



CEDAR'S MEDITERRANEAN FOODS, INC.

FEATURED IN *GOOD HOUSEKEEPING*

Ward Hill, Mass., January 2009 — Cedar's Mediterranean Foods, Inc. has been featured in the February 2009 issue of *Good Housekeeping* magazine. Cedar's Mediterranean Foods is one of the original manufacturers of Mediterranean cuisine such as hummus, fresh salads, salsa, wraps, pita chips, and tzatziki. Three of Cedar's products were recognized within *Good Housekeeping's* "100 Best Convenience Foods." The Good Housekeeping Institute inspected the ingredients and nutrition labels of food products, and over 1,000 were tried in order to filter the number to 300. The 300 products were then taste tested by volunteers who helped the Good Housekeeping Institute compile its "100" list.

Cedar's Mediterranean Foods, Inc. was established in 1981 and has been a leader in the Mediterranean food industry for over 25 years. Its authenticity and expertise has allowed the company to nationally expand and flourish. As one of the only major hummus manufacturers still privately owned, Cedar's continually introduces new products and flavor profiles to help keep the industry fresh and consumers satisfied. Throughout its success, Cedar's has focused on promoting healthy lifestyles through great tasting Mediterranean food.

Cedar's Cucumber Garlic flavored Tzatziki placed #90 in the "Sauces, etc." category of the "100 Best Convenience Foods." Tzatziki Greek Yogurt Dips, are rapidly becoming a household favorite in the Mediterranean foods industry. Made from authentic Greek strained yogurt, Tzatziki offers great health benefits. Tzatziki is naturally low in fat content, carbs, and calories, while high in protein. The yogurt based dip is a healthy alternative to any condiment such as cream cheese or mayonnaise, is a great complement to lamb, chicken, or steak, and can be used just for dipping. Cedar's Tzatziki is infused with flavors that will leave a lasting impression on your taste buds. Enjoy Tzatziki in Cucumber Garlic, Roasted Red Pepper, and Sundried Tomato.

Within the "Veggies" category, Cedar's Chick Pea Salad and Fresh Taboule Salad placed at #'s 98 and 99, respectively. Cedar's Fresh Mediterranean Salads, made from only the finest ingredients from around the world, are cholesterol free and all natural with no added preservatives. Cedar's Chick Pea Salad is a Mediterranean delight made with fresh chick peas, vegetables, and dried cranberries. Its great on-the-go packaging makes it a convenient snack for those on the run or in need of a quick, healthy fix. Being rich in protein and high in fiber, only a half of a cup of this salad will provide approximately one fourth of recommended daily fiber. Cedar's Fresh Taboule Salad is a Mediterranean staple. The delectable combination of lemon oil, parsley, tomatoes, red onion, and bulgur is great for busy, health conscious individuals. Taboule Salad is rich in antioxidants and low in carbs, promoting a healthy lifestyle.

Cedar's Mediterranean Foods, Inc. offers many more healthy and great tasting Mediterranean foods for those on-the-go. Look for the upcoming Cedar's Snack Packs and find more information about your favorite Cedar's products at www.cedarsfoods.com.



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