Pueblo, Colorado

## TRUE BLUE

Blueberry pie is one way to gain the health benefits of those fabulous blues, but if you want to skip the fat and most of the sugar, drinking your blueberries might be the answer. True Blue blueberry juice cocktail and Lite Blue, both made by Leading Brands, bring the berry's antioxidant powers to your glass.

The drinks are sweetened with cane sugar; flavors include blueberry-blackberry, blueberry-cranberry and blueberry-iced green tea. More info is available at [www.trueblueberry.com](http://www.trueblueberry.com).

U.S. Department of Agriculture researchers have ranked the blueberry No. 1 for its antioxidant properties, which can lower "bad" cholesterol, keep blood clots from forming, and slow aging.