

Better Nutrition

August 2010

# better nutrition

THE SHOPPING MAGAZINE FOR NATURAL LIVING

[betternutrition.com](http://betternutrition.com)

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# energize!



## Annual Prevention Guide

The regimen that can keep you  
healthy for life

**HEMP HYPE:  
WHY IT'S SO GOOD**

**SUPERCHARGED SMOOTHIES  
+ FREEZER POPS**

**RAW—AND GLUTEN FREE**

READY SET SHOP FOOD



1 CHOCOLATE CHIP BROWNIE

How do you make a great snack better? Add new flavors! Now you can enjoy **LARABARS** in Carrot Cake, Chocolate Chip Cookie Dough, Peanut Butter Chocolate Chip, and Chocolate Chip Brownie. These 100 percent whole food bars are made simply using fruits, nuts, and spices—with no sugar. They're perfect for summer hikes, the beach, and picnics.

3

Wanna be a ball of energy? **METABALL** energy snack from Vermont Nut Free Chocolates will give you energy to burn. These cute little convenient snacks are just the right size to deliver a burst of energy in the form of slow-burning carbs, healthful fats, and pure whey protein isolate. Toss one in your gym bag today!



2

Add a pinch of adventure to your culinary routine with **GOURMET SALTS IN BULK** from Frontier Foods. These hand-harvested salts include varieties such as Fleur de Sel Sea Salt, Himalayan Pink Salt, Hawaiian Black Sea Salt, and Sea Salt Pearls. Try a little or a lot—you'll find them in the bulk bins at your favorite natural foods store.

be a natural gourmet!



**FRONTIER**  
NATURAL PRODUCTS CO-OP



READER FAVORITE



I can't get enough of **18 Rabbits Granola Bars**! Their ingredients are completely natural, and the consistency is super chewy, which I love. All of the flavors are great, but my favorites are the Belle Bananas Foster and the Cheeky Cherry Chocolate. They make an indulgent snack (and they are wheat-free, too!).  
—Alexandra S., Costa Mesa, Calif.