

MIND & BODY ISSUE

A DAY OF FITNESS AT BALLET AUSTIN

AUSTIN FIT

magazine

AUSTINFITMAGAZINE.COM

"I don't try to make the fighter. I try to make the man or woman."

ANN WOLFE,
8 X WORLD CHAMPION

NadaMoo!

Nadamoo.com

Sure, it's been good and good for you since 2004, but Austin-based NadaMoo! is now officially Non-GMO Project Certified. This new seal is offered to help consumers identify products that adhere to best practices standards for avoiding contamination by genetically modified organisms. "Becoming Non-GMO Project Verified is a trustworthy and rigorous process, but worth it for our consumers' health," said NadaMoo! CEO Daniel Nicholson. "With GMOs now present in more than 80 percent of conventionally processed foods, we at NadaMoo! feel that consumers should be informed when buying products. We are proud to carry the Non-GMO Project Verification on our products."

In addition, NadaMoo! desserts are dairy and gluten-free, contain zero cholesterol, and are made from cream of the coconut, making them a lower-calorie ice cream option.

and Fitness



SEPTEMBER 2014