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TROPICAL LIFE

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What's In Store | Amy & Brian Coconut Juice, Bar Harbor Hardwood Smoked Atlantic Mackerel

• **HEALTH NUTS:** Just in times for New Year's, the makers of **Amy & Brian Coconut Juice** are touting it as a hangover cure. The pitch: Coconut juice (aka coconut water -- the liquid that sloshes around inside the nuts) is nature's most highly concentrated source of electrolytes and a good source of potassium and calcium, meaning it can address the dehydration that underlies morning-after woes. Unlike the thick white "milk" made from coconut meat, the clear, lightly sweet juice is low in calories -- just 76 per 8-ounce serving. Available in pulpy, pulp-free or lime-flavored, Amy & Brian's is available at Whole Foods and other natural foods markets; suggested retail: \$1.79 per 17-ounce can.

• **SMOKIN':** Lend a New England note to your New Year's nibbling with **Bar Harbor Hardwood Smoked Atlantic Mackerel**. Harvested, smoked and hand-packed on the Gulf of Maine, it's advertised as mercury-safe and high in healthful omega 3 fatty acids -- all for the Yankee-frugal price of \$2.99 per 6.7-ounce can. Look for it at Publix, Wild Oats and gourmet markets, where you may also find Bar Harbor's delicious clam chowder.

-- KATHY MARTIN