

Women's Adventure

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TRAVEL, FITNESS, SPORTS, HEALTH, OTHER STUFF

FRESH FROM THE FIELD



mix1: the all-natural fast food

It's a Tuesday afternoon, your stomach is in constant-growl mode, and your energy level is dwindling fast. You're faced with that same old dilemma: either head for the vending machine to choose between empty calories and, well, empty calories or starve until you can get home and get your hands on something healthy.

Enter mix1. From a collaboration of great minds, including one that gave us fruity Izze soda, mix1 is an all-natural, lactose-free drink that actually tastes good and won't take you for a ride on the sugar roller coaster.

mix1, which comes in mixed-berry, lime, blueberry vanilla, and mango flavors, has a 2:1 carb-to-protein ratio designed to keep your energy sustained and supported to ward off that nasty sugar low. The drink's vitamins and minerals are formulated for optimal absorption; that is, it won't be touting a 2,000 percent daily value of vitamin C (the body can really use only a fraction of that). And mix1 is brimming with those great polyphenol antioxidants found in green tea and hailed as disease fighters.

If you work hard and play hard and yet find it difficult to keep a healthy balance in your body, mix1 is worth a try. At the very least, it's a smooth and refreshing drink that's great for your health—not to mention your taste buds. \$1.50 per can, although availability is limited at this time. www.mix1life.com.

—Christy Mercer

for busy people trying to eat healthy

