

# **Hispanic Lifestyle**

Monday July 24, 2006

<http://www.hispaniclifestyle.com/HispanicLifestyle/Health/Health.html>

## **Summer Choices to Stay Healthy**

The summer is all about fun in the sun and to help you stay fit for this summer here are a couple of items Hispanic Lifestyle suggests:

### **TrueBlue**

Did you know? that recent research has shown that blueberries have many health benefits. The USDA has stated that blueberries are the #1 antioxidant fruit. Studies have also shown that blueberries reduce cholesterol levels, slow down the aging process and improve eyesight, coordination, and balance.

However, consumers can't always get fresh blueberries year round. Although, frozen blueberries are one option, a more convenient choice is to purchase blueberry juice. TrueBlue a blueberry juice cocktail has all the benefits of eating blueberries in one 16oz serving. It's a natural juice that contains 100% of the recommended daily intake of Vitamin C, and uses cane sugar instead of high fructose corn syrup to sweeten the beverage. Furthermore, the juice contains fewer calories compared to most cranberry cocktails.



In addition to the five flavors of TrueBlue, there is also a LiteBlue, which is made with Splenda and half the calories. LiteBlue is a great option for diabetics.

For more information, please visit [www.trueblueberry.com](http://www.trueblueberry.com)