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RUDI'S ORGANIC BAKERY MAKES THE LIST IN *COOKING LIGHT* MAGAZINE'S INAUGURAL TASTE TEST AWARDS

100% Whole Wheat Bread makes the list of high-quality foods

Boulder, Colo. – Sept. 17, 2010 – In its inaugural Taste Test Awards celebrating the best-tasting grocery store and artisanal products in America, *Cooking Light* magazine awarded [Rudi's Organic Bakery's](#) 100% Whole Wheat Bread top honors. The complete list of Taste Test Award winners can be found in the October issue of the magazine on newsstands now and at www.CookingLight.com.

To qualify in the grocery categories, foods had to be available in major markets nationwide. *Cooking Light* vetted products against nutrition standards, eliminating those that contained artificial trans fats, too much salt, or artificial sugars. The panel of editors tasted finalists “blind:” the tasters did not know which brands they were sampling. Not all products are low fat. Some higher fat items are on the list because of their superior quality and taste. Used moderately, these products have a place in a healthy lifestyle. In each category, one Grand Prize Winner (GPW) is selected as well as one or more Taste Test Award Winners (TTA).

“We’re thrilled and honored *Cooking Light* has recognized our passion for healthy living and dedicated commitment to baking breads on the bright side, using simple, organic ingredients moms can feel good about,” said Doug Radi, vice president of marketing for Rudi’s Organic Bakery. “At the heart of it all, we believe good health leads to happiness. Our 100% Whole Wheat Bread comes packed with all of the good stuff and none of the bad, delivering 3g of fiber, 4g of protein, and only 100 calories per slice.”

Rudi’s Organic Bakery 100% Whole Wheat Bread is made with recognizable ingredients the whole family can pronounce, including organic whole wheat flour, organic brown sugar, organic cracked wheat, organic wheat bran, cultured whole wheat flour, sea salt, organic oat flour, and organic molasses. Whole grain foods, including Rudi’s 100% Whole Wheat Bread, are a significant source of complex carbohydrates, vitamins, minerals, antioxidants and fiber.

About Rudi’s Organic Bakery, Inc.

Rudi’s Organic Bakery, Inc., founded and headquartered in Boulder, Colo., is the nation’s largest brand of USDA certified organic breads. Rudi’s Organic Bakery has a long history of baking bread a better and brighter way, by using simple organic ingredients that contain no artificial ingredients, preservatives, high fructose corn syrup or trans-fat. Founded in 1976, Rudi’s offers small batch organic artisan breads, sliced sandwich breads, wide pan sandwich breads, hamburger and hot dog buns, wraps and a popular line of organic spelt breads, buns and tortillas. For more information, visit www.rudisbakery.com or follow Rudi’s Organic Bakery on [Facebook](#) and [Twitter](#).

About *Cooking Light*

Cooking Light is the nation's number one epicurean brand with the largest audience, most epicurean editorial and the most recipes. Founded in 1987, *Cooking Light* makes healthy food taste great. Each month, nearly 12 million readers turn to *Cooking Light* and cookinglight.com for innovative recipes; nutrition advice and food and fitness tips. *Cooking Light* is published by a subsidiary of Birmingham, Alabama-based Southern Progress Corporation.

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