

For Immediate Release

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Natural Harmony Foods' CEO Dewar Provides Update Large Sandwich Production Run

FORT LAUDERDALE, October 16, 2007 – Natural Harmony Foods, Inc. (Pink Sheets: NHYF), Sam Dewar, CEO of Natural Harmony Foods, announced completion of the largest production run yet of the new SoLean brand sandwiches. “We experienced a very slow period from March thru September. We transitioned from direct sales to sales thru Tree Of Life for Publix. This took months. We are just now stocking the Tree Of Life distribution centers and our announcement ad just came out in the October issue of the Tree Monthly Marketing magazine. We expect to rebuild our Publix distribution and open hundreds of regular Tree Of Life natural foods stores in the coming weeks. Kroger natural is now putting in the sandwiches. We’ll be filling orders for the sandwiches next week. We expect this rollout to continue thru November and we should be shipping them at least 400-500 cases a week during that period. We’ll also be opening up the Texas area for Kroger. We’re also excited to be developing 3 new breakfast products at the request of a major mass retailer. We presented in late August. The Breakfast Foods Buyer loved our products and asked that we come back with 2-3 additional breakfast items for their upcoming review. Breakfast “Grab N’ Go” is really hot now both in grocery and quick serve restaurants. We have the only healthy and natural options.”

Dewar will be interviewed by WallSt.net on Thursday October 18 at 2 P.M. Eastern time.

About Natural Harmony Foods

Natural Harmony Foods, Inc. (Pink Sheets: NHYF) is an innovative food company dedicated to producing healthy, flavorful, convenient foods that fit the lifestyles of individuals looking to make better, health conscious diet choices without sacrificing taste. The recently launched sandwiches are the first “Grab N’ Go” products that are natural and healthy. For more information about Natural Harmony Foods, SoLean® products, and helpful Internet links, please visit www.naturalharmonyfoods.com. NHYF Shareholders are encouraged to register on the “Investor Relations” page to receive ongoing Natural Harmony Foods news updates, and/or search “NHYF” on www.pinksheets.com for current financial information on the company.

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"Forward-looking statements" as defined in the Private Securities Litigation Reform Act of 1995 may be included in this release. These statements relate to future events or our future financial performance. These statements are only predictions and may differ materially from actual future results or events. Natural Harmony Foods disclaims any intention or obligation to revise any forward-looking statements whether as a result of new information, future developments or otherwise. Important risk factors – including, but not limited to, risks associated with changes in general economic and business conditions, actions of our competitors, the extent to which we are able to develop new products and markets for these, and changes in our business strategies – could cause actual results to differ from those contained in forward-looking statements.

SOURCE: Natural Harmony Foods, Inc. (Pink Sheets: NHYF)