

# today's dietitian

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## Mission Organic 2010

ALL THINGS ORGANIC CONFERENCE ISSUE

Healthy People, Healthy Planet



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## PickleSickles: The Surprisingly Healthy Frozen Treats

It's a novelty snack that may sound a bit hard to swallow, but PickleSickles pickle juice treats are increasing in popularity and providing unexpected health benefits for children, adults, and seniors. PickleSickles are uniquely packaged frozen treats made not only from the brine left over from pickling but also freshly squeezed pickles, much like an apple or orange is pressed.

"We use 100% of the pickle," says PickleSickle cofounder David Millar. "We realize it is hard to imagine that someone thought of the idea of creating frozen treats made from pickle juice, but once people try them, they are hooked..."

The name PickleSickle was created by John Howard, owner of Outerskate roller skating rink and arcade in Seguin, Tex. He started by freezing pickle juice for his customers and sells out every night.

A recent study revealed that pickles blunt the blood sugar spike by as much as 30% after eating a high-carbohydrate meal. Studies have revealed that vinegar, much like that used in the pickling process, provides a balancing benefit to combat harmful insulin spikes. The spices used in the pickling process are also healthy. Ingredients such as garlic and dill help control the growth of unhealthy bacteria in the body.

PickleSickles have no fat and have less than 1 gram of sugar. The company is also creating flavored PickleSickles such as cherry and lemon-lime.

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



## O.N.E. Introduces Amazon Açai, a Better-for-You Beverage

Continuing its commitment to providing healthful alternatives to the usual sugary offerings in the beverage aisle, O.N.E. World Enterprises has introduced O.N.E. Amazon Açai, a beverage made from 100% natural açai berries grown in the Amazon rainforest.

Açai berries are considered one of the most nutritious superfoods in the world. The berries are "wild crafted" in the Amazon rainforest, meaning they are harvested in nature, not farmed. In addition, O.N.E. Amazon Açai is the only brand made from fresh berries instead of concentrate. The açai is cut with a splash of acerola (Amazon cherry), which has more vitamin C than an orange.

O.N.E. Amazon Açai contains more antioxidants than pomegranate or blueberry juice and is rich in omega-3s, omega-6s, and omega-9s; amino acids; vitamins B and E; and ellagic acid. The juice comes in single-serve 11-ounce ready-to-drink, pull-tab Tetra Paks.

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

## Joint Juice Launches Ready-to- Drink Dietary Supplement Water

Joint Juice, Inc. has announced the launch of its new water-based dietary supplement product, Joint Juice Fitness. It is a lightly flavored dietary supplement enhanced with 1,500 milligrams of glucosamine per bottle to hydrate joints and with essential vitamins and water to hydrate bodies. Each 16.9-ounce bottle has 10 calories and comes in Berry, Lemon, and Kiwi-Strawberry flavors.

The supplemental glucosamine in all of Joint Juice's products, which provides a full day's supply, comes from 100% vegetable sources and is made in the United States.

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

