

bellevillenewsdemocrate

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Belleville, IL

For more of the blueberry experience, at less than a quarter of the price, there's TrueBlue (64 ounces, \$3.99), winner of the 2005 Best New Blueberry Beverage Award (really). It's available in six sweet flavors, including blueberry pomegranate and blueberry green tea, so you can antioxidantize every which way.

An eight-ounce serving contains 110 calories, 5 grams sodium, 26 grams sugar and half as much juice as a full serving of fresh blueberries, but ahem, TrueBlue contains only 25 percent blueberry juice.

