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FOR IMMEDIATE RELEASE

**Skinny Nutritional Corp. Presents at the 21st Annual
Orange County Roth Capital Growth Stock Conference on
February 16th, 2009**

BALA CYNWYD, Pa.—February 17th, 2009--- [Skinny Nutritional Corp.](http://www.skinnywater.com) ([OTCBB: SKNY](http://www.otcbb.com)), the exclusive worldwide marketer and distributor of zero-calorie Skinny Water®, today announced that Ron Wilson, Chief Executive Officer presented at the 21st Annual Roth Capital Growth Stock Conference February 16th, 2009 at 12:30 Pacific Time at the Ritz Carlton Laguna Niguel in Dana Point, CA. Skinny Nutritional Corp.'s PowerPoint presentation can be downloaded from its website located at <http://www.skinnywater.com/gts-pressreleases.html>.

In its 21st year, the Roth Capital Growth Conference has proven to be a premier event for emerging growth companies and investors. The 2008 conference attracted over 1,000 institutional investors from across the globe and over 360 presenting companies from the U.S, China and India.

For more information about Skinny Nutritional Corp. or Skinny Water, please contact Don McDonald at 610-784-2000 ext. 103, or write to Don@skinnyco.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 enhanced water. Skinny Water comes in six great tasting flavors that include Acai Grape Blueberry, Goji Fruit Punch, Peach Mango Mandarin, Raspberry Pomegranate, Orange Cranberry Tangerine and Passionfruit Lemonade. 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.