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RUDI'S ORGANIC BAKERY NAMED ONE OF THE 125 BEST FOODS FOR MEN BY MEN'S HEALTH MAGAZINE

Rudi's Organic Bakery Whole Grain Wheat English Muffins praised as a heart-healthy way to upgrade your breakfast

Boulder, Colo. – Oct. 19, 2010 – *Men's Health* magazine has chosen [Rudi's Organic Bakery's](#) Whole Grain Wheat English Muffins as one of “The 125 Best Foods for Men.” The healthy shopping list, made up of foods that help readers fight fat, keep fit and stay healthy, and that also make tastebuds happy, can be found in the November 2010 issue of the magazine, which hits newsstands today.

In order to compile its list of “The 125 Best Foods for Men,” *Men's Health* magazine's editorial staff evaluated hundreds of products looking for the healthiest, tastiest brand-named foods for men. To help readers identify foods for their fitness and health goals, the products on the list are identified as muscle builders, heart helpers, stomach fillers, gut shrinkers and cancer fighters. Rudi's Organic Bakery Whole Grain Wheat English Muffins are specifically called out on the list as a heart helper because of their whole grain ingredients.

“We're confident our Whole Grain Wheat English Muffins are a nutritious and tasty way to start the day because of their sweet, nutty flavor and a heartiness that keeps you satisfied until lunch,” said Doug Radi, vice president of marketing for Rudi's Organic Bakery. “We're honored *Men's Health* has recognized our efforts to bake on the bright side, using only the highest quality and organic ingredients that make for a heart-healthy breakfast option.”

According to *Men's Health's* November issue, with only 120 calories, 5 grams of protein, 23 grams of carbs, 3 grams of fiber, and 1 gram of fat, Rudi's Organic Bakery Whole Grain English Muffins are a great way to upgrade your breakfast. Beginning your day with a Rudi's Organic Bakery Whole Grain Wheat English Muffin topped with tomato, egg and Swiss is an ideal way to start getting your recommended daily allowance of whole grains and other important nutrients.

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](#).

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