

vital juice 
THIRST FOR
A HEALTHY LIFE

smart GLACÉAU **water**
© purity you can taste + electrolyte enhanced hydration

NUTRITION

NEW YORK EDITION

NUTRITION



Liquiteria



Stand



Pret A Manger



Blossom Restaurant

Best Uptown Juice Bar:
Juice Generation

Take a shot of fresh wheatgrass delivered from local, organic farms, as well as a wide selection of juices and smoothies.

117 W. 72nd St., (212) 579-0400, **MAP**

Best Downtown Juice Bar:
Liquiteria

Survive flu season with proven juices like the Killer XX (green apples, a double serving of ginger and cayenne).

170 2nd Ave., (212) 358-0300, **MAP**

Best Uptown Market:
Elm Health

Enjoy organic produce, dairy and frozen foods, along with a juice bar and drugstore stocked with Weleda, Kiss My Face, and more.

1695 1st Ave., (212) 348-8500, **MAP**

Best Downtown Market:
Integral Yoga Natural Foods

You won't find meat, fish or eggs, but the friendly staff will help you discover the aisles of nuts, dried fruits, whole grains, and more. (Students get a 10% discount.)

229 W. 13th St., (212) 243-2462, **MAP**

Best Veggie Burger:
Stand

The mostly meat joint delivers a mean veggie burger made of quinoa, mushroom, zucchini, lettuce, tomato, Parmesan and onion marmalade. Carb-watchers can skip the bun and order it on a salad.

24 E. 12th St., (212) 488-5900, **MAP**

Best Good-for-You Fast Food:
Pret A Manger

Choose from a slew of salads, sandwiches and soups, all made with natural ingredients, plus there's nutrition info on every item. **Multiple locations**

Best Unexpected Healthy Discovery:

Chopped salad at The Living Room in The Standard Hotel

At this hotel bar, you can order the spring vegetable salad, a crisp mix of celery, red and yellow peppers, asparagus, cucumber, red onions, chickpeas and string beans.

848 Washington St., (212) 645-4646, **MAP**

Best Vegan-Friendly Restaurant:

Blossom Restaurant

Flavorful options such as a vegan Caesar salad and seitan scallopini will satisfy even your carnivorous pals.

187 Ninth Ave., Chelsea, (212) 627-1144, **MAP**

Best Raw Food Restaurant:
Bonobo

We're suckers for free samples and this raw haven lets you taste its array of "pâtés." Pick one to eat on its own or atop a custom-made bed of greens

18 E. 23rd St., (212) 505-1200, **MAP**

NUTRITION



Rose Water



Rouge Tomato



Jack's

**Best Gluten-Free Find:
 Galettes from Bar Breton**

The bistro serves up savory galettes (similar to crêpes) made with organic, gluten-free buckwheat flour. Try them with cheese, spinach, eggs, salmon and more.

254 5th Ave., (212) 213-4999, **MAP**

**Best Overall Healthy
 Restaurant:**

Rouge Tomato

An on-staff nutritionist helped create a menu of mouthwatering three-course meals, all as good for you as they are delicious.

10 E. 60th St., (646) 237-8977, **MAP**

Best Wholesome Brunch:

Rose Water

The \$14 prix fixe brunch at this Park Slope gem lets you choose from a selection of fresh organic eggs, vegetarian polenta and more.

787 Union St., (718) 783-3800, **MAP**

Best Satisfying Snack:

**Roasted pumpkin seeds
 from Sahadi's**

Curb afternoon cravings with a handful of high-protein roasted pumpkin seeds from the affordable Mediterranean-style market.

187 Atlantic Ave., (718) 624-4550, **MAP**

Most Worth-It Indulgence:

**Aunt Rosie's Chocolate Chip
 Cookies from Jack's**

Our taste buds have voted: The fresh-from-the-oven cookies at this organic coffee joint are unbeatable. Plus, they aren't oversized or overpriced at just a buck.

138 W. 10th St., (212) 929-0821, **MAP**

Best Cleanse:

TIE

**BluePrintCleanse Juice 'til
 Dinner**

Perfect for people who don't want to totally give up solid food, this new option lets you detox and still dine come dinner.

Visit www.blueprintcleanse.com to order.

LOVE from Organic Avenue

The healthy raw food haven offers five levels of five-day cleanses for you to purify your body and mind.

101 Stanton St., (212) 334-4593, **MAP**