

Sports Illustrated

KIDS

Grant Hill, NBA SuperStar Has ViaVienté "On The Top Shelf of his Refrigerator"



Sriracha [chili sauce] gives food that's bland some flavor. My mom is from New Orleans and a lot of the food she prepared always had a little kick to it. I grew up with hot sauce, and Sriracha is a neat one. It does the trick.

ViaVienté is a Whole Fruit Puree, high in Anti-Oxidants with Energizing Minerals.

For snacks, I eat **fruit**, vegetables, different types of seeds, almonds, and goji berries. When you get hungry and you want a snack, that's when it's important to be healthy and make smart choices.

My kids have different kinds of eating habits than when I was growing up. The little one will snack on **carrots**. One thing I had a lot of growing up was soft drinks, but we don't have any of that in our house now.

Grant Hill Forward, Phoenix Suns

When Grant Hill was a kid, he never ate fruits or vegetables, and he drank soda on a daily basis. Even 10 years ago, a photo of his fridge would have revealed a lot of junk food. But the basketball star has grown to realize the importance of eating healthy – and he has learned to enjoy it. “My taste buds have changed,” says Hill, who will have a big fruit plate for lunch and sticks to a simple meal of fish and sweet potatoes before a game. “Maybe as an athlete I’m more sensitive to how my body feels, but I stay away from fried foods and sugary drinks.”

During the week, Hill and his family are lucky to have a macrobiotic chef, who cooks meals with whole grains and beans, and does not use artificial or processed ingredients. The healthy diet has paid off for the 14-year NBA veteran. “For my performance on the court, it’s necessary to eat the right kinds of foods,” says Hill, whose career scoring average is 18.5 points per game. “I still feel great and can run around and play – and keep up with my two girls.”

ViaVienté is a Natural Whole Food Puree that is High in Anti-Oxidants & Energizing Minerals. Doctors use and recommend ViaVienté to their patients because it provides increased Energy & Healing, reduces Aches & Pains, promotes healthy Joints, Blood Pressure & Cholesterol while increasing overall Performance & Recovery.



ViaVienté is a Total Health Tonic. It was 12 years in the making and has been on the market for more than 6 years. It is sold in 25 Countries & Territories around the World.

Three books have been written about ViaVienté, and a new one is to be released in April 2010 titled “Living Disease Free” (by increasing your Alkalinity). This book is authored by three Doctors from all around the world (U.S., Japan, and China).

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