



10-MINUTE MIRACLE



If you haven't had time to marinate an entrée since 1987, Mrs. Dash has news for you. With her **10 Minute Marinades**, you don't have to plan dinner hours or days ahead.

But that's not all that sets Mrs. Dash's marinades apart. They're the one-step solution to a massive problem: salt.

Roughly 45 percent of American adults have either hypertension (high blood pressure) or pre-hypertension, and our salt-laden food supply is a major culprit. Until now, the only way to dodge the salt has been to cook from scratch and hold the saltshaker.

Mrs. D to the rescue. She makes everything—not just chicken and fish—fast and easy. Use her delicious **Zesty Garlic Herb** on your sautéed or grilled zucchini, peppers, mushrooms, onions, or asparagus. Spread her **Mesquite Grille** on a baguette. Use her **Southwestern Chipotle** to infuse your pasta or mashed potatoes with a spicy smokiness. Try her versatile **Lemon Herb Peppercorn** on your rice or couscous.

Or add some olive oil and turn the Garlic Herb into a low-salt salad dressing. (Visit www.mrsdash.com for 300 healthy, low-salt recipes.)

Instead of the 500 to 1,000 mg of sodium you'd get in two tablespoons of many marinades, you get zero. So, tell us: if Mrs. Dash can create such superb flavor without salt, why can't the rest of the food industry?

Mrs. Dash: (800) 622-3274.

LIQUID CHOCOLATE

What exactly is Starbucks's new **Chantico Drinking Chocolate**?

The Web site calls it a "drinkable dessert," and a company fact sheet compares its calories to brownies, tiramisu, cheesecake, and other solid desserts. But most people will think of Chantico as hot chocolate. (It's a warm chocolate beverage served in a cup, after all.)

And, since most customers order off the menu board, not the Web site or a fact sheet, they won't have a clue that the petite, six-ounce cup harbors 390 calories and 10 grams—half a day's worth—of artery-clogging saturated fat.

Granted, Starbucks's ordinary Hot Chocolate isn't exactly diet food. Order a Tall with no special instructions and it'll come with whole milk, whipped cream, 340 calories, and 11 grams of saturated fat.

But at least you can slim it down to 190 calories and zero sat fat by getting it with fat-free milk and no whipped cream.

In contrast, the Chantico comes whipless. And even though Starbucks calls it a "high-quality, indulgent dessert," many folks will order it with a scone, muffin, brownie, cookie, or other indulgent dessert.

As if the American waistline hadn't already indulged enough.

Starbucks: (800) 235-2883.



TIP OF THE MONTH

Hate cleaning the blender?

Fill it halfway with warm water and a little liquid dishwashing soap.

Put the lid on and turn on high for 30 seconds. When you rinse it out, the mess will come right off.

Photos: Nick Warring.

About CSPI, publisher of *Nutrition Action Healthletter*



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