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FOR IMMEDIATE RELEASE

**Skinny Nutritional Corp's Skinny Water[®] Expands
Distribution to All 148 Giant Food Stores**

*Skinny Water[®] distribution expands Giant Food Stores in Pennsylvania, Maryland,
Virginia, and West Virginia*

BALA CYNWYD, Pa.—November 24, 2008—[Skinny Nutritional Corp.](#) (OTC BB: [SKNY.OB](#)), the exclusive worldwide marketer and distributor of [Skinny Water[®]](#), today announced the company has entered into a distribution agreement with [Giant Food Stores](#), one of the leading supermarket operations in the eastern U.S.

“We are thrilled Giant Food Stores has agreed to sell our zero-calorie Skinny Water on their shelves,” says Don McDonald, CEO and President of Skinny Nutritional Corp. “Supermarkets are a key part of our distribution strategy and Giant helps us fill out our footprint on the East Coast.”

Giant Food Stores, LLC has been in business since 1923 and currently operates 148 locations in Pennsylvania, Maryland, Virginia and West Virginia under the banners of Giant Food Stores and Martin's Food Markets. Giant Food Stores will drive the Skinny brand through advertisements in Giant's circular with display support, as well as on the shelf in the enhanced water section, and through joint promotions.

The Skinny Water lineup features five flavors, including Acai Grape Blueberry (Hi-Energy), Raspberry Pomegranate (Crave Control), Goji Fruit Punch (Shape), Passionfruit Lemonade (Total-V), and Peach Mango Mandarin (XXX-Detox).

All Skinny Waters have three key ingredients: Super CitriMax[®], ChromeMate[®], and EGCG. Super CitriMax includes calcium that promotes fat burning and bone density, and potassium that maintains cellular hydration. ChromeMate[®] promotes normal energy metabolism and helps maintain healthy blood sugar levels; and EGCG, a green tea extract, helps keep metabolism moving.

For more information about Skinny Nutritional Corp. or Skinny Water, please contact Jackie Zima at 610-228-2138, 215-534-2973 (mobile), or write to Jackie@GregoryFCA.com.

ABOUT SKINNY NUTRITIONAL CORP.

Headquartered in Bala Cynwyd, Pa., Skinny Nutritional Corp. is the exclusive worldwide distributor of Skinny Water[®], a zero-calorie, zero-sugar, zero-sodium and zero-preservative multi-functional water that helps aid in weight loss. Skinny Water comes in five great tasting flavors that include Acai Grape Blueberry, Goji Fruit Punch, Peach Mango Mandarin, Raspberry Pomegranate, and Passionfruit Lemonade. Skinny Water[®] is the first functional water in the market that contains three key ingredients—Super CitriMax[®]; ChromeMate[®]; and EGCG, a green tea extract—which have been clinically shown to help aid in weight loss. Skinny Nutritional Corp. also expects to launch additional branded products, including Skinny Tea[®], Skinny Shakes[®], Skinny Java[™], and other Skinny branded beverages. For more information, visit www.SkinnyWater.com.

SAFE HARBOR STATEMENT

This news release contains forward-looking statements as defined by the Private Securities Litigation Reform Act of 1995. Forward-looking statements include statements concerning plans, objectives, goals, strategies, future events or performance and underlying assumptions and other statements, which are other than statements of historical facts. When used in this release, the words "believe," "anticipate," "think," "intend," "plan," "will be," "expect," and similar expressions identify such forward-looking statements. These statements are subject to uncertainties and risks including, but not limited to, risks set forth in documents filed by the Company from time to time with the Securities and Exchange Commission. All such forward-looking statements, whether written or oral, and whether made by, or on behalf of, the Company, are expressly qualified by these cautionary statements and any other cautionary statements which may accompany the forward-looking statements. In addition, the Company disclaims any obligation to update any forward-looking statements to reflect events or circumstances after the date hereof.

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