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Fighting Obesity with Healthy Snacks

Dr. Bohdan Luhovyy (Applied Human Nutrition) of Mount Saint Vincent University has partnered with April Glavine, owner of [Lean Machine Inc.](#) to develop a new healthy snack alternative for public school vending machines.

Lean Machine was awarded a \$15,000 voucher by the Productivity and Innovation Voucher Fund, a program of the Nova Scotia Office of Economic and Rural Development and Tourism (ERDT). Over the next few months, Dr. Luhovyy will design an innovative all natural fruit-based snack that will use pulse powders and natural flavorings. Pulses are low fat, high fibre, no cholesterol, low glycemic index, high protein, and high nutrient foods. They are excellent foods for people managing diabetes or heart disease. This collaboration provides a unique opportunity to introduce a competitive product that is both tasty and healthy and that will contribute to Lean Machine's goal of reducing childhood obesity and related diseases

For more information, please contact:

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