



SOUPENDOUS



If you've been waiting for a canned soup that's lower in sodium but doesn't taste like it, have we got news for you.

Actually, Amy does. Her new **Organic Soups** are "Light in Sodium"...but not in flavor. A cup of the delicious **Lentil Vegetable**, for example, has 340 mg of sodium—half the 680 mg in Amy's regular lentil soup, according to the label.

How modest. She could have noted that a cup of Campbell's Kitchen Classics Lentil soup has 750 mg of sodium, while Progresso Vegetable Classic Lentil has 980 mg—more than a third of a day's worth.

Amy's blend of organic lentils, carrots, celery, potatoes, tomatoes, spinach, green beans, olive oil, garlic, and balsamic vinegar means no need for a heap of salt. And each cup supplies 150 calories that are packed with six grams of fiber.

Amy also offers a thick, comforting **Cream of Tomato** soup with only 340 mg of sodium. (Campbell's Healthy Request Tomato has 450 mg, while its regular has 730 mg; Progresso hits 990 mg.) She's also got a slightly sweet, vitamin-A-rich **Butternut Squash** soup (290 mg) that will heat up your insides, not your blood pressure.

Finally. Soup's on.

Amy's Kitchen: (707) 578-7188.

Photos: Nick Waring.

FONDON'T

At least **Tiger Classic Fondue** packages are honest.

Some fondue labels used to claim that a serving is only two tablespoons—unlikely unless you're a hamster.

Tiger admits that each 14-ounce package makes about two one-cup servings.

It's easy to picture a pair of elegantly dressed diners chatting about how much fun it is to dip chunks of bread into melted cheese as they sip on the white wine that the package recommends.

Better they talk about *that* than the 440 calories and 20 grams of saturated fat (an entire day's worth) in each cup of fondue. Or the 950 milligrams of sodium. Or the fact that each of them is downing the equivalent of a nine-ounce filet mignon with four pats of butter melted on top. Or whether either of them knows a good cardiologist who's got an opening for back-to-back appointments.

Fondue is so trendy and out-of-the-ordinary, yet so convenient. Just heat and serve, sit back, and loosen your belt.

You can think about that new blood pressure medication in the morning.

Emmi Fondue AG: Bahnhofstrasse 34, CH-3550 Langnau im Emmental, Switzerland (www.tigercheese.ch).



TIP OF THE MONTH

Chopped roasted garlic adds a rich note to salad dressings, stir fries, and dips. Most supermarkets now carry resealable plastic containers of already-roasted garlic. Look for them in the produce section, right next to the packaged fresh herbs.

About CSPI, publisher of Nutrition Action Healthletter

The Center for Science in the Public Interest (CSPI), founded in 1971, is an independent nonprofit consumer health group. CSPI advocates honest food labeling and advertising, safer and more nutritious foods, and pro-health alcohol policies. CSPI's work is supported by *Nutrition Action Healthletter* subscribers and foundation grants. CSPI accepts no government or industry funding. *Nutrition Action Healthletter*, which has been published since 1974, accepts no advertising.

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