

Fitness Ireland introduces Walden Farms Range of Calorie Free Specialties



Managing weight and dealing with lifestyle conditions cannot get this easy.

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Summary **Managing weight and dealing with lifestyle conditions cannot get this easy. Fitness Ireland introduces Waldens Farms Range of Calorie Free Specialties to give its consumers a healthy touch.**

Details For those who are interested in reducing their calories intake, the products give a perfect opportunity. Graeme Conkie, the companies' marketing manager said "We're delighted to introduce the largest range of Walden Farms Specialties in Ireland. These products are perfect for reducing calorie intake, whilst maintain an interesting and tasty diet"

Natural Flavours

Walden Farms irresistibly sweet calorie free specialties are prepared with real fruit extracts, concentrated natural flavours, rich cocoa and other natural ingredients, all sweetened with Splenda. Our savoury specialties are made with hundreds of freshly ground herbs and spices, concentrated natural flavours and the finest aged imported and domestic vinegars.

Rich Heritage

From the time the Walden Farms was started the main objective has been to develop healthy specialty foods, to help people control their calories, fat, carbohydrates, gluten or sugars of any kind ,without giving up great on the nice tastes provided by these foods. This is what has always been referred eating the "The Walden Way."

For more than forty one years Walden Farms has been a leading in healthy food creation. With three generations maintaining the highest possible quality standards while creating innovative lifestyle choices. Walden Farms has many firsts, it was among the first to bring delicious tasting reduced calorie and reduced fat Salad Dressings to healthy eaters more than 40 years ago. This just shows the commitment this farm has in ensuring that the people eat healthy and at the same time get the required quality.

The nutritional experts have continued to accomplish remarkable achievement. They have developed the only family of calorie free specialties. Food that has no excess, no unnecessary calories, no fat, carbs, gluten or sugars of any kind!

Products that gives desirable results

Those who have taken the Walden farms products have experienced a difference; one consumer achieved something that many would find impossible to believe. She was able to shed almost 170lbs.She was able to manage her diabetic condition more easily with the specialties. The great

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products can make all the difference when it comes to management of life long life conditions such as Diabetes. You do not have to be confined to a lifestyle where some foods are no go zone. Enjoy the chocolate syrup, fruit syrups and other delicious stuff from people who have your interest at heart.

If you are watching your weight, you have found the best companion, people who are always thinking of weight conscious people and their attempt to manage their fat accumulation in their bodies. One customer who discovered about our products from the Weight watchers Magazine had her life changed when she started using Walden Farms fruit syrups, being a big fan of juices and syrups she had been taken those which are rich in calories. This discovery has made her realize her weight management dream, she has lost enough pounds to qualify for a modeling class

For those who have been struggling to lose weight or have been advised by their doctors to shed off some kilos, products Walden Farms Mayo will be ideal to get the best results. One does not have to lose the favorite flavours such as mayo and butter. Ordering the Walden Farm Mayo from Fitness Ireland will give you the flavour that you need and at the same time ensuring that you are not eating calories from other ingredients which will make you gain weight.

Relevant links

-  [Fitness Ireland](#)
-  [Walden Farms](#)

Quotes

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— Graeme Conkie

Images



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About Fitness Ireland

Fitness Ireland (www.fitnessireland.ie) was formed in 2003 and is Ireland's largest online retailer of sports supplements and health products, targeted at health conscious customers.

Fitness Ireland stocks Ireland's most comprehensive range of high quality food and dietary supplements including brands such as Optimum Nutrition, BSN, Kinetica, and Maximuscle - the most popular and highly rated brands that are popular for the bodybuilding, sports nutrition, and weight loss markets. It is also home to Ireland's largest online database of reliable

