

**Natural Harmony Interview Now Available for Download at  
MN1.com  
Thursday April 19, 11:31 am ET**

FORT LAUDERDALE, FL--(MARKET WIRE)--Apr 19, 2007 -- Natural Harmony Foods (Other OTC:NHYF.PK - News) was featured in an exclusive Market News First interview April 11, 2007, for discussion of the Company's all-natural, SoLean Brand foods. If you missed the interview with Company CEO, Sam Dewar, the Podcast is now available for download.

Natural Harmony is an independent, new food company producing healthy foods without compromising taste. The SoLean meats contain about half the calories and 75 percent less fat and saturated fat than "drive-thru" versions; The SoLean line is the first natural, healthy sandwich alternative on the market.

Last month the Company traveled to Anaheim, California to exhibit the SoLean product line in the world's largest natural, organic and healthy products show, getting exposure of the all-natural, hormone-free and soy meat products to thousands of attendees.

During the interview Dewar discussed the health benefits of SoLean, consumer response and Company objectives.

To learn more about Natural Harmony's meat products for health conscious but flavor craving consumers, log on to [www.mn1.com](http://www.mn1.com) and click on the Download and Podcasts icon.

#### About Natural Harmony Foods

Natural Harmony Foods, Inc. 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. For more information about Natural Harmony Foods, SoLean products, and helpful Internet links, please visit [www.naturalharmonyfoods.com](http://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](http://www.pinksheets.com) for current financial information on the company..