

San Bernardino
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QUICK HITS

THE POWER OF BLUE

If you haven't heard by now, blueberries are among the best sources of antioxidants, which help ward off a number of ailments and diseases.



Now, instead of just adding a spoonful of berries to your morning cereal, you can get your blue in liquid form. A Canadian company, Leading Brands, has introduced a line of blueberry juices called TrueBlue.

The juices come in five flavors: Blueberry, Blueberry-Cranberry, Blueberry-Pomegranate, Blueberry-Green

Tea and Blueberry-Raspberry. All are available at major grocery chains and specialty markets in two sizes: 64 oz. and 16 oz.

The North American Blueberry Council named the TrueBlue Blueberry-Pomegranate Juice Cocktail the Best New Blueberry Product of 2005. It was among our favorites in our unofficial staff taste test.

— Staff report