

The Record SHOPPING

SHOP TALK

Day by day

When was the last time you had a cigarette? A beer? A candy bar?

Whether you're counting the number of days you've been smoke-free or your days on a diet, the Dayometer keeps track of the time while aiming to keep you focused on your goal.

Paramus-based Dayometer was founded by Jeff Moss, who while attending Alcoholics Anonymous in 1995 realized the date on his watch was equal to the number of days he had been sober - but needed a good way to keep track once the date returned to "1."

Bands include steel, jelly, or Velcro; prices are \$80 to \$100. Details: dayometer.com.



Healthier tea

When it comes to teas, white is the new green.

Not only is white tea one of the world's rarest teas, but Inko's says research shows that it's also one of the most healthful (being higher in antioxidants than green tea).

Inko's, which is warehoused in Englewood and whose motto is "What white tea tastes like," is the first company dedicated solely to producing ready-to-drink white iced teas. Another flavor, White Peach White Tea, is in stores now, and Inko's will be introducing at least one more flavor this spring.

Inko's is available in stores such as King's Supermarket and Whole Foods Market for \$1.60 to \$1.79.

