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First Course

TrueBlue: Vitamins, few calories

There's a new juice on the market: TrueBlue, made by Leading Brands. It features blueberries and has six flavors: pure blueberry, blueberry-blackberry, blueberry-pomegranate, blueberry-cranberry, blueberry-raspberry and blueberry-iced green tea. Some of the flavors are available in a light version, with half the calories.

It's not 100 percent juice, but it does pack a good serving of vitamin C, and blueberries are great for their antioxidant abilities. All flavors have about 110 calories per 8-ounce serving; the light versions have fewer. Learn more at www.trueblueberry.com.

Some of us who sampled TrueBlue thought it was too sweet. Others thought it was delicious. If you like blueberries, you'll probably like TrueBlue.