



FOR IMMEDIATE RELEASE

CedarLEAN Broccoli & Cheddar Egg White Frittata Wins Accolade

2012 Remedy's Healthy Living cites breakfast entrée's taste, nutrition

Carson, CA (08/21/12) – Cedarlane® Natural Foods Inc. is proud to announce that **CedarLEAN Broccoli and Cheddar Egg White Frittata** has won a 2012 Remedy's Healthy Living Healthy Food Award in the breakfast category! Out of hundreds of products introduced in 2012, Remedy's Healthy Living editors and a panel of registered dietitians selected CedarLEAN's Broccoli and Cheddar Egg White Frittata for taste, satisfaction and adherence to appropriate nutritional guidelines.



“Yes, healthy food can taste a little decadent,” the panel said. “Cedarlane Natural Foods has created a broccoli and cheddar, egg-white frittata, flavored with Dijon mustard and loaded with 13 grams of protein and five grams of fiber ... but only 180 calories.”



The vegetarian-friendly CedarLEAN frittatas come in three varieties: **Broccoli & Cheddar**, **Roasted Chile & Cheese** and **Spinach & Roasted Tomato**. Each filling frittata melds fluffy egg whites, fresh cheese and a savory blend of spices in a scalloped potato crust. Each frittata is also **200 calories or fewer, high in protein and fiber, and low in cholesterol**. No artificial flavors, colors or preservatives are used.

The frittatas have garnered attention from **Hungry Girl** blogger and author Lisa Lillien, and an **Editor's Pick award from Progressive Grocer**, a popular retail food industry magazine which has been reporting and interpreting the grocery industry's top trends and information for 90 years. The CedarLEAN Egg White Frittatas were selected by editors for the honor based on criteria focusing on innovation, superior quality and value to both retailers and consumers.

For more than 30 years, Cedarlane Natural Foods has used fresh, natural ingredients to deliver healthy, easy-to-prepare dishes with homemade taste. The new CedarLEAN line satisfies growing consumer demand for all-natural, low-calorie, nutritious, flavorful options in the frozen foods category. Cedarlane is proud to offer CedarLEAN meals to those working with weight management plans and special dietary needs.

For interviews with Cedarlane Natural Foods executives, please call the contacts listed at the bottom of this press release.

About Cedarlane® Natural Foods, Inc.

Founded in 1981 by Robert Atallah, Cedarlane® Natural Foods, Inc. is a leading supplier of natural and organic frozen and fresh foods. Cedarlane serves up a wide variety of award-winning natural, vegetarian, organic, low-fat, high-protein frozen food options from breakfast to dinner, appetizers to entrées. Many Cedarlane frozen foods carry the **Quality Assurance International** (QAI) organic certification. In March 2012, Cedarlane's new egg white omelettes were featured on The Today Show's "Eat Smart Today" segment with Al Roker and featuring Lisa Lillien, author of Hungry Girl Supermarket Survival. Cedarlane offers a variety of vegetarian frozen foods, chicken entrées and burritos, egg white omelettes and breakfast burritos.

About Founder & President Robert Atallah

Since 1981, Robert Atallah has grown Cedarlane® Natural Foods, Inc. from a one-man business to a corporation with more than 500 employees, offering award-winning natural and organic frozen foods and fresh foods. A food pioneer in multiple respects and a prominent leader in the food category, Mr. Atallah was the first to introduce all-natural and organic products to the frozen foods sector.

MEDIA CONTACTS:

Diego Romero

McFadden/Gavender

O: (520) 882-6262

M: (520) 401-1693

diego@mcfaddengavender.com

Karen Gavender

McFadden/Gavender

O: (520) 882-6262

M: (520) 603-4200

karen@mcfaddengavender.com

Website:

www.CedarlaneFoods.com

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