

Lifeway Foods, Inc.

For Immediate Release

Lifeway Foods to Purchase 100% Renewable Energy

Morton Grove, IL, April 17, 2007 – Lifeway Foods, Inc. (NASDAQ: LWAY), the country's leading manufacturer of kefir and a provider of other natural and organic dairy products, has agreed to purchase 100% renewable energy for the electricity used in its operations through Renewable Choice Energy's green power program. This program supports the generation of renewable energy to make cleaner energy available to all consumers.

Since it is physically impossible to deliver electricity straight from a renewable energy source to Lifeway Foods, the Renewable Choice Energy program sells renewable energy credits that ensure that the amount of electricity Lifeway uses is replaced onto the power grid with a clean energy source such as wind power. Renewable energy producers sell renewable energy credits to better compete with fossil fuels, allowing consumers to choose clean sources of electricity.

By offsetting 100% of the electricity it uses with renewable energy sources, Lifeway will avoid the creation of more than 2.5 million pounds of carbon dioxide air pollution. This is equivalent to reducing 2.7 million miles of car emissions, taking 222 cars off the road, not driving 111 times around the world or offsetting pollution by planting 335 acres of trees.

Lifeway will also purchase renewable energy credits for its Pride of Main Street/Helios Nutrition in Minnesota, manufacturers of Helios Organic Kefir. Helios' participation in the program is equivalent to taking 46 cars off the road and reducing driving by 573,455 miles, or 23 times around the world. It would take 69 acres of mature trees to soak up this much carbon dioxide.

To highlight its commitment to renewable energy and help educate the public, Lifeway will feature the Renewable Choice Energy logo on new product packaging and also create a renewable energy section on its website. The new web page will explain how Lifeway is making responsible energy choices, offer tips for living "green," and give consumers the opportunity to purchase renewable energy credits on their own.

In addition, Lifeway will showcase the benefits of renewable energy as well as its USDA-certified organic kefir at earth-friendly events including the Green Festival, to be held at McCormick Place in Chicago on April 21 & 22, and EarthFest held in Boston on May 26, 2007. Lifeway will display educational signage in its exhibit booths and distribute handouts on clean sources of power to attendees.

"As a natural foods company, we have always been committed to clean, safe and healthy eating. The purchase of renewable energy can help create a clean, safe and healthy environment for Chicago's communities," said Lifeway President and CEO Julie Smolyansky. "This aligns our nutritional goals with our environmental goals,

demonstrates good corporate citizenship, and shows our customers that we are dedicated to their health as well as that of the planet because the two are so closely intertwined.”

“Lifeway Foods has shown foresight that the decisions made today will affect generations to come. By purchasing renewable energy, Lifeway is ensuring a brighter, cleaner future for us all,” said Quayle Hodek, CEO of Renewable Choice Energy. “Renewable energy is now available anywhere in the country for individuals, companies, institutions and governments looking for an alternative to fossil fuel energy generation.”

About Lifeway Foods:

Lifeway, recently named Fortune Small Business' 94th Fastest Growing Small Business, and one of only 20 companies to ever be named to the list three straight years in a row, is America's leading supplier of the cultured dairy product known as kefir, and now America's only supplier of Organic Kefir. Lifeway Kefir is a dairy beverage that contains Lifeway's exclusive 10 Live and Active probiotic cultures. While most regular yogurt only contains two or three of these "friendly" cultures, Lifeway kefir products offer more nutritional benefits. Lifeway offers 12 different flavors of its Kefir beverage, Organic Kefir and SoyTreat (a soy based kefir). Lifeway recently introduced a series of innovative new products such as pomegranate kefir, greek-style kefir, a children's line of organic kefir products called ProBugs (TM) in a no-spill pouch in kid-friendly flavors like Orange Creamy Crawler and Sublime Slime Lime, and a line of organic whole milk kefir. Lifeway also produces a line of products marketed in US Hispanic communities, called La Fruta, Drinkable Yogurt (yogurt drinks distinct from kefir). In addition to its line of Kefir products, the company produces a variety of cheese products and recently introduced a line of organic pudding called It's Pudding!.

For more information, contact Lifeway Foods, Inc. at (847) 967-1010 or e-mail at info@lifeway.net and visit <http://www.lifeway.net> .

This news release contains forward-looking statements. Investors are cautioned that actual results may differ materially from such forward-looking statements. Forward-looking statements involve risks and uncertainties including, but not limited to, competitive pressures and other important factors detailed in the Company's reports filed with the Securities and Exchange Commission.