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Singing the blues

More cool news for hot days: If you like your drinks with some sweetness, TrueBlue will quench your thirst, supply you with a day's worth of Vitamin C in one cup and give an energy boost from cane sugar as well.

Blueberries are the new darlings of antioxidant seekers, as are the other ingredients of the drink by Canada's Leading Brands Inc. The four flavors are plain blueberry juice or a blend of blueberry juice with either green tea, cranberry or pomegranate juice.

The 64-ounce bottles of TrueBlue are \$4.99 at Safeway and other grocery chains. They also come in 16-ounce bottles (suggested retail price, \$1.99).