

Diet & Nutrition



Momints vs. Ice Breakers Liquid Ice

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Power mints are excellent for helping to control snacking, but some contain sugar while others can irritate your mouth tissues if you eat too many of them.

In 2003, a new kind of mint called Momints, from the start-up company Yosha! Enterprises, hit the scene and solved those problems. The tiny, iridescent, liquid-filled spheres provide huge blasts of freshness with zero fat, cholesterol, sodium or carbohydrate, including sugar. Now the mammoth Hershey Foods Corporation has imitated the idea with Ice Breakers Liquid Ice. Let's see how they compare.

Momints are available in 36-count packs for \$1.69 or 8-count tubes for 50 cents. Flavors include Peppermint, Cinnamon and Winter Burst (a cross between spearmint and wintergreen). Ice Breakers Liquid Ice is sold in 30-count packs for between \$1.49 and \$1.99, and flavors include Cool Mint, Cinnamon and Spearmint.

The Momints 36-count package has a nifty dispenser that allows only one or two mints to be released with a shake. The Ice Breakers package allows the spheres to come pouring out, which could be annoying if they spill onto the floor or all over a car.

Momints are slightly smaller than Liquid Ice, and the shell is hard so that you can't pop one open with your fingers. Ice Breakers have a softer shell and can be popped open easily with your fingers, which potentially could be hazardous if someone decided to be silly and pop one toward a person's face.

Now for the big test: taste. Momints have a stronger burst of flavor. Liquid Ice is sweeter, and the freshness doesn't last as long.

Taste: ***** (Momints) *** (Liquid Ice)

Health: ***** (Momints) **** (Liquid Ice, 1 point off for the potential hazard of being able to pop them open with your fingers)

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