



The Healthy Coffee

Antioxidants are one of the body's chief defenses against cellular damage and the health problems that can result from it, and companies are devising new ways to include them in their products. The coffee-roasting process generally destroys some of the bean's beneficial compounds, but through their own patented roasting process, Caffe Sanora has devised a way to deliver a coffee with antioxidant levels greater than most green teas.

The coffee comes in both regular and decaf varieties, and offers five flavors: Organic Breakfast Blend, Organic Dark Roast, Organic Espresso Roast, Organic House Blend, and even a decaf version of their Organic House Blend. So have another cup — it's good for you. Caffe Sanora is available at participating Ralph's, Albertsons, Bristol Farms in La Jolla, and Keil's Food Stores. (www.caffesanora.com) — Nickolas Cook