

wake-up call

You can finally stop making excuses for your coffee addiction. "Coffee is the number one source of antioxidants for the average American," says Joe Vinson, Ph.D., professor of chemistry at the University of Scranton in Pennsylvania. *Huh?* He means that while blueberries, cranberries and artichokes have higher levels of antioxidants, java is what we choose most frequently—to the tune of 330 millions cups per day.

But not all beans are created equal. When it comes to free-radical fighters (which protect against heart disease, cancer and stroke), organic **Caffe Sanora** leads the pack (\$10 for a 12-oz. bag; caffesanora.com). Sanora's patented

water-based roasting process preserves more antioxidants than the traditional high-temperature process. An eight-ounce cup of dark roast can contain three times the antioxidants in most brands.

On the road? Organic, triple-filtered and fairly traded **Java Juice Liquid Extract** comes in single-serving packets (\$10.95 for 10; javajjuice.com). These unique packets can't be squished no matter how hard you (or TSA agents) try.

Or check out Hevla's **Java Wand**, which might become your new magic wand (\$19.99; hevlacoffeeco.com). The slim glass tube is attached to a French press filter, making it easy for you to get your daily dose of antioxidants no matter where you wander.

Another newcomer, **Righteous Bean** (\$10.98 for a 12-oz. bag), was created by Mountain View Coffee Roasters to ensure that coffee farmers receive proper compensation. This very fairly traded

organic coffee comes in eight varieties.

Cravin' some extra flava? The medium-roasted **Fine Organic Coffee by Beantrees**, in Dutch Chocolate, will satisfy cravings, while Macadamia Nut will enrich your ordinary morning routine (\$11.99 for a 12-oz. bag; beantrees.com).

Natural additives like ginkgo bilboa and echinacea meet caffeine in the organic **Spava Coffee for a Healthy Living** (\$9.99 for 12 oz. bag; spavacoffee.com).

Love the java but not the jitters? Try the Swiss water-processed organic brews of **Big River Coffee Company** (\$9.99 for 12 oz. bag; bigrivercoffee.com). Choose from four blends, from spicy to smoky to mellow.



Not your mother's latte, **Pixie Mate** uses yerba maté to wake you up sans caffeine. Nine times more antioxidant-rich than green tea and infused with natural mood-elevators, the lightly sweetened Maté Latte concentrate comes in four flavors: original, dark roast, mocha and chai (\$3.99 for 32-oz. concentrate).

If all this makes you want to down more of America's favorite brew, consider staggering your intake. "String it out, don't binge-drink three cups in a row," says Vinson. "The idea is to maintain antioxidant levels over the course of the day." —*Jessica G. Harlan with additional reporting by Amanda Altman*

go with the grain

Want to do something sweet for your sweetie this Valentine's Day? Try breakfast in bed with yummy cinnamon buns or chocolate-fudge waffles. It sounds deliciously decadent, but there's a healthy twist: They're made with whole grains.

Thanks to King Arthur flour, it's easier than ever to make nutritious treats. After 216 years, the country's oldest flour company has developed a new line of more than 30 whole-grain mixes, including praline pumpkin-seed scones and blueberry sour-cream pancakes. Many of the mixes contain more than 16 grams of whole grains per serving—equal to the USDA's daily recommendation.

Studies show that in addition to being packed with fiber, whole grains contain phytonutrients, antioxidants and trace minerals. Eating whole grain foods helps with weight maintenance and can reduce the risk of heart disease, stroke and diabetes. *The American Journal of Clinical Nutrition* recently found that a diet rich in these grains also reduces the risk of periodontitis and tooth loss.

If fighting heart disease with a whole-grain chocolate-chip cookie sounds too good to be true, there is a catch. As with any other snack food—even healthy ones—you have to use moderation.

So enjoy that double-fudge brownie with a little less guilt. Your body, your taste buds and your significant other will thank you. King Arthur's mixes are available at grocery stores and bakerscatalog.com. —*JGH*

