

# **WOMEN'S HEALTH**

## **Wellness Book Packs Healthy Dose Of Information**

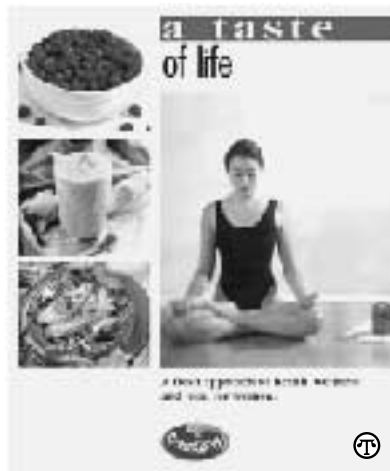
(NAPSA)—Many women face obstacles to good nutrition every day, such as skipping meals, making poor food choices and cutting back on calories. As a result, their diets are often short on vitamins, minerals and other health-boosting nutrients.

Women also cope with unique health challenges that are directly tied to diet and food choices, including heart disease, cancer and osteoporosis. These health challenges not only need more attention from the medical community, but from women who need to take a greater role in shaping their own health.

Fortunately, there's a "wellness book" that takes a fresh approach to women's health with simple tips, timely ideas, tasty recipes and insights from leading nutritional experts. The 112-page book by Ocean Spray called *A Taste of Life*, focuses on how to help maintain a healthy, active lifestyle.

"Health and wellness is a way of life at Ocean Spray," said Marguerite Copel, R.D., Vice President of Corporate Communications & Public Affairs. "*A Taste of Life* incorporates that philosophy and puts it in a fresh and lively format. Readers will enjoy this colorful book and find relevant information on ways to improve their overall wellness."

*A Taste of Life* is available for \$10.50 (includes \$3 shipping and handling) plus 2 UPCs from any Ocean Spray product. For details, call the Ocean Spray Consumer Helpline at 1-800-662-3263, week-



**A new book offers helpful health and wellness information for women.**

days 9 a.m. to 4 p.m. EST. Or visit the Web site: [www.oceanspray.com](http://www.oceanspray.com).

### **In The Ring Smoothie**

**8 ounces Ocean Spray®  
Cranberry Juice Cocktail,  
chilled  
6 medium strawberries,  
hulls removed and cut into  
halves  
1 banana, cut into slices  
½ cup crushed ice**

**Put all ingredients in a blender. Blend for a few seconds on high speed or until ingredients are thoroughly combined. Pour into a large glass. Makes 1 serving.**

**VARIATION: Substitute 4 ounces frozen vanilla yogurt for ice.**